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FORTIFYING RESILIENCE IN OUR CHILDREN



Resilience is that ineffable quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome them and drain their resolve, they find a way to rise from the ashes." All in all, resilience can be defined as the ability - and tendency - to "bounce back."
—Psychology Today



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SUPPORT In addition to unconditional love and complete belief in your child, here are more ways you can help to build resilience in your child:

- Create a common area where your family can share time.
- Address conflict openly with the family and resolve problems together.
- Avoid comparing your child to others and celebrate their strengths.
- Demonstrate how their behaviors may be affecting others.
- Create opportunities for your child to contribute in some specific way.

INQUIRE Questions to ask your child(ren) to help build resilience during this time:

- What was difficult today? How did you deal with it, or were you able to overcome it? If so, how? If not, how can I help?
- What was something that you learned today?
- What is something you find challenging with online learning? Do you have a plan to work through the challenge?
- What worries you? Is there anything our family can do to help?
- What are you most excited about when school re-opens?
- What do you think we can do at home to make today even better?



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Editor's Note

MAY 2020

The animal agriculture industry has been rightly panned for its role in environmental degradation, coral reef degeneration, biodiversity loss and, of course, climate change. If the whole world were to turn vegetarian or vegan tomorrow, I can promise you the positive impact on our planet's health would be massive (consider it...).

As a nation that consumes close to 50% of the world's pork products annually, China plays an outsized role in efforts to downsize our addiction to animal proteins. In this month's cover story, we explore how plant-based meats could help Chinese people scale back their meat intake and how such a change could help China reduce its carbon footprint and ensure its food security (page 40).

Elsewhere in the magazine, Nick Bonner, founder of Koryo Tours, shares his insights on North Korean artwork (page 12). Additionally, the travel company's general manager, Simon Cockerell, introduces us to some rad destinations in Central Asia in our Travel section (page 25).

There's also an interview with a Shenzhen-based filmmaker in our Arts & Life section (page 22), an informative investment guide in Business & Tech (page 36) and, as always, our monthly horoscopes in the back of the mag.

I'll leave everyone with a friendly reminder to wash your hands and wear a mask in confined social spaces.

Until next month,



Matthew 'Rusty' Bossons
Editor-in-Chief

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AD

GREEN CITY

A Home City in Shanghai

FORTUNE Top 500
live in Green City

Green Villas The Ginkgo Garden @ Green City

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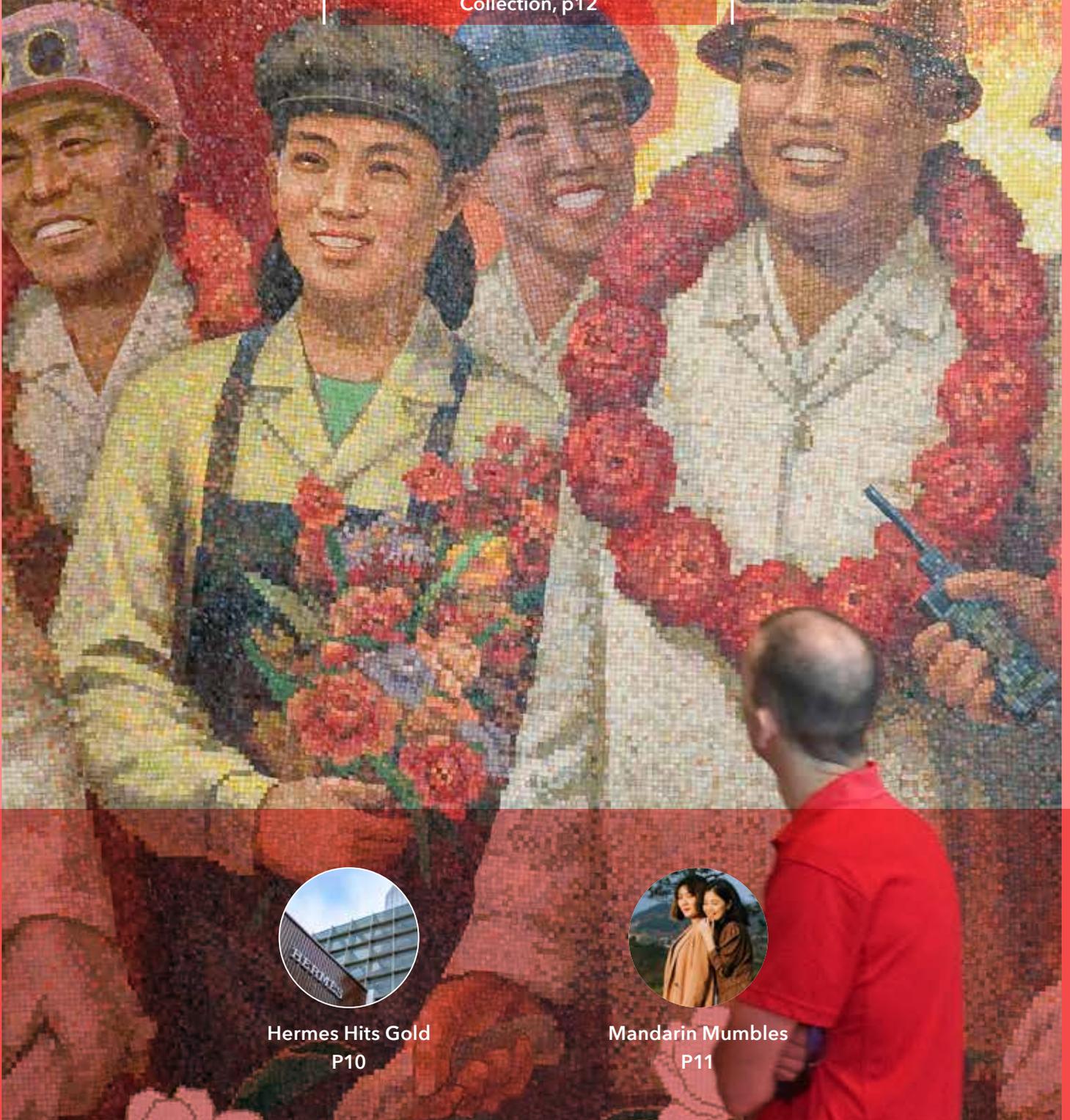
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THE NATION

Printed in North Korea

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Hermes Hits Gold
P10



Mandarin Mumbles
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FRIENDS NOT FOOD

Shenzhen Becomes First City on Chinese Mainland to Ban Dog and Cat Consumption

By Phoebe Kut

On April 2, Shenzhen passed the 'Wild Ban Order,' making it the first city on the Chinese mainland to ban the sale and consumption of dog and cat meat. The new regulation went into effect on May 1, as officials look to clamp down on wildlife trading, which has been linked to highly infectious diseases such as COVID-19, SARS and Ebola.

The notice whitelists animals available for consumption into two groups: poultry and livestock and aquatic animals. Those illegally consuming wild animals and their products can be fined up to 30 times the value of the goods.

The ban was initially proposed in Shenzhen in late February, around the same time the Standing Committee of the National People's Congress (NPCSC) moved to ban the trade and consump-

tion of certain terrestrial wild animals. The draft caused widespread public debate as it proposed that turtles, snakes, dogs and birds would also be banned for consumption.

In the most recently passed bill, the Shenzhen government stated, "Cats and dogs, as pets, have established a closer relationship with humans than other animals. The ban on the consumption of pets such as cats and dogs is also common practice in places like Hong Kong, Taiwan and other regions."

The announcement made headlines around the world, with large news outlets such as the BBC and CNN reporting the story. Animal rights activists have applauded the move, with policy advisor Dr. Peter Li from the Humane Society International saying, "This really could be a watershed moment in

efforts to end this brutal trade that kills an estimated 10 million dogs and 4 million cats in China every year." (Of note, these numbers have not been confirmed by Chinese authorities.)

In Guangxi province, the controversial Yulin Dog Meat Festival is still held every year. Despite receiving massive criticism both domestically and abroad in recent years, the festival sees thousands of dogs killed for consumption. Last year, animal rights group Humane Society International stepped in and rescued 62 dogs from being slaughtered.

The consumption of dog meat is legal in China; however, BBC adds "the practice of eating dog meat in China is not that common - the majority of Chinese people have never done so and say they don't want to."

THE BUZZ

RANDOM NUMBER

19 MILLION

... yuan is how much VIP clientele dropped at Hermès in Guangzhou on its reopening day last month. Earlier this year, all Hermès stores on the Chinese mainland were forced to close by February 11 due to the coronavirus outbreak. WWD reported that shoppers across Guangdong province headed to the newly-expanded luxury flagship at Taikoo Hui Guangzhou to purchase rare bags, tableware, shoes, furniture and leather goods. Among the swank stuff was a diamond-studded Himalayan Birkin, which has been called the 'Holy Grail' of a handbag collection, and the 'The Rarest Handbag in the World.' In 2018, the bag was auctioned off for USD300,322.

Unsurprisingly, shoppers were not shy about sharing their lavish experience via popular lifestyle app Xiaohongshu. One user named @atomniu on the platform snatched a black crocodile Birkin 30, as well as some clothes and shoes, ringing up almost RMB1 million in purchases.



DON'T YOU KNOW WHO I AM?

Dr. Tedros Adhanom Ghebreyesus



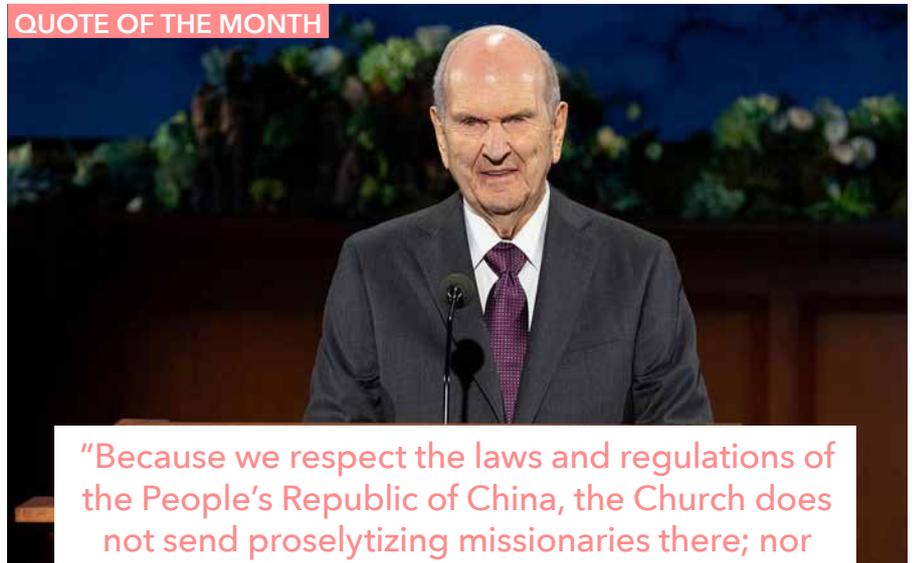
On April 8, the director-general of the World Health Organization (WHO), Dr. Tedros Adhanom Ghebreyesus, called on world leaders to stop politicizing the virus and instead direct energy towards saving lives threatened by COVID-19. Dr. Tedros also defended the WHO's handling of the global public health crisis.

His comments came one day after US President Donald Trump aired his grievances with the multilateral organization. Unfortunately, the director-general's plea fell on deaf ears, with President

Trump suspending funding to the global health organization a week later.

The move triggered swift backlash from world leaders, with China's foreign ministry stating that the US decision to halt funding to the WHO weakens international cooperation in fighting the pandemic. Zhao Lijian, a spokesperson for the foreign ministry, called on the US to fulfill its duties and obligations in supporting the WHO, noting that the move will "affect all countries in the world, including the US, and those vulnerable ones." Zhao said China will continue to support the organization in taking actions against the spread of the disease, according to state-run Xinhua.

QUOTE OF THE MONTH



"Because we respect the laws and regulations of the People's Republic of China, the Church does not send proselytizing missionaries there; nor will we do so now"

So said Church of Jesus Christ of Latter-day Saints president Russell M. Nelson last month when he announced that a new temple will be founded in Shanghai. It will be the church's second temple in China, with one site currently under renovation in Hong Kong.

"In Shanghai, a modest, multipurpose meeting place will provide a way for Chinese members to continue to participate in ordinances of the temple," Nelson said. The church leader plans to open seven other temples, including one in Dubai. The church has more than 16 million members, including 1.2 million in Asia, although it's not clear how many followers are in China. A public Facebook group called Shanghai Latter-Day Saints has more than 340 members.

MANDARIN MUMBLES

Mandarin Monikers for Your Best Friends

Sometimes you don't want to call your best friend 'Karen.' Yes, it's her birth name and all, but you likely share a special connection that calls for a much-needed nickname. In Mandarin, there are plenty of nicknames at your disposal to tell that friend of yours that your bond is some next-level stuff.

Below, the lovely teachers at aoe ChinEase in Guangzhou share some useful nicknames to throw around during the next water cooler chat:

guī mì
闺蜜

best friend; bestie (generally used for girls)

wǒ méiyǒu péngyǒu , suǒyǐ wǒ yě méiyǒu guīmì 。
我没有朋友，所以我也没有闺蜜。
I don't have friends, so I don't have any besties either.



xiǎoxiānnǚ
小仙女
fairy

wǒde péngyǒumen dōu shì xiǎoxiānnǚ。
我的朋友们都是小仙女。
All my friends are fairies.

xiǎogōngzhǔ
小公主

Little princess (men can call
their girlfriends 小公主)

nǐ shì wǒde xiǎogōngzhǔ。
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Nick Bonner Discusses His DPRK Art Collection

Interview by Ned Kelly

Koryo Tours founder Nick Bonner first visited the Democratic People's Republic of Korea (DPRK), commonly known as North Korea, in 1993 and immediately started exploring the nation's art world – collecting works, meeting artists and even setting up Koryo Studio. With the release of his new book, *Printed in North Korea*, we caught up with him to find out more.





What was your impression of North Korean art when you first visited the country?

On first impression, the art that grabs you is the ubiquitous propaganda, which is still used to deliver a political, social or inspirational slogan. Almost everywhere else in the world this art form has been replaced by Coca-Cola-style advertising; the Russian and Chinese propaganda slogans of the '60s and '70s are now obsolete and converted into kitschy cool artworks for your home or hipster bar. In North Korea, propaganda art – to paraphrase the drink company's slogan – is 'the real thing.'

Propaganda art is not, however, seen as 'fine art,' and it belongs almost solely to the genre of socialist realism, whether in ink, oil, linocut, woodcut, mosaic or jewel painting (crushed glass). This style has also been called 'Juche Realism,' as the subject matter remains North Korea-centric and explicitly revolutionary in theme – fighting the imperialist aggressors, rebuilding the country, producing bumper harvests, etc.

There is almost no 'art for art's sake' in North Korea. You will find landscapes and seascapes which might perhaps escape the category of socialist realism, but their intent is to reinforce Korean-ness – the premise that 'our nation is best' – along with strength and independence.

It was the level of artistry – decorative and socialist realism, from subway mosaics to the simple beauty of product design, that was striking. This was a country that placed great value on artists and artisans to create a capital city that would serve to inspire its residents and promote the revolution to visitors, whether from the hinterland or foreign guests.



How long have you been collecting North Korean art?

I started collecting on my first visit, and then most months since that time more than 26 years ago. I would arrange to meet artists at the various studios – there are four big studios in Pyongyang – and through them was introduced to contemporary works, as well as artwork from the 1950s.

Gradually, I got to meet the artists and understand both the academic training they go through and their individual talents. All artists in North Korea belong to an art studio, and whilst they have to produce work for the state, there are opportunities for individual expression and subject matter – provided, of course, it all can be classified as socialist realism.

Why did you set up Koryo Studios?

We set up Koryo Studio in the mid '90s to give artists a more open brief, so they could experiment more than was possible under the confining briefs set by the studio. If the works are linocuts, we keep the first edition; if they are oil or ink works, we reluctantly sell them. At some point we believe these will be seen as the artists' first exploratory steps away from the mundane and repetitive themed works their studios dictate. Slowly, the collection was recognized, and we have exhibited in major exhibitions, such as the Asia Pacific Triennial and Venice Architecture Biennale, where we were awarded the Golden Lion.





How did your new book, *Printed in North Korea*, come about?

Since my first visit in 1993, I had collected boxes of beautiful North Korean hand-designed graphics ranging from tickets to cigarette packets. I was visiting most months, so I had amassed a large collection (boxes of graphics piled on top of each other!) and presented Phaidon with the idea of a book. Published in 2017, *Made in North Korea* became a best seller, so Phaidon were interested in what else we had to offer.

The next major collection of art was the linocuts. They have such an immediate impact on the viewer, both in their heavily inked style and in their allegorical storytelling content. Some, though, are simply picturesque.

Are there any common traits shared by North Korean artists?

Most notable is that they all paint the same subject matter and do not waiver from the clear direction given to them by the studio briefs. North Korean art may be literal or allegorical, but never abstract. In their constitution, art has a function: a Juche-oriented, revolutionary art and literature, national in form and socialist in content.

More interesting is the differences in techniques and styles that evolve. For example, the remarkable artist Chae Chang Ho – brought up in the north of the country near Sinuiju – has an energetic, almost frenetic sketching style, and is simply one of the most talented artists in regards to skill and picture structure.



How much access do North Korean artists have to art from around the world and through history?

Study in the history of art includes Greek, Roman romantic and renaissance right up to the modern period, where impressionism is accepted, but no further – conceptual art is off-limits. At graduate level, they may have live drawing, but it is kept conservative with male and female models wearing swimming costumes.



Three of Nick Bonner's Favorite Works



The artwork portrays idealized scenes of everyday life; a clean, modern environment and a joyful and grateful public reaping the benefits of socialist living. In short,

they depict the building blocks of socialist life in terms of their creation, their intended use and their public benefit. There is evident pride in the workers in the project which they are constructing, and their joy in working as a team.

The sense of individual pride – always still within the context of the socialist work team – which a completed civic project can bring, as in this example of the individual putting up the name of the completed street. The architecture is quite literally a gift from the beneficent socialist state; one for which inhabitants should be grateful and which was meant to engender loyalty and a sense of dependence. It was, after all, not only your individual apartment and your street, but the whole city which had been planned for your benefit and development.



Kim Kwang and myself grew up during the Cold War in North Korea and Great Britain, respectively, and we share a nostalgia for the imagery of our childhoods. North Korea and the West have a shared history of publishing adventure comics and books about adventures in space and underwater. We sat down and sketched together our joint versions of how we saw the future as kids. 'The Future is Bright' series of 17 linocuts is the result of these shared memories.

If you are interested in learning more about Koryo's work with North Korean artists or purchasing works, please visit koryostudio.com by scanning the QR code.



Have you ever traveled with North Korean artists abroad?

I have invited North Korean artists to China and worked with them in our Koryo Studio space. However, attempts to get them further abroad have been met with problems – always from the country we want to visit rather than the Korean side.

My first major commission was in 2004 for the sixth Asia Pacific Art Triennial in Queensland. We commissioned various works on the steel industry by one of the greats, Hwang In Jae – small in stature but such a powerful artist. Hwang took his camera and sketch pad and visited the Chollima Steelworks, came back and made the prints, which were shipped out to Australia.

Sadly, the group of artists were denied visas by the Australian government, who stated that the reason was “the studio reportedly produces almost all of the official artworks in North Korea, including works that clearly constitute propaganda aimed at glorifying and supporting the North Korean regime”.

It appears politics is always part of the agenda. Sadly, Hwang In Jae's dream of visiting are no longer possible: he died a few years ago.



ARTS & LIFE

Zen and Zany Filmmaking

Shenzhen-Based Filmmaker Nausheen I. Chen on Creative Process and Inspirations, p22



Jordan Sues
P18



Something for Mom
P20

JESSE WARREN (AKA DJ QUEST)

Founder of Mettasonic

Interview by Matthew Bossons

Jesse Warren is the man behind Mettasonic, a drum and bass label born three years ago out of his love of the electronic genre. The label focuses on the soulful strain of jungle and the sounds of producers from China. A Shenzhen resident for 12 years, Warren is now based in Taipei. We caught up with the musical maestro to chat about two upcoming Mettasonic releases, *Made in Shenzhen EP* and *Mettā Muzik, Vol 3*.

How has Shenzhen's music scene evolved since you arrived in 2008 and how is this evolution showcased on *Made in Shenzhen EP*?

On the up side, you are getting a lot of international bookings nowadays. I think first Pepper, then Sector and finally Oil have made the biggest impact in that respect. Previously, [the music scene] was confined to smaller scale locations, like True Color 25th Floor, a truly legendary spot in Shenzhen's history. On the down side, it seems the independent party and rave scene has really died out – everything is in clubs now, which is both good and bad.

As far as the EP goes, it doesn't really showcase an evolution, but rather what a few people living there are making. People in Shenzhen have always been making music, it's just getting more attention.

Tell us a bit about the artists featured on *Mettā Muzik, Vol 3* and where they hail from.

We are connected to quite a few artists in Japan, and this time we got a few tracks from Singapore as well. I'm really stoked to have KIAT onboard. He's been involved with Metalheadz for quite some time and has been really cool to work with.

KITrust is from Taiwan and has contributed for the third album in a row. He



"You have to be patient and accept that some tracks will take a while to come in. Some artists work at their own pace and you just need to respect that"

was actually the first person I met and first friend that I made in Taiwan. I saw his band OVDS perform at Spring Scream in 2014 and it blew my mind – just imagine a full band playing heavy, crowd-rocking drum and bass.

And finally, it's always good to have the Hong Kong artists, such as Saiyan and Sushi Robot, contributing – they've been very supportive.

A compilation means numerous artists, each with their own sound and direction. How do you ensure that a compilation album has a musical flow that works for listeners?

Yeah, naturally there's a variety of sounds. I don't feel confident or comfortable pushing all these artists in a particular direction – it's best to see what unique flavor each brings to the table. Any musical flow will come from the fact that they've all passed my filter. It really sucks to reject songs, but sometimes you have to do it to maintain consistency.

What are the main challenges when assembling and producing an album that

involves numerous musicians in different regions?

Time. You have to be patient and accept that some tracks will take a while to come in. Some artists work at their own pace and you just need to respect that. Other than that, the main challenge is just to reach a decent number of ears. But I enjoy the whole process, so it's all good regardless of the results.

If you had to pick one highlight from *Mettā Muzik, Vol 3* and another from *Made in Shenzhen EP*, what would they be?

From the album, I'll take 'White Rabbit' by Kray – a heavy dancefloor track with high production value that really gets me out of my chair bouncing around. On the *Made in Shenzhen EP*, it would have to be 'The Block' by Sophistakid. He really knows what he's doing on the boards. It's very exciting to have Eligo Kontent's first release as well – the kid has extremely good taste and a bright future if he keeps it up.

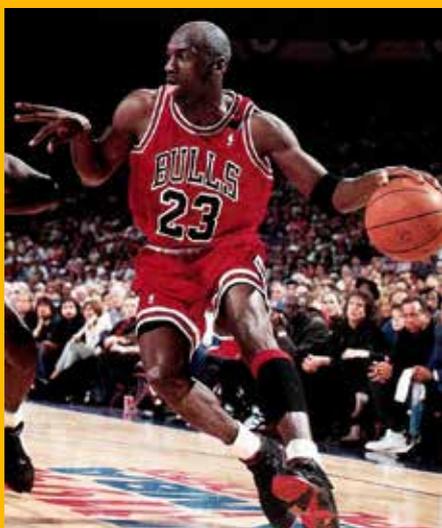
To check out both of these new releases from Mettasonic, visit mettasonic.com

STYLE RADAR

OVERHEARD

"We are not sure whether [Michael] Jordan will sue Qiaodan Sports again after the retrial"

So said Xu Chendi, a lawyer for Beijing Zhongwen Law Firm. After a lengthy eight-year battle, Michael Jordan celebrated a partial victory against Chinese sportswear brand Qiaodan Sports. The Supreme Court ruled in favor of the six-time NBA champion, acknowledging that the Fujian-based company illegally used Jordan's trademarked name. The name 'Qiaodan' is a transliteration of 'Jordan' in Mandarin. However, prosecutors ruled that Qiaodan's logo did not violate Jordan's portraiture rights, despite its similarities to the iconic Jumpman logo, as it does not include facial features. Jordan has filed 80 lawsuits against Qiaodan Sports since 2012, arguing that "the unauthorized use of his name would suggest he endorsed Qiaodan Sports." On Weibo, Qiaodan Sports assured that business would not be affected as only four of their 74 trademarks have been revoked, while the others still remain disputed. Commenters weighed in, calling the company's actions "shameless" and "embarrassing."



COVET

Rooted in Comfort

These past few months you've probably spent a fair amount of time at home. So, why not treat yourself with a set of comfy loungewear (aka sweats) from one of Canada's most iconic brands, Roots. People practically live in these fleece sweat-pants (RMB660), from the office, to the gym – these versatile pants are good for almost any occasion. While they may be a touch on the pricier side, reviewers have sung high praises for the pants' durability when faced against the dreaded laundry machine.



> Scan the QR code with the Taobao app to shop



UNDER THE LENS

Shanghai Fashion Week Goes Digital

During the last week of March, Shanghai Fashion Week (SHFW) teamed up with Alibaba's Tmall to launch a completely novel experience. For the first time ever, due to the coronavirus outbreak, SHFW was entirely broadcasted online from March 24-30 via livestreams. More than 150 brands exclusively showcased new collections to an audience of over 2.5 million viewers in the first three hours. While the general fashion community embraced this digital experiment, Shanghai-based PR consultant Qiu Bohan also warned that designers' creativity may be stifled. As Tmall is a comprehensive sales-focused platform, viewers were able to buy outfits the moment they popped up on the screen. While SHFW is traditionally about showcasing fantasy and creativity, Qiu concludes that with the Tmall channel, designers are more focused on sales and numbers. Whatever may be the case, going forward industry experts predict that livestreaming will become another tool for designers to connect with their audience.

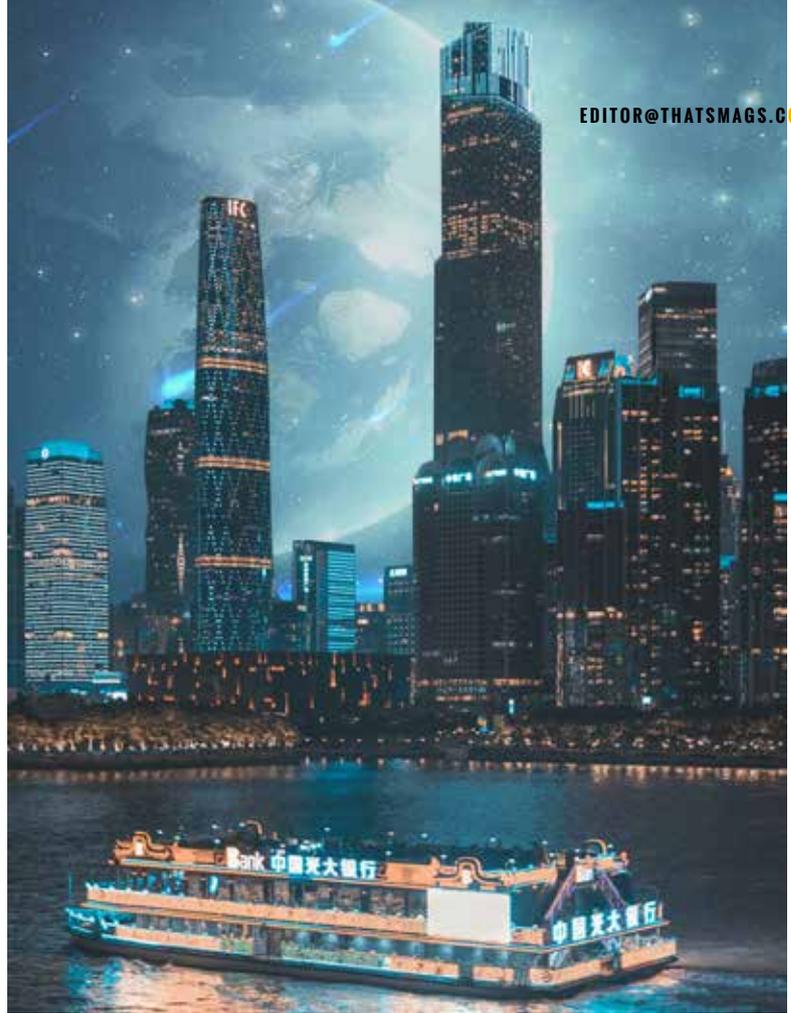


CITY SNAPSHOT

@forest_lin2

Engineer by day, photographer by night. @forest_lin2 is based in Guangzhou and loves shooting city and streetscapes in his spare time. This photo, captioned 'Future Universal Canton' on Instagram, captures the vivid nightlights and office towers of Zhujiang New Town, an area recognized for its skyscrapers and bustling nightlife. While Guangzhou is known as the capital city of Guangdong, brimming with culture, cuisine and tradition – this photo allows viewers to imagine a futuristic, cyberpunk Guangzhou. To create this alternate universe, @forest_lin2 used a Sony A7M2 paired with a 24-105mm f/4 lens, finished off with some Photoshop magic in postproduction.

> Check out more of his work at @forest_lin2 on Instagram



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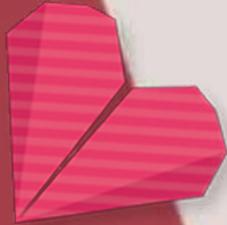
AD

SOMETHING FOR MOM

11 Mother's Day Gifts to Show Your Love

Compiled by Phoebe Kut

With Mother's Day upon us, we've rounded up some great gift ideas for all the hardworking supermoms out there.



Fendi

RMB5,000
Scan with the Taobao app to purchase.

Slow Living

RMB200
In addition to being plant-based and free of paraffin, synthetic fragrances or colors, the candle also comes with a customized Spotify playlist. This multisensory experience evokes the nostalgia of old Shanghai.
Scan the QR code to purchase.



French Dragon

RMB290
French Dragon is a lifestyle brand. The ceramics are handmade with porcelain from Jingdezhen by Laure-Anne, a French expat based in Shanghai.
To customize your order, add Laure-Anne on WeChat by scanning the QR code.



Esna Box

RMB759
This gift set is perfect for the lady boss in your life.
Scan the QR code to purchase.





Parosh

RMB2,204
Scan with the Taobao app to purchase.



Weighted Blanket

RMB399
Scan with the Taobao app to purchase.



Allbirds

RMB829
Scan with the Taobao app to purchase.



Victoria's Secret

RMB798
Scan with the Taobao app to purchase.



Polaroid

RMB1,099
Scan with the Taobao app to purchase.



Okra

RMB388
Scan the QR code to purchase.



Estee Lauder

RMB300
Scan the QR code to purchase.



THE ZEN AND ZANY ART OF FILMMAKING

Shenzhen-Based Filmmaker Nausheen I. Chen on Creative Process and Inspirations

Interview by Phoebe Kut

In this era of mass content consumption, add quarantine in the mix and people are undoubtedly hooked to their screens all day long. Media, and in particular video content, reigns supreme – even prior to the COVID-19 lockdowns. Back in 2018, a whopping 612 million internet users in China watched online videos.

So, what goes into making a good video and how can the medium be used to forward brand objectives? To answer these questions, we sat down with Nausheen I. Chen, a Shenzhen-based filmmaker who co-founded a full-service video production company with her husband, Zen & Zany.

Describe the first image you captured with a camera that you were actually proud of?

Back in 2011, I was traveling almost like a gypsy from one place to another. I was going through a period of change, as I decided to take a break from corporate life; I was at P&G for five years. I created a short film with my friend about a road trip, which was half-documentary, half-scripted. That was one of the first videos I made that started to get me thinking about doing more videos. A year later, I went to New York and started a two-year master's program in film.

What are some films that have inspired your creative identity today?

As a person, I have been heavily influenced by Richard Linklater – he is a mastermind. I love his approach to film-

making, documenting conversations and daily life.

My roots are in documentaries: In New York, my final project was a documentary about my two homes at the time, New York and Karachi in Pakistan. I was documenting the lives of various people living in both places. My idea was an anthropological exercise, as that's what Linklater does a lot, he is almost a sociologist. One of his films, *Boyhood*, was filmed in real time over the span of 12 years, it's like blurring the lines between reality and fiction and that's what really fascinates

skills are definitely more important for students. Once you have the skills, you can create different styles. I personally like having the ability to create documentaries, short films, commercials or YouTube videos. I like thinking I can tackle all of them because I was taught some basic skills. In New York, they taught us skills, but they didn't really teach us style. They inspired us, but the key idea was to know how to use the equipment and the basics of filmmaking. Skills are your tools, and once you have your tools you can make whatever piece of art you want.



How important is storyboarding?

Very, very important. We have to create the full video in our heads before we even touch a camera. The script is audiovisual, we use reference images and text to describe what's going to happen in each scene, and then from the script we create the storyboard. Normally, if we have an artist on a project, we will sketch it ourselves, otherwise

me.

Aside from him, another person who has inspired me and countless others is David Lynch, a fascinating filmmaker. Lynch's stuff is surreal, fantastical and it brings life into everyday things but also makes them bizarre at the same time. That's something we haven't been able to incorporate much into our commercial stuff, but I would love to do more of that.

if I'm throwing it together as the director, I will use reference images. Every single shot is storyboarded, our process after that is to create a shot list from the storyboard. From there, we schedule how the day will be structured.

Who is your client base composed of?

A lot of tech companies and a fair number of startups. We've worked with some great startups creating crowdfunding campaigns for them. Actually, three of our campaigns in 2019 have been multi-million-dollar campaigns. We've worked with those clients from script to scene.

For film students, do you think it is more important for style or skills to come first?

From my personal standpoint, I think



We've also worked with bigger companies like Global Sources, Hire and Walmart.

How do you inject creativity into B2B content?

Our B2B project was one of our most interesting projects because Global Sources wanted us to create a sub-brand with them that was more content-focused. First, we created stories that were part talk show and part entertainment. Each video had a playful intro, and to complement the content we did unboxing videos featuring specific products from Global Sources. At their trade show we created over 200 livestreams for them within five days. It was a multifaceted project where we got to produce different types of video content, the client then was able to repurpose the final footage into short product intros or teasers. We took the approach that B2B content doesn't have to be boring.

In a Zen & Zany vlog you talk about creating brand stories, how a brand should essentially 'show not tell.' Do you ever receive push back from the client?

All the time, though it does depend on the client. A lot of clients are not well-versed in what the power behind a video is. A lot of them want to transfer a PowerPoint presentation into video format. That's where we have to really work with them and see where they are willing to meet us and what value we can bring. It's always a different way of storytelling with each brand.

From your experience, which type of video platform allows for the most creativity?

For maximum creativity, any online platform provides a lot of freedom. You can play with different story lines, breaking up an overall brand storyline into shorter videos.

For me, YouTube is one of the platforms with the most potential, as it allows for long and short videos in your own style. On YouTube, people actually expect long videos, which is pretty surprising as film school taught us 'if you can show something in two minutes don't take 10 minutes to show it.' But YouTube goes against that, so it's fascinating for me as a media creator. It allows for people to be more human, show their personalities and allows for in-depth reviews or conversations surrounding a topic.

Another advantage of YouTube is the way it allows for the organization of playlists and customization, allowing for more loyalty and in-depth engagement.

In one vlog you touch upon 'visual brand strategy.' What is Zen & Zany's visual brand?

Our company's visual brand is very closely connected to our name and identity. We're called Zen & Zany, for us each part is very significant. Zen is about

peace, quiet and organization and zany is the opposite. It's like our version of yin and yang. The ampersand symbol is significant because it visually combines two different opposing concepts. For us it's all about creating visuals and content that strike a balance between opposing forces, for example, seemingly opposing world views or cultures.

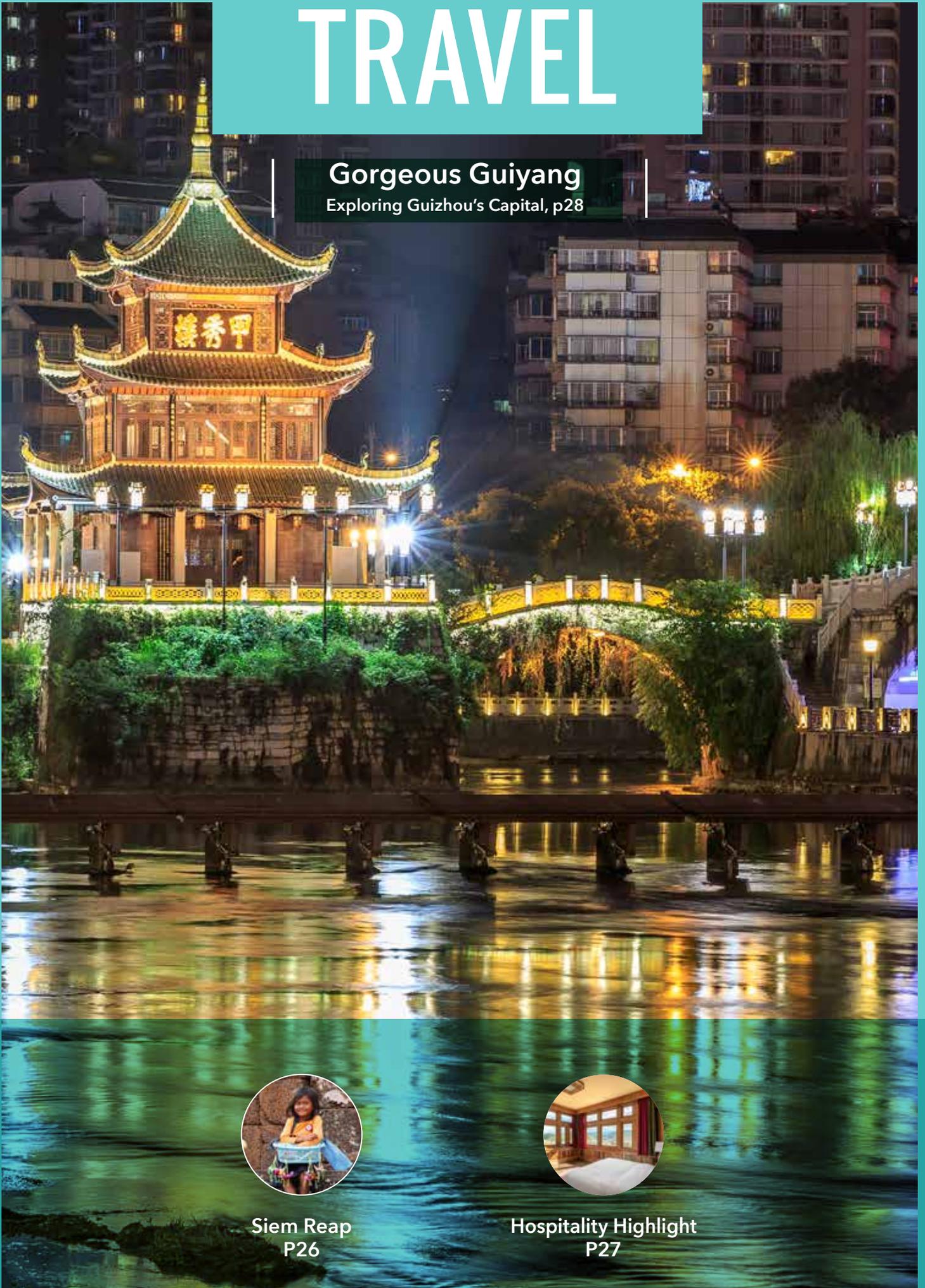
To check out some of Zen & Zany's work, visit zenandzany.co or contact Nausheen through WeChat (ID: nsheen).



TRAVEL

Gorgeous Guiyang

Exploring Guizhou's Capital, p28



Siem Reap
P26



Hospitality Highlight
P27

SIMON COCKERELL

General Manager at Koryo Tours

Interview by Matthew Bossons

In an industry dominated by big-brand hotels, luxurious cruise tours and preorganized, cookie-cutter vacations to tropical beaches, the team at Koryo Tours are rebels. These renegades of tourism are most famous for their various tours to the DPRK, or North Korea, but the company offers so much more, including trips to Central Asia, Russia and Bhutan. To learn more about the company's off-the-beaten-track tours, we caught up with Simon Cockerell, the general manager at Beijing-based Koryo Tours.

Koryo Tours is well-known for its DPRK adventures, but your team offers tours to other nations as well. When did the company start branching out?

In 2004, Turkmenistan Airlines opened flights between Ashgabat and Beijing. I was fortunate enough to be offered a ticket on their first flight and made a recce visit myself at that time. I found the country to be fascinating, friendly and deeply intriguing – just the kind of place we like to visit. I went again in early 2005 and then we started running group tours. Since then, we have consulted on various other projects for media, guidebooks and so on.

We continue to operate tours to Turkmenistan and have also added Tajikistan, Mongolia, parts of Russia, Kazakhstan and now Bhutan to the list. The reason for this expansion is basically to offer the kinds of people who travel with us an experience that they would not otherwise be able to arrange for themselves.

Of the Central Asia nations Koryo visits, which would you recommend to someone unfamiliar with the region?

The 'easiest' to visit would be Kazakhstan. It's the most developed, has cities which are easy to get around, a cosmopolitan society and isn't particularly hostile or difficult for first-time visitors. What we offer there is of course the highlights plus trips



to some complicated and complex parts of the country, such as the nuclear weapons testing area of the Semipalatinsk Polygon, so that visitors get a complete range of experiences.

For me, though, my first choice would be Turkmenistan – despite the well-documented complications of traveling there. It is the most difficult one and the most different to the others (only by a nose, though, Tajikistan is also a very distinct place). The travel experience there combines history, the current idiosyncratic system and its architectural and social manifestations, as well as very welcoming people.

I know this isn't a conclusive answer but I would say that if someone has the time they should travel through all Central Asia.

The Gates of Hell in Turkmenistan is a fascinating spot. What can tourists expect from this destination?

The site is a giant pit formed by a gas extraction industrial accident decades ago. Leaking gas was ignited by locals to burn it off and yet here we are in 2020 and it is still burning. The moniker 'Gates of Hell' is one most people in Turkmenistan don't bother with, but it is still accurate.

We drive there, pitch camp and our local drivers cook up a superb desert feast of shashlik and various vegetables. Visitors can go down to the crater, pose for photos, climb a nearby hill that offers a view into the heart of the inferno – made up of thousands of smaller flames, plus a giant central spout of fire – and simply be hypnotized by the experience. Birds

often wheel overhead on the updraft and insects are called to the pit by some force that compels them to walk into the flames; it is simply an otherworldly place, and for the mild discomfort of sleeping one night in a tent with no toilet facilities nearby you get to experience something that will stay with you forever.

Whereabouts in the mighty Russian Federation does Koryo currently offer tours?

I have been to Russia something like 30 times and I strongly recommend it. It's simply a unique country in so many ways. The places we operate tours to are remote and complicated parts that are perhaps not ideal for first-time visitors to Russia. If you join a tour with us and you haven't been to Russia before, then stop in Moscow and St. Petersburg on the way for a touch of normality first.

We do trips to Norilsk in the Arctic circle, a closed-city (meaning foreigners aren't allowed, we have a way in though) that was originally a gulag mining settlement.

The other place we take tourists is to Magadan in the North of Russia's Far East. Known primarily for its dark history as the worst of the gulag regions during the USSR's darkest period, it has a stunning natural landscape punctuated by abandoned cities and towns. You'll find resilience, humor (both dark and light), history (mostly dark) and vast distances of tough ground to cover.

To learn more about Koryo Tours, visit koryogroup.com

ITCHY FEET

ROOM SERVICE

Wuhan Hotels Call for Aid

Hotels in Wuhan called for government assistance last month as the local hospitality industry reels from the impact of a monthslong lockdown. According to a report by SupChina, hundreds of hotels in Hubei's capital signed an open letter to the local government to request financial assistance after providing free lodging to healthcare workers battling the city's COVID-19 outbreak.

"Even though we exhausted most of our resources during the pandemic, we squeezed every penny out of our pockets to contribute to the battle against the outbreak," read the letter, according to SupChina. "Now we are anxiously waiting for assistance from the government."

Assistance methods listed in the letter include financial aid, loans, rent relief and vouchers to help stimulate consumption in the tourism industry.

Estimates from Wuhan's Hotel Apartment Volunteer Union suggest that hospitality venues in the city collectively provided a staggering 200,000 nights of free accommodation for medical workers. The value of this contribution? More than RMB20 million.



MILE HIGH

Reduced Routes

At the end of March, the Civil Aviation Administration of China (CAAC) announced that China would be drastically cutting passenger flights in an effort to contain a potential 'second wave' of the coronavirus pandemic. As the number of confirmed cases continued to rise outside of China, CAAC ordered Chinese airlines to operate only one route per country,

once a week. Three of the 'big four' airlines announced their adjusted routes via Weibo, which were in effect until the end of April.



HOT SPOT



Siem Reap

The city of Siem Reap is home to what is unquestionably Cambodia's most spectacular tourist attraction, Angkor Wat. A UNESCO World Heritage Site and the world's largest religious monument, Angkor Wat and its surrounding temples will make any visitor feel like they've been dropped smack-dab in the middle of an Indiana Jones adventure (if you manage to avoid the crowds, anyway). Angkor Wat was originally created as a place of worship for Hindus, although it became a Buddhist holy site after it was sacked by the Cham people in 1177 and King Jayavarman VII built nearby Angkor Thom.

While the architecturally splendid temples in Siem Reap get most of the attention, there is much more to the city: Bustling markets, numerous museums and the nearby floating villages all make a visit to Siem Reap worthwhile. After a long day of exploration, be sure to snag a bevy along the city's famed Bar Street – a great place to connect with other travelers and the jackass backpacker crowd!

HOSPITALITY HIGHLIGHT

Songtsam Linka Shangri-La

Hidden in the scenic valleys of Yunnan's Shangri-la, between Tibetan villages and Himalayan barley fields, Songtsam Linka Shangri-La faces the back of Songzanlin Monastery. It's an ideal escape for weary city dwellers and those looking to unplug from the constant barrage of COVID-19 news, with Tibetan-style rooms, top-notch dining facilities, a spa and other modern amenities housed in hand-built Tibetan Kham-styled stone buildings. Each of the structures is arranged in front of a hillside amongst flowers and trees and surrounded by snow-capped mountains.

Monks, local people and horses regularly pass through the pine forest beside the hotel, offering a taste of authentic village life in one of China's most stunning locations.

In addition to Songtsam Linka Shangri-La, the Songtsam brand also offers other luxury boutique hotel experiences and tailor-made tour packages in Tibet and other locations in Yunnan province.

> For further inquiries, we encourage readers to reach out to Songtsam's director of international marketing, Justin Culkin, via email at justin@songtsam.com





GUIYANG

Located in the heart of beautiful Guizhou, Guiyang is the province's capital city and home to well over 4 million people.

An expanse of urban sprawl set amongst stunning karst peaks, the city is the main jumping-off point for visitors looking to explore the wonders of Guizhou, which include stunning natural vistas, enchanting minority cultures and even the world's largest filled-aperture radio telescope.

Situated in the loving embrace of the Nanming River, Guiyang is a plateau city that sits over 1,000 meters above sea level. The climate is considered subtropical.

Guiyang is host to some incredible tourist attractions. Jiaxiu Pavilion was built during the Ming Dynasty and is located along the banks of the river. A short stroll away, you can check out the skyscrapers and modern architecture that help give Guiyang its hallmark 'East meets West' feel.

Guizhou is home to a vibrant array of peoples and cultures, including 23 different minority groups, and as the provincial capital, Guiyang is a great place to experience this rich cultural heritage. Hints of Miao culture can be seen across the city in tourist shops and restaurants, including examples of their colorful clothing and elaborate

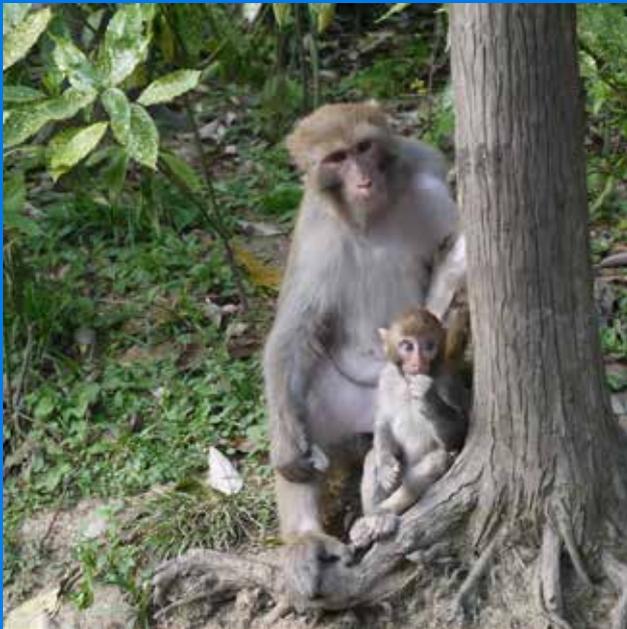
headdresses.

Guiyang is known to many as the Data Valley of China, due to its new economic and technological zones as well as its role as host of the Big Data Expo, which attracts major tech players such as Huawei and Alibaba. The city was also one of the first to launch 5G bus routes and is one of China's 5G pilot cities.

The natural areas surrounding the city are famous for their karst peaks and forest parks, and authorities in Guiyang are hoping to protect green spaces and save the local ecology from the dangers of fast modernization. How? By using technology, of course. Local authorities have been using cloud tech to track changes in the forest environment and prevent forest fires – making it one of the few places in China where nature meets technology and wins.



Looking for more expert guides to China's biggest cities and hottest destinations? Then pick up our **Explore China** travel guide, which offers insider tips, detailed city guides and awesome day trips. You can purchase your copy today by messaging 'Explore China' to our official WeChat account (QR code on the cover of this magazine).



Qianling Park

Over 400 hectares of forest cover Qianling Mountain, in the northern part of the city's downtown. The park is especially noteworthy for the hundreds of wild macaques that make their home there. Take the cable car to the summit to enjoy a view of the city and a leisurely stroll through the forested mountain paths. The park is also home to Hongfu Temple, a 17th century religious site with peaceful pools, murals and carved Buddhas. At the exit to the temple, people gather around a large and colorful carved stone wall with a Buddha at its center. According to local superstition, it's good luck to walk across the small square with your eyes closed to touch the belly of the Buddha. Walking down the back of the mountain will take you to Qianling Lake, where there are boat rentals, and the tunnel to return to the front of the mountain.

Jiaxiu Pavilion

The Nanming River coils through Guiyang's downtown, spanned by Floating Jade Bridge, where you can find Jiaxiu Pavilion. Initially built in the Ming Dynasty, the three-story tower hosts a famous couplet by Liu Yushan, as well as calligraphy and engravings. The tower can easily be enjoyed in under an hour, and is lit beautifully in the evening. On the south side of the river, find gardens with tea shops, or pop into one of the many coffee shops on the north side to enjoy views of the tower.



Qingyan Ancient Town

Built in the Ming Dynasty, Qingyan is a historical fort town 29 kilometers south of Guiyang. People flock here year-round to enjoy the stone architecture, climb the city wall and sample local delicacies. The town is known for its pork trotters and rice wine, which can be tasted while wandering the narrow stone streets. The old town is full of winding side alleys that lead to Buddhist and Taoist temples, a palace, peaceful gardens, pavilions and caves. Shops and hawkers fill the main streets and sell tourist tat alongside locally-dyed indigo garments, silver jewelry and traditional foods.



Shanxi Lu

A visit to Guiyang isn't complete without stopping to see one of its many small night markets. Shanxi Lu is both central and long-standing. During the day, it looks just like any other street, but as night falls, vendors begin to line the sidewalks. Find spicy street barbecue, rice noodles in sour soup or with bowls of steamed clams and barbecued fish sizzling on a bed of oily chilies. After you've gotten your fill, look behind the food stalls to discover the most concentrated bar scene in town. Bars line Shanxi Lu on both sides, and turning right at the top of Shanxi Lu will take you the city's most notorious bar street, Qianling Dong Lu.



Tufeng Bean Hot Pot

Serving up one of Guiyang's best kept secrets, Tufeng's smoked pork and bean hot pot broth is the thickest and most flavorful you'll find in the city. An order of both smoked pork (*la rou*) and deep-fried fatty pork (*su rou*) are highly recommended. Don't forget to ladle some of the broth into the chili dip to make the perfect dipping sauce. As the meal goes on, the broth boils down into a thick, satisfying stew that you can pour over your rice.

> 67 Qianling Dong Lu, Yunyan District 云岩区黔灵东路 67 号土风豆米火锅 (86 851 8677 1646)



Siwawa (Silk Doll)

Silk babies can be found all over Guiyang, but people go to Siwawa (丝娃娃) for the quality sour soup and the good variety of Guiyang's traditional side dishes. When you order *siwawa*, you can refill your vegetable tray as many times as you like, so don't hesitate to stuff your rice bundles to the max. Also, don't miss out on the grilled pork belly or the barbecued eggplant. Lines can be long, so showing up a bit before or after standard meal times is recommended.

> Various locations



Lao Kaili Sour Fish Hot Pot

Known for their lively serving staff, fresh catfish and top-quality sour soup, Lao Kaili is a distinctly Guizhou experience. After ordering your hot pot and side dishes, you'll be escorted to the aquariums to select your ideal fish. Served in a sour soup heavily accented with lemony Litsea oil, and complemented by a fiery dipping sauce, it'll have your taste buds in overdrive. As a special treat, order a bottle of Miao-style rice wine (*mijiu*) and the servers will sing to your table, tease you with fish-laden chopsticks and pour wine into your mouth from hollowed bulls' horns.

> 12 Shengfu Lu, Yunyan District 云岩区省府路 12 号老凯里酸汤鱼 (86 851 8584 3665)

Kempinski Hotel Guiyang

The Kempinski Hotel Guiyang is a luxury accommodation located in the city center. This extravagant hotel boasts high-quality furnishings in each and every room, and hosts a beautiful pool, fitness facilities and a spa. Due to the fact the Kempinski Hotel Guiyang is located in one of the tallest buildings in the city, the hotel offers fantastic views. As a bonus, fans of hearty German sausages and beer will love dining at the hotel's Paulaner Brahaus.

> 68 Huguo Lu, Nanming District 南明区护国路 68 号贵阳凯宾斯基大酒店 (86 851 8599 9999)



Poly Hotspring Guiyang Hotel

The Poly Hotspring Guiyang Hotel is a beautiful hot spring resort. While it's located a tad far from the city center – in Guiyang's Wudang district, the scenic location is actually a major plus due to its natural hot springs. This hotel features spacious, lush rooms overlooking the surrounding forest, as well as elegantly designed common areas. For those that like to let loose after dark, the Poly Hotspring Guiyang Hotel has its own nightclub with live DJ performances.

> 88 Shunhai Zhong Lu, Wudang District 乌当区顺海中路 88 号保利国际温泉酒店 (86 851 8632 8888)



BUSINESS & TECH

Pandemic Pricing

Insider Advice for Investing in Volatile
Markets, p36



Tap That App
P34



Finger Mouse
P35

GUY BURGOYNE

Vice President of Design, Geely Design China

Interview by Ryan Gandolfo

Having previously worked at Volvo, Renault and General Motors, British-born car designer Guy Burgoyne brought his expertise to Chinese automaker Geely in 2013 and has since helped propel the company to new heights. Burgoyne is based in Shanghai and serves as the vice president of design at Geely Design China.

For the unversed, Geely made its name known in the global market through its 2010 acquisition of Swedish luxury car brand Volvo and its achievements in automotive innovation.

Below, we talk with Burgoyne about the art of car design, appealing to the local market and Geely's recently released ICON model.

Would you attribute more importance to the exterior or interior design of a car?

At the end of the day, it's one car. People don't buy the interior of a Ferrari and put it into the exterior of a Volvo. So, you're going to buy one car and that's one experience. Therefore, the most important thing is that there's a holistic experience for the owner of the car. The story about why [the car] exists and how you use it and experience it should be consistent, whether you're experiencing the exterior or the interior.

What's the creative process like when designing a vehicle?

I think every designer on the planet is looking at the world around them, trying to get inspiration from lots of different places to influence their design work. The whole job of designing something is to evoke feelings in someone when they use it or interact with it. We're constantly trying to find other areas outside of car design that evoke positive feelings and try to find ways that they can be applied to a mobility experience. It's kind of our daily



work, and we have endless conversations, arguments and discussions. Nearly always, the best ideas are the ones where someone laughs at first, but then these ideas start to germinate.

How do you go about designing a car that appeals both to the domestic Chinese market and global markets?

In design, we usually start with the proportions of a car and then the graphics and details, in that order. If you did it the other way around, you'd waste a lot of time redoing things. I think the proportions of a car are a very global thing, with attractive-looking cars having good proportions for very consistent reasons that aren't culturally specific.

We like to look into the details and try to give some flavor of China because we're quite proud to be a Chinese brand. Some local car companies seem to be trying very hard to be a European brand or American brand, and we've never took that route. We decided that we were going to be proud to be a Chinese brand because it's something to celebrate, just like how people see value in a Scandinavian product like Volvo or German engineering.

We're also very aware that you shouldn't just spray [cultural aspects] over everything and have it turn out to be too much. It's a bit like cooking, if you add too much spice to it, then it becomes distasteful for everyone. So, we do our 'cooking' very carefully and we

try to put just enough spice so that our local customers can get that nice sense of pride.

Tell us about a newly released Geely model that you feel moves the needle in terms of car design?

We just released ICON, which we'd call a V7 SUV. ICON was released as a concept car about a year and a half ago and now it's a production car. It's very different for us, very product design, very minimalist and a little bit architectural, you might say – accelerating lines and a lot of the natural world in its inspiration.

Part of our aim is to deliver really refined cars for all people and we saw big room in the market, where we could offer something different but still a Geely. ICON represents the modern person with a connected lifestyle, and the aesthetics of the gadgets they have around them are repeated into the actual car. It was released on February 24. We've gotten a lot of online orders and it looks very positive for us.

This interview has been edited for clarity and brevity.



TAKE STOCK

TAP THAT APP

Idle Fish (Xianyu)

Consumers in China have shown more of an affinity towards used goods in recent years, with a growing catalog of apps dedicated to second-hand cars, electronics, books, fashion items and more.

One of the more commonly used 're-commerce' apps in the Chinese market is Idle Fish (Xianyu, '咸鱼'), a digital flea market owned by Alibaba that was downloaded two million times in February 2020, according to data from Sensor Tower.

Xianyu was one of the earliest Chinese apps selling used goods, starting back in 2013. According to CEO Chen Lei, the app now boasts over 20 million daily active users and has listed 1.4 billion items on the platform, as cited by Xinhua.

Aside from standard customer-to-customer trading, the app also offers features such as recycling, donating and renting out products. In December 2019, a location-based service feature was launched to link users geographically, creating a greater sense of community while driving up sales.

If you're looking to continue shopping away while reducing your carbon footprint a bit, this app is certainly worth exploring.

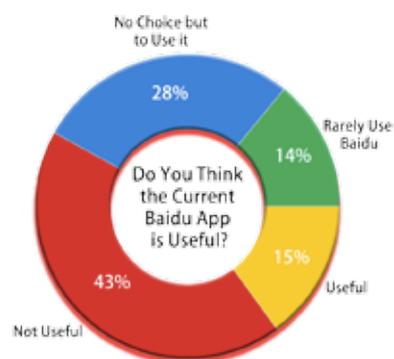
> Idle Fish (Xianyu) is available on iOS and Android devices.



CHART ATTACK

Useless Baidu?

An online survey conducted by Phoenix Weekly asked internet users a very direct question: Do you think the current version of Baidu is useful? Results from the survey revealed that close to half of respondents don't find the app useful, while 28% said they only use it because there are no other options. In early April, Chinese internet authorities called out the company for serious violations, leading the company to update several of the app features, including recommendations, images, videos and finance channels. Baidu accounts for more than 72% of the search engine market share in China, but less than 2% worldwide.



HIGHS AND LOWS



Highs

- Nearly all businesses in coronavirus epicenter Wuhan resuming operations last month, many of which reopened after a 76-day city lockdown was lifted
- Roughly half of all Chinese consumers (49%) feeling that the economy will rebound within three months, according to a McKinsey survey conducted in March
- Michael Jordan claiming a partial victory in an ongoing lawsuit against Fujian-based sportswear company Qiaodan, which has built a business using the legendary basketball star's Chinese name



Lows

- Luckin Coffee's stock value tanking in early April amid an internal investigation into fabricated sales figures
- Growing privacy concerns for popular video conferencing platform Zoom after CEO Eric Yuan admitted that some calls were routed through China for non-Chinese users
- Chinese global hot pot chain Haidilao apologizing for hiking up prices of certain hot pot menu items; the company is estimated to have lost more than RMB5 billion due to COVID-19

INSPECT-A-GADGET

Finger Mouse

Anyone who works a desk job can tell you how long they spend with their hand glued to their computer mouse or hovering over the laptop touchpad. A study conducted back in 2007 found that office workers across the globe complete 7,400 mouse-clicks per week, on average.

While new products have entered the computer mouse market over the years, the two most commonly used methods to navigate your computer or laptop continue to be traditional mice and touchpads.

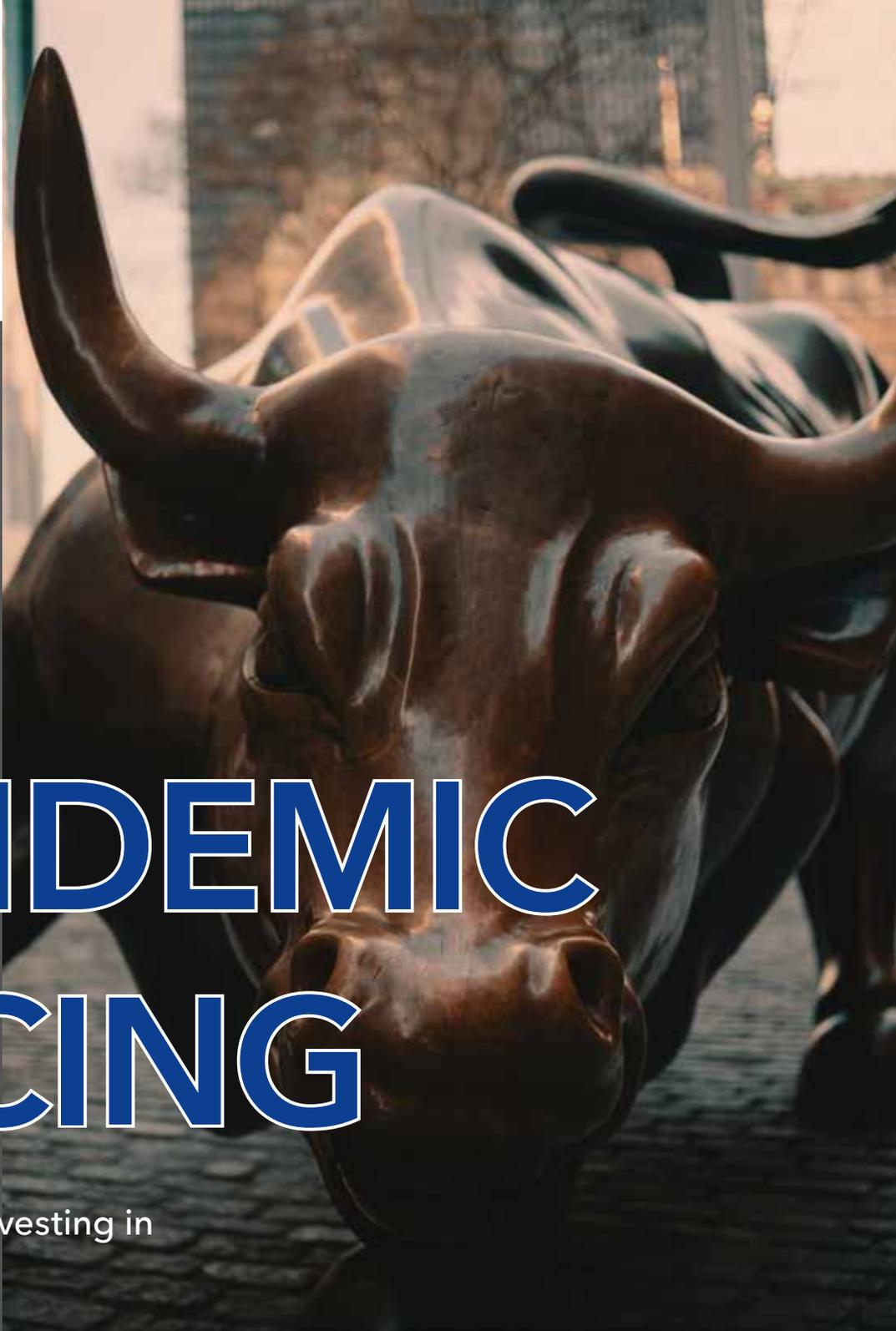
But for those who want to mix it up, there's always the finger mouse. While these gadgets come in different shapes and sizes, they operate much the same. Attach it to your middle finger, and point the sensor to the nearest surface. Instead of your index finger doing all of the heavy lifting, your thumb takes over scrolling and clicking duties.

The mouse alternative is fun to use at first, but gets old once you turn your fingers to the keyboard. It's also hard to come up with any worthwhile advantage for the finger mouse over conventional methods. For starters, you still need a USB port, and although it's not too heavy to wear, it's still an added nuisance compared to a touchpad.

Is it a bad product? No, not necessarily. But as the saying goes, "If it ain't broke, don't fix it."

> The finger mouse is available on Taobao.





PANDEMIC PRICING

Insider Advice for Investing in Volatile Markets

By Ryan Gandolfo

After experiencing a decade-long bull market, global stock markets emphatically crashed amid the global spread of COVID-19. In late February, the largest one-week decline since the 2008 financial crisis was reported from stock markets around the globe. Markets continued to experience high volatility in March, with March 9 and March 12 being dubbed Black Monday I and Black Thursday, respectively, for colossal sell-offs across markets in Europe and the US. Less than

a week later, the three big US indexes on Wall Street fell by over 12% when they reopened on March 16.

While markets are evidently making a slow recovery, the 2020 stock market crash is yet another reminder of the external forces that can have such a profound impact on your portfolio. We called on seasoned finance veterans based in Asia to provide sound strategies and advice for investors navigating this turbulent period in the global economy.

Max Greb, Portfolio Manager at Olivar & Greb Capital Management

During a pandemic, investing can be overwhelming and lead to emotional decisions. However, times of crisis often reveal some of the best opportunities to put excess cash to work.

What to Avoid: Don't Buy Just Because It's Cheap

In a recession, it can be tempting to pick stocks that suffer the most. Unfortunately, these are often companies at the greatest risk of bankruptcy.

In 2008's financial crisis, these were the banking stocks, such as Bank of America (NYSE: BAC). BAC initially dropped 70% by October 2008, and many investors assumed the worst was over. Yet, after a short rebound, the stock fell another 90% only a few months later. It took a full five years for BAC to regain its footing, while many smaller banks went bankrupt.

In 2008 it was the banks. Today, it's the B.E.A.C.H. stocks: booking, entertainment and live events, airlines, cruises and casinos and hotels and resorts – (and commercial real estate, too). Avoid these virus-sensitive stocks as long as virus-related uncertainty remains – even if they seem cheap.

What to Buy: Fundamentally Sound Companies

Pandemics often lead to indiscriminate selling. While lower quality stocks are down big, many high-quality stocks are down as well. This is where to focus. Here are two attributes of a high-quality pandemic stock:

1. **Defensive:** Companies that provide stable earnings, such as consumer staples (i.e. soap, laundry detergent, toilet paper), food and liquor (consumption even increased in 2008).

2. **Strong balance sheets:** Look for companies with high cash and low debt. As opposed to debt-laden airlines, consider airport operators that own real estate with significantly less overhead and debt on their books.

During a pandemic, buying at the very bottom is improbable. Instead, focus on developing a consistent allocation strategy – such as investing 10% of your cash every week for 10 weeks – and building a quality-focused portfolio.

To learn more about the services offered at Olivar & Greb Capital Management, add their Official WeChat Account (Olivar-Greb) or contact Greb via email at max.greb@olivar-greb.com



Ralph Woodcock, Senior Associate at Holborn Assets

Before making any decisions, it's important to analyze the risks and rewards. For example, selling investments due to coronavirus fears may result in short-term losses and missed long-term gains.

Fortunately for investors, there are other asset classes that tend to either hold steady in a downturn or rise when markets suffer. While history can't predict what will happen in the future, several assets have historically performed well in times of crisis. Having a well-constructed portfolio prepared for geographical and political risk in the current pandemic is now more important than ever. And as most retail investors don't hold hedge fund-related strategies in their portfolios, we need to be creative with assets unaffected in a market downturn.

Property is an Investment

Property investors have depended on UK property for generations. Unlike other international property sectors, the UK has a clear and comprehensive legal system. British law is often regarded as the best in the world. Your investment success from real estate is determined by the supply and demand level. Right now, the UK is only building a fraction of the 300,000 new residential homes it needs each year. Holborn works with the most well-renowned developers in the UK, which means we offer an exclusive range of developments to suit all investment strategies.

Fixed Income

Fixed income generates a steady income stream in addition to the benefit of capital appreciation, fixed-income securities provide income generated from a portfolio's balance. Bonds and preferred stocks pay a steady dividend and interest payments to investors, creating a consistent cash inflow. Fixed interest and dividend rates are set when the security is issued, and these payments are guaranteed if the issuing entity does not default. With personalized investment solutions to withstand volatility and address short-term financial needs, the long-term plan stays on track.

For more information about the services offered at Holborn Assets, feel free to contact Woodcock via email at ralph.woodcock@holbornassets.com.

Mark G. Matlaszek, Director at Bluestar AMG

How to Make Money During a Pandemic

The recent pandemic has brought the world to a close with record unemployment, stock market crashes and the closure of borders. This has had a huge impact on the global economy with some people even comparing it to the Great Depression. However, we live in a very different time, whereby governments can inject record-breaking amounts of stimulus into a failing economy to prevent it from collapsing. We also live in a world of technology, which is constantly advancing and developing.

So how do you make money right now? The key is to invest into quality companies that are run extremely well and hold decent cash reserves but also produce goods and services that everybody needs and wants during this time as well as normal times. An example would be streaming services such as Netflix and Disney+.

Technology companies (including biotech and science) have also been an excellent investment class over the last 10 years or so and will continue to be for the next 10 years.

Good quality companies that have been around for the last 50 to 100 years have seen every economic environment thinkable and make for a good choice investment as they will be the strongest to survive the current pandemic and will also make the biggest rebounds.

We do know that the world will heal, and life will return to some normality, but it will take time. As long as you take a long-term view, then investing into the global equity markets now offers a discounted opportunity that doesn't come around often. There will be volatility ahead, but good quality blue-chip and technology companies will ease through the short-term volatility like they always have done.

To learn more about the services offered at Bluestar AMG, contact Mark via email at mark.matlaszek@bluestar-amg.com



Michael Li, Guangzhou-Based Financial Advisor With Over 10 years of Experience

During the new coronavirus outbreak, investors quickly become more risk adverse and assets viewed as low-risk become a safe haven. In the commodities market, gold tends to be viewed more favorably while pharmaceutical and consumer-related stocks are also seen as sensible buys. For hedge funds, a market-neutral strategy is appropriate because it reduces market risk. At the same time, in terms of asset allocation, you can reduce the proportion of equity investment and increase fixed-income investment. The overall allocation should tend to be more risk-averse.

KERRY ZHAO AND BENJAMIN LOISIER

K-Orient Cofounders on Shanghai's Dynamic F&B Scene and Ultimate Marketing Strategies

K-Orient cofounders Kerry Zhao and Benjamin Loisier are foodies and creative minds bringing their expertise to Shanghai's F&B industry. Their collective experience in restaurant and travel agency businesses are qualities that make up the core values of their company.

The team at K-Orient lead innovative marketing campaigns and specialized projects for clients both in Shanghai and overseas. With a growing nucleus of bright minds, K-Orient strives to continue providing top-notch services to achieve clients' marketing needs and goals.



Where and when did you two meet?

BL: Back in 2016, I managed a Western restaurant located in People's Square, at the heart of Shanghai. At that time, Kerry and I collaborated on hosting a corporate client group dinner at our venue. The connection was immediate. Since then, we put our synergy together on new projects, with the latest being K-Orient.

Where are you originally from?

KZ: I am originally from Chongqing, the hot pot capital. I moved to Shanghai more than 10 years ago to work in marketing for the F&B scene.

BL: I was born in Dijon, the capital of Burgundy, France. Passionate about Asia, I studied in Shanghai in 2012 and fell in love with the city and its vibrant atmosphere. A year later, after my graduation, I decided to come back and settle here, working as a manager for several restaurants.

What do you love most about this city?

KZ: I love Shanghai because of its intensity and diverse pace of life. There is always something to do and you will never be bored! For restaurants and bars, there are endless options to choose from. The problem is always choosing where to go and what to eat for each meal.

BL: The city improves every year with its fast-paced development. The mix of culture between history and the modern society to me is the most exciting part of Shanghai. It is reflected in the people living here but also in other aspects, like the food. Shanghai is definitely a great choice for foodies.

What inspired you two to start K-Orient?

KZ: After years of working in marketing for several restaurants, I realized there was a high demand from restaurants to help them spread the word and bring

in new customers.

That's how I started K-Orient back in 2015.

BL: In Shanghai, the competition is fierce in the food and beverage industry. Gaining new experience in managing restaurants pushed me to become an entrepreneur and undertake a new challenge. When Kerry told me he needed manpower to grow K-Orient, I immediately took the challenge.

Why the name K-Orient?

KZ: The 'K' stands for 'Kerry' and 'Orient' for Eastern Asia, the core of our business. We mainly work in the Shanghai market; however, we extend K-Orient services to other countries, like in Thailand and Europe, where restaurants seek exposure to travelers, mostly from China.

What are the advantages that restaurants in Shanghai can gain by working with K-Orient?

KZ: K-Orient is a marketing toolbox for restaurants, providing offline and online services to our clients. Our main goal is to ensure our clients attract customers and keep them coming back by delivering a truly unique dining experience. We build their marketing plan, increase their exposure on social media, the WeChat platform and press media. In addition, we promote their Dianping profile and delivery platform, a key element to a successful business in the restaurant industry, especially in this period. Digital media channels play an essential role in the customer decision.

CHINA MEET



Is the PRC Ready for a Plant-Based Future?

Words by Matthew Bossons, additional research by Ryan Gandolfo

S NEW MEAT



For some, the idea that China could one day move away from the consumption of beef, pork, poultry and other animal meats may seem like a pipe dream. There's good reason for this, according to statistics from the UN Food and Agriculture Organization and the Organization for Economic Co-operation and Development, China consumed nearly 50% of the world's pork in 2019. In 2016, the average Chinese person ate 63 kilograms of meat per year.

Despite lagging behind over 10 countries, including the United States, Israel and Argentina, in per capita meat consumption, China's growing appetite for animal flesh has triggered alarm bells. A tacit acknowledgment of this trend came from the Central Government in Beijing in 2016, when a plan was outlined to cut citizens' meat consumption by a whopping 50%.

The positive ramifications of such a dietary shift would be massive, not just for the personal health of Chinese people, but also for the planet: If the target is met, China's animal agriculture sector would see a 1-billion-metric-ton reduction of carbon dioxide equivalent emissions by 2030.

But how is such a feat accomplished in meat-loving China? The answer, it turns out, may lay with plant-based 'meats,' and an industry is rising both domestically and abroad to help China achieve this goal.

Image via Impossible Foods



Four years ago, California-based Impossible Foods debuted the now-famous Impossible Burger, a hamburger patty made with a plant-based imitation beef. The product received heaps of praise and set itself apart from the veggie burgers of yesteryear by replicating the taste, texture and cooking experience of an actual beef patty.

"When we bring these products to the market, and with the Impossible Burger which we launched in 2016, the experience that chefs and consumers have is the experience of meat – but in a better way and in a much more sustainable way," Nick Halla, senior vice president of Impossible Foods' international division, tells us during a call from his Hong Kong office. "It's not the veggie burger experience."

Evidence of Impossible Food's success is found not only in the high-end burger joints that use their plant-based patties – such as gourmet burger chain Umami Burger, but also in the fast food industry. In 2019, Burger King in the US rolled out the Impossible Whopper, a version of its signature burger that utilizes Impossible Burger patties instead of beef. Stating that the collaboration was a hit would be a colossal understatement: A positive reception after launching in 59 Burger King locations in St. Louis on April 1 led the company to roll out the Impossible Whopper nationwide.

"[The Impossible Whopper has] become one of the most successful product launches in brand history, leading to outstanding comparable sales of positive 5% this past quarter," said a Burger King spokesperson, according to *New York Post*.





As a company, it's fair to say that Impossible Foods is about more than just burgers. There's an ideology of sorts behind the operation, a mission to forward global food security, reduce the environmental impact of food production and improve the health of consumers. Part of this mission requires Impossible Foods to look beyond the North American market at other meat-loving regions in need of disruption via plant-based alternatives – with China high on the list.

"We opened our first facility in Oakland at the end of 2017, six months later we launched in Hong Kong," says Halla. "As a food company, when we're [going from] several hundred restaurants in the US to launching in the international market that quickly, [it's] very unique."

Since arriving in Hong Kong in 2018, Impossible Foods now has products in more than 500 restaurants across Hong Kong, Macao and Singapore, although they've yet to enter the mainland market.

"We don't have any restaurants in the mainland yet, so one of our big initiatives is to get our plans, strategies and partners together to do the Chinese mainland the right way," says Halla. "So, we are putting a lot of effort into that because it is critical."

When Impossible Foods does arrive on the Chinese mainland, though, they will be entering an increasingly competitive market, with over half a dozen plant-based meat companies and startups already vying for Chinese stomach space.

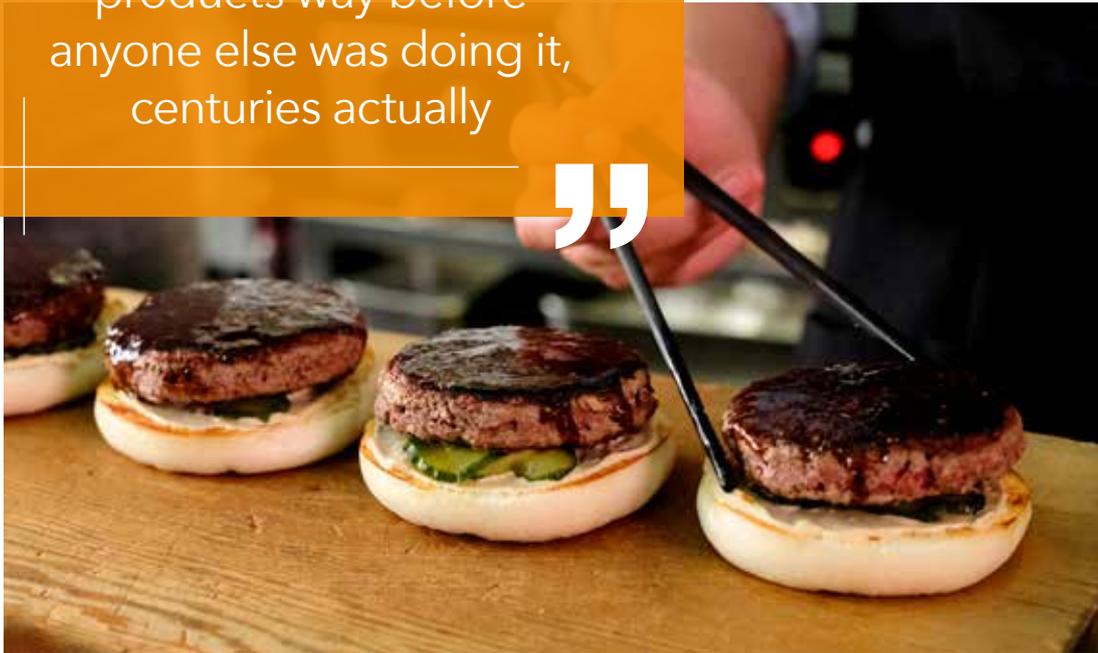
China's plant-based meat industry first popped up on our radar in August 2019, when media reports emerged that Beijing Technology and Business University had teamed up with Shenzhen-based alternative meat brand Starfield to release a variety of moon cakes filled with vegan-friendly meat made of bean protein.



“

Buddhists have been making mock meat products way before anyone else was doing it, centuries actually

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Images via Impossible Foods

The ethical moon cakes were big news, receiving coverage both domestically and overseas, but a food-focused Chinese person will tell you bluntly that China’s production of mock meats goes back much, much further.

For centuries, religious people living in China have chosen vegan and vegetarian diets. In a May 2019 article in *China Daily*, writer Zhang Zhouxiang notes that there are records of monks eating tofu-based meats as early as the Tang Dynasty (618-907 AD).

In the Song Dynasty, tofu was used to replicate fish while shrimp was replicated using konjac or elephant

foot taro, according to Zhou Qiyu, senior marketing manager at Shenzhen-based Whole Perfect Food, as cited in *South China Morning Post*. In Chinese vegetarian restaurants and eateries located near Buddhist sites, this practice has largely continued till the present day.

“What China had and still has is a large Buddhist population, who are still the main group of vegetarians in the country. Buddhists have been making mock meat products way before anyone else was doing it, centuries actually,” says Lindsey Fine, a Shenzhen-based foodie and vegan blogger who our readers may also know as ‘Veggie Mama.’



But China's rising array of Impossible-inspired plant-based meat producers are looking to move beyond niche markets, such as eaters of conscious and religious individuals, and take their product to the mainstream. To achieve this goal, many China-based companies are taking a very similar approach as their American counterparts.

In the US, companies like Impossible Foods and Beyond Meat have worked to move plant-based meats to the masses. A decade ago, the only people buying frozen veggie burgers at the supermarket were vegans and vegetarians, but with the advent of hyper-realistic imitation meats, plant-based burgers have found a home on the grills of carnivorous folk too.

Similarly, China's alternative meat companies are striving to ensure their products are more realistic than traditional Buddhist imitation meats and delicious enough to find fans among carnivores.

"When you look at fake meat in the Buddhist sense, you are not trying to be the same as the meats you grew up with. But what Beyond and Impossible have done is taken an iconic American product – the hamburger – and allowed you to eat it vegetarian in as close of sense as possible," says Franklin Yao, an entrepreneur and the founder and CEO of Shanghai-based Youkuai, a plant-based meat supplier that produces Z-Rou, a plant-based imitation pork. "And this is the same thing we're doing with ground pork. What we want you to do is be able to enjoy the dishes that your mother or grandmother made, or the spaghetti Bolognese that you'd go out to eat in a restaurant, in a better way. And I think that's really the difference between where we were before and where we are now."

Toronto-born Yao, like many before him, found his way to a plant-based diet after getting into meditation and studying Buddhist philosophies, as well as edu-

cating himself on the impact of the animal agriculture industry.

"I got to a point where I wanted to use the resources that I had acquired to do something good, and to do something good that is proudly from Shanghai and from China," says Yao, who has lived in Shanghai for 15 years and previously attended Yale in the US. "I was eating so much Beyond Meat in the US and I realized that someone is going to do this for China, but with ground pork, to recreate dishes like *xiaolongbao*. And I figured it might as well be me."

Yao has no illusions that his personal journey to a plant-based life is for everyone. Quite the contrary, in fact: Yao understands that a widespread dietary revolution can only come about if plant-based edibles taste as good as real meat. When we ask him why people should consider switching to plant-based meats, he doesn't rattle off health reasons or environmental stats, instead he passionately lists classic Chinese dishes that he believes taste delicious when made with Z-Rou, which officially launched in December of last year.

"The right way to [encourage dietary change] is not to be so extreme and tell people you have to eat plant-based from now on," Youkuai CFO Liqin Lu tells us. "It's not about convincing them to make the switch, but telling them that plant-based meat is also yummy and has protein and health benefits. Then this becomes a new category in your diet."

Other China-based startups, such as Starfield and Zhenmeat, are also working hard to produce realistic and tasty plant-based meat. Zhenmeat is currently producing a pea protein-based mincemeat that can be used to make dumplings and meatballs, and is even planning to create bones for their products via 3D printing, according to Quartz.



Image via Starfield

Starfield now offers frozen plant-based mince meat, meatballs and patties. All three of the company's current products are beef-inspired, but are not intended to taste the exact same as bovine protein.

"We want to create something that is really, really tasty, which does not necessarily mean that it resembles beef or pork," says Liu Shuman, the R&D director at Starfield. "We're just creating something that is really delicious."

According to Liu, Starfield is currently developing a plant-based meat sauce for instant noodles and an imitation meat filling for the rice dumplings (*zongzi*) traditionally served during Dragon Boat Festival. The company is also in the very early developmental stages of creating a product that is similar to chicken.

The benefits of cutting back on consumption of animal meat are not lost on China's leadership, with Beijing calling for a 50% reduction in China's meat consumption in the Chinese Dietary Guidelines released in 2016. The average Chinese person was eating 63 kilograms of meat per year when the guidelines were released, according to the *Guardian*, with individual consumption expected to grow to over 90 kilograms per year by 2030. If followed, the national dietary strategy could counter this trend and reduce consumption to 14-27 kilograms per person per year.



“

We want to create something that is really tasty, which does not necessarily mean that it resembles beef

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The policy initiative was hailed by environmental groups and Hollywood celebrities, including celebrated director James Cameron, as a way to curb greenhouse gas emissions and combat global climate change.

“The number one thing that you can do is to just stop eating – or cut down on – meat and dairy. Meat and dairy are not good for your body and they’re not good for the environment,” said Cameron in a WildAid video released after China’s pledge to lower animal meat consumption. “What China’s doing now, with this announcement of trying to reduce meat by 50%, you just have to respect that – that’s a leadership position.”

At over 27.5% of worldwide carbon emissions in 2018, China is by far the world’s largest carbon emitter, with the US in a distant second with 14.8%. It’s not entirely clear how much CO2 animal

agriculture contributes to the country’s emission totals, but it’s unquestionably a considerable amount. When the Chinese government last released official data back in 2005, it showed that the livestock industry contributed to more than 50% of the country’s total agricultural emissions.

A reduction in animal meat consumption for China’s citizens could have a massive impact on not just the country’s emissions, but global CO2 levels. For one, the downsizing of China’s livestock numbers would mean less demand for grains to feed its herds, sounders and flocks. According to a 2018 article in *Smithsonian Magazine*, the PRC imports more than 60% of the global supply of soybeans each year for feed, which has arguably caused countries like Brazil and Paraguay to clear forests for farmland – driving up greenhouse gas emissions even higher.



Images via Youkuai

Image via Starfield



Climate aside, reducing meat intake and switching to alternative proteins will help China to ensure its food security – the importance of which has been highlighted in the 21 months since the African swine fever (ASF) was first discovered in China in August of 2018. The disease outbreak among the nation’s pig population resulted in China’s pork output hitting a 16-year low in 2019, according to Reuters. Of course, ASF also resulted in higher pork prices, a spike in meat imports and a rise in inflation.

“Nationwide imports of pork, beef and poultry have all increased to supplement the tight supply of local pork,” Bai Xuejing from the Guangdong Imported Food Association tells us. “Of these, pork imports for the whole of 2019 were more than 2 million tons, an increase of 75% over 2018, while beef imports increased by 1.7 million tons, an increase of 59.7% year-on-year.”

On a more micro level, the personal health of China’s population will also benefit from reduced consumption of animal protein – particularly red meats. Individuals with a high intake of red meats, which include beef, pork and lamb, are more likely to suffer from health issues such as cancer, diabetes and heart disease, according to Frank Hu, the chair of the Department of Nutrition at Harvard T.H. Chan School of Public Health. To put this in perspective, China has the highest number of diabetics in the world, according to 2019 data published by Statista.

A big part in achieving Beijing’s goal of drastically reducing national meat consumption may hinge upon the Chinese population’s ability to switch to plant-based meats and other less-harmful sources of protein. The success of plant-based meats in the wider Chinese market will certainly rely on how accurately companies are able to replicate the experience of eating pork and other red

meats, although education and advocacy will also play an important role.

“In terms of eating responsibly, it’s only through education [that people will change], it’s only through learning more. The more educated about this topic you are, the less animal protein you will eat and the more you are going to eat plants instead,” says Yao. “It’s about getting people to learn more about the food choices they make and how that affects their personal health and the health of the globe and how animals are treated.

“When we do eat meat, we’re going to really enjoy it – because it is the exception, it’s not eating mindlessly. I think it’s about not eating mindlessly and about eating with education.”

Fine, who previously operated a vegetarian restaurant in Shanghai, agrees, telling *That’s* that governments have a significant role to play in educating their citizens about the importance of cutting back on meat consumption.



Image via Youkuai

Images via Youkuai



"I think governments will need to help to promote a plant-based diet with campaigns, special funding for plant-based companies, as well as educating people about the urgency of the situation," says Fine.

Arguably the biggest hurdle to the widespread adoption of plant-based meats is that they are expensive and priced considerably higher than animal products. This is expected to change, though, as more competition in the plant-based meat industry and increased production will likely drive down the costs.

"A lot of money has been poured into research and development and that's why plant-based meat products are still more expensive than animal meat products," says Lu. "But long-term, as this whole industry scales up with more demand and more companies coming into this space creating healthy competition, I think it is a no-brainer that prices will come down."

Starfield's Liu agrees, telling *That's* that as production increases, the costs attributed to R&D will decrease for each product. Although, she does note that some producers may keep their products expensive to ensure consumers don't view alternative meats as a cheap substitute for real meat.

"Some companies may price at a higher level because they want consumers to think their products are high quality," says Liu.

Despite the fact that plant-based meat trade is still in its infancy in China, the industry's major players are optimistic about the future and confident that dietary change is in the air.

Many restaurants on the Chinese mainland have started to show considerable interest in plant-based meat products. According to Liu, Starfield has partnered

with Hong Li Cun, a restaurant chain with 160 locations in Guangzhou and Shenzhen, to release a version of Cantonese cuisine's famed *changfen* that uses its plant-based mince. Papa John's Pizza has also shown interest in Starfield's products, with 144 of the American chain's China locations debuting a pizza using the Shenzhen-based company's plant-based meats last month.

When we ask Halla his assessment of the awareness in China of Impossible Foods products, he matter-of-factly tells us, "The interest [in the Chinese mainland] is through the roof," adding that the company handed out a whopping 40,000 samples at the China International Import Expo in Shanghai in November.



FAMILY

Breast Results

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IN THE PURSUIT OF HAPPINESS

Hints and Tips to Help Promote Happiness in Children

By Emma Button

Simple as it may be, achieving a level of happiness is something that often presents a challenge in this modern age. Never in history has the wellbeing of humankind been so widely discussed. Sometimes when we talk about happiness it sounds a lot like the main component of mental health. It is also easy to feel helpless when it comes to our children's mental health and wellbeing when we look around and feel the weight of scary events, statistics and trends bearing down on us.

Fortunately, parents and teachers have a lot of power when it comes to their child's mental health and resulting happiness. Indeed, many parents will say their one wish for their child's future would for them to be happy.

I believe achieving an adult state of happiness is the direct result of a childhood spent exploring the interests and experiences that bring you happiness. We can all agree that our children deserve a future that is successful and secure, but it must also be a happy future for them. At Wellington, we encourage pupils to pursue happiness with the same determination and ambition they will apply to their education and other life goals. Because, we believe, this is the most important goal of all.

There are endless books, blogs and online resources that give hints and tips about promoting happiness in children, but I wanted to share a few that I consider key from my experience.



Routine and Structure

Children thrive when they 'know where they are,' both physically and emotionally. I am a strong advocate of clear routines and boundaries for children. However, in recent years I have seen an alarming increase in children with overly regimented lives, where every minute is planned and accounted for. Much of this appears like an extension of school with entire weekends taken up with clubs and tutoring. Children are then constrained in a number of ways, unable to express their interests organically in play and unable to seek out their own entertainment to combat boredom.

Allow Plenty of Time for Play

Children must have time to play and explore their interests; this is a must, at school and at home. Music, dance and physical exertion are all excellent stimulants for the brain to produce endorphins, the so-called 'happy chemicals.' Again, this doesn't have to be overly regimented, it can be done in a much more relaxed and organic way.

Providing a Physically and Emotionally Safe Environment

Children need to know that mistakes are ok, that failure is an acceptable – and even necessary – part of life. Equally, children must have space in their lives to express their emotions, be they happy, sad or angry. They must also see that adults have these emotions too. We are the role mod-

els for our children, in every aspect of our lives, our behaviour informs and models theirs. What they see and hear in relation to the adults in their lives, children will project onto their own interactions and emotions. Even in this modern age, we still have children who face physical harm at home. There is no way a child can feel happy in a home where there is fear or worry about this type of punishment or consequences.

Spending Time With People They Love

I have had so many conversations with children about the joy they feel when they are with their parents and loved ones. Talking about weekends and holidays spent together, they are alive with happiness. A hug from a parent means the world, but an afternoon together, engaged in the interests of the child means even more. Children particularly love to hear what you love and admire about them, especially when it is a story about themselves. The day they were born, their first day at school or another important event are all lovely topics to talk about with your child, and they will be a captive audience.



Emma Button is the founding head of Early Years Wellington College International Shanghai.

LIVING ROOM

DAD'S BOOK LIST

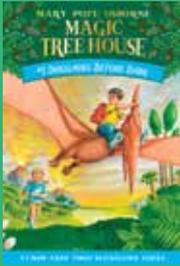
Book recommendations from *That's* editor-in-chief and 'girl dad' Matthew Bossons.

Ages 6-9

Magic Tree House #1: Dinosaurs Before Dark

By Mary Pope Osborne

The first entry in American author Mary Pope Osborne's ever-popular *Magic Tree House* series, *Dinosaurs Before Dark* is an adventure chapter book perfect for new readers. The book introduces Jack and Annie Smith, two young siblings who discover a magical tree fort that transports them back in time 65 million years, to the late Cretaceous period.



Ages 12+

That Was Then, This Is Now

By S. E. Hinton

While the author would deny that *That Was Then, This Is Now* is a sequel to her celebrated first novel, *The Outsiders*, the two books share a lot in common. Characters from the first book – including mainstay Ponyboy Curtis – make an appearance, and the setting for both stories is Tulsa, Oklahoma. Much like *The Outsiders*, this novel is a powerful coming-of-age story that tackles social issues such as poverty, drug use and crime. Even today, nearly half a century after its publication, *That Was Then, This Is Now* is a must-read for teens and young adults alike.



HOME COOKING

Korean-Style Maple Sesame 'Wings' Recipe

These delightful morsels are Shenzhen-based foodie Lindsey Fine's vegan take on Korean sesame honey chicken wings. The generous sauce base makes this dish extremely delicious and best of all, it's simple to make. For this recipe, she used a kind of *mian jin* she found at a local wet market. *Mian jin* (面筋) is made of wheat gluten and has a nice, chewy texture. There are all many varieties of it available, as it was created by Buddhist monks in China hundreds of years ago. Fine loves using *mian jin* for this recipe because of its texture, but you can use any kind of vegan protein. Additionally, you can easily make this dish gluten free by using cauliflower or tofu. If you aren't vegan, you can substitute the maple syrup for honey. Scan the QR code below to snag the recipe.



CLASS CLOWN

Good News for Gaokao Participants

China's annual college entrance exam, known as the *gaokao*, has been delayed one month, according to an announcement by China's Ministry of Education. The test period will start on July 7 at 9am and finish the next day at 5pm. In previous years, the *gaokao* generally took place around the first week of June.

In February, the ministry said it would determine whether the national college entrance exam would be postponed due to the COVID-19 pandemic. The Ministry of Education and State Council agreed on pushing back the nationwide test date, while allowing Hubei province and Beijing to propose exam dates for their regions and publish their schedule pending approval from the ministry. This year, more than 10.7 million high-school students will sit the *gaokao*, according to *China Daily*.



ECO HOME

Solar Lights

Among the numerous methods of lowering your carbon footprint at home, installing solar lights is a cheap and practical step. A quick Taobao search will reveal a myriad of options at prices as low as RMB40.

We recently picked up a 400-watt solar-powered floodlight on Taobao for under RMB400. The light came with a remote control and a 350-millimeter by 600-millimeter solar panel, which can be easily hung on a patio to charge the light. The controller allows you to tweak the brightness level to suit your needs, as well as turn the light on and off. The light also has a small stand for convenient setup in the room (or rooms) of your choosing.

If a floodlight seems like overkill, e-commerce platforms in China offer smaller, traditional-sized lightbulbs that run on solar power. Most of these lights come packaged with a small solar panel.

In addition to cutting back your regular power usage at home, solar lights are a lifesaver during a power outage and they are perfect for your next camping excursion.

> Search 'taiyang neng deng' (太阳能灯) on Taobao to browse solar-powered lights



TEACHER TALK

Joshua Cawthorpe

This month we caught up with Joshua Cawthorpe from the Canadian International Education Organization Tianhe Training Center in Guangzhou to learn more about teaching online.

How effective have you found online teaching versus classroom lessons?

The learning curve was steep when we initially took all of our classes online. However, there are probably an equal number of advantages and disadvantages to the online interface. The company I work for has 20 years' worth of proprietary and licensed curriculums. However, the digital format is not suitable for teaching online and so we have needed to spend an exorbitant amount of extra time preparing our classes. On the other hand, this provides an advantage wherein we can use more graphics and visual aids to elevate the learning experience for the students.

What tactics do you use to keep your online classes interactive and interesting for students?

The web conference platform we chose to use, Zoom, has a lot of great interactive features that allow students to match words and images or circle the correct answer. If they are older, they can also input text to answer questions. The value of having a foreign English teacher is primarily on refining speech, but I find that when the stu-



dents are actively using technology then they pay closer attention.

The biggest challenge in leaving the actual classroom is maintaining the students' focus, especially since many students are at home with their families during this time and they don't all have a quiet place to focus. We have built our curriculum into a lot of games where students are rewarded with points for selecting the correct answer first, or where they are asked questions independently on a board game like Snakes and Ladders. Virtual dice are a constant fixture of my online classes.

And a fun one: Name your favorite children's movie?

My absolute favorite kid's movie is Disney's 1973 animated rendition of *Robin Hood*.

CHOICES,

To Overcome Obstacles, We Need to Change Monsters into Missions

By Dr. Al Chambers

Many of us are attracted to interpreting life's events – and ourselves – in the most catastrophic ways. And you don't have to be 'diagnosable' to live this way – it is basically the normal default mode for human beings.

In psychology, we know that most of us (all?) remember the losses, mistakes, failures, fears and hurt much more than the successes and positive elements of life. Perhaps this is an evolutionary adaptation to create persistence – with the worrier, who is gathering extra food and planning for a long winter, enjoying a better survival rate than the happy-go-lucky individual who is off enjoying the sunset.

This state is known as dysphoria, which is basically a constant feeling of dissatisfaction

"The defining characteristic of pessimists is that they tend to believe that bad events will last a long time, will undermine everything they do and are their own fault. The optimists, who are confronted with the same hard knocks of this world, think about misfortune in the opposite way. They tend to believe that defeat is just a temporary setback or a challenge, that its causes are just confined to this one case."

– Martin Seligman



CHOICES



and unease within us that takes on a life of its own. It runs unimpeded through our brains and unconscious minds like a nagging headache, bringing stories of disaster to our awareness and causing permanent vigilance and very real physiological reactions – never allowing peace, revealing itself in anxiety, anger and depression. So, unless we are a perpetual ‘sunset-watcher,’ we will struggle with our inner self-made fears. (Of note: Being a sunset-watcher may sound good, but it creates an entirely different set of issues for us.)

Now, here’s the problem: We do need some dysphoria to alert us to potential trouble, help us mind our mistakes, learn from the past and plan a little for tomorrow. That said, discernment is key: We

need to know when it is okay to take a break, stop worrying and let go of our anxieties. It’s healthy to turn off and laugh at how silly we all are. But how do we know when it is time for work and time for play?

When our dissatisfaction hinders rational thought and our anxiety cannot productively alter a bad situation, then it is time to reimagine how we see the world. For this, the problem is within us.

But sometimes, the external world does present us with authentic troubles that must be dealt with in a timely and efficient manner. In these circumstances, we need to garner our resources, think clearly about what is relevant, allow a little anxiety (but not so much that we are paralyzed), create a flexible plan and move proactively into the future knowing that ‘this too shall change.’ Difficulties never cease, they are only transformed into different creatures, which we can see as evil dragons or cuddly puppies. How we interpret and change our problems is solely up to us.

With unknown and confusing ‘monsters’ regularly encountering us, from impending typhoons to virus outbreaks, it is easy to switch into our own personal dysphoric and pessimistic mode that creates anxiety and fear and then compounds the reaction and catastrophizing (it’s a cycle, man!). This is the time to pay attention to how our bodies react – chest tightness, butterflies in the stomach, dizziness, sweating and so on. These reactions will quickly lead to unhelpful thinking patterns – ‘What if?’, ‘If only...’ and ‘Yes, but...’ From here, planning becomes worrying, obsessing and panicking, with horrible feelings of dread and helplessness. We

see no ‘out’ and our thinking and actions become irrational with good outcomes becoming unimaginable. This is the point when we need to stop and connect with our inner sunset-gazer and put things in perspective.

If we find ourselves upset with traffic, computer trouble or a broken refrigerator, it is important to step back and remember these are not important in the big scheme of things. Some things, however, are important and worth worrying about – viruses, marriage trouble and the health of our children, for example. The important worries offer us an opportunity to keep our wits about us and to be constructive, calm and creative; we can use them to stay present, connected and to appreciate the opportunity in life for another adventure.

An old rock song states ‘No one here gets out alive,’ which I must agree with. We are all standing in line, waiting for our turn to move into oblivion, and we don’t know how long the line in front of us is. On one level we know this to be true, but we still fight this reality by imagining that we can beat the inevitable – turning on anxiety, worry and anger within us. We somehow think that these emotional states will help us move to the back of the line, or to escape the line altogether and leave it to others. But it is no use; the end is always near, so let’s enjoy the sunset.



Dr. Alfred Chambers, Ph.D. is a psychologist/director of mental health services at United Family Healthcare’s Guangzhou United Family Hospital.





It's well known and scientifically established that breastfeeding is important for the health of children. Evidence shows that by promoting breastfeeding, we will make a significant impact on the health outcomes of babies from day one and beyond. Research studies have documented high reductions in infectious illness, including upper and lower respiratory infection, diarrheal illnesses and ear infections, as well as decreases in the risk for chronic illnesses, such as asthma, eczema, obesity, Type 1 and Type 2 diabetes, inflammatory bowel disease and childhood leukemia.

Additionally, research has also shown that breastfed babies have health advantages once reaching adulthood, including lower blood cholesterol, triglyceride levels and lower blood pressure. Women who breastfeed have lower rates of diabetes, rheumatologic illness, high blood pressure, high cholesterol and breast and ovarian cancers.

Though the medical profession realizes the importance of breastfeeding, physician education lacks the practical knowledge and clinical skills to support breastfeeding success. For many decades, the medical community operated under a framework of formula feeding as normative and thus advocated formula feeding as a better option. Then the scientific world agreed that breastfeeding is the best option, but formula is almost as good.

Now, it is scientifically clear that breastfeeding is a biologic norm and formula is an inadequate, albeit sometimes necessary, artificial substitute for human milk. By changing this paradigm, we can more effectively advocate for the optimum health of our children. The first step to supporting breastfeeding is education – highlighting its importance as well as how to give breastfeeding the best start.

BREAST RESULTS

Important Facts and Tips for Breastfeeding

By Dr. Leila Sabet



Normal Milk Production and Feeding Volumes

Breastmilk production begins during the second trimester of pregnancy, so milk is ready and available once a baby is born. Newborns have an average stomach capacity of only 5-7 milliliters on the first day of life, so they are only able to ingest very small volumes of milk during their first few days of life, only a spoonful or two at a time.

The volume of milk begins to increase between day three and five and the baby's stomach gradually expands along with this. The milk volume expansion is directly linked to the amount the baby demands. Many moms worry that they don't have enough milk in the first days, so they supplement with formula.

This formula addition interferes with the natural milk production process and can indirectly lower the mom's milk supply. Allowing on-demand feeding, even when it is very frequent, helps our body to know what the baby needs and respond accordingly.

Initiate Breastfeeding Within One Hour After Delivery

The earlier breastfeeding is initiated after the birth, the more milk the mom can produce later on. Studies have shown that when a baby begins breastfeeding within the first hour after delivery, the mother can produce significantly more milk than when the first breastfeeding is delayed. If the baby is unable to feed, or for medical reasons the mother and baby have been separated, early milk expression, either by hand or with a pump, can help to facilitate this process as well.

Mothers of preterm infants who began expression of milk within one hour after delivery produced two to five times the amount of milk at one week compared to mothers who began milk expression one to six hours after delivery. Thus, we should make sure to allow immediate latch-on and uninterrupted bonding for the first two to four hours after delivery.

Normal Feeding and Behavior Patterns in Newborns

The weight loss and gain pattern combined with



diaper output are the most reliable markers of the adequacy of mother's milk supply. The amount of sleep time, frequency of waking and crying are usually unreliable indicators of mother's milk supply. A very well-fed baby who is gaining weight normally can cry for many other reasons. Sleep duration and waking frequency are controlled by the baby's brain, not the stomach. Very well-fed babies can wake and want to feed very frequently, and sometimes very poorly fed babies will continue sleeping for long stretches even though they are not getting enough milk. So, we need to look at each baby holistically, by monitoring all of these elements in addition to the infant's weight and diaper output.

Mother-Baby Contact and Holding

Continuous and frequent skin-to-skin contact between the baby and the mother and 24-hour rooming together helps facilitate early milk production, reduce infant crying, reduce stress and anxiety of the mother and help ensure greater breastfeeding success and duration.

Breastfeeding Support is Key

When problems arise, it is important to seek assistance. Support is usually available in the community by board-certified lactation consultants (IBCLC) or a physician with special breastfeeding training. Additionally, mother-to-mother support organizations like La Leche League International can be of great support in helping mothers to feel a sense of community and validate and normalize their experiences.



Dr. Leila Sabet (MD, MPH, IBCLC) is a US board-certified pediatrician and internationally board-certified lactation consultant (IBCLC). She currently works for Guangzhou United Family Hospital in direct outpatient pediatric care and with breastfeeding mothers at the clinic inside the hospital. There are breastfeeding parents' support WeChat groups in both English and Chinese. To join, email leila.sabet@ufh.com.cn



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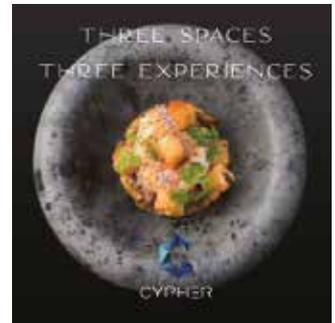
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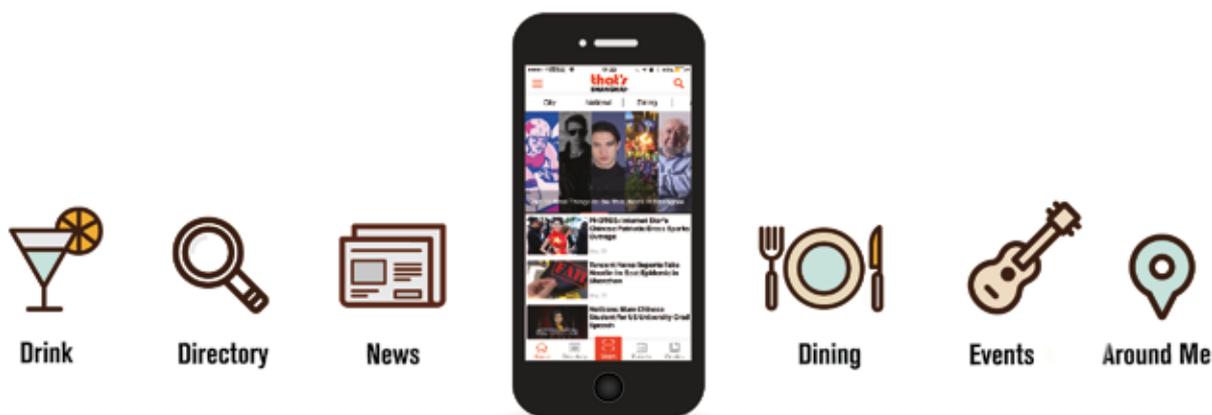
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HOTEL NEWS

BEIJING/TIANJIN SHANGHAI



The Ritz-Carlton, Tianjin Inspires New Possibilities

The gifted culinary team at The Ritz-Carlton, Tianjin selects nutritious seasonal ingredients to craft dishes that reflect the trend of healthy dining. A bright future with fresh beginnings and brand-new experiences starts on April 24.

China World Summit Wing, Beijing Launches Rooftop Garden Lounge Bar

With spring well underway and summer just around the corner, China World Summit Wing, Beijing is opening up its sixth-floor rooftop garden as a unique lounge bar. Relax al fresco as the sun sets and stars come out in a stylish outdoor space elevated above central Beijing's most iconic buildings. As the nights become warmer, sip on a selection of refreshing, low-alcohol cocktails based on seasonal fruit flavors like lychee and passion fruit, handcrafted local ales, or an Italian Pinot Grigio. Sake fans can order from a selected small batch, each with its own delicate, unique aroma. The drinks are complemented by a selection of light outdoor BBQ bites such as loaded chili nachos, beef sliders, marinated grilled satay and French fries, perfect for sharing with friends.



Rosewood Beijing Hosts Wedding Showcase

From April 10 to May 5, Rosewood Beijing partnered with Vera Wang Wedding Dress and Loveni Wedding to present an exclusive wedding showcase in its special banquet hall – Pavilion, located on the hotel's fourth floor. Rosewood Beijing welcomed couples to take the first step towards their dream wedding by meeting with the most sought-after specialists through one-on-one appointments and receptions.



Picnic Afternoon Tea at Copper Bistro of Le Royal Meridien Shanghai

Enjoy an amazing afternoon tea, including eclairs, croissant sandwiches, mini macaroons, French cheese, bayonne ham and more. This special offer comes with two cups of Illy coffee or fine tea – or homebrewed beer for an extra RMB50. You can find this deal available on the hotel's WeChat.



Go All-in at W Shanghai – The Bund With This Epic Spa and Spirits Hotel Stay

Gain full-access with this exclusive insider invite to detox at AWAY Spa, 'retox' at happy hour and wake up renewed and refreshed. Breakfast in bed is obviously included. This offer includes a one-night stay in a 'Cozy' room with the works starting from only RMB1,888 (excluding service charge). For reservations, call 86 21 2286 9999.



Discover the Flavors of Shanghaiese-style Sticky Rice Dumplings for Dragon Boat Festival

Back by popular demand, the Peninsula Shanghai's delicious sticky rice dumplings are set to be the season's must-eat delicacies. In addition to the traditional Cantonese-style abalone sticky rice dumpling, two new flavors will be available this year in honor of the unique flavors of Shanghaiese cuisine – pork belly and salty egg yolk and pork rib and Peninsula XO chili sauce.



JW Marriott Marquis Hotel Shanghai Pudong Now Offers 'Grab & Go Breakfast'

'Grab & Go Breakfast' is specially customized by the hotel's elite chefs, with fresh seasonal ingredients and balanced breakfast combinations. Guests can book it easily through the official WeChat store of JW Marriott Marquis Hotel Shanghai Pudong.

GUANGZHOU



Chef de Cuisine Patrick Benedetti Debuts New a La Carte Menu at Caffè Mondo

Four Seasons Guangzhou is delighted to welcome Chef Patrick Benedetti to the team. The professional chef will showcase his extraordinary talents among the beautiful vistas of the city's skyline on the 72nd floor of the hotel. Chef Patrick's new menu, which includes some of his favorite dishes, is available now.

SHENZHEN



Paletto Italian Restaurant Offers Al Fresco Delights

Paletto is excited to introduce diners to a new open-air al fresco dining experience. Stefano Nicodemo, the Western executive sous chef at The Ritz-Carlton, Shenzhen, has specially prepared an a la carte menu to be enjoyed outside with a fine glass of wine. Menu highlights include red prawn carpaccio, Australian grilled Mayura beef striploin and more.



JW Market Launches Set Brunch Menu

Enjoy a set brunch menu from 10.30am-3pm each day for only RMB158 per person. The deal includes Western tea or coffee, or a glass of sparkling wine for an additional RMB20.



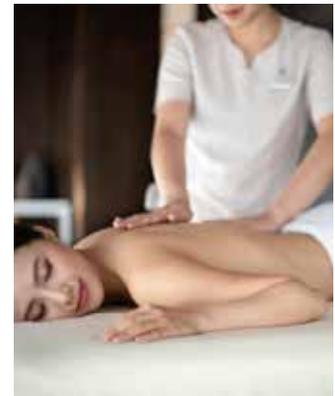
Living Room at Park Hyatt Guangzhou Launches Angel Cake Self-Pickup Service

Ever since angel cake was first presented during afternoon tea at Living Room, the light-taste, low-sugar, no-burden Angel Cake has been highly commended and a bona fide guest favorite. Boasting matcha, mango, chocolate and raspberry flavors, the angel cake is priced at RMB298 for a two-pound cake. Additionally, Living Room is presenting a botanic-themed afternoon tea set showcasing sweet delights infused with springtime flavors.



Discover A Global Buffet at InterContinental Shenzhen

Foodies rejoice! For the month of May, explore flavors from all around the world, including Spanish delights, Brazilian BBQ, Southeast Asian fare, fresh seafood and more. There is something for everyone at Mercado Buffet Restaurant! From Sunday to Thursday the price is RMB332, while dining on Friday and Saturday costs RMB388.



Serenity Spa Experience at Raffles Spa

Immerse yourself in a tranquil oasis high above Shenzhen Bay and experience a therapeutic journey focused on a state of balance and well-being. The 'Spring Awakening Package' is priced at RMB2,280 for 120 minutes of pure bliss. It includes 60 minutes of relaxing and nourishing aromatherapy, 60 minutes of a Biologique Recherche facial and Swiss stone pine wood fragrance. Enjoy this offer for the entire month of May.

SCHOOL NEWS

BEIJING/TIANJIN SHANGHAI



Doors Reopen at Wellington College in Tianjin

On April 20, students arrived at the gates of Wellington College in Tianjin for their first day of on-site classes since January 17. Senior pupils were met on arrival by representatives from the school's leadership and medical teams, as well as observers from the local government.

Mr. Jeffrey, the school's master, commented that, "Wellington has always prioritized the wellbeing of our pupils and wider community, so I am delighted to be able to welcome back our wonderful pupils in this safe and secure environment. It is a tribute to the huge work done by our staff teams here – both academic and non-academic – that we have been able to meet the requirements of the stringent government inspections."



House of Knowledge Chaoyang Park Welcomes New Principal

Laura Vicent has been appointed as principal at House of Knowledge Chaoyang Park. Moving from Shanghai to Beijing, Laura brings with her many years of education experience in Asia and Spain, her native country. Laura has a master's degree in psychology (education) and a postgraduate degree in early childhood intervention. She also holds certificates for teaching English and Spanish as foreign languages. Watch Laura's introduction video at www.hokschools.com or talk to her at House of Knowledge's open day.



Wellington's Year 13 Pupils Secure Outstanding University Offers

It has been an incredibly successful year of university admissions for Wellington College Shanghai. This year's leaving cohort of 27 pupils have so far received 16 offers from universities ranked within the world's top 10 (QS World Rankings 2020), as well as Oxbridge and Ivy League universities. Students have been accepted to study a wide range of the most competitive subjects including law, medicine, math and economics.



Harrow Shanghai A Level Scholarship Program Open for Applications

Harrow Shanghai is proud to announce their A Level Scholarship program for students who will enter year 12 in August 2020. The successful applicant's parents will receive an automatic 25% remission on tuition fees. Additional remission on fees is available up to a full 100% on a case-by-case basis based on a means-tested bursary process.



2020 Jenkins Award Winner Larrissa Composes New Song for the Community

At the beginning of this year, year 12 Dulwich College Shanghai Pudong student Larrissa was thrilled to find she had won the 2020 Jenkins Award for her original music composition. Her piece was set to debut with a full orchestra at this year's ISCMS festival – but sadly, due to the COVID-19 outbreak, the festival was cancelled and her piece never played. Rather than dwell on the disappointment of not being able to reunite with her ISCMS friends nor hear her piece performed, Larrissa decided to write another song – this time, to spread a message of encouragement, positivity and resilience to the Dulwich College International and ISCMS communities during this challenging period.



Walk for Wuhan

Over the course of e-learning, the global citizenship teams from Dulwich College Shanghai Pudong Junior School and Senior School were eager to find a way to help the community reconnect, whilst doing their best to contribute to the recovery of Wuhan. This led to the organization of 'Walk for Wuhan' – a simple, yet powerful way to find positivity and strength in remembering that Shanghai is one big family.

GUANGZHOU



ISA Science City Designed by Leading Architect

ISA Science City has been designed by leading architect CPG, with a strong emphasis on the facilities supporting teaching, learning and well-being. The school facilities will be top tier and are expected to set a new benchmark for international schools in China and most certainly within the Greater Bay Area. With a construction area of 78,000 square meters, ISA Science City will be built to achieve the US LEED certification, an internationally recognized measurement for evaluating sustainable practice in design and construction. Additionally, the facility will meet the China National Green Building Certification.

BIS Set to Reopen This Month

Students will be returning to BIS this month, with school set to officially reopen for both primary and secondary pupils on May 11. The school is drawing up a remote-learning plan to accommodate students who are currently outside of China. To safeguard the safety of both students and faculty, BIS is complying with the regulations laid out by the Guangdong Education Department.



Lady Eleanor Holles International School Foshan Makes Key Project List

Recently, the Guangdong Provincial Development and Reform Commission announced the 2020 Guangdong Key Projects list and Lady Eleanor Holles (LEH) International School Foshan was the only international school listed. After months of hard work, construction of the school is close to completion and staff are preparing for its grand opening in September 2020. The school will focus on encouraging students to be bold in their learning, on achieving exceptional academic performance and developing remarkable young adults able to play a positive role in society.

SHENZHEN



ISNS Students Host Virtual Competition to Raise Money for Charity

Four ISNS seniors recently organized a virtual competition to raise money for the charity Ball To All. The mission of Ball To All is to provide sports equipment to underprivileged children. These four seniors realized many aspiring athletes around the world love playing sports just as much as they do. Yet, they lacked the means for equipment like soccer balls and basketball shoes. With this realization and understanding of the current restrictions due to COVID-19, the group organized a virtual competition where participants completed three different challenges to showcase their athletic skill, creativity and resolve. Through this event, they raised funds via donations, participation fees and a grant of RMB3,500. To find out more about the charity, visit balltoall.org.



Student Admissions Now Underway for Harrow International School Shenzhen Qianhai

Opening this coming September, Harrow International School Shenzhen Qianhai (Harrow Shenzhen Qianhai) is now accepting students for Kindergarten to early prep school (Grade 8/ Year 9). Drawing upon the 450 years of educational excellence from Harrow School London and over 20 years of extraordinary achievements from the four reputable Harrow International Schools in Bangkok, Beijing, Hong Kong and Shanghai, Harrow Shenzhen Qianhai is committed to offering high quality teaching and a unique, holistic education that aims to nurture the leaders of tomorrow.



Horoscopes

Finally, a horoscope that understands your life in China.

By Naomi Lounsbury



Taurus
4.21~5.21

Come on Taurus! You need to put those social distancing skills to use and avoid shaking hands with every person you meet. This is the 'new normal' and things may never go back to the 'good ol' days.' Whatever that even means.



Gemini
5.22~6.21

The planets are saying that May could be a lucky month for you. Use that luck and buy a China Welfare Lottery scratch ticket. Or better yet, go to Macao. That is, of course, if you're allowed to enter.



Cancer
6.22~7.22

You miss traveling. You miss cooking for your friends. One thing you know you're not going to miss: quarantining. But the day will come when you and the squad hit the road for a much-needed adventure.



Leo
7.23~8.23

Despite the travel ban, you will find a new life partner. Our reading of the planets is not exact, but everything from the Sun to the position of Saturn points toward this romantic outcome. Also, be wary of any Sagittarius who come into your life unexpectedly, their motives aren't as pure as you'd think.



Virgo
8.24~9.23

More and more people have been giving you the side glance as you walk down the street with your face mask on. There are two possible explanations for this: You accidentally wiped ketchup on your face mask or you're a foreigner living in China. Either way, just tell them you're not a virus - 60% of the time, it works every time.



Libra
9.24~10.23

You've counted the numbers. You've done the math. You've even consulted the stars (for all the help that brought you, amirite?). Unfortunately, May is not going to be your best month. But stay positive, and avoid hanging out with that weirdo conspiracy theorist, Aquarius.



Scorpio
10.24~11.22

In light of what's taken place across the globe, you've discovered what matters most: universal health coverage, free college tuition, paid maternity and paternity leave and free mental health counseling. Yeah, we know it's a tall order. Will it ever come to fruition? You bet your universal basic income it will.



Sagittarius
11.23~12.21

May will be your month to shine... online! Starting a dance class on Zoom or a new vlog might be just the thing you need to begin feeling like your energetic, outgoing self again. Also, be extra friendly to any Leos you meet - a new best friend could be just around the corner.



Capricorn
12.22~1.20

Your fatalist attitude towards COVID-19 will help you get through this month with little to no panic. In your mind, you've already accepted your fate on whether the virus will come for you. Better stay indoors, Capricorn.



Aquarius
1.21~2.19

Stop sifting through conspiracy theories on the internet and get back to work. The online community was always a space dominated by keyboard warriors, and this pandemic has only exacerbated that fact. Best to avoid Facebook and Weibo this month.



Pisces
2.20~3.20

Go for a run. Do a home workout or hit the gym if you're actually allowed to enter. Go do some form of physical fitness or May will be a depressing month for you. Exercise is the only thing that will keep you sane in this trying time. Mars, Mercury and the Sun are all combining forces to make this the best May in years.



Aries
3.21~4.20

You haven't worn a bra or laced-up your shoes in a month. You're thinking of buying Crocs online because they're starting to look cool and functional. But before you make a rash decision, consult your friend Siri. Siri has never led you astray.

ASR Just Got Better

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www.ascottchina.com/asr.aspx

*Valid for stays from 1 May 2020 to 31 July 2020.

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