

HONG KONG

August-September

# expat LIVING

**SCHOOL  
News**

**ASIAN  
SHORT STAYS  
*Plus*  
SOUTH  
AFRICA  
SPLENDOUR**

**Fabulous  
Homes**

**MAKING YOUR  
BEDROOM  
BEAUTIFUL**

**FIXING  
Addictions**

**Running  
SAFELY**

# Home Offices





### SCATTER CUSHIONS

Check out our wide selection of ready-made cushions. They can also be ordered in any size and in any TK, Christian Lacroix, Designers Guild or Fabricut fabric.



### EVA CHAIR

One of our all time favourites, with a style that never goes out of fashion. Adds a touch of brightness and life to any room when upholstered in one of our exciting new fabrics.



### ADAM CHAIR

A classic TK design occasional chair with a large comfortable seat that can be upholstered in any TK fabric.



### FABRIC WALL ART

Bring the outdoors in and brighten your home with one of Tequila Kola's beautiful fabric artworks. Any size, any fabric to suit your style and decor.



### UPHOLSTERED MANNEQUINS

These gorgeous and practical mannequins can be used as a jacket, hat and jewelry hanger and can be upholstered in your favourite TK fabric to match your room.

### TIFFANY CHAIR

TK's beautifully proportioned, Modernist style Tiffany chair can be upholstered in any of our stunning new fabrics.



# BRING THE OUTDOORS IN

with **TequilaKOLA**'s fantastic new *Botanical Collection* of chairs, cushions, artwork and mannequins upholstered in stunning Designers Guild, Christian Lacroix and Fabricut fabric.

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- ◆ **Studio by TequilaKOLA:**  
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- ◆ Shop online at:  
[www.tequilakola.com](http://www.tequilakola.com)

**TequilaKOLA**  
INSPIRATIONAL LIVING



# Scuba Diver Paradise

year-round big animals

Yap established the world's first government backed big animal sanctuary protecting resident manta ray and reef shark populations.

Yap State created the world's first government-backed manta ray sanctuary in 2008 - the rays and their habitat are forever protected. Yap is home to hundreds of resident manta rays and due to the numbers and consistency of sightings, the island's lagoons are a field research site for Manta Trust.

Yap, with it's protected manta ray population, is one of the world's special places where divers can interact with these animals on daily basis.

- Snorkeling and Discover Scuba Diving
- Year-round daily manta ray diving
- Two shark specialty dives
- Mating Mandarin fish nightly
- Channels, drift, swim-through caverns
- Clear water wall diving
- Dive up to 5 times per day
- Small boat groups
- Exclusive dive sites

## Diving and Activities

Daily island excursions, cultural tours, beach trips, kayaking and fishing activities are available.

We offer a full range of island tours specifically designed to showcase Yap's unique indigenous culture and unspoiled natural beauty.





# Uncrowded Island Getaway

close to home

Off the grid tropical paradise with year-round eco-activities, exotic indigenous culture, luxury services, scuba diving, private beaches - no crowds.

Visit a world that time has overlooked where nature and harmony rule in a setting void of the crowds and rush of today's pace. Yap Island is on the fringe of the first world where the broadband and ancient worlds mix.

Relax, unwind and rest in the shade of a coconut tree on gold sand beaches. Explore rich coastlines by kayak, nap at an infinity pool, snorkel with manta rays and walk down 1,000 year-old stone paths in a traditional village.

Micro-brewed beer and fusion cuisine are served on a 100 year-old Indonesian Schooner, Micronesia's most unique restaurant and bar.

- Family eco-adventure packages
- 35 individually themed rooms
- Standard, ocean-view or deluxe
- Dive shop, restaurant & bar attached
- Shopping boutique
- Free airport transfers
- Coffee/tea wake up service
- Family-owned and operated
- Large, spacious rooms
- Infinity swimming pool
- Full service spa
- Micro brewery
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# THE PODIUM LOUNGE / 2015 SINGAPORE

FRIDAY 18, SATURDAY 19, SUNDAY 20 SEPTEMBER

The Ultimate A-List Party for the Racing Community

**General Admission:**

(Pre Sale / \*nett per person)  
\$188\*  
\$360\* with a bottle of Bollinger Champagne

**VIP Table Bookings:**

(\*nett per night)

VIP Table of 4 Persons (\$1,588)  
+ 1 Bottle of Grey Goose  
+ 1 Magnum (1.5L) of Bollinger

VIP Table of 8 Persons (\$3,288)  
+ 2 Bottles of Grey Goose  
+ 2 Magnums (1.5L) of Bollinger

VIP Table of 12 Persons (\$5,488)  
+ 3 Bottles of Grey Goose  
+ 4 Magnums (1.5L) of Bollinger

VVIP Table of 25 Persons (\$28,888)  
+ 2 Rehoboams (4.5L) of Grey Goose  
+ 4 Jeroboams (3L) of Bollinger

**Venue:**

The Ritz-Carlton, Millenia Singapore  
Grand Ballroom - Level 1

**Time:**

10pm till late

**Dress:**

Elegant Chic

**Guest Host:**

Alex Yoong  
*Former F1 Driver & Fox Sports Asia F1 Presenter*

**Fashion Circuit:**

by Style Icon Carol Chen // Covetella

**Art Showcase:**

Andy Warhol Exhibition by Galeries Bartoux

Presented by:



LINE UP:



FRI 18 SEPT  
**KRISTIAN NAIRN**  
aka **HODOR** from  
**GAME OF THRONES**



SAT 19 SEPT  
**FIERCE ANGEL**  
Mark Doyle - Creator of **Hed Kandi**  
Soraya Vivian on Vocals  
Lady V on Sax



SUN 20 SEPT  
**8KY 6LU**  
From the Duo **LMFAO**

SUPPORT: Miles Slater (UK) - Boujis | Pablo Calzado (Cuba) on the Drums | Patrick Oliver (US)

FOR CORPORATE HOSPITALITY:

Email: [vip@podiumlounge.com](mailto:vip@podiumlounge.com) // Call: +65 94595211

For the 7th year in a row, the celebrity-packed Podium Lounge after-parties will burst into life each night of the Grand Prix Season Singapore weekend in the exquisite Grand Ballroom of The Ritz-Carlton, Millenia Singapore; which will undergo a dramatic transformation into a glamorous ultra-lounge, offering a magical party experience for the racing community and up to 2,500 guests per night.

Recognised as the ultimate A-List party for the racing community, situated within the track and directly across from The Paddock Club, The Podium Lounge hosts Formula 1™ drivers, teams, Royalty, celebrities, ambassadors, supermodels and the who's who of Asia's jet-setting party elite each year.



Reservations of tickets & VIP tables are subject to availability & for sale via:

[WWW.PODIUMLOUNGE.COM/SG](http://WWW.PODIUMLOUNGE.COM/SG)

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# EDITOR'S NOTE

There are two popular pastimes I remember from the late 60s and 70s: one was macramé, a craft that involved making textiles from knotting; the second was elastics, also called “French skipping”, a game in which a player jumped in and over a large length of elastic drawn between two people – the circle of elastic was then raised according to the skill level of the player.

Recently, I feel that I've been involved in both of these again during my daily “job” of walking our three dogs. When you have a garden, it's something you don't have to think of if you only have tiny dogs. But now at least three times a day they need to have a “toilet walk”.

We start off in fairly orderly fashion, with all the leads separate, and me armed only with a plastic bag and the lift card. The rush into the lift usually results in a little bit of a tangle because Riley (the smallest) gets very excited and does a couple of circles. But I usually have time to untangle myself by the time we get to the ground floor.

After only a few stops for “wees”, the leads are twisted, knotted and half their length – perfect macramé strings, in fact. Then the dogs head off in different directions, usually to chase interesting smells, and I find myself having to leap over the leads at different heights. It gets complicated, even when I call on the remnants of my elastics skills – I'm not as agile as I was at age eight!

These things are sent to challenge us. It's a bit like it being August already – how did that happen? I was supposed to have taken up painting, pottery and Pilates, learnt to play the violin and cook Thai food by now. But I have moved house and office within four months, and both of those have slowed things down a bit. This was the first office move that I didn't get too involved in, so I guess that's an achievement!

If you've just had a holiday, we hope it went smoothly for you; and if you're newly arrived in Hong Kong, best of luck for settling in and getting to grips with things. Do remember to subscribe to our mag and monthly newsletter, and check online regularly to make sure you make the most of this great city!



Rebecca

REBECCA BISSET  
Editor-in-Chief

## STAY UPDATED ONLINE

### NEWS – WHAT'S GOING ON?

Read the latest Hong Kong happenings

### EVENTS CALENDAR – POST YOUR EVENT FOR FREE!

Having a party or a promotional launch and want to get the word out about it on our website? Just head to [www.expatliving.hk](http://www.expatliving.hk), click on “Post an event”, and fill in the details. We'll do the rest!

### WHERE TO BUY

A list of retail outlets where you can buy the latest copy of *Expat Living*

## DATES FOR YOUR DIARY!

**8-9 AUGUST** Lan Kwai Fong Beer & Music Fest, [lankwaifong.com](http://lankwaifong.com)

**22-24 AUGUST** Slide The City, Kai Tak Cruise Terminal, [slidethecity.hk](http://slidethecity.hk)

**4-6 SEPTEMBER** Hamlet at The Lyric Theatre, [aba-productions.com](http://aba-productions.com)

**5 SEPTEMBER** The Kowloon Bazaar at The Regal Kowloon Hotel, [kowloonbazaar.com](http://kowloonbazaar.com)

**20 SEPTEMBER** Step Out for Children Charity Walk at Cyberport, [srdc.org.hk](http://srdc.org.hk)

**25 SEPTEMBER – 11 OCTOBER** Singin' in the Rain, The Lyric Theatre, [hkticketing.com](http://hkticketing.com)

**27 SEPTEMBER** Mid-Autumn Festival, various venues, [discoverhongkong.com](http://discoverhongkong.com)



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★ **Showcase Features:** Each issue, our **home showcase features** provide a through-the-keyhole look into some of our readers' lifestyles and their interior design decisions. If you'd like us to profile your own home – whether it's beautiful, quirky, historic or modern – and you're willing to be interviewed and photographed, drop us a line at [info@expatliving.hk](mailto:info@expatliving.hk).

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# WHAT IF...

TALK TO US IN  
HONG KONG  
6-8  
NOVEMBER

Grade 9 Outdoor Education class, UWCSEA East

## ... THE WORLD WAS YOUR CLASSROOM?

Is it too much to ask a child to meet challenges outside the classroom? UWCSEA believes it's essential. Our Outdoor Education programme takes students from Grade 1-11 out of their comfort zone and into territory they've never seen before. Whether in jungles, on rivers or at Everest base camp, they discover confidence and resilience they didn't know they had. They tackle challenges through sheer perseverance and teamwork.

And, with no access to technology, they experience the endless possibilities within nature—and themselves.

*What if your child joins UWCSEA?*

Visit [www.uwcsea.edu.sg](http://www.uwcsea.edu.sg) to find out more about enrollment in our boarding or day school. Or come and talk to us while we're in Hong Kong, to arrange a meeting email [admissions@uwcsea.edu.sg](mailto:admissions@uwcsea.edu.sg).



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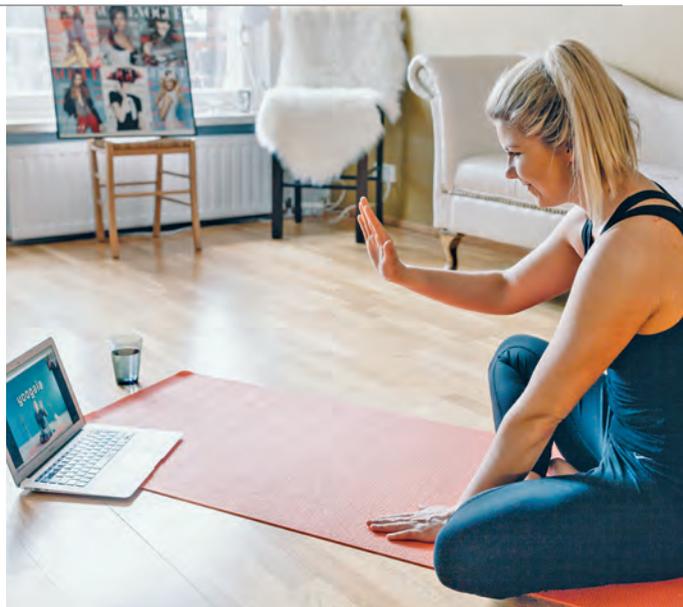
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# WHAT'S NEW

Hot products, events, ideas & more

## HEAR ME ROAR!

The expat experience can be challenging for many women, whether they're newly arrived, or well established. **Roar Coaching**, a boutique coaching service that works specifically with expat women in Hong Kong, is hosting an upcoming event called "Reconnect With You", designed to help women learn how to live a life based on what makes them feel alive from the inside out, with self-confidence, clarity and accountability, instead of relying on external measures of success. Thursday 10 September, Wan Chai; spaces limited, but more events will be held if there is sufficient demand. [roarcoaching.com](http://roarcoaching.com)



## SOMMELIER AT HOME

Do you love wine, but prefer to share it in a more intimate setting? This unique concept from Sommelier Kevin Davy may be the perfect solution. **Sommelier at Home** brings you private wine-tasting parties – all you need to do is let them know your preferred wines, regions or themes and they will do the rest, from the wine down to the glassware, decanter, service, and all the cleaning. The service provides you with your very own knowledgeable sommelier for the evening, at your home or their own venue, The Wine Lab. We'll drink to that! [sommelierathome.hk](http://sommelierathome.hk) 📍



## YOGA ON THE GO

Do you struggle to find time for regular yoga classes? Or do you miss your workouts when you're away? **Yoogaia** is an awesome live and interactive online yoga studio, with both live classes and recordings, so you can practice anywhere, anytime. All you need is a computer with an internet connection. Sign up for HK\$190 per month, and you'll get unlimited access to all classes, whether you're after the standard 60-minute Vinyasa flow or a short-and-sweet 20-minute abs express. Even better news: Yoogaia is kindly offering *Expat Living* readers a free 14-day trial. To take advantage of this offer:

1. Go to [yoogaia.com](http://yoogaia.com) and hit "Start Free Trial".
2. Follow the steps to set up your account.
3. When prompted, enter the code "YOOGAIAEXPATLIVING".

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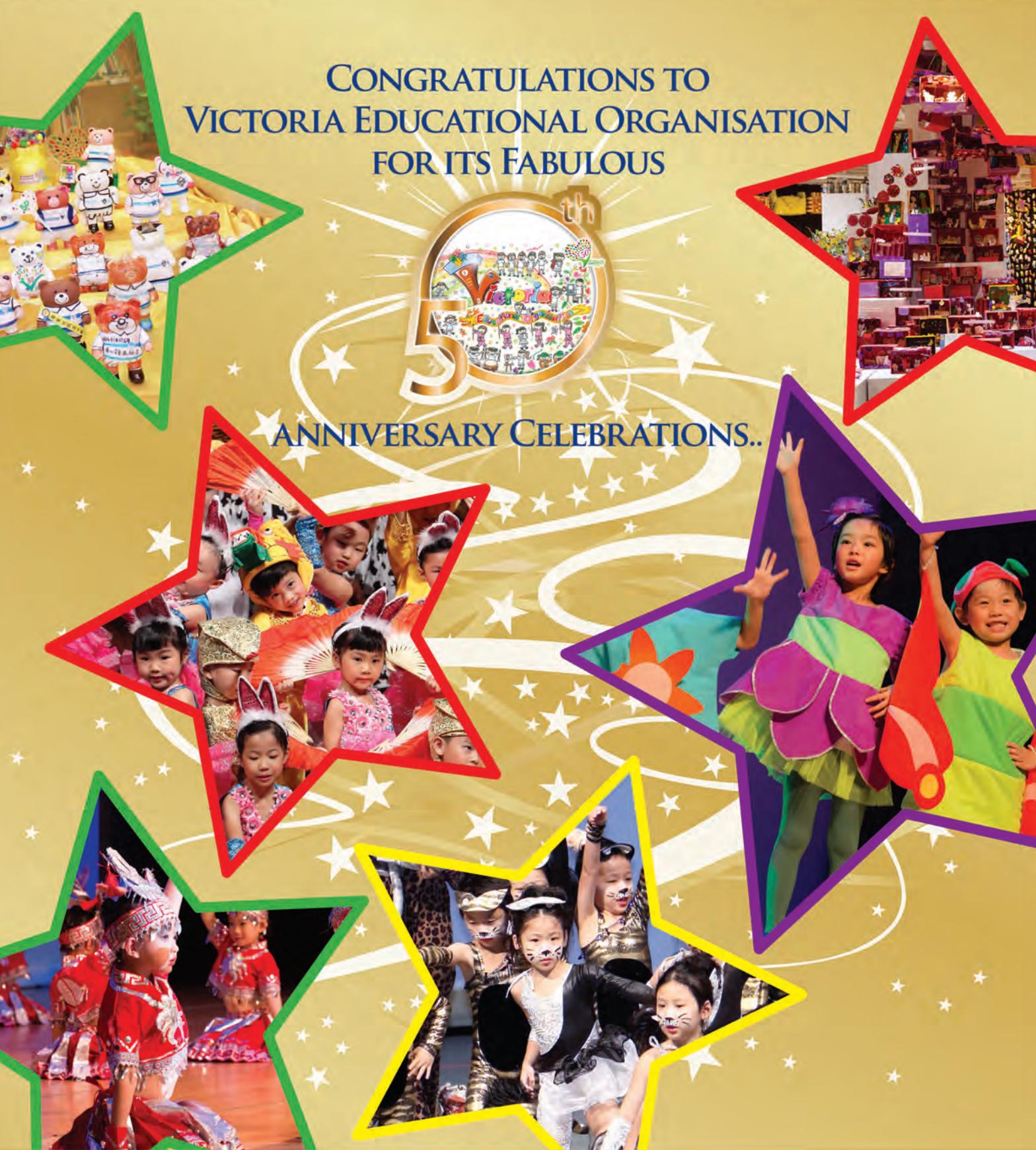
## NEW NEUTRALS

Fans of **Louise Hill's** unique, Hong Kong-centric designs will be thrilled to know she has a new print! After months of work, the new design will be available in August. *Chinoiserie in Neutrals* is a triptych (three panels measuring 76 x 47 cm on the left and right, and 76 x 74 cm in the centre), featuring Louise's renowned mix of Asian-inspired images, layered with textiles, photography and hand-drawn patterns. Unlike her other bright designs, this is a limited edition, with only 100 available. Each set of three will be hand-stretched, numbered and signed by Louise herself. Email for details. [louise@louise-hill-design.com](mailto:louise@louise-hill-design.com) 📍

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# AROUND TOWN



## Abundance of Art

Capturing the heart of art enthusiasts, the third edition of Affordable Art Fair Hong Kong welcomed an attendance of 28,000 visitors at the Hong Kong Convention and Exhibition Centre in late May. With 135 art galleries and hundreds of creative talents participating with the support of exciting partners, including DBS as the Fair's headline sponsor, the three-day art spectacular resulted in HK\$36 million in art sales and nearly 2,000 individual art pieces going to happy homes.



## Cashmere Collection

At the launch of Feine Cashmere's new summer range of silk blouses, linen T-shirts, beach towels and more at its Staunton Street store in SoHo, customers enjoyed a glass of champagne while viewing the range and shopping for cashmere, which – even at this time of year – is perfect for travel, or those chilly air-con environments.





### Photos for a Good Cause

The results of a four-month collaboration between Chinese and French photographers were on display recently at the Perspectives & Influences exhibition, whose opening reception was held at the Hong Kong Visual Arts Centre. Under the mentorship of multi-disciplinary artist Cecilia Ho, the photographers were invited to reflect on the "core values" of Hong Kong, resulting in an intriguing and stimulating body of work. Sales of photographs benefitted Children of the Mekong, a charity championing access to education for under-privileged children in Asia.



### Fab Fair

The Prestige Summer Lifestyle and Gift Fair returned for a second year to the Grand Ballroom of the Conrad Hong Kong. Over 150 pop-up shops offered an exciting range of products, from fashion and accessories to homeware and food. A highlight of the fair was the Catwalk Show, with models displaying the latest resort-wear from ZenvarA, Danish-designed jewellery from House of Kamal, and unique leather bags from Louella Odie. The winter edition of the Prestige fairs will be in November and December – read *Expat Living* for all the details!



### Pink Party

Hats off to the 250 guests – and semi-reluctant local fitness trainers who sashayed down the catwalk – who partied up a storm at the recent Sai Kung Pink Ladies' Sundowners by the Bay event at Hebe Haven Yacht Club. The generosity of the Sai Kung and Clearwater Bay community saw the Pink Ladies raise \$108,505 in aid of the Hong Kong Breast Cancer Foundation. For those who missed it, the pink carpet will be unfurled once again for a Ladies Long Lunch on 9 October; interested vendors and volunteers should visit the Sai Kung Pink Ladies' Facebook page or email [skpinkladies@yahoo.com](mailto:skpinkladies@yahoo.com). *Photos by Polly McGovern*



### Sai Kung Kids Get Sporty

Woodland students, parents and teachers from the Sai Kung Pre-school had endless fun together during the recent Sports Day, which proved to be a perfect way for the school community to bond.



# THE ARCADE, CYBERPORT KIDS SUMMER LAB

8.8 – 8.16 (Sat & Sun) | 2pm - 4pm  
Ocean View Court • The Arcade, Cyberport



## Summer Hot Picks Fun Experiments • Cool Facts

This summer, The Arcade, Cyberport will turn into a Kids Summer Lab. Our fun-filled activities include car racing with an app, hands-on science experiments, virtual reality experience through Google Cardboard, and much more. Come and explore the amazing world of science with us!

DIY 3D Google  
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10

69X

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69

Tai Koo

58

Aberdeen / Kennedy Town

58M

Kennedy Town



30X

Central

970

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73

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\$200 or more = 2hrs

The Arcade, Cyberport, 100 Cyberport Road, HK

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Headboard



TailBoard

In an era of generic mass-produced furniture Aver presents a refreshing departure. Drawing inspiration from the honesty and craftsmanship of Shaker tradition, Aver combines elegant contemporary form, contrasting timber elements, and visible jointing used as discreet decorative detailing. Celebrating fine workmanship and the beauty of natural materials, Aver is a timeless design of subtle and sophisticated appeal...



Designer: Helen Jones

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# Home & Property



# WHAT'S NEW

Eye-catching designs & inspiring ideas

## Take a Seat

New in stock at **Lift Lifestyle**, the Dutch-designed JOKJOR Champ is not only a quirky-looking piece of furniture, it's also versatile: use it as a stool, a small table, a container, or even to keep your drinks cool like an Esky. Available in three distinct body colours – black, white and olive green – the stools come either with oak tops or a wide range of coloured cushions. They're also stackable, making them easy to store or move around – perfect for your living room, bathroom, kids' room or outdoor space. HK\$1,600.



**Unit B, 2/F, Cheung Hing Industrial Building, 12P Smithfield, Kennedy Town. 3907 0386 | liftlifestyle.com**

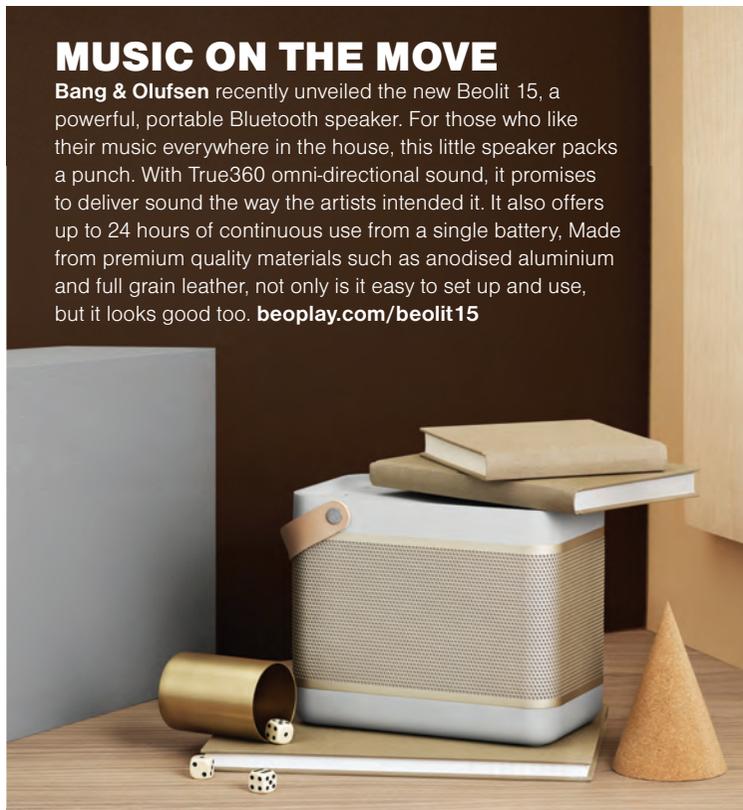
## SUMMER SPECIAL

If you still haven't gotten around to your spring-cleaning, then take advantage of **Iqbal Carpet's** special offer. Their professional cleaning and repair service is currently available at 30 percent off the regular price. And if you'd rather just get a couple of new carpets, they have a huge selection at 50 percent off retail prices. **G/F, 21 Po Tung Road, Sai Kung. 9018 0897 | iqbalcarpets.hk**



## MUSIC ON THE MOVE

**Bang & Olufsen** recently unveiled the new Beolit 15, a powerful, portable Bluetooth speaker. For those who like their music everywhere in the house, this little speaker packs a punch. With True360 omni-directional sound, it promises to deliver sound the way the artists intended it. It also offers up to 24 hours of continuous use from a single battery. Made from premium quality materials such as anodised aluminium and full grain leather, not only is it easy to set up and use, but it looks good too. **beoplay.com/beolit15**



# SALE TIME

August means summer sales, and **Rimba Rhyme** is giving you a great excuse to traipse about Horizon Plaza in the air-conditioning: 20 percent off all sofas and upholstery (including made to measure) ordered in August. There are also incredible clearance sale prices on many display items in store, proving there are definitely benefits to being in town for the summer! **5/F, Horizon Plaza, 2 Lee Wing St, Ap Lei Chau. 2544 4011 | rimbarhyme.com**

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# Contrast & *Creativity*

*By Tara Jenkins; photography by Helen Jenkins*



SARAH BETTLE discusses her discovery of the joys of Hong Kong – and, in particular, of her Clearwater Bay home.





## Contemporary Chinese Furniture

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### How do you spend your time?

We arrived in Hong Kong eight years ago from London and, pretty early on, decided to buy our first property. It was a lot of work, so I figured I might as well know what I was doing; I enrolled in an evening course for an advanced qualification in interior design and architecture. Now I have my own company, sb-décor, and I help people create efficient and beautiful living spaces to suit their needs and budgets. My favourite part is the very start of a project, working with a client to understand their brief and creating floorplans to suit their lifestyle, but I also love the jou-jou of interior design! Colour, size and proportion are so important, and how you dress everything is key to how an interior is going to look.

### What made you decide to buy in Hong Kong?

Our tenants in London wanted to buy our house, so we thought we'd invest in this market; we spent about a year looking for the perfect spot. I have a file on practically every single house in Clearwater Bay! When we eventually found this place, the clincher for me was coming down the hill and seeing the amazing view: the mountains, the vast sweep of ocean and the Nine Pins islands in the distance. I fell in love. It's a side of Hong Kong I wasn't expecting – I'd visited the city previously for work, and had seen the skyscrapers, the harbour and the factories in China. But when I discovered the views in Clearwater Bay, I knew I didn't want to live anywhere else, even if it meant a little further to drive into town.

Po Toi O, our local village, is very quiet and many of our neighbours in the complex only use their houses at the weekend, so we often feel as if we're entirely on our own. We love to have friends over on Saturday and Sunday, and the deck – complete with outside bar – is the perfect entertaining space. It's lovely because all the junks and boats gather at Clearwater Bay beach, and you can often hear music and people jumping into the water – it's like Hong Kong's playground! Then from Monday to Friday I close the door, and enjoy the tranquillity and peace.



**How have you changed the house?**

One of the biggest things I did was design a new outside space, which has evolved in stages. The garden was originally one long slope, so we excavated part of it to put in the decking, and built perimeter walls. We created planters to surround the house, and we used a mixture of classic box hedge and tropical plants to green-screen our perimeter.

The swimming pool started off as a concrete platform for the trampoline – very rough and ready. I wanted a Balinese feel, with that lovely mineral-green look to the water, but I also didn't want to spend a fortune. So it's basically a concrete box, which has been finished with black slate-look tiles, and the landscaping is such that we can look out and enjoy those amazing views from the pool. It's a little oasis.

I also opened up the entire children's floor to optimise the space and create a flexible living and sleeping area. It can be opened or closed as required, using custom-made sliding walls and doors. It was originally one large bedroom with two cupboards, so I relocated one to the living area, created a walk-in wardrobe for my daughter, and put in sliding walls between the two sleeping areas. Now the area is very open, but the





children both have their own spaces, and a communal zone where they can do their homework and hang out with their friends. They also benefit from the best views in the house.

#### What else have you changed?

When I moved in, the built-in cupboards were a honey-coloured wood with semi-opaque doors. While you couldn't see the contents, you could see enough to make it unappealing to the eye. I had previously used Purlfrost, a sticker film company based in the UK, so I found a company here who could supply something similar. I measured the drawers and 3M-tailor-made the stickers, then applied them. I repainted the wood in petrol blue, and now the cupboards look totally different.

I also recently redid the floorboards, because I was fed up with the honey-coloured wood. It was a brave move, as I've never had completely black floors before, but they look fantastic with the greys and petrol blues. I originally had the house painted in white, but I've added feature walls in grey to warm the spaces up. Also, on the children's floor I've decorated a corner wall with blackboard paint. It was a dead little corner, and I didn't want to clutter it up with furniture. I update the message regularly but the kids have added the hearts, and they change and add little bits all the time.







I like beds to be properly dressed and layered with cushions, coverlets and throws. Texture is so important to keep things interesting, although it's happened organically in most of the rooms. In the master bedroom I started off with a couple of velvet cushions from London, then added in some cord and knitted fabrics, together with a slubby sisal rug and some lamps in hemp and glass from Zara Home, which is great for picking up little bits and bobs.

Otherwise, I like to update every now and again – maybe a couple of times a year, and always geared around a situation, like someone coming to stay, or Christmas celebrations. The ombré throw on the white armchair in the study is actually one of my scarves from Zara; I just happened to be wearing it one day, and thought it would look good with the Indigo cushion. So now I don't have a scarf, because it looks so perfect there.

#### What do you do in your spare time?

I've never lived on the Island, so for me Hong Kong has been all about the outdoors, and here the mountains are on our doorstep. I discovered hiking, which has become a big passion, and we've taken part in a lot of races, including the Action Asia events – we've even gone to China and Nepal to race.

When the kids were very little we took them hiking with us, but as they've grown they are definitely more reticent; they realise there are other, more interesting things to do at the weekend. Our new family passion is our catamaran, which is parked just two minutes down the hill. It was a choice between joining a club or buying the boat! Now we spend most weekends sailing to all the beautiful beaches around here – sometimes Tai Long Wan, but mostly Millionaires Beach. It's idyllic.



We also love to travel as a family, and we've been quite adventurous since being in Asia. We've been cycling in Cambodia and travelled by train all through Vietnam with the children. They're so portable when they're little – we thought we'd just get on with it, and make the most of exploring the region. In the study there's a wall of framed photos from our travels, from places as far flung as St Petersburg in Russia, Halong Bay in Vietnam, Rome, Paris, Thailand and Japan.

**What would your advice be to new expatriates?**

When my husband first brought up moving to Hong Kong, we had literally just got married. I'd finished decorating my dream house, and we were living in a lovely part of London surrounded by friends; I was very happy! But the other part of me that loves travel and adventure thought: it's an opportunity that doesn't come along every day, and we've got to take it – there was no question of not coming. So I came and I fell in love with Hong Kong.

Still, it was a "slow burn" for me. Initially, there were lots of things to adjust to. I found the heat difficult, I missed family and friends, I missed being able to stroll down the Northcote Road in Battersea, and I had to find my way around a new city and environment. You need to take lots of deep breaths when dealing with the administration here, but everything works in the end. Most importantly, take full advantage of the outdoor lifestyle, get out into the hills, into nature, and explore! There are so many different places to see and visit and lots of alternative things too: quirky little temples, ancient villages, fantastic restaurants. The joy of Hong Kong is the contrast: you can eat at a local seafood restaurant one day, then have a champagne brunch at a five-star hotel the next!

Hong Kong is changing all the time, but the city still needs more pop-ups and installations promoting creativity – it has started with PMQ, and I love all the quirky new restaurants that are popping up everywhere. There's just so much to see and do.





## SARAH'S RECOMMENDATIONS

### Eating

Cococabana  
Shek O Beach Building  
2812 2226

Aberdeen Street Social  
35 Aberdeen Street, Central  
2866 0300

Hyatt Regency Hong Kong  
18 Chak Cheung Street, Sha Tin  
3723 1234

### Shopping

Bowerbird  
Unit 5, Level 2, 2 Lee Lok Street  
Ap Lei Chau  
bowerbird-home.com

TREE  
28/F, Horizon Plaza  
2 Lee Wing Street, Ap Lei Chau  
tree.com.hk

Indigo  
6/F, Horizon Plaza  
2 Lee Wing Street, Ap Lei Chau  
indigo-living.com

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# Comfort First

By Tara Jenkins; photography by Helen Jenkins

A few simple principles underscore ALEXANDRA SHELDON'S family home in Sai Kung: clever combinations, a lack of clutter and an emphasis on comfort.

Alexandra Sheldon is possibly the only person in Hong Kong with a living wall that also doubles as a vegetable garden. So the lush vertical screen of plants (a hot design trend right now with architects and garden designers) adds drama to the pretty little patio garden in Alex's Sai Kung home, but also produces tasty tomatoes, salad leaves and herbs!

It's totally logical for Alex, whose mantra is all about getting the most out of one's existing possessions – a mantra she's used to build her flourishing business, The Home Stylist. Alex and her team help people re-organise, renovate

and re-style their homes into elegant spaces: "It's all about working with what you've got: you don't have to throw everything away and start again," she maintains. "People want to come home and relax, and it's difficult to do that if your home is overflowing with stuff. I go into people's apartments and say, 'Let's have one piece here instead of five', and 'Let's pack this away until next winter'. You can see the relief on their faces straight away – if you have a uncluttered home, you have an uncluttered mind!"

Being Alex, her advice comes with an inimitable sense of style but also a healthy dose of humour and good sense; advised by her feng shui master

to hang a wind chime in son Ben's room, she set about creating her own using a wooden stag's head and a selection of Ben's medals. "He's 10, and I knew he wouldn't want a wind chime in his room," she confides. "But the effect is the same; clink the medals together and the chime is identical!"

For this family, comfort is definitely the order of the day – Alex's husband Jeremy was adamant he didn't want to come home to concrete floors and minimalist furnishings – so there are plenty of soft carpets, springy sofas and overstuffed cushions to sink into at the end of a long day. But look more closely, and it becomes clear Alex has carefully engineered this tranquil environment; it's all about the clever combining of furniture and features from a variety of different styles and periods.



### Living and dining

Enter the open-plan living/dining and kitchen area, and the feel is predominantly French; a buttoned, formal sofa sits opposite two French-style easy chairs sourced from Bowerbird, and Alex has installed white plantation shutters on the numerous windows. But at the end of the room there's a stunning mirrored Art Deco fireplace – Alex saw it in a magazine and had it copied – complete with a flickering Biofuel fire. The fireplace is flanked by elegant tables, also Art Deco, bought during a two-year work stint in New York, and beside the sofas there are perspex tables from White Contemporary Homewares. Classic standard lamps from Indigo and Alfield Living, and a host of beloved family pictures adorn a glamorous Chinese-style cabinet, and an occasional table Alex carried back from Phuket.

Moving through into the dining area, Art Deco gives way to contemporary retro, with a distinctly 50s-style walnut and white wood sideboard, table and chairs, which Alex found at HC28 in Ap Lei Chau. She's teamed them with a huge gold-antiqued rococo mirror she picked up years ago

from Tequila Kola ("It looks like it's been in the family for years") and an ultra-modern kitchen. "It's such a mix of styles and different things, but somehow it all works," Alex muses. "The colours tie it all together – they're very mellow, so you can pretty much combine what you like. There's a French sofa, a Chinese cabinet from Chine Gallery, a table from Thailand and an Art Deco fireplace, but the soft greys, blues and creams help everything blend seamlessly."





The Sheldons bought the house in 2011; it had already been renovated, but with cheap tile floors and an unattractive, dark brown kitchen. Alex pulled everything out, enlarged the French windows, installed a quirky dog door (hounds Wallace and Gromit are much loved fixtures chez Sheldon), a huge Corian breakfast bar/work surface veined to look like marble, and a sweep of modern kitchen cupboards. "I had to go cheap on the kitchen cabinetry because I was running out of money, so they are only MDF plywood sprayed with piano paint, but it doesn't look like it," confides Alex. "And there's no extractor, but I do have an overhead fan, and the dogs get the air flowing through the dog door!"

Alex commissioned a steel easel for the corner of the living room, and she rotates paintings when she feels the need for change. The artworks on the walls are all about memories for the Sheldons; there's a painting the couple bought on a tenth wedding anniversary trip to Mougins, near Cannes, framed lyrics in the downstairs cloakroom from



humorous anthems friends sung to them when they left and returned to Hong Kong from New York, and a couple of eye-catching artworks in the dining room by a friend in the UK, Nic Joly. Most arresting is the large perspex case by the front door, containing three ceramic poppies – one for each of the children – from the recent installation at the Tower of London, "Blood Swept Lands and Sea of Red". Fittingly, Alex has had a World War I poem engraved on the back of the box.



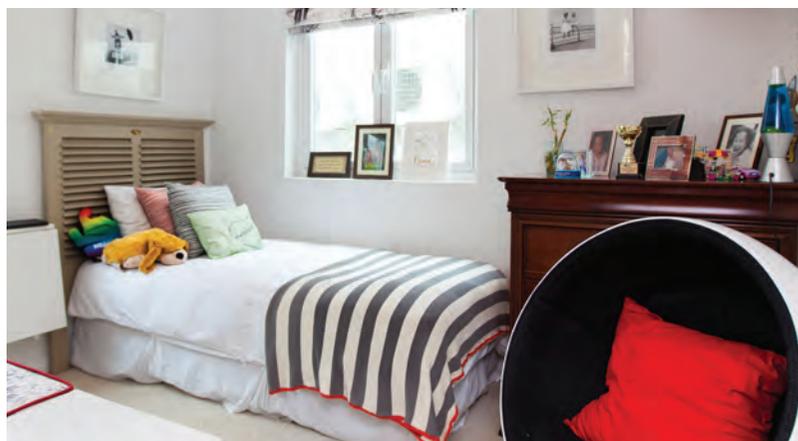
### Children's spaces

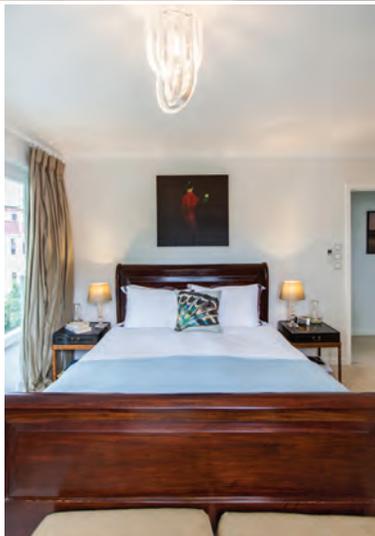
Upstairs in the children's hangout area, more comfy sofas are heaped with textured cushions, and the colour scheme of light-grey, duck-egg and petrol blue makes it just the sort of place where a child would want to relax on a Friday night, watching DVDs and scoffing popcorn. Velvety carpet gives way to an even softer shagpile in the children's bedrooms, which are all completely different. So Ben's room has a vintage British vibe: a Union Jack throw picks up the blue and red of the roman blinds, and the colours of a large retro cushion on the bed. A quirky touch is added by the Magritte-style bowler-hat light, which Alex found at Homeless, and an old-fashioned green library desk-light.

Across the hall in six-year-old Harry's room it's all about sailing the seven seas: a skull-and-crossbones pillow and a piratical red-and-white striped throw adorn a wooden Simon Horn sleigh bed. Alex has mixed it up by adding a rocket-

shaped light fitting and a Superman poster, but everything is exactly the same shade of red and indigo blue. Ten-year-old Lulu chose a sophisticated black, white and red colour scheme, with Designers Guild blinds, a vintage-style bedhead from Bowerbird, and a light fitting in the shape of a delicate bird. Alex

has rigged up a red birdcage high up in the corner of the room – "for the bird, of course!" Open shelves in the hall house all the children's toys – Alex wanted them easily accessible – but as soon as they grow out of a certain stage, the toys go. Alex definitely practices what she preaches as far as de-cluttering goes!







### Top levels

Another level up is Alex and Jeremy's bedroom, a cool, calm space with another huge sleigh bed, and sumptuous silk drapes. "The original curtains were made by Sun Sun Interiors over 12 years ago, and we've added to them when we've needed more," explains Alex. There's an Art Deco-style pendant light sourced from The White Company above the bed, which gives a hint of what's to come in Alex's thoroughly gorgeous en-suite.

It's Art Deco heaven in the mirrored bathroom, with giant marble tiles ("they give the feeling of more space," says Alex) and a pair of Murano glass vintage lamps found in a shop in Wan Chai. There's a huge double-ended bath, which, of course, is the last word in comfort: "The biggest mistake people make when they're buying a bath is not to sit in it first," explains Alex. "It's the same with loos: you must try everything before you buy it!" Alex designed the vanity unit herself, and came up with the genius idea of suspending mirrors on steel poles just in front of the windows: "I didn't want to use the windows, but I needed the light," she explains.

As with the rest of the house, Alex has reconfigured the floor layout, creating a dressing room, a storage cupboard and a large office/spare bedroom in which she and Jeremy keep their fitness equipment and mementos from the sporting challenges they've done together; both are accomplished triathletes.

One last floor up is the family's favourite area, an open-air rooftop kitchen and living room, complete with sound system, full Aussie barbecue, built-in fridge, and dining/seating area. There's a brand new double sun lounger with comfy orange pillows, and contemporary orange stools for each of the children – "orange is the popping colour up here," says Alex. "The view is stunning and it's our perfect chill-out zone," she adds, explaining that it's easy to spend an entire Sunday up here just eating, reading and relaxing on those overstuffed cushions. Comfort all the way – with more than a little bit of style, of course.



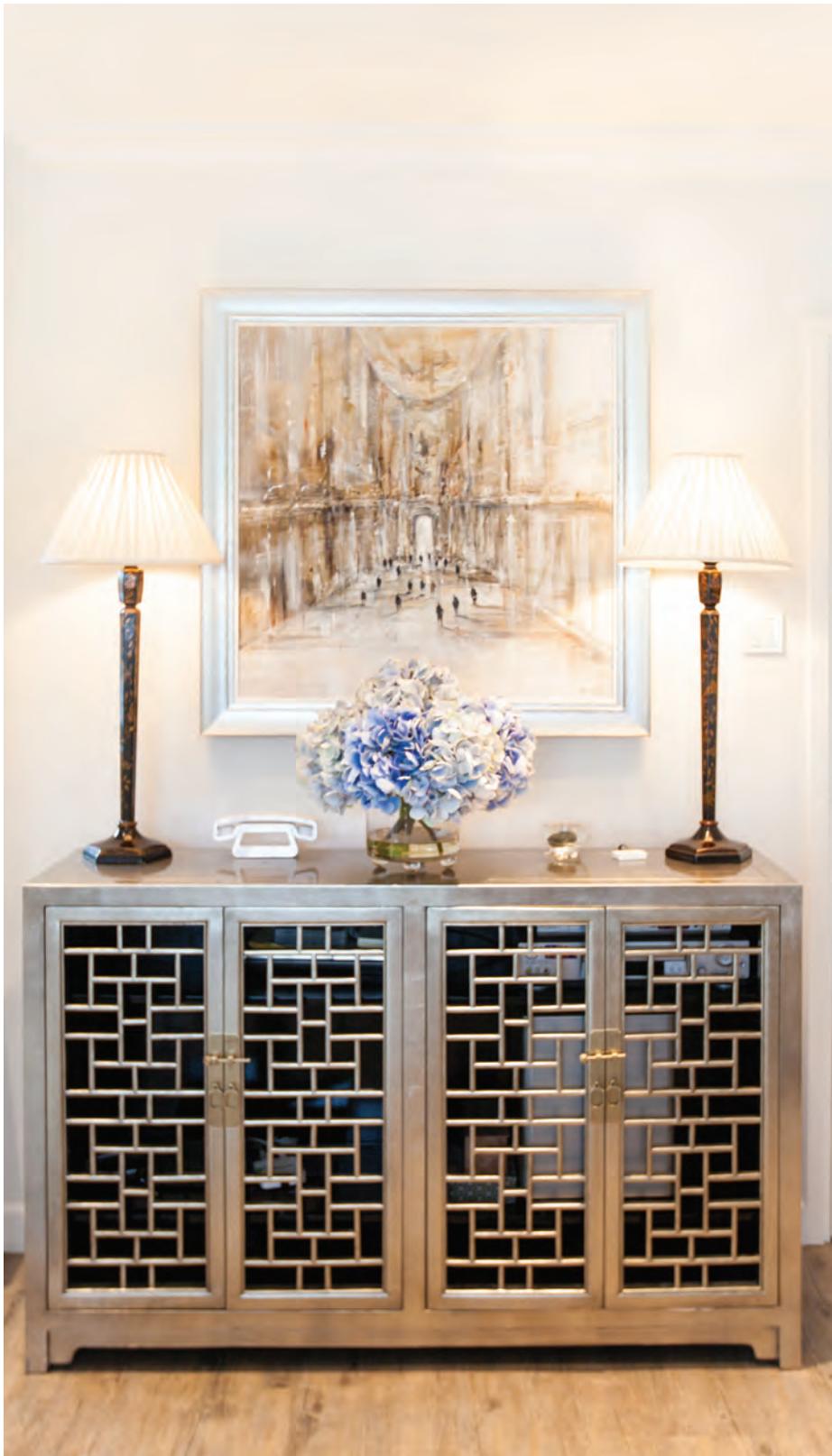


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## ALEX'S RECOMMENDATIONS

### *Shopping*

#### **Authentiques**

10F, 1006 Hua Qin International Building  
340 Queen's Road Central, Sheung Wan  
[authentiques-asia.com](http://authentiques-asia.com)

#### **Grange Interiors**

3/F, One Island South  
2 Heung Yip Road, Aberdeen  
[grangeinteriors.com.hk](http://grangeinteriors.com.hk)

#### **Chine Gallery**

42A Hollywood Road  
2543 0023

#### **Bowerbird**

Unit 5, Level 2  
2 Lee Lok Street, Ap Lei Chau  
2552 2727

#### **HC28**

16/F, Horizon Plaza  
2 Lee Wing Street, Ap Lei Chau

#### **Altfield Gallery**

The Galleria  
6-14A Chater Road  
2537 6370

#### **Tequila Kola**

1/F, Horizon Plaza  
2 Lee Wing Street, Ap Lei Chau  
[tequilakola.com](http://tequilakola.com)

### *Restaurants*

#### **Plaza Mayor**

Shop 1, Sui Yat Building  
Hoi Pong Square, Sai Kung  
5594 0007

#### **131**

Tseng Tau Village  
Shap Sze Heung, Sai Kung  
2791 2684

### *Other*

#### **The Home Stylist**

9673 9443 | [thehomestylist.org](http://thehomestylist.org)

#### **Sun Sun Interiors**

G/F, 24 Fleming Road, Wan Chai  
2511 2008 

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# SWEET DREAMS

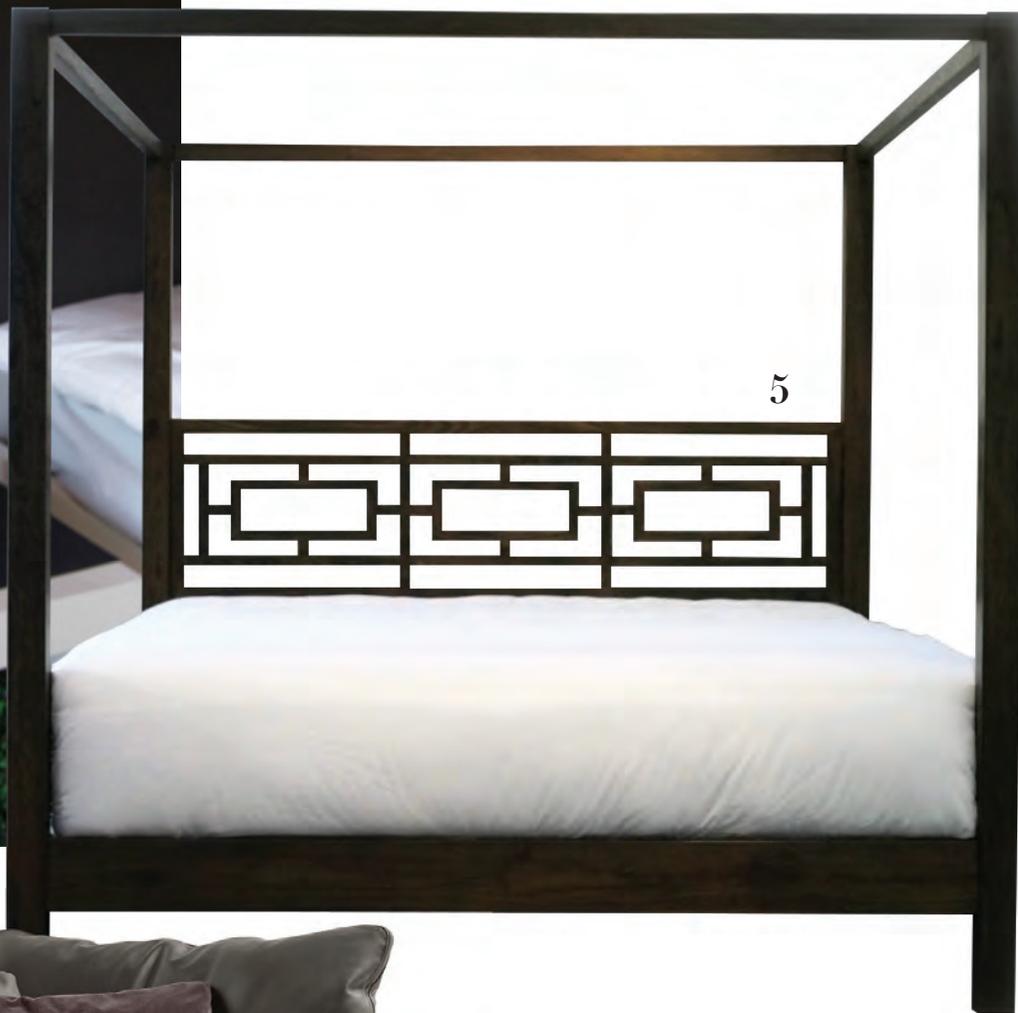
High beds, low beds, side tables, storage and more: read on for some bedroom furniture inspiration.

1. Bedroom furniture & accessories, **OVOSTudio**, 2527 6088, [ovostudio.com.hk](http://ovostudio.com.hk)  
 2. Kendall nightstand in walnut, **OVOSTudio** 3. Bretagne bed, designed by Poltrona Frau R&D, **VIA - Poltrona Frau**, 3102 0808, [viahk.biz](http://viahk.biz)

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4. Lampada Feeler wireless music amplifier and LED desk light, **Lift Lifestyle**, 3907 0386, [liftlifestyle.com](http://liftlifestyle.com)  
 5. Four-poster bed, **Rimba Rhyme**, 2544 4011, [rimbarhyme.com](http://rimbarhyme.com) 6. Scarlett sofa, designed by Jean Massaud, **VIA - Poltrona Frau**, 3102 0808, [viahk.biz](http://viahk.biz) 7. Handcrafted cushions, **513 Paint Shop**, 2155 2282, [513paintshop.com](http://513paintshop.com)  
 8. Bedside table in hardwood with marble top, **Forbidden City**, 2556 8968, [forbiddencity.com.hk](http://forbiddencity.com.hk)



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9. Altea bed, by Carlo Colombo, **Via – Giorgetti**, 3102 3189, viahk.biz 10. SLAT side table, **MADE Furniture**, 2517 0722, madehk.com 11. Chalet chest of drawers in mango wood and camel bone, **Tequila Kola**, 2877 3295, tequilakola.com 12. Malina four-drawer chest, **InsideHK**, 2873 1795, inside.com.hk 13. Designer Moroccan and Old Nahavand carpets, **Carpet Buyer**, 2850 5508, carpetbuyer.com 14. Decker bed, **TREE**, 2870 1582/83, tree.com.hk

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15. Bosham Bed, **InsideHK**, 2873 1795, inside.com.hk 16. Brighton chest, **InsideHK**  
17. Currant Noir candles and fragrance diffuser from Archipelago, **OMWorld Lifestyles**, 2989 6152, omworld.net 18. Diva bed and industrial chic dresser, **Tequila Kola**, 2877 3295, tequilakola.com  
19. Lunar bedside bench, **Forbidden City**, 2556 8968, forbiddencity.com.hk

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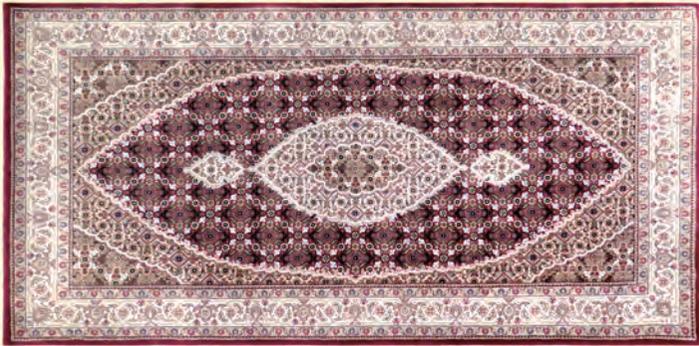
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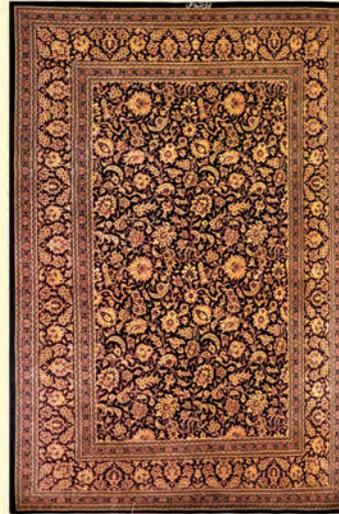
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# WORK IT!

Running a business from home? Unless you've earmarked your bed for your "office", you're going to need some proper pieces of furniture to kit out your personal professional space. Here are some ideas that might just fit the bill.

1. Handcrafted gold leaves and velvet fabric, **513 Paint Shop**, 2155 2282, [513paintshop.com](http://513paintshop.com) 2. Nautica desk in buffalo leather and brass, **Tequila Kola**, 2877 3295, [tequilakola.com](http://tequilakola.com)





3. Nine-drawer kneehole desk, **InsideHK**, 2873 1795, inside.com.hk 4. Hemingway desk, **TREE**, 2870 1582/83 / 2841 8844, tree.com.hk 5. Sewing desk, **TREE** 6. & 7. Writing desk and upholstered chair, **InsideHK** 8. Glass and chrome steel desk and Devon swivel chair in top-grain leather and spiffire back, **Tequila Kola**, 2877 3295, tequilakola.com



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9. Clermont solid oak bookshelf, **Stockroom Furniture Outlet**, 2817 0999, stockroom.com.hk 10. Chinese classical rosewood desk and chair, **QiSiMu**, 3618 6598, qisimu.com 11. Lotus desk, **Rimba Rhyme**, 2544 4011, rimbarhyme.com 12. Solid oak working desk, **Stockroom Furniture Outlet**, 2817 0999, stockroom.com.hk 13. Danyel desk, **OVOSTudio**, 2527 6088, ovo.com.hk 14. Lampada A-Sphere wireless music amplifier, **Lift Lifestyle**, 3907 0386, liftlifestyle.com



15



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21

16. Multi-purpose Jokjor stool, **Lift Lifestyle**, 3907 0386, [liftlifestyle.com](http://liftlifestyle.com) 17. Velvet cushions, **513 Paint Shop**, 2155 2282, [513paintshop.com](http://513paintshop.com) 18. Montera chair, **Via - Paltrona Frau**, 3102 3189, [viahk.biz](http://viahk.biz) 19. Osaka desk, **OVOSTudio**, 2527 6088, [ovo.com.hk](http://ovo.com.hk) 20. Reconfigurable block system, available in different shades, **Rimba Rhyme**, 2544 4011, [rimbarhyme.com](http://rimbarhyme.com) 21. Eames-style, soft-pad office chair with low back and castors, **Stockroom Furniture Outlet**, 2817 0999, [stockroom.com.hk](http://stockroom.com.hk) 



# STREET TALK

An insider's guide to life in their 'hood.



**Name:**  
Ash Joshi

**Originally from:**  
London

**Occupation:**  
Personal Trainer/  
Freelance Consultant

## THE SPECIFICS

**Where do you live?**  
Kin Tung Road.

**What's the name of your neighbourhood?**  
Tung Chung.

**How long have you lived here, and why did you choose the area?**  
Five weeks. It's a great location to live with family and children: very clean, with nice views. It's still within easy travelling distance to Central but far enough away not to feel like you're living in the city. There's a big expat community of people from all ethnic backgrounds, which makes it a very multicultural society and a great place to be.

## THE SCENE

**When you walk out of your place, the first thing you see is:**  
The walkway that takes you all the way around the estate; the clubhouse is on the way out also.

**The closest store to your front door is:**  
ParknShop, Circle K and a number of other shops are all within walking distance.

**Your neighbours are great, but you wouldn't mind a little less:**  
Noise from the apartment upstairs!

**The vibe of your street is:**  
Very UK-like: lots of roundabouts, traffic lights and zebra crossings. The roads are all clean and look very new; no potholes or issues at all.

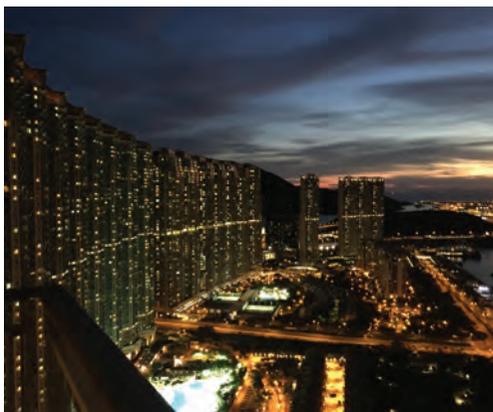
**If a celebrity moves in next door, it will most likely be:**  
Jackie Chan, to get away from the hustle and bustle of central Hong Kong.

**When you're in need of a dose of culture, you:**  
Take the cable car up to the Big Buddha on Ngong Ping or make a trip over to Discovery Bay.

**If you're missing home, you:**  
Spend time with friends who have become like my family, or Skype my family back home in London.

**A mandatory stop for taking out-of-town guests is:**  
I would say the Big Buddha for culture, or our favourite place to eat and drink, Kimos.

**You'd swap houses in a second with:**  
My landlord! He has a massive five-bedroom place a few towers away from us.



**A common myth about your neighbourhood is:**

The high pollution levels from the airport; this is not the case at all; yes, there is pollution because we have the airport next to us but it's nothing as bad as central Hong Kong.

**If you're ever woken up at night, it's almost always due to:**

The people living above us, or a major thunderstorm.

**A massive late-night rager on your street is likely to involve:**

Probably all the expats getting together for a drink at Kimos.

**THE SUPERLATIVES**

**Your hands-down favourite neighbourhood joints are:**

Kimos (Turkish and Indian cuisine), Resto (pizza, pasta, ribs and grill), Handi (Indian) and Mansarover (Indian).

**You won't find better local food than at:**

My Thai Bar & Restaurant.

**The strangest thing you've ever seen on your street is:**

A dog being walked around in a stroller!

**The best bargains in your neighbourhood are at:**

Japan Home Centre.

**The guiltiest pleasure in your area is:**

The Häagen-Dazs café.

**One thing you'd never change is:**

The amazing view and great community.

**But one thing you wouldn't mind seeing go is:**

Noisy neighbours!

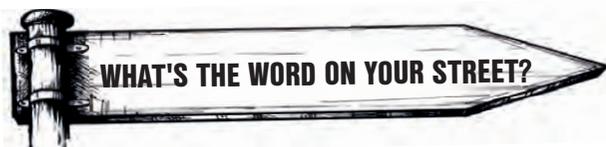


**The city gives you \$5 million to soup up your street. You use it to:**

Open some new bars and restaurants and some soft play areas for the kids; and if money is left over, soundproof the apartments!

**Why should your neighbourhood be featured in a guidebook?**

Because we live on one of the best islands in Hong Kong; Lantau is an amazing place to live whether you're single, a couple or a family. It has everything to offer everyone, from great hiking locations, to the Big Buddha and Disneyland. If you enjoy shopping, we have the only designer outlet mall in HK. It's also open and airy, with less pollution than other areas; and it's away from the hustle and bustle of the city but close enough to visit easily. There's a great community atmosphere too. 



We want to know about where you live. Don't be shy! Send an email to [contribute@expatliving.hk](mailto:contribute@expatliving.hk) with "Street Talk" in the subject line. Include your name and street, and we'll be in touch.

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# Stanley Style

Furniture, lighting, accessories and artworks: there's charm in every facet of the Southside apartment of HILARY DENBY-JONES.

*By Tara Jenkins;  
photography by Ken Wong*





**H**ilary Denby-Jones is explaining the secret behind the success of Ham Yard Hotel – currently London’s hottest hangout, and the brainchild of British hotelier and interior designer-of-the-moment, Kit Kemp. “There’s a visual richness to her eclectic and confident design that’s very exciting; you notice something new each time you visit,” says Hilary. “There’s almost too much to look at, and that’s why you go back again and again. She keeps the interest high!”

Ham Yard Hotel is indeed a feast for the senses, and the vibrant stripes, flamboyant patterns and quirky objects shouldn’t logically work together, but somehow the overall effect is delightfully

uplifting and – importantly for a hotel – agreeably cocooning. “Designers with an aesthetic eye have moved on from the neutral colour palette, and the completely symmetrical placement of objects and furniture,” explains Hilary. “Now it’s all about creating a visual panorama that has a variety of different elements and layers. It’s important to create depth and movement on a horizontal plane, so the eye cannot perceive everything at the same time. It should be encouraged to move upwards and downwards, forwards and backwards, so there’s a sense of arrival, and ultimately, excitement!”

This is someone who clearly knows what she’s talking about – while Hilary has a degree in architecture that, she

says, taught her about space and proportion and the grouping of objects, her charming home in Stanley is also testament to a creative spirit and a real talent in sourcing, upcycling and commissioning beautiful objects.

When her husband Roger signed a contract five years ago to move from London to Hong Kong, Hilary found and scoped her Southside apartment, and furnished it almost entirely from a mixture of antique and junk shops in the UK, tying everything together with an inspired modern palette of sea blues, bright oranges and muted saffron. “The wooden furniture is all from UK-based antique dealers, as the apartment gave me a very strong mid-century modern lead,” she says.



Much of it has a marked Scandinavian slant – an Arne Vodder Brazilian rosewood sideboard, a Bernhard Pederson Brazilian rosewood dining table, Paul Kjaerholm PK91 leather folding stools and an Arne Jacobsen Egg Chair all feature – and Hilary identified specialist dealers through the Midcentury Modern show in Dulwich, London ([modernshows.com](http://modernshows.com)), and specialist Scandinavian online auction houses like [lauritz.com](http://lauritz.com) to find the best pieces.

“The armchairs I found in a junk shop in Lewes, near Brighton – they were absolutely hideous, with mustard, orange and brown stripes, and covered in cigarette stains!” Hilary says. “I upcycled and reupholstered them in a strong sky blue, and the other blue chairs behind the sofa – also reupholstered – are similar junk shop finds. They cost £20!” The buttery soft leather sofa was commissioned from Artura Ficus in Hong Kong. “I took in a picture from a mid-century modern book and they copied it for me; I chose





very distressed leather, but the dog has properly 'antiqued' it for us!" she says. Hilary has given the sofa a quirky contemporary touch by adding Donna Wilson's foxy cushions in blue and orange, which match the homespun, embroidered orange cushions on the upcycled armchairs.

One of the most striking pieces in the room is an unusual wooden cabinet that sits behind the leather sofa; it's a 70s-style sideboard that wouldn't look out of place in Don Draper's office, but the top has been painstakingly etched with paintings of tiny buildings, and the striped cabinet doors fit perfectly into Hilary's colour scheme.

Unsurprisingly, it's not a coincidence: "This cabinet is by a designer called Zoe Murphy who's based in Margate, Kent; she sells not only through Liberty's of London, but I've also seen her pieces in Lane Crawford" says Hilary. "We talked about what I wanted, I showed her my colour scheme, and she produced the cabinet – it's beautifully painted and inlaid with colourful materials". Naturally, the top of the cabinet, like every surface in the apartment, is adorned with a selection of carefully placed objects – Hilary collects glass, and has a large collection of vintage coloured vases from now defunct Whitefriars Glass,

amongst beautiful candlesticks, bowls and her signature lanterns.

Contrasting and brilliantly complementing the mid-century modern vibe is an assortment of fiercely contemporary artworks, ranging from a huge and striking piece entitled *Floriculture* by Lisa Creagh, to *Aquarium* by Chinese artist Zhou Hongbin – a pair of large photographs of frantically swimming rabbits. Hilary found both artworks at Hong Kong's Affordable Art Fair, and commissioned a third piece from artist Robert Platt at London's Frieze Art Fair. "I was reading Simon Schama's *Landscape and Memory*, and I told him his art really reminded me of discussions



of woodlands in the book. Bizarrely, he said it was part of his MA studies!" *Into The Woods* is a dreamy, mysterious landscape in mint green, with – of course – a lantern in the foreground. Hilary has also created her own artworks; in the dining room there's a framed collection of Penguin book jackets – but only in shades of orange and blue! "I threw away the greens and reds," laughs Hilary. "It was a great way to fill the space, we had a lot of fun making it, and you end up with unintentional stories, if you read the titles from left to right!"

Specially angled spotlights in the ceiling individually illuminate each of the artworks; Hilary retrained in lighting design after working in an architecture practice for a couple of years. "At the most fundamental level, good lighting is knowing where to place a spotlight, understanding how far out in the ceiling you need to go, to successfully light a picture" she explains. "Then it's about creating layers of light and atmosphere so you create a generous, comfortable feeling in a room, with light that, ultimately,

flatters the objects and the inhabitants!"

There are a number of elegant birdcage lanterns sourced from Inside and Tequila Kola around the apartment, but when Hilary is hosting dinner parties in the dining room or outside on her sublime terrace, the majority of light comes from old-fashioned oil lamps. "There's a lovely lady who runs a company called Zest of Asia; she's a dealer who hosts pop-ups or sales at her home, and I started buying oil lamps from her," says Hilary. "Then I started to import them myself, for a couple of minor lighting projects I've done so far."

Hilary adds to the glow on the terrace created by the oil lamps with a series of textured glass hurricane lamps, placed high on a window ledge in the en-suite bathroom, which backs onto the terrace. "When we're eating outside I put candles in there, and they flicker atmospherically," she says. The terrace has an overwhelmingly colonial feel, with large French windows leading into the apartment, and a view to die for, onto lush, landscaped tropical gardens

and beyond, Stanley Main Beach. The windows aren't the original frames, but much of the block and garden dates back to its construction in 1957, when the apartments were built to create income for the owners of the grand mansion that stood at the top of the imposing stone staircase in the garden.

The mansion is long gone, naturally, replaced by a modern apartment block. However, Hilary recently had a visit from a former tenant, an old lady who grew up in the block and now lives in Canada. "She told me every family in the block had a Western father and a Chinese mother, and were a mix of journalists and writers and creative people. Stanley Beach Road was a host of private bungalows with beautiful tropical gardens, and the beach was practically private; if anyone walked on it the children didn't recognise, they'd run back and tell their mother! She said she was still friends with the children she played with in the garden all those years ago, and she sent me old photographs of them sitting with their amahs!"





Hong Kong has been Hilary's favourite expatriate posting so far – she and her family have done stints in Tokyo and Boston, and have taken the opportunity to travel as much as possible while in Asia, collecting beautiful things along the way. The intricate embroidered blue and white bedspread used as a headboard in the airy master bedroom, for example, was bought in Rajasthan on a trip to India.

Meanwhile she has loved exploring the city, hiking the green country parks, and meeting the cosmopolitan mix of expatriates in Hong Kong. But now, with three girls at boarding school in England and a new job for Roger in London, Hilary is heading back to the green and pleasant county of Kent, where the world – with her qualifications in architecture and lighting design – is literally her oyster. Perhaps Kit Kemp should watch out?! 

## Hilary's Recommendations

### SHOPPING

Zoe Murphy  
zoemurphy.com

Zest of Asia  
zestofasia.com

King Tak Hong Porcelain  
126 Queen's Road East, Wan Chai

Artura Ficus  
15/F, Horizon Plaza, Ap Lei Chau  
arturaficus.com

Dedon  
248 Queen's Road East, Central  
dedon.de

### EATING

Pomegranate  
44 Wong Chuk Hang Road, Aberdeen  
pomegranate.com.hk

Arcane  
18 On Lan Street, Central  
arcane.hk

Lucy's  
G/F, 64 Stanley Main Street, Stanley  
2813 9055



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# Market Update



Letizia Casalino,  
Hong Kong Sotheby's  
International Realty

Are prices softening? Are owners more flexible? Yes and no, but unfortunately it's more of a no. Although the media continues to tease us all with the suggestion of a downward price shift, the lack of available stock currently on the market remains a reality and is consistently outweighed by demand in the hot spots of Hong Kong.

As a result, prices are inflating by 5 to 10 percent in the mass rental market. The luxury tier is where negotiation is slightly more flexible, however, even there the lack of premium stock encourages owners of rare and exclusive properties to maintain their luxury prices. The

peak season has come to an end and so the diamonds are harder and harder to find.

The first-hand property market is still the talk of the town, with new developments popping up in great quantities on the Kowloon peninsula. Compared to the same period last year, however, the number of sales figures have decreased.

The secondary market has seen a few strong weeks as investors from Hong Kong and abroad have taken the end-of-season opportunity to purchase a home or investment property. Now that the effects of the cooling measures are well understood throughout the market, the momentum of investing is back on track.

## Hot Properties



### PRESTIGIOUS APARTMENT

District: Mid-levels Central  
Rental Price: \$95K  
Size: 1,524 sq. ft  
Bedrooms: 3 (1 ensuite)  
Bathrooms: 2

This apartment features a spacious L-shaped living and dining room, big master bedroom that leads to a walk-in-closet, and bathrooms with granite and marble finishes.

To view properties, call Hong Kong Sotheby's International Realty at +852 3108 2108

## SPECTACULAR SEA VIEWS

District: Pok Fu Lam  
Sale/Rental: \$40M / \$90K incl.  
Size: 1,707 sq. ft  
Bedrooms: 3 (1)  
Bathrooms: 2  
Sole Agent



A beautifully renovated, three-bedroom flat, this Pok Fu Lam pad is bright and welcoming, with great views, and a fantastic chef's kitchen.



This duplex has glamorous bathrooms and a nicely fitted kitchen with storeroom and wine fridge; it's also close to international schools, the MTR and Festival Walk mall.

## SPACIOUS LIVING

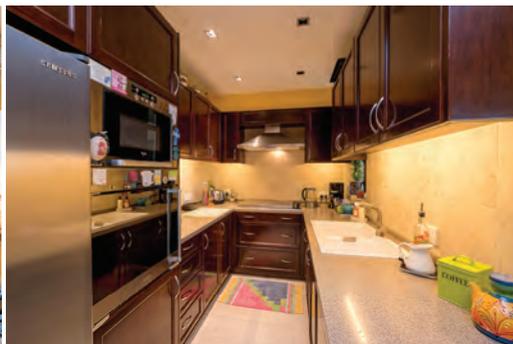
District: Kowloon Tong  
Sale/Rental: \$32M / \$55K incl.  
Size: 1,330 sq. ft  
Bedrooms: 4 (2)  
Bathrooms: 4

To view properties, call Hong Kong Sotheby's International Realty at +852 3108 2108

### RARE DUPLEX

District: Soho  
Sale Price: \$14M  
Size: 771 sq. ft  
Bedrooms: 1 (1)  
Bathrooms: 2

Located in Prince's Terrace, this rare colonial-style duplex has been renovated by a renowned designer; features include an enlarged bedroom with study.



### COMBINED UNIT

District: Discovery Bay  
Sale Price: \$15.5M  
Size: 1,525 sq. ft  
Bedrooms: 5 (1)  
Bathrooms: 2.5

A one-of-a-kind combined property with a tasteful open kitchen, modern renovation and five bedrooms, making it a perfect home for a large family.

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SOLE AGENT

Cape Mansions  
56-62 Mount Davis Road, Pokfulam, Hong Kong  
Property ID: L13128019

## WELCOME BACK

With everyone returned to Hong Kong, back to work, back to school, we're facing the run up to Christmas with plenty of revived energy gained from our summer breaks. As the hot weather warnings are now behind us, it's time to look towards the best season of the year. It's the perfect time to assess your household needs and consider making the move to a new home. Upsizing or downsizing, don't hesitate to contact us. We are only a phone call away. Let us take care of you.

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you and your family's needs in your language. Our agents speak languages ranging from English, French, Spanish, Italian, German, Dutch to Japanese, Hindi, Bahasa Malaysia and Chinese.

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- University of California, Berkeley

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## IB Full Scorer



### Audrey Wang's Sharing

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# Life & Family

# WHAT'S NEW

Something for all the family to enjoy

## THE L WORD

Possibly the most anticipated opening this year, **Lululemon Athletica's** first store in Hong Kong is finally here! One of our favourite workout-wear brands has taken over 1,300 square feet at IFC Mall and is offering the full men's and women's lines, including cardio, studio and swimwear. You'll also find a huge range of seasonal products and accessories. And the best bit – they're open from 10am to 10pm! (Now to find a reason to wear it all...) **Shop 1908b, level 1, IFC Mall. [lululemon.com.hk](http://lululemon.com.hk)** 📍



## A NEW BABE

Mums and Dads in the New Territories no longer need to trek into town for their favourite essentials. In mid-August, **Bumps to Babes** will be welcoming the newest member to its family in Sai Kung. Open seven days a week, the new store will stock the same leading brands of equipment, toys and everything else you need for little ones. **G/F, 7 Wan King Path, Sai Kung, New Territories. 2552 5000 | [bumpstobabes.com](http://bumpstobabes.com)**



## SUMMER STAYCATION

Stuck in HK for the summer and need a break before school goes back? **The Holiday Inn Macao Cotai Central** has a super package for families – from \$1,398 a night, enjoy accommodation and get the chance to hang out with your favourite DreamWorks Animation characters from *Shrek*, *Kung Fu Panda*, *Madagascar*, *How To Train Your Dragon* and *Mr Peabody and Sherman*. You'll also score a MOP300 shopping or dining credit to enjoy at Sands Cotai Central. Plus, there are bonus deals if you decide to stay longer. **[sandsresortsmacao.com/holiday-inn-macao-hotel.html](http://sandsresortsmacao.com/holiday-inn-macao-hotel.html)** 📍

## All Under One Roof

The **Kowloon Bazaar** – the only annual bazaar of its scale on this side of Hong Kong – is on again, so be sure to mark Saturday 5 September in your diaries. A variety of vendors will gather to showcase and sell a wide variety of products, from authentic handcrafts to couture and designer wear, jewellery, household items and more. Shoppers can also enjoy product samples, lucky draws, tasty food, and networking opportunities, with part of the proceeds once again going to worthy charities. **[kowloonbazaar.com](http://kowloonbazaar.com)** 📍



## Little Monsters

With over a thousand wooden toys, learning and educational toys, kids' tableware and stationery, **Monster Kid** needed to expand. The new store in the Prince's Building also stocks the top-of-the-range, European wooden toys that its counterpart on Wellington Street is renowned for. Visit the new store to find building sets, musical instruments, play kitchens, mini-markets, dollhouses, toy cars, and more. **Shop 220, 2/F, Landmark Prince's, 10 Chater Road, Central. 2110 4510 [facebook.com/monsterkidhk](https://facebook.com/monsterkidhk)** 📍



# STYLE HUNTER

Forget the catwalk, the shop windows and the fashion bloggers. Sometimes the best place for style inspiration is out on the streets. Our Style Hunter roams the island, camera-in-hand, ready to snap expats who exude individuality and a style of their own. This month, personal stylist ELLEN LOBLER shares her tips on how to look stylish on the school run.

**G**one are the days when you could just rock up at school wearing a nondescript outfit. Thanks to yummy celeb mummies Elle MacPherson and Claudia Schiffer, “school run style” has developed a whole new meaning. So what are the rules of this mummy-chic movement? Here are our tips for looking effortlessly put-together:

- You can wear your yoga gear but make sure it’s from a cool brand like Lululemon or Sweaty Betty – and don’t forget your green smoothie as an accessory!
- Jeans or shorts should be pimped up with some serious arm candy and accessories. As you’re on a school run, a handbag comes in handy for the after-school snacks.
- Add a cashmere jumper or pretty top to your jeans.
- Another great way to dress up your jeans or shorts is to wear them with a T-shirt and add a little jacket or scarf.
- Heels are not a comfortable option, unless you’re on your way to work, so opt for nice sandals or ballerina flats.
- Keep makeup simple, though a slick of lipstick will always make you look more awake.

**Model:** Stella Abraham (Head of Residential Leasing and Relocation, Jones Lang Lasalle)

**Photos:** Anna Bowkis photography

Ellen is a Dutch stylist and personal shopper in Hong Kong, and writes about the latest trends for [stylebyasia.com](http://stylebyasia.com).  
[loblerdelaney.com](http://loblerdelaney.com)



# ON THE PAGE

Looking for a good read? Here's our monthly roundup of the written word.

New and notable books recommended by the team at Bookazine.

## FICTION

### GO SET A WATCHMAN

Harper Lee

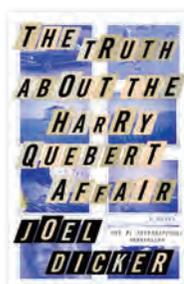
The most highly anticipated book of recent times, *Go Set a Watchman* was the novel Harper Lee first submitted to her publishers before *To Kill a Mockingbird*. Assumed to have been lost, the manuscript was discovered late last year. Set 20 years after *Mockingbird*, it explores how the familiar small-town characters adjust to life in America in the turbulent mid-1950s.



### THE TRUTH ABOUT THE HARRY QUEBERT AFFAIR

Joel Dicker

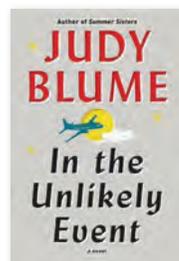
On a fateful day in 1975, fifteen-year-old Nola Kellergan is glimpsed fleeing through the woods, never to be heard from again. Thirty years later, Harry Quebert is suddenly and sensationally implicated in the cold-case. His former student and novelist Marcus takes it upon himself to prove his innocence while simultaneously writing the book he needs to save his career.



### IN THE UNLIKELY EVENT

Judy Blume

When the author was a child, three planes crashed in her hometown. Now 77 years old, Blume has taken the devastating real-life scenario and written a novel about a community reeling from a succession of airplanes that fall from the sky. You'll meet a multitude of characters whose survival is affected by random tragedy.



### SECOND LIFE

S.J. Watson

In this book by the author of *Before I Go to Sleep*, Julia is living a double life, one in the real world – a loving wife and devoted mother who's smart and innocent – and a second life online – out of control, making risky moves and bad decisions, obsessed with a stranger who may have murdered her sister. A thought-provoking page-turner on how people online are never what they seem.



## NON-FICTION

### MODERN ROMANCE

Aziz Ansari

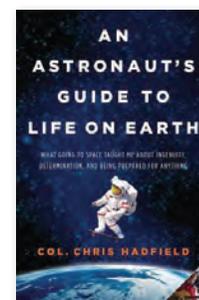
Don't be fooled into thinking that, as a famous comedian, Aziz Ansari's book is all fluff and no substance. Combining his knack for hilarity with real social science has resulted in the most insightful and amusing look into the way our species dates and romances each other in this modern era. Definitely one for the singletons out there, but also a lot of fun for those already in relationships.



### AN ASTRONAUT'S GUIDE TO LIFE ON EARTH

Chris Hadfield

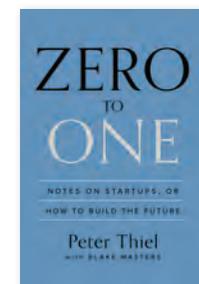
Commander Chris Hadfield is the Canadian astronaut who has a cult following thanks to his online posts from zero gravity (including covering Bowie's classic "Space Oddity"). The lessons he learnt from his all-consuming pursuit to get to space and his perspective looking down on earth are now in this book of biographical wisdom.



### ZERO TO ONE

Peter Thiel

Written by the inventor of PayPal, this book is filled with multiple insights and useful advice for anyone thinking of starting a new business or working in one. Thiel isn't just some stuffy businessman; he's a brilliant thinker – and this book is a way to understand the processes of a successful entrepreneur and mentor.



**52 NEW THINGS**

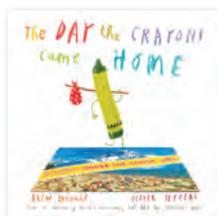
Nick J. Thorpe

A story of a man who decided to switch off the TV and do something different: a new different thing once a week, to be exact. From dancing and flying to falling and stripping, his journey to make his life more interesting has hilarious and often life-affirming consequences.

**KIDS****THE DAY THE CRAYONS CAME HOME**

Drew Daywalt (Author), Oliver Jeffers (Illustrator)

The follow up to the popular *The Day The Crayons Quit*, Daywalt and Jeffers have once again created rich emotional lives and amusing personalities for their colourful cast of crayons who have been separated from their home, the crayon box. Sure to delight the imagination of any young reader.

**THE FAIRYTALE HAIRDRESSER AND THE LITTLE MERMAID**

Abie Longstaff (Author), Lauren Beard (Illustrator)

Kittie Lacey, the most fabulous hairdresser of them all, has a new client: Coral, The Little Mermaid. But Coral is in distress! The evil Sea Witch gave her legs so that she may marry Prince Marino, but it was a trick to steal the mermaid's beautiful voice. It's up to Kittie to hatch a plan to untangle the mess.



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**WHAT ARE YOU READING?**

To tell us what books are piled up on your bedside table, or what you've recently downloaded to your Kindle, dash off an email to [editor@expatliving.hk](mailto:editor@expatliving.hk). It won't take long!



**Steve Woodmansee**  
Australian and British

**LOSING MY VIRGINITY, BY RICHARD BRANSON**

**Genre?**

Autobiography

**How did you get hold of it?**

Downloaded to my Kindle after a friend recommended it.

**What do you think of it?**

It's a great read, especially if you've ever wondered how self-made people do it. This is the swashbuckling story of an adventurer with a preposterous enthusiasm for life, an amazingly successful businessman and a guy who just seems to be ahead of the curve. I can't help thinking that his real strength is the ability to recognise talent in people, to gather them around him and to empower and inspire them.

What's more, he obviously doesn't take himself too seriously, as it's jam-packed full of hilarious anecdotes. Read how he bought his island in the Caribbean for next to nothing (it started out as a bit of a scam to get a free holiday), how he lost his virginity (the girl was not in a fit of passion, as he'd thought, but actually having an asthma attack), and – the best of the lot – how he won his obscenity trial for the Sex Pistol's album *Never Mind the Bollocks*.

**Would you recommend it?**

Oh yes, this is a bucket-list book – don't die before you read it.



**Nicole Lade**  
Australian

**LEAN IN - WOMEN, WORK AND THE WILL TO LEAD, BY SHERYL SANDBERG, CHIEF OPERATING OFFICER AT FACEBOOK**

**Genre?**

Business, self-help, memoir

**How did you get hold of it?**

Borrowed it from a friend.

**How far have you got with it?**

Finished it recently.

**What do you think of it?**

I found it inspiring.

**Would you recommend it?**

Yes, I would recommend it to both women and men on all levels of the corporate ladder. It's an easy read, and the author's opinions on why there aren't more women leaders and her tips for overcoming this are insightful and motivating.



# *The* SCOOP *on* SCHOOLS

With a new school year about to kick off, we spoke with a range of educators, students and parents from some of Hong Kong's most prominent international preschools and schools, to get insights and advice on everything from curriculum options and new campus designs to overseas excursions and more.

*By Brooke Chenoweth*



# Day in the Life

Ever wonder what goes on at school after you've dropped the little ones off? Pre-Nursery Teacher at **EtonHouse**, VICKY VAUGHAN, gives us a sneak peek into a day in her classroom.

## **What time do you get to school and what's the first thing you do?**

The day starts early for me. I get to school around 7.45 every morning. The children arrive by 8.25. I use the time before they arrive to put the finishing touches to the environment, so that the classroom is an exciting and inviting place for them to explore – adding something new and inspiring every day.

## **What does a typical school day involve?**

I'm currently teaching the Pre-Nursery class – two- to three-year-olds. I enjoy this group so much; it's the age of many significant developments in young children, the explosion of vocabulary, the growing sense of independence, awareness of friends and developing social skills; it's such a joy to work with them.

In the morning, we welcome the children into the class and the day begins with lots of talking. The children love sharing stories about what they've done the day before. We then have our first circle time where we read stories, sing songs and discuss what we will be doing that morning.

The children then begin to engage with the learning experiences and materials around the classroom with the teachers. We have different learning spaces around our school which we also use each day in small groups. We visit the light studio, library and storytelling studio, and the Chinese cultural studio.

During the morning we also have snack time and an explore in the indoor garden, and we use a range of other resources in the sandpit and tree house. There are intentional Mandarin and English large-group experiences during the day, too. We then end the day with reflection and goodbye.

In the afternoons, I work on my documentation. We record learning stories, write newsletters, work on the documentation panels in the classrooms and also set up the learning environment in response to our observation of the children's learning. I also meet with the teaching team every afternoon where we discuss our observations, what we thought went well, and if any changes need to be made. My day finishes anywhere between 4 and 5pm.

## **What's your favourite part of the day?**

The best part is observing the children enjoying and engaging in the learning experiences that I have provided to extend their learning. Going through their learning stories and reliving some of those wonderful and significant moments is something that gives me great satisfaction and comfort in what I'm doing.

There's never a dull moment in this job, but what I love about it is that I learn something new every single day.

etonhouse.com.hk  
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# Branching Out

This August, **Woodland Pre-Schools** is opening two new campuses. TRACEY CUTHBERTSON, Head of School at Beachside Pre-school in Repulse Bay, and KITTY HO, Head of School at Kennedy Town, give us the rundown on what the kids can expect on their first day.

## Tell us about the themes that have been incorporated into the new school designs.

**TC:** I'm really excited about Beachside opening, and we are using our fabulous location to highlight a "Sun, Sea and Sand" theme throughout the school. As they enter, the children will walk into a wonderful British seaside scene that uses both modern and nostalgic design; it won't only delight the children but the parents too!

**KH:** Woodland Kennedy Town is specially designed to cater to the needs of children from six months to six years of age. This school is decorated with an "Old Hong Kong" theme, where you can find old shops, trams and other items displayed in the school. The idea is to attract not only children but parents as well, by evoking memories of the city's history.

## How do you expect the students to respond when they see the classrooms for the first time?

**TC:** Oh, goodness me; I actually think they might be silent as they take everything in, but only for a few seconds, I'm sure – then their active minds, voices and legs will take over!

## What are some of the features of the schools?

**TC:** Beachside is one of the larger Woodland Schools; we have six preschool classrooms and two dedicated Under 3 classrooms. Our equipment is all new and shipped in from overseas, and all chosen with age appropriation in mind. Our indoor play area is designed to encourage role-play, which is a wonderful way for the children to use their fantastic imaginations and expand their vocabulary. We can't wait to see

the children's reactions to our brand new outdoor playground, which will have a tricycle track, water-play area, tunnels and a large ship climbing-frame complete with slides – I don't imagine there will be any silence when they first see that!

**KH:** We have two beautiful classrooms on the ground floor for playgroup children, as it will be easier for pushchair access. Up on the first and second floors of the building, there are eight spacious classrooms and a fun play area for preschool children. A child-sized washroom with changing table will be included on each floor.

## How important is classroom design to creating an effective learning environment?

**TC:** Very important; among the main things we need to address are ensuring the well-being of the children, creating different zoning areas which are clear to the children – this includes areas to play in a group, with teacher-led activities or alone (sometimes we all need a little quiet time!) – and, of course, ensuring the children feel safe and comfortable. The layout should be adaptable in order to facilitate one-on-one time with the teacher, circle time and whole class activities.

**KH:** A well-equipped classroom can definitely enhance children's learning. The school uses light and neutral colours, which provide a welcoming and satisfying environment the minute they walk into the school. All classrooms are well stocked with imported educational books and toys, which will allow children to indulge themselves in the excitement of learning and reading. Overall, it will be a fun educational environment we strive to provide at Woodland Kennedy Town Pre-School.

[woodlandschools.com](http://woodlandschools.com)  
[enquiry@woodlandschools.com](mailto:enquiry@woodlandschools.com)

# Getting a Good Start

Getting our children into the right primary school is a huge undertaking, but with little ones starting school so young, choosing the right preschool can be just as big a deal. We sat down with ANIRUDDH GUPTA, CEO of **Safari Kid** schools in Asia and the Middle East, for some advice.

## Children seem to start school so young in Hong Kong; how important are the early years of education?

They're the most important years in a person's life. There's enough research now to prove that 85 percent of the human brain develops in the first five years. All the critical faculties – cognitive abilities, physical skills, social skills, memory and recall, logical thinking, creating and imagining – develop during this time, and the brain works on a “use it or lose it” principle. The more the parts of the brain dealing with these areas are stretched and exercised during the first five years, the greater is the person's ability in these areas when they grow up. In essence, a good preschool education ensures that all the critical parts of the child's brain are adequately exercised. This ensures that as a child grows, their ability to learn and use those areas of the brain is that much higher.

## Are there particular aspects of preschool that will help prepare my child for primary school?

Hong Kong has a particularly difficult primary school admission system. Almost all primary schools assess children (or interview them) before granting admission. A good preschool should be able to identify the parents' objectives in terms of primary school and prepare the child accordingly. Apart from core literacy and maths skills, good preschools will enhance social awareness, ability to work in groups, awareness of the environment and social interaction skills, self-confidence and ability to speak to adults and peers without being shy. All these attributes help in primary school and beyond.

## What advice do you have for parents who are currently trying to choose a preschool?

Here are some questions you might like to ask while making your choice.

- Is the curriculum “instruction based” or “pure play-based”? Do the preschool's curriculum and philosophy ensure all-round development of the child?
- Does the preschool get children ready for primary school? And for which system of schooling – local or international? And does the preschool work with parents on primary school admissions?
- Does the preschool programme take into account the different developmental needs and speed of different children? How much individualised attention is provided? What are the student-teacher ratios?
- How often does the preschool communicate with parents, and what is the interaction like? As a parent, how frequently do you get updates from the school on your child's activities?
- Does the preschool take care of the small things – which are nonetheless terribly important – like toilet training, monitoring children's health and wellbeing, and so on?
- What are the learning environments like? Are there spaces for the children to explore in, do arts and crafts, engage in physical activity?
- What is the quality of the staff and management? In the end, it's the commitment and passion of the school that makes a good preschool.

[safarikidasia.com/hk](http://safarikidasia.com/hk) | [infohk@safarikidasia.com](mailto:infohk@safarikidasia.com)



# Getting Ready to Read and Write

Since the first campus launched in 1965, **Victoria Kindergartens** has been at the forefront of educational practice, and their literacy project is a great example of how they're combining the IB curriculum with the some of the world's best teaching.

With eight schools and one playgroup, Victoria has kindergartens and nurseries all over Hong Kong. Each one is authorised (or is a candidate) to offer the IB curriculum, and the group's trilingual programme prepares students for either international or local schools.

This year, Victoria's Causeway Bay and Harbour Heights campuses implemented a new Reading and Writing Project, with the aim of raising literacy levels across the schools. Developed by the Teachers College of Columbia University in New York, the programme works hand in hand with PYP (Primary Years Programme).

The project allows students to choose books related to their units of inquiry, and also to choose what they want to write about. Victoria students start the programme in K2, just as they are beginning the steps towards learning to read and write. Director of English, Genevieve Best, says, "We balance our instruction to give students' varied experiences that develop varied skills. The Reading and Writing Project is comprehensive but student directed." By helping students to understand what readers and writers do, through a wide variety of texts, the aim is that they will grow to be avid readers, writers and inquirers.

The project is being trialled in schools around the world, and Victoria was chosen to take part in it in 2014. Teachers and principals attended workshops at Columbia University to prepare for the project, and it has already made an impact within the school.

[victoria.edu.hk](http://victoria.edu.hk) | [enquiry@victoria.edu.hk](mailto:enquiry@victoria.edu.hk)



## Time to Learn

**Tutor Time International Nursery and Kindergarten** caters for children from six months to six years of age, in six locations around the city. We spoke to the Guati family to find out why they think it's "the best preschool in Hong Kong".

“We are a Finnish/Italian family with two sons. Our oldest, Filippo, is seven, and goes to HKIS. Our youngest, Nicolas, is just over two, and started at Tutor Time playgroup in October 2014.

We chose Tutor Time based on very strong recommendations from our friends. Additionally, the strong Mandarin focus was attractive to us. We have been very impressed by the quality of both the English and Mandarin teachers – the fact that they are actually native speakers in their respective languages (which is not always the case in Hong Kong) makes a big difference.

We are seeing how quickly our two-year-old son has developed in terms of his speaking, recognising colours and objects, and learning numbers. Also his social skills have improved dramatically since attending Tutor Time.

Nicolas loves Tutor Time, thanks mostly to the amazing teachers. They are very motivated, creative and energetic. The tools, toys and environment are absolutely wonderful, too. In our opinion, Tutor Time is the best preschool in Hong Kong: it is run very professionally yet with a lot of warmth and empathy, making it the most wonderful learning environment for any child.

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## *A Safe Port*

For a school with only 165 students, **The Harbour School** has made some big waves in education, locally and internationally. With more and more parents seeing the benefits that this tiny school has to offer, the time has come for them to expand.

When you hear that a school has its own yacht, you imagine an elite (read: wealthy) establishment, full of airs and graces. What you see when you walk into the current campus of The Harbour School could not be further from that image. It's bright and colourful, and, above all else, welcoming. With students' work on display everywhere and lots of different spaces for learning, it feels more like a think-tank or creative hub than a traditional school.

The yacht, aka *The Black Dolphin*, is an integral part of the school's marine sciences programme, and its overall commitment to environmental education. It's a commitment that drives much of what the school does, including the renovation of the planned new campus at Ap Lei Chau.

Since opening eight years ago, The Harbour School has gradually grown in size, and shows no signs of stopping. It started to outgrow the current Kennedy Town campus and, over a year ago, the school administrators began the process of bidding for a new site.

After finding the perfect location – an old school building on Ap Lei Chau – they went through the laborious process of applying to the EDB, competing with a number of other schools for the site. Happily, The Harbour School was recently selected by the EDB to receive the campus, and renovations are due to begin soon.

Head of School, Dr Jadis Blurton, describes the current state of the new site as “old, tired, and sad”. But for those who have dreamt of expanding The Harbour School for some time, it presents the perfect opportunity to build the ideal school. Dr Blurton says the aim is to make the campus “very child-friendly and child-focused, with lots of cool spaces for kids”.

With proposed features like an indoor forest, a two-storey library, and an open-plan lounge for students, teachers and parents (Dr Blurton says, “think Google HQ!”), the new campus will stay true to the school's “eco” ethos and will be LEED-certified as a green school at the highest level. This was a conscious choice by the school's board, though Dr Blurton says it was also driven by the students themselves: “They're incredibly socially conscious and very attuned to that kind of thing. They never would've forgiven us if we hadn't made it as eco-friendly as possible.” Rather than hiding the school's green features in the walls, the children will be able to participate in reducing the school's impact on the environment in a number of visible and obvious ways.

When Dr Blurton announced to the student body that the school had been chosen to receive the campus at Ap Lei Chau, someone was filming the student's response. Their reaction was overwhelmingly positive, and quite moving. This is a school that has already achieved a great deal, despite the limited space they've had available. With more space, a custom-made campus, and such a passionate school community, you have to wonder what amazing things are on the horizon for The Harbour School.

[ths.edu.hk](http://ths.edu.hk) | [info@ths.edu.hk](mailto:info@ths.edu.hk)

# Moving Up

The transition from Primary School to Secondary is an exciting time, but it can also be daunting for even the most confident students. We sat down with LAURA HILL, Lower Secondary Coordinator at **Yew Cheung International School**, to find out how it helps students adjust to moving up.

## What are the biggest changes the students face?

Challenges can be experienced by any new student joining a new school. Some students may be concerned about the social aspects, and other students may be concerned about meeting so many new teachers at the start of the new year; but this is something we are very much aware of at YCIS, so we address it as soon as our new Year 7 students arrive. They benefit from a comprehensive Y6-Y7 Transition Programme that begins on their very first day and runs throughout the entire academic year.

## Do you start preparing them in the final year of Primary?

We very much value the close relationship between Primary and Secondary, and we liaise throughout the year to ensure that Year 6 students already feel prepared for Secondary life.

Firstly, our dynamic Secondary teachers provide taster lessons for Year 6 students from April to June. Some of these take place on our Secondary campus and some are based at Primary; either way, students get to experience a typical Secondary school lesson with learning objectives and goals. They get to know teachers they've not met before and they get to ask lots of questions.

Secondly, some Year 7 students visit Primary in May, along with the Lower Secondary Programme Coordinator, to hold an interactive question-and-answer sharing session aimed at Year 6 students. In addition to this, we invite a small group of Year 6 students, who seem particularly nervous about the transition, to visit our Secondary school and take part in some campus-navigating activities way ahead of their peers – these are our Forward Scouts.

## How does the school help them to adjust?

When our Year 7 students arrive in August, they are greeted by a welcoming team of key Lower School staff, which includes the Year 7 Head of Year, the Lower Secondary Programme Coordinator, our Counselling and Learning Support Head, and Year 7 Form Tutors. We opt for a gradual approach to Secondary school life. Instead of

regular lessons, for the first three days of school, students follow a Beginning of School Transition Programme. Some of the activities that take place during this time include ICT projects using their newly purchased MacBooks, digital citizenship workshops, locker organisation tasks, All About Me presentations, school map-reading challenges, and Making Friends ice-breaker tasks.

## What support is available to them in the first years of Secondary to help them with the transition?

Once settled into Secondary life, student support doesn't stop. As part of our Y6-Y7 Transition Programme, Year 7 students benefit from workshops and fun bonding activities throughout the year. The Year 7 camp proves the most popular of these activities. Our Counselling and Learning Support Division lead social skills and anti-bullying awareness activities in October. We also deliver a Holistic Education Programme as part of Tutor time each morning and Personal, Social and Health Education classes, which include assemblies and extended Tutor time presentations on important issues or key skills.

[ycis-hk.com](http://ycis-hk.com) | [enquiry@hk.ycef.com](mailto:enquiry@hk.ycef.com)





# Pathways to University

In the final two years of their secondary schooling, students at the **Australian International School Hong Kong** can opt to undertake studies in either the New South Wales Higher School Certificate (HSC) or the International Baccalaureate (IB) Diploma Program. We asked two students to give us their perspectives on the different streams.

KIRAN SHIVALINGAM is taking the HSC this year. He has been at AISHK since Year 7.

## What would you say are the main differences between HSC and IB?

The critical difference between the two is that the HSC emphasises choice, while the IB focuses on getting you to be an all-round student. In many instances, the HSC is also more theoretical and descriptive, while the IB can be more skill-based.

## Tell us about your workload as an HSC student.

Gaining a good mark in the HSC means consistently completing everything that is set for you. Subjects like Mathematics and English require persistent practice and review, while humanities subjects especially require constant creation and collation of notes. I spend hours each day preparing for the next exam, so the workload is heavy, but manageable.



## How does AISHK help prepare you for Year 12 and your exams?

The Preliminary HSC year is by far one of the most helpful things to prepare you for Year 12. Just as Year 12's sit exams, so too do Year 11's, with the teachers formatting exams in similar ways and teaching similar concepts. That way, once you do reach Year 12, nothing is a surprise, and you know precisely what to do to achieve the best possible mark you can.

AUDREY LING has been at AISHK for two years and has chosen the IB Diploma.

## When did you decide to pursue the IB?

I made my decision after listening to the HSC/IB talk in Year 10 and discussing it with my parents.

## What made you choose it?

The most important factor for me was that it aims at a holistic education, requiring students to be critical thinkers and be open-minded. By implementing the extra requirement for Creativity, Action and Service (CAS), IB offers me more opportunities to get out of my comfort zone and develop skills by getting involved in different activities that are not found in academics and classroom teaching.

## What advice would you give to younger students trying to choose between the HSC and IB?

Reflect on your previous studies and explore your strengths and weaknesses before choosing either. Compare both courses, and clearly understand what is expected. Discuss the options with your parents and older students.



## HSC vs IB

AISHK's Dean of Studies CHRIS MCCORKELL (*pictured at top*) gives his view of the two qualifications: "In general, the HSC is a pre-tertiary qualification sourced from Australia, while the IB is a pre-tertiary qualification designed to cater for students in international settings. Both are internationally recognised and accredited by universities from all over the world. Both curricula are rigorous and demanding, requiring a full-time commitment during the final two years of secondary schooling. Neither programme is easier than the other. The HSC provides more scope for specialisation – for example, in the Sciences or via extension courses in Mathematics and English, while the IB Diploma Program is known for its broad, well-rounded approach."

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Time: 1:00pm - 5:00pm (RSVP)



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# *New Year, New Ideas*

The 2015/16 school year at **Kellett** looks set to be a big one for the staff and students. We asked their team to give us the rundown on some of the major events taking place.

## **Graduation and beyond**

One of the few schools in Hong Kong offering A-Levels, Kellett is welcoming the second ever cohort of Year 12 and 13 students to take the A-levels in 2015/16. There are currently 17 subjects available for study, and the programme allows students to develop both their academic and personal strengths to prepare them for university or whichever path they choose to follow after graduation.

Hong Kong kids are lucky enough to grow up surrounded by many cultures, which means they get a very well-rounded view of the world from an early age; Kellett's teaching aims to enhance this, to better prepare students for the world after school, with the development of what they call "intellectual curiosity". Academically, the A-Levels are at the core of what they do, but they also believe that in fostering intellectual curiosity – a deep and persistent desire to know – students will grow to be innovative, creative and imaginative.

## **Global outlook**

Once a year, secondary students at Kellett take trips in their year groups, and engage in community programmes. These trips are the highlight of the year for many students, and the aim is to help them become more independent, experience

new challenges, take greater personal responsibility and get to know peers in their year groups better. The entire school travels in the same week, and this year the trips will take place in the autumn term, to destinations such as Thailand, Cambodia, China, Malaysia and Bali.

## **Focus on the arts**

While the academic side of school is the most important, for many students the extra-curricular activities create long-lasting memories of fun times and friendship. There is always a learning purpose behind such activities though. Drama Curriculum Leader Tim Hall says, "Working in the arts provides young students with a completely unique platform to develop new knowledge and skills in a wide array of areas: marketing, filming, editing, designing, creating and performing. Furthermore, young students are encouraged to work collaboratively in the creative process – through negotiation and planning, and with rehearsals and performances. Work in the arts presents an opportunity to develop tangible and transferable skills in a supportive and creative environment."

This year, the students will get to practice those skills as they take on a performance of *The Wiz*, a 1978 musical film starring Diana Ross, Michael Jackson and Richard Pryor, which retells the iconic *The Wizard Of Oz*.

Whether they're gearing up for graduation, taking the trip of a lifetime with their peers, or exploring their more creative sides, it sounds like the students of Kellett are in for a fantastic year.

[kellettschool.com](http://kellettschool.com)



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## Close to Home

**Victoria Shanghai Academy** offers students the opportunity to learn more about Chinese culture, through both their curriculum and first-hand experiences.

Children in Hong Kong are exposed to so many wonderful experiences and really have so many advantages in terms of tolerance and a better understanding of the wider world. However, many students struggle with finding their own cultural identity. In multicultural international schools, their own culture can sometimes get lost.

At Victoria Shanghai Academy, Chinese heritage and culture have been integrated into everything that they do. Janet Au-Yeung, Deputy Secondary Principal, says, "The aim is to help students' awareness of their own cultural identity, as well as to cultivate a love for the motherland."

From singing the national anthem and school song at assemblies, to celebrating Chinese festivals, and studying Chinese history, music, arts and traditional characters, the students are immersed in Chinese culture, both formally and informally throughout the school year.

In the secondary years, the students have an opportunity to participate in CAS trips (Creativity, Activity, Service), an integral part of the IB programme. These trips allow students to take what they have learned in the classroom and practice it in the community. They are given a wide range of destinations to choose from, but they are encouraged to visit China at least once before they graduate. Last year, a group travelled to Xi'an, and taught English to local primary school students there.

These trips, combined with the constant exposure to Chinese culture within the school, give the students a real sense of pride in the Chinese heritage, and a better sense of what it means to be a part of that.

[victoria.edu.hk](http://victoria.edu.hk) | [vsa.edu.hk](http://vsa.edu.hk)

## 3 Common Misunderstandings

Many aspects of schooling in Hong Kong can be confusing, least of all the admissions process. We asked RUTH BENNY of **Top Schools** to clarify a few of the main issues.



### #1 Waitlists & waitpools

Many parents talk of the dreaded waitlist. Yet waitlists are not actually as scary as the *talk* of waitlists.

For most schools, a waitlist doesn't exist until the first round of interviews has been completed for entry level. The three possible outcomes from an interview are: accepted, waitlisted and rejected. For students not even interviewed, they are not waitlisted. Their application is simply "rolled over" to the following year.

A minority of schools do operate a waitlist with strict(ish) sequencing but, increasingly, the waitpool is taking over.

In our opinion, a waitpool makes more sense. A school operating a waitpool will collect all applications during a prescribed period before interviews are scheduled. By some non-scientific method that takes a variety of factors into account, applicants will be selected to be invited to interview. Factors considered include:

- an applicant's English-language proficiency (and that of the parents)
- nationality
- gender
- race/ethnicity
- month of birth

The idea is to create diverse classes of suitable children. Essentially, all international schools are striving for this, except that their definition of "suitable" differs.

So, the dreaded waitlist is mostly applicable to late applicants. If you're not late, you needn't worry too much about waitlists and waitpools.

## #2 Priorities

If you are fortunate enough to have some sort of priority to enter a particular school, understand that it's just a priority and not a guarantee. You can't afford to relax and rely on your child getting into that school. Priorities are, in fact, getting weaker.

Common priorities are:

- alumni
- sibling
- debenture holder
- existing student

It's important to understand the strength of your priority as it will vary greatly from school to school and even year to year.

Generally, we've noticed a weakening of priorities as schools become more and more selective; certain schools in particular. Specifically, the weakening of the sibling priority has resulted in many families with children in two, or even three, schools.

The existing student priority applies to students enrolled in a lower section of the school and hoping to move up. This priority ranges from extremely strong to extremely weak.

And a common misnomer is that it's almost impossible for children without a foreign passport to enter international school. This simply isn't the case.

In summary, it's risky to rely on priorities, and always wise to have a Plan B, C and D.

## #3 Cut-offs & redshirting

Even just a few years ago, we had a fairly even split between schools that accepted children born 1 September to 31 August and those that accepted children born 1 January to 31 December. Today, the vast majority are using a 31 August cut-off. (Carefully consider scheduling C-sections in the last week of August or December; your OBGYN isn't thinking about school applications!)

We are often asked if it's possible to hold a child back or, less frequently, if it's possible to push a child ahead. It is almost never possible to do the latter. To hold a child back may be seen to be beneficial – just Google the term "redshirting" to get an idea of the controversy this is causing, particularly in the US.

In Hong Kong, we don't recommend raising this topic with any school you are interested in applying to. The general principal is this: apply on time, according to your child's date of birth. If your child is particularly young in the year group (i.e., end of August or end of December), the same three outcomes of an interview apply, plus one. A



fourth possible outcome is that the school suggests you reapply for the same grade the following year. This means that the school feels your family to be a good fit and that your child just isn't ready. This is a gift since it will usually result in an acceptance the following year.

If you fail to apply on time, you may only apply the following year for the appropriate year group, based on your child's date of birth.

And it goes without saying that you should check and recheck the application deadlines and not miss them as they do change from time to time. 

Top Schools' team of independent experts works with companies and families seeking places in Hong Kong's top pre-, primary and secondary schools.

[topschoools.hk](http://topschoools.hk)

# The Risk of Addiction

By Maureen Esmus

“Work hard, play hard” is a common refrain among expats in Hong Kong, and it’s true that many who live here throw themselves with equal relish into their jobs and their social lives. For some, however, the partying can begin to take over, with a range of damaging consequences.

**J**ohn\*, who works in Hong Kong’s finance sector, has been living as an expat in various parts of Asia for the past 20 years, and describes himself as a long-time heavy drinker. “I always knew I had a problem,” he says. “I experienced patterns of negative impacts due to drinking; I had to resign from three different jobs after embarrassing alcohol-related incidents.”

However, despite mounting problems, his numerous attempts to stop or cut back were always in vain. “Over the past five or six years living in Hong Kong, I was mildly keeping things together,” he says, “but after another close call threatened to jeopardise my career, I decided that enough was enough, and that I had to do something about this.”

After a month-long retreat and a series of chance meetings with people who urged him to seek additional support upon returning to Hong Kong, he finally Googled “alcohol therapy Hong Kong” and found The Cabin – a new outpatient addiction treatment centre that seemed to fit his need for treatment while allowing him to continue working and living a sober life in HK.

Of course, not all expats who use drugs and alcohol will develop an addiction. Addiction is a disease with a strong genetic factor that accounts for up to 50 percent of a person’s risk. According to Joanne Schmitt, head addiction counsellor at The Cabin Hong Kong, the following are addiction risk factors prevalent in expat lifestyle, which, when combined with genetic predisposition, can lead people like John into the downward spiral of addiction.



\* Not his real name

## 1 Loneliness and isolation

Loneliness is a huge factor in addiction. Expats are often isolated from a true support network of close friends or family. Over and above that, feeling different and out of place can be depressing and lead to further isolation. Stay-at-home spouses are especially vulnerable to this type of loneliness – living in a new culture where they don't speak the local language, many unintentionally begin to self-medicate with substances and it soon turns into a problem.

Speaking of his own experience, John says, "At home when your behaviour becomes worrisome, friends and family are more likely to intervene; but as an expat the isolation can lead to problems left unchecked and developing further."

## 2 Stress of the job and moving to a new city

Many of the jobs for expats in Hong Kong are in the financial industry, or at managerial level in other industries. "These jobs offer great pay, but they come with long hours and intense pressure," says Joanne Schmitt, "leading some to use alcohol and other substances to cope or relax. There is also pressure on family members to make a good impression in order to fit in with their new social circles. For trailing spouses, stress can build up, as they find themselves having to host business or social parties with different cultural norms, find the right schools, and keep up appearances."

"Many expat children have it no easier, especially adolescents – they miss their old friendships, and try to gain acceptance with their new peers. It's well established that the inability to deal with stress effectively is a leading cause of substance abuse."

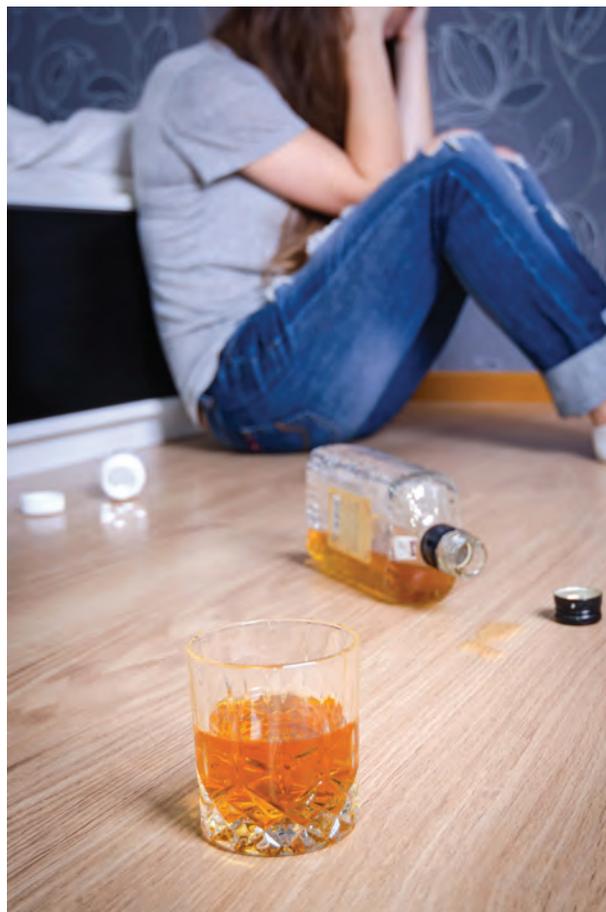
## 3 Accessibility of drugs and alcohol

Depending on the location, expats may find that alcohol and even illicit drugs are more affordable than back home. For example, cocaine in Hong Kong is readily available and is cheaper to purchase than in most Western countries. Cocaine addiction is the second most common addiction treated at The Cabin, only behind alcohol.

## 4 Social environment

Alcohol is a major part of social and business environments all over the world. Unlike in the West, in Asia hard liquor and long, heavy drinking sessions are a characteristic part of business networking and client meetings. Furthermore, expats may think that a bar or pub is a good place to go out and meet people and unknowingly find themselves indulging in drinks much more often than they would at home. According to John, "The expat culture in Asia is conducive to heavy drinking. The sheer number of people in similar situations away from home and under the seductive lure of cheap bars and seemingly fun stress relief makes the drinking culture of expats massive."

Life as an expat can be incredibly rewarding. However, this same lifestyle exempts no one from the risk factors for addiction. For expats struggling with addiction, there is help available. In speaking of his own recovery, John offers others a sense of hope: "I'm six months sober now, and I can say that life is much better and I can still have fun in Hong Kong." 



## 7 ways to tell if someone is suffering from an addiction

1. Relationship problems
2. Irritability and mood changes
3. Lying and keeping secrets
4. Decreased productivity at school or work
5. Changes in sleeping habits, energy and motivation
6. Sudden money problems
7. Drastic physical changes

For more information on treatment options at The Cabin, visit [thecabinhongkong.com.hk](http://thecabinhongkong.com.hk).



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# WHERE THERE'S A WILL

Many people put off making a will, sometimes until it's too late. But for expats it's an especially important aspect of financial planning. We asked ÅSA CANDUSSI WILKINS, director of **Phoenix Wills** and a Hong Kong-based expat of 12 years herself, all the important questions on the topic.



## What is a will?

The instrument by which money, real estate and personal property are distributed after your death. A will also allows you to appoint legal guardians of your minor children if both parents pass away.

Today's wills are sophisticated documents but the principles haven't changed since medieval times; a will must still be signed and witnessed in accordance with legal requirements.



## What happens if a person dies without a will (intestate)?

When you're a long way from home and have a few roots down in foreign soil, any problems arising from not having a will are compounded. Letters that have been signed but not witnessed count for nothing. Verbal instructions are only valid if they are given by a soldier on the battlefield.

In the absence of a will that fulfils legal requirements, the Rules of Intestacy are brought to bear, both in your home country and wherever you own real estate. These are imposed by the government and vary from country to country, and indeed from state to state in places like Australia, the USA and Canada. In most countries, a limited amount (in Hong Kong, currently HK\$500,000) is allowed to pass between spouses. Anything over that is divided between the spouse and children (or parents/siblings if there are no children) and put into trust. In other words, the capital is not available.

**Should Hong Kong expats have wills in their home countries and here, or do wills apply across any country a person is in?**

As a general rule of thumb, an expat should have a will for his country of origin and residence. Furthermore he should have a separate will for each jurisdiction in which he holds significant assets, and certainly where he owns real estate or land. That's not to say that one will wouldn't do the job, but it can greatly extend the probate process. An example is the gentleman who left behind properties in seven countries but only one will – the process took 23 years, cost a fortune and by the time the assets were finally released, most of the beneficiaries had passed away themselves.

## Do all the assets in a person's estate get distributed through their will?

Any asset that is jointly owned with someone else will automatically pass directly to the surviving joint owner.

## Is it possible to exclude a spouse or child from a will?

In Common Law countries it's possible, but it must be done in a way that prevents the excluded person from making a claim to the estate – a claim

which a dependant would probably win, if he or she had simply been left out of the will. Civil Code systems are setup to prevent exclusion of a dependant from inheriting your estate, but there are ways of minimising the share that the estranged family member would be entitled to inherit.

**Does a family member need to be appointed as an executor of an estate?**

Many people believe they must appoint a professional as the executor, often the firm that they appointed as their will writers. However, probate – albeit time consuming – is not a difficult task, especially if you’ve prepared well by making a will and documenting the state of your affairs. We recommend that you appoint a family member or close friend as your executor, and include provisions in your will for your executors to appoint professionals to assist them with the process if needed. This way, your family has control over the legal fees and time involved in the process, but still with the possibility of seeking assistance.

**What happens with regard to the care of very young children if something happens to both parents?**

If there’s no evidence of a guardian being appointed, whether in a will or by a Deed of Appointment of Guardianship, then the State takes responsibility until a guardian is found. If no suitable person is available or willing to take the responsibility, then the State remains in charge of the orphaned child or children for the rest of their minority. If both sets of grandparents apply to become



guardians, there is the possibility of a major family rift if they cannot agree. The legal rights are with the father’s family if the couple is married, but whichever way the court decides, it will not award the children to either set while there is a dispute raging on. Godparents have no legal status, though most people choose them as people who could bring up the children if circumstances took their parents away. The appointment must be made in a legal document; nothing else will guarantee that the preferred guardians of your children will be appointed as you would wish.

**Are wills easy to change?**

Changes to a will are necessary from time to time, but any attempts to modify an existing will by crossing out text or writing in the margins actually result in the whole document being rejected by the Probate Office. To change a will, you have to either add a codicil or engage in a full re-write, depending on the scope of the changes.

**How much does a will cost?**

Prices range from cheap to expensive. When shopping around, make sure that you are quoted a fixed price so that costs aren’t added if your situation turns out to be more complex than initially anticipated; many firms offer basic, cheap wills, but they don’t cover every eventuality. Then you have the very expensive, complex, 20+ page documents, which can be difficult for a layperson to interpret. Often you pay for the added legal phrases, which aren’t

actually necessary and more often than not confuse clients so much that they give up on reading through them.

Phoenix Wills offers a prime service at a medium price level, with two cost structures. Our prices are fixed and no added charges will arise even if the circumstances of the client turn out to be complex, or if he changes his mind several times throughout the process.

With a document as important as a will, you should be more concerned about finding a will writer who you’re comfortable with, rather than the one offering the best price.

**What’s the process of getting a will drawn up through Phoenix Wills?**

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For more information, visit [phoenix-wills.com](http://phoenix-wills.com).

66  
As a general rule of thumb, expats should have wills for their countries of origin and their countries of residence

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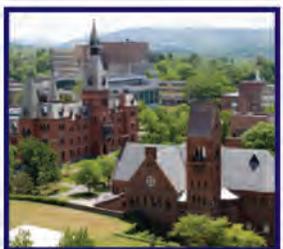
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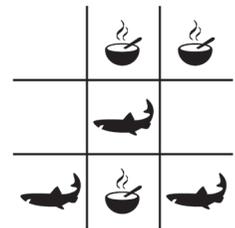
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Body & Mind

# RUNNING

# COMMENTARY:

## *Avoiding Injury*



Too much, too soon – that’s what gets you injured. But when your heart is set on something, it can be hard to heed the messages your body is sending. For some expert advice, **Verne Maree** chats to two expat athletes – Australian **SUZY WALSHAM** and Kiwi **BEN PULHAM**, and, for good measure, also gets a couple of pointers from Aussie physiotherapist **SIMON RAFTERY**.

**W**hen I ask Suzy to tell me about her injuries, she laughs and says, “How much time do you have?” She describes herself as a very “fragile” athlete who was usually injured for at least three months of every year that she spent racing on the track. “It’s better now that I’m focused on stair-racing,” she says – Suzy is the current world champion stair-racer – “but I still get injured if I do too much running.”

For those who want the gory details, her litany of injury woes includes: “14 stress fractures (femur, fibula and tibia), a broken foot (it broke during a race), a dropped metatarsal, two or three calf strains or pulls per year, several hamstring strains and an achilles injury.”

### Is injury inevitable?

According to Suzy – and she should know! – injuries are generally due to a combination of overtraining, incorrect technique or biomechanics, inadequate rest and recovery, poor diet, and not dealing properly with niggles when they first appear.

“I’ve never met an elite athlete who hasn’t been injured at some point in their career,” says Suzy. “When you’re pushing your body to the maximum, it’s not surprising that things break down from time to time.”

Though Ben believes there are a number of things that runners of all levels can do to lower their chances of injury – especially those who run purely for fitness or pleasure – he agrees that it’s pretty inevitable that an elite runner will suffer injury at some point. In his own ten years as an elite triathlete, he says, he suffered from typically overuse-related injuries like runner’s knee and iliotibial-band syndrome.

“But I always took a conservative approach to injury: I figured it was better to take a day off in order to avoid a week off, or a week off to avoid a month off. This approach served me well and for the most part, I was able to train very consistently for 10 years.”

### Common injuries

Simon reckons that runner’s knee and shin splints are the two most common



problems. Correct diagnosis from a sports doctor or physiotherapist is extremely important, he says.

“With shin splints, for instance, if you have a full-blown stress fracture – which is an actual crack in the lower leg bone –

you need at least 12 weeks of complete rest. But if it's purely a muscle irritation, it should recover well within four to six weeks of conservative physiotherapy treatment and strengthening."

Suzy agrees that it's necessary to seek professional help to identify not only the nature of the injury, but also the cause; that will help you avoid injury in the future, too. And to maintain fitness while you're resting your injury, she recommends continuing low-impact cross-training activities: on a bike, on a cross-trainer machine or on the stairs.

"Keeping up your base fitness while injured makes it easier to return to running when you are able to," she promises.

### Avoiding injury

To avoid getting hurt or sick, Ben has four useful pointers:

**TRAINING:** "Train following a plan that's suitable for your current ability and that is progressive. Start at a lower volume

and at a lower intensity, and gradually build these up across the weeks as your fitness and conditioning improve."

**FOAM ROLLING:** "Use a foam roller daily to keep your muscles and fascia loose and supple, increase blood flow, improve range of motion and speed recovery from training."

**NUTRITION:** "Eat a nutrient-dense diet rich in fruit and vegetables for essential vitamins and minerals that help to keep the immune system strong."

**SLEEP:** "Aim for a minimum of eight to nine hours a night."

Apart from echoing Ben's recommendation for a gradual build-up of volume and intensity, and minimising impact through incorporating cross-training, Suzy seriously recommends doing some core stability work and weight or strength training. "That's because a stronger core will help improve your running form and efficiency, while

stronger muscles are better able to handle the impact of running."

Simon stresses the importance of building appropriate **muscle strength** of the calves, glutes (buttocks) and quadriceps (thighs). "This is easily tested for," he says, "and if you're found lacking in any area, you can ask to be shown effective ways of strengthening it."

A good **running gait** will also help guard against injury, because it's associated with better shock absorption through the calf muscles. Scheduling a **recovery day** every three or four days is a good idea, he says; instead of running, hit the pool or get onto a stationary bike. And **taper** before you race a 10K, a half-marathon, a marathon or longer; schedule a week or more of active rest.

Stay safe, stay injury-free, and see you on the road!

To ask a question, make a point or contribute to this page, send an email to [editor@expatliving.hk](mailto:editor@expatliving.hk). 



## Is your family in safe hands?

We insure virtually every valuable asset we own, but do we protect the most important one; ourselves? Have you considered what happens if illness or injury befalls the breadwinner of the family? So much of our lifestyle depends on being employed, healthy and able bodied to continue earning money, but life doesn't always go according to plan.

Which is why insuring the most crucial asset in your household is the most important protection you could buy.

Our experienced and authorized advisors offer impartial advice about what protection is best for you. For a preliminary consultation, contact us on +(852) 2526 9488 or email [enquire@thefrygroup.hk](mailto:enquire@thefrygroup.hk).

[www.thefrygroup.hk](http://www.thefrygroup.hk)

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# Looking Good

Many people wait until they have problems with their vision to get their eyes checked. But, as Australian-trained optometrist VANESSA THAI explains, there's more to eye health than what you can see. Here she answers some *EL* reader questions.

## #1 How often should I have my eyes tested?

The general recommendation is for every two years. If you're a child who wears glasses, you have diabetes or a family history of eye diseases (in particular glaucoma) or you're over 70, it's advisable to have more frequent tests.

It's also recommended to see a Part I Registered Optometrist who is able to provide comprehensive vision and eye health care (i.e., beyond the basic prescription of glasses and contact lenses). They can perform a series of tests using specialised instrumentation to detect, diagnose and monitor eye diseases; and when medical or surgical intervention is required, they can provide referrals to a general medical practitioner or an ophthalmologist.

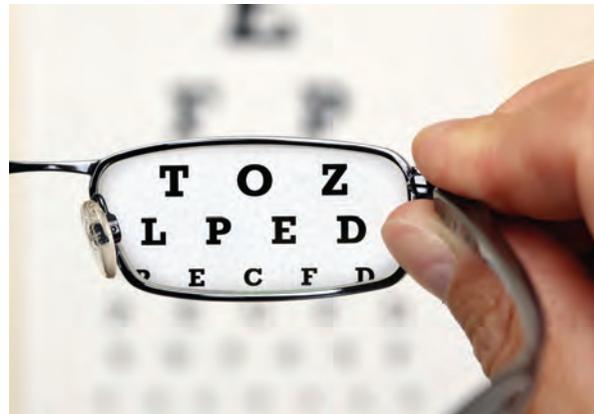
A comprehensive examination usually runs for 30 to 60 minutes, depending on the patient's needs.

## #2 Is there anything I can use to treat dry eyes?

Normally, your own tears feed, lubricate and protect the eyes from environmental factors such as smoke and dust. Symptoms of dry eyes include blurred vision, and tired, sore, and red eyes. Contributing factors include:

- Age – reduced tear production;
- Contraceptive and other medications – antihistamines, antidepressants, antispasmodics, beta-blockers, hormone replacement therapy and diuretics;
- Hormonal changes;
- Nutritional factors – low dietary intake of omega-3 fatty acids;
- Environmental factors – high air flow, direct sunlight, smog and dust, cigarette smoke; and
- Reduced blinking – extended time concentrating on electronically produced information.

You can manage mild dry eyes with artificial teardrops or tear supplements. More serious cases may require plugs that are inserted in the tear ducts to decrease tear drainage. Avoiding air conditioner drafts and humidifying the air, viewing computer screens at eye level, and taking regular breaks from tasks will also help relieve dry eyes.



Fish oil or omega-3 fatty acid supplements are thought to improve dry eye symptoms by improving tear production. Vitamin A (found in broccoli and carrots, for example) may also benefit those with dry eyes.

## #3 Is it safe for my children to wear contact lenses?

With parental guidance, children as young as eight can begin wearing contact lenses. Based on a US study, over 70 percent of children reported a preference for contact lenses over glasses, particularly for sport or for cosmetic reasons.

## #4 I've heard it's possible to treat shortsightedness with a special contact lens; can you tell me more?

Ortho-K (an orthokeratology lens) is a special type of rigid contact lens that's worn while sleeping. Ortho-K lenses can temporarily reshape the cornea, resulting in clear vision throughout the day. These lenses are prescribed to slow the progression of shortsightedness.

### Healthy food, healthy eyes

Vanessa says that the key to optimum eye health is a varied and balanced diet that can provide essential antioxidants, including the following:

- Coenzyme Q10 (fish, meat, peanuts, grains)
- Glutathione (avocado, asparagus, walnuts, eggs, watermelon, garlic, onion)
- Lipoic Acid (red meat, yeast, spinach, potato)
- Lutein / Zeaxanthin (spinach, cabbage, corn, orange, red pepper, celery)
- Selenium (bread, fish, brazil nuts)
- Vitamin C (fresh fruit and vegetables)
- Vitamin E (fruits, seeds, seed oils)
- Zinc (seafood, meat, beans, nuts)

Since moving to Hong Kong in 2009, Vanessa has worked at Polytechnic University's School of Optometry, and co-authored a chapter on Asia for the global resource, "Optometric Care within the Public Health Community". She currently consults at Matilda International Hospital and iSight Optometric Eyecare Centre (Crawford House, Central). [@](#)



## A WORLD OF ART RETURNS TO HONG KONG IN OCTOBER

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"Childish I" by Vicky Ng, Brother System Studio, Hong Kong, Room 4016

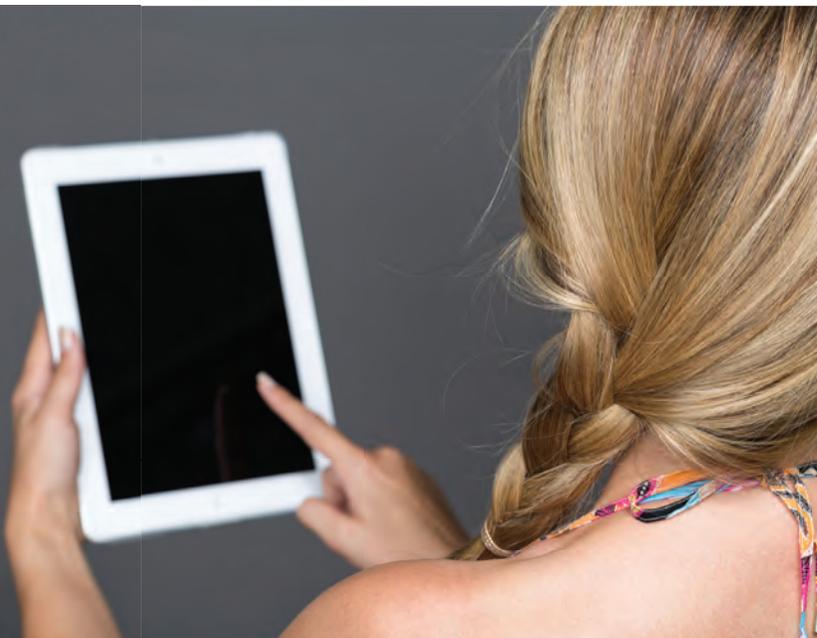


THE WALL STREET JOURNAL.

T U V E



# Teens & Screens



DR QURATULAIN ZAIDI of **MindNLife** discusses an ever-increasing problem among young people today.

I was recently asked to talk to teenagers about the use and misuse of technology, and the impact that too much screen time might be having on them. One question I posed was this: "In one hour, how much time do you spend working on your device, and what do you do for the rest of that time?"

They were very honest about their use of time on screen, and these figures are unlikely to come as a surprise to you: on average, teens spend 10 to 15 minutes doing schoolwork – the rest is spent on social media, chatting or gaming.

“Good conversations are as important for our mental health as fruit and vegetables are for our physical health.”



Not only is social media distracting these teens and impacting their learning, it is destructive for them emotionally. How many friendships go sour as a result of misunderstandings in text messages? It's been said that only 7 percent of communication is about the words used; 93 percent of it is how you say the message – the nuances in tonality and body language that are missing from a written text message. Then there's the complexity of omitting punctuation, which can lead to further ambiguity and misunderstanding. Studies show that emotions can be communicated much more accurately and effectively when we are face to face and able to see each other's body language.

Teens are constantly distracted by the need to be up to date with what's going on on social media; how popular they are is measured by

how many “likes” they get on their status and who comments on their posts. They’re also under immense pressure to get instant replies from their peers; if they don’t, these kinds of thoughts can arise:

- “My friend is upset with me.”
- “Did I do something wrong?”
- “They hate me!”

And it gets even deeper than that when they start thinking:

- “Let me check when they were last online.”
- “Oh my god, they’ve been ignoring me while chatting to others!”
- “I’ll send a WhatsApp message to our other friend to ask if they’ve said anything about being upset with me.”

Another question I posed to the group of teens when I addressed them was this: “Why not just pick up the phone to ask for clarification?” Their answers were along these lines:

- “I don’t want to come across as needy”
- “That would be so uncool!”
- “You do *not* call and clarify.”



“Teenagers are under immense pressure to get instant replies to social media posts from their peers

Why are teens so attracted to these forums? Why do they spend so much time there when it can be so detrimental to them? In short, social media gives them a false sense of community, and in their stage of development, teens are looking for groups to identify with – they want what gives them the sense of freedom where they can share their deepest darkest secrets within the community. This often has unhelpful consequences. Studies show that almost 40 percent of internet users between 18 and 35 years of age have regretted posting personal information about themselves at some point.

So how *should* we behave online? One way is to ask these questions before you press the “Send” or “Post” button:

- Am I okay with everyone seeing this?
- Does it actually represent what I mean to communicate?
- Is it offensive?
- Am I reacting to something someone has said, and do I want to make my reaction public?
- Is this really something I want to share, or is it just me venting?
- Is this an appropriate forum to emotionally dump on?

If there does happen to be a miscommunication, pick up the phone to call and clarify the issue privately, instead of getting the whole online community involved.

What about parents? What can they do to help? I recently read an article saying that we need to do five key things every day to improve our mental wellbeing: connect with others, be active, be curious, keep learning and give to others. A good conversation delivers all five, which is as good for our mental health as five portions of fruit and vegetables a day are for our physical health. Teach your children effective communication by engaging in conversation with them. Support them and talk to them so they can learn the art of conversation; once learnt, this skill is invaluable. 



Dr Zaidi is a British qualified and registered clinical psychologist. She works as mental health consultant for a number of international schools in Hong Kong and specialises in assisting families with issues from cybersafety to stress and anxiety disorders.  
6347 9955 | [mindnlife.com](http://mindnlife.com)



# READY TO BARE

We all dream of smooth, baby-soft skin, but many of us have to work with what nature has given us. For CHIARA MARSICANO, coarse, dark hair has meant a lifelong addiction to waxing – until she discovered laser hair removal.

**P**ermanent hair removal sounds too good to be true, and, until recently, any beautician who promised “permanent” hair removal was, in fact, only offering less frequent trips to the salon.

The new generation of laser removal technology is the first to promise truly permanent removal. **Beauté Medi Spa** is one of the few salons in Hong Kong to offer the Candela Gentle Lase Pro – the latest model available. It’s not only fast and efficient, but unlike previous models, it’s suitable for all skin types and colours. Here’s how a typical session unfolds.

## The procedure

Being completely new to the concept, I had no idea what to expect. The thought of having a laser fired at my armpits didn’t sound too pleasant, so my obvious first question was, “Will it hurt?” I was assured that it wouldn’t, and the therapist also told me that the whole thing would take less than 10 minutes. I wore a sleeveless top, so I didn’t need to undress – making it all that much easier.

I wasn’t sure whether or not to shave before going in, and I was told that as long as I hadn’t waxed or plucked recently it didn’t really matter. After tidying up under my arms, the therapist

gave me protective glasses and started the machine. I was told that I would feel some warmth in the area being targeted by the laser. The machine works by burning the hair follicle – and lasers are very, very hot. But this machine has an inbuilt cooling system, so that as the laser is applied to the skin, a burst of cold air blasts out too. I felt the cold air more than warmth, and it left a tingling sensation that was mildly uncomfortable, but bearable. My armpits were a little tender afterwards, but no more so than if I had had them waxed.

## The verdict

I was finished in 10 minutes, as promised, and sent home with a list of instructions (*below*). It’s too soon for me to tell whether or not I’m permanently hair-free, but as far as hair removal goes, this was a relatively painless and convenient alternative to regular waxing and shaving.

Your skin is likely to be a little sensitive after treatment, so to prevent any issues, there are a few precautions to take:

- Avoid exposure to the sun for at least two weeks, before and after treatment.
- Avoid antiperspirants and hot showers for three days.
- Don’t shave for a week; any remaining hair will fall out over a few days.
- Avoid waxing or plucking remaining hairs for six weeks.
- If any hair does grow back and you need a second treatment, wait at least six weeks between treatments. The number of treatments you’ll need depends entirely on your hair colour, skin tone, and the area being targeted.

Beauté Medi Spa is at 9/F, Century Square, 1-13 D’Aguilar Street, Central. Call 2808 0899 or visit [beaute.hk](http://beaute.hk) for more information. **31**



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# FUN PROGRAMMES FOR KIDS



Hong Kong Parkview offers a wide range of kids' programmes including tennis, swimming, gymnastics, dance, soccer, rugby, mini-sports and many more...

All classes are run by highly qualified international and local instructors allowing kids to get the most out of learning whilst having fun.

With programmes running from Mondays to Saturdays, we have options for children as young as 6 months and upwards.

**Enquiries or Enrollments: 2812 3945**



**Membership packages are available.**

Hong Kong Parkview 88 Tai Tam Reservoir Road, Hong Kong  
Email: [pv09@hongkongparkview.com](mailto:pv09@hongkongparkview.com)  
Website: [www.hongkongparkview.com](http://www.hongkongparkview.com)



Hong Kong Parkview | Q

HONG KONG *Parkview*  
陽明山莊



*L'Entrecôte De Paris*

Wine & Dine

# WHAT'S NEW New eateries, bars & more

## Popping Bubbles

**Café Causette** at the **Mandarin Oriental** is celebrating summer with a Lobsters and Bubbles Pop-Up, from now until 31 August. The full menu is available for dinner, and a few of the special dishes will be available at lunchtime. Featuring Boston lobster, cooked in several delicious ways, four new desserts, and a selection of champagnes, the indulgent summer menu is priced at \$428 for the two-course set with bubbles, or go for the three-course set for \$498. **2825 4005 | mohkg-cafe@mohg.com**



## Feeling Fruity

Move over mango, there are a host of other fruits in the bowl, bursting with flavor and goodness! To celebrate the season of fruit, **Kitchen** has mixed a few fresh and fruity summer drinks to complement their buffet table. They include the strawberry and apple combo, Apple Sour, the berry-full Super Berry, and the smooth, chocolatey Double Chocolate. Another must-try is Pomelo Delight (*pictured*), a blend of citrusy pomelo, ginger beer and mint leaves. Cheers! **1 Austin Road West, Kowloon. 3717 2299**  
[w-hongkong.com/kitchen](http://w-hongkong.com/kitchen)



## A TASTE OF SUMMER

Didn't make it to Paris this summer? Why not enjoy the very best of French dining at Noho's reputed Parisian bistro **Cocotte** instead. Pretend you're in Montmartre for the evening with Chef Petrous' summer menu. From steak tartare and aged French beef rib-eye to yellowtail ceviche and a layered King Crab and avocado salad, the dishes are French classics pared back and given a unique international twist. Try the Chocolate Marquise or Les Choux Tropéziens for dessert and you'll forget you're in Hong Kong. **9 Shin Hing Street, Central. 2568 8857 | cocotte.hk**



## AQUA COCKTAILS

**Charles Joly**, named The World's Best Bartender in 2014, has created a cocktail collection exclusively for **Aqua**. Inspired by summer destinations such as Biarritz, the South Pacific, Provence and South Beach, each cocktail is priced at \$148, and they're packed with summery flavours and fun. Available now until 31 August at Aqua, Armani/Aqua and Armani/Privé. **3427 2288 | acqua.com.hk**



# Villa Infinity Bali

Villa Infinity Bali is the most exclusive and magical villa Bali has to offer!

The service is excellent and around the clock. Villa Infinity Bali houses 8 high-class bedrooms: 1 Master suite, 5 luxurious bedrooms with en-suite bathrooms, 1 romantic wooden bedroom at the river and 1 bedroom with 6 bunk beds for maximum 12 children. It has a fully equipped kitchen connected to a stunning dining pavilion with an integrated contemporary bar, a beautiful living area and a large guest toilet. There is an air-conditioned media room with cinema, lounge & pool table, a 40 meter infinity pool and 150 meter frontage with spectacular infinity views over Bali's beauty. Villa Infinity Bali has everything to make your dream come true on this 6100 m<sup>2</sup> piece of paradise.

Follow us on  : **Villa Infinity Bali**

# FOOD + ART

*in Aberdeen*

The private kitchen is a fairly unique concept for Hong Kong and some of the best dining experiences in the city are set inside the least likely of spaces. **Dine Art HK** is Executive Chef Cosimo Taddei's private kitchen, in the heart of Aberdeen. The menu is heavily influenced by Chef Cosimo's love for southern Italian cooking, while the venue itself is a semi-art gallery, showing works by artists from around the globe. Of course, it wouldn't be a proper meal without wine, and the menu is complemented by a collection of handpicked wines representing the various regions of Italy. **16/F, Kwai Bo Building, 40 Wong Chuk Hang, Aberdeen. 2805 8555 | dinearthk.com** 📍



## FOOD WITH A VIEW

The **JW Marriott Hotel** has just launched a new all-day dining restaurant, the **JW Café**. With seating for over 200 people, plus a private dining room, the café has stunning views over Hong Kong Harbour, and the highly skilled and experienced Tony Wong in the kitchen. On offer at the new venue will be both buffet and à la carte dishes from Asian, Chinese and Western cuisines, giving diners another great option at the Marriott. **Pacific Place, 88 Queensway, Admiralty. 2810 8366 | marriott.com/hongkong** 📍



## DINING ON THE HIGH SEAS

We're right in the middle of junk season and, once you've booked the boat and invited all your friends, the next step is to feed them all. Happily, **delivery.com** offers a wide range of self-catering packages that can be delivered to the pier on the day of departure. Simply log on to browse the menus and choose your food from the available options – Mexican, French, Greek and more – and don't forget the wine and beer by the case. Food packages start from as little as HK\$130 per head. Order online and then you're ready to set sail! **delivery.com**



## JAMIE'S ITALIAN IN KOWLOON

The Jamie Oliver juggernaut **Jamie's Italian** recently opened a second HK branch in the heart of TST at **Harbour City**. The new site offers diners more options with many new dishes that are exclusive to the Kowloon branch. A special highlight of the menu, and only available in a handful of the 50-plus Jamie Oliver restaurants around the world, is artisan pizza straight from the open pizza oven, made fresh in-house daily. The Hong Kong Hot, created especially for our fair city, features a homemade tomato sauce base topped with cheddar cheese, fennel, salami, spicy meatballs, jalapeño chillies and buffalo mozzarella. **3758 3333 | jamiesitalian.hk**

# Macau Extra!

Macau is a popular spot for staycations, but the frequency of ferries makes it a great alternative for day trips and date nights. Our new guide to Macau dining is just the inspiration you need to hop on the Cotai Jet and explore some of the city's best restaurants. This month, we look at summer specials on offer in local hotels.

## Mum's Specialities AT MEZZA9

The new **mezza9** at the **Grand Hyatt Macau** is now offering Thai cuisine by internationally famed Thai chef Siriluck Lekwan, known affectionately as Chef Mum. Her signature dishes include Thai Royal chicken dumplings, deep-fried sea bass with chilli tamarind sauce, and fresh mango sticky rice with homemade Thai tea ice cream. Chef Mum specialises in both Asian and Western dishes using local and seasonal ingredients, and the layout of the venue means that you can watch her and her team in action. [macau.grand.hyatt.com](http://macau.grand.hyatt.com) 📍



## TIME FOR BRUNCH

Here's a great way to spend an indulgent Sunday: **Brunch by Belon** at the **Banyan Tree Macau**. Come along between 11.30am and 3pm and you'll find an expansive range of fresh seafood and gourmet delights, prepared live by the restaurant's award-winning team. The brunch is priced at MOP 798 for adults, including free-flow wine and champagne, and MOP 238 for children; a 20 percent discount applies for groups of eight or more, so round up your family and friends for the trip! [banyantree.com/en/cn-china-macau/belon](http://banyantree.com/en/cn-china-macau/belon) 📍



## PUTTIN' ON THE RITZ

The brand new **Ritz Carlton** has just opened as part of the Galaxy complex, and as you would expect, stunning dining experiences will be a hallmark of the hotel. You'll find classic Cantonese fine dining at **Lai Heen**; sophisticated high teas or cocktails at the classic **The Ritz-Carlton Bar & Lounge**; casual dining at **The Ritz-Carlton Café**; and organic fare and seafood at **The Ritz-Carlton Pool Bar**. [ritzcarlton.com](http://ritzcarlton.com) 📍



## SOMETHING FOR EVERYONE

Home to a number of cafes and restaurants, the **Grand Lapa** has an excellent Staycation package, or you can take advantage of its **Family Splash Summer Day Pass**. Café Bela Vista offers a Summer Kids' Afternoon Tea Set for children under 12, which includes a selection of kids' favourites like sandwiches, French fries, mini beef burgers, cupcakes, mini chocolate cookies, and vanilla and mango pannacotta. **NAAM Thai Restaurant** has also launched a new Kids' Menu that will take care of your young ones' taste buds, while the grownups can tuck into the restaurant's signature Royal Thai cuisine. And at **Kam Lai Heen**, two new dim sum offers will be launched every month, all prepared using fresh seasonal ingredients. [grandlapa.com](http://grandlapa.com) 📍

# TASTETEST

## L'Entrecôte De Paris

3/F 46-48 Wyndham Street, Central  
3182 0105 | [lentrecotedeparis.hk](http://lentrecotedeparis.hk)

**B**enjamin Pitet has helmed the kitchens of many fine-dining establishments in Paris. Having instantly fallen in love with the energy and the strong culinary culture of Hong Kong, Ben decided to follow his long-cherished dream. With the help of his childhood friend, Mathieu Lemoine, that dream has now been realised.

L'Entrecôte De Paris epitomises a chic French steakhouse and proudly offers a limited menu (recently increased with 10 new dishes). A selection of charcuterie is an ideal start to your Parisian adventure, and while the **grilled salmon with Provençal vegetables** is beautifully prepared, the true gastronomic delight here is **steak frites**.

Ben immediately put his Parisian experiences to good use, recreating the mysterious **herby green sauce** made famous by the original L'Entrecôte De Paris. Ben's steaks are grilled to perfection and while "frites" are everywhere, it makes you realise just how good proper "frites" are when done with great care. It goes without saying we took up the menu's offer of a frites refill. Crispy, golden and full of potato flavour, they complemented the steak and sauce perfectly.

Desserts were classic and outstanding also. The **crème brûlée** was intensely creamy with a wonderful caramel shard, the **profiteroles** were rich and indulgent, and the **lemon pie** was a scintillating citrus delight.

The extensive wine list and innovative cocktail menu, not to mention the incredibly stylish and inviting long bar, all make for an authentic piece of Parisian heaven in the heart of Soho.

Hong Kong is a heady mix of innovative cuisines and fusions. However, it's so

exhilarating to sample a true classic like at L'Entrecôte De Paris, a place that has the bold confidence to remain true to itself and the exceptional talent to succeed.

*Karl Woodbury*

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### **MUST-TRY DISH:**

Steak frites

---



*Lemon pie*

*Grilled salmon with Provençal vegetables*





## Mama San

46 Wyndham Street, Central  
2881 8901 | [mamasanhongkong.com](http://mamasanhongkong.com)

From the minute I was greeted and ushered inside the cool and calm interior of Mama San, and presented with a cocktail menu, I was won over. Being ludicrously early, and therefore having to wait a while for my friends to arrive, I took the opportunity to sample the Coconut Mojito – as good as it sounds!

Because we were dining in a group, there was an opportunity to sample a number of dishes and drinks, and also to get a real feel for the atmosphere of the place. We ordered a selection of items from the regular dinner menu and vegetarian menu, and also a couple of specials from the birthday set. Mama San's menu features Asian dishes, with influences from Chinese, Thai, Indonesian, Cambodian and Vietnamese cuisines – and it makes for some really interesting and flavourful combinations.

As the only vegetarian in the group, I was thrilled to see a separate vege menu, and a creative one at that. The **vegetarian betel leaves** with pomelo, peanuts, coconut and lime was a

deliciously light starter, though the carrot, green mango and coriander salad was unexpectedly spicy. I also tried the **green curry** with tofu, beans, corn apple and eggplant – very nice. **Slow-cooked beetroot** with garam masala and grated paneer proved popular, even amongst the meat-eaters.

Among my companions, the **tuna betel leaves with lemongrass**, green tomato, sambal matah and bumbu pasih might have been a challenge to pronounce but they were devoured with gusto, as was the scallop ceviche from the Raw Bar. While a starter of Peking duck and shrimp salad failed to make an impression, the **slow-cooked crispy pork belly** with green papaya, dried shrimp, apple, eggplant and black vinegar caramel was one of the night's winners. **Crispy whole snapper** was also cooked beautifully, with wild ginger, turmeric, pineapple and tamarind giving it a lovely sweet and spicy kick.

Even though none of us needed dessert, we did feel we had to try the **lemongrass panacotta**, and it was really refreshing and light. I finished my meal with the **black sticky rice with mango and coconut milk** – a favourite – and I was not disappointed.

My dining companions were as impressed by the cocktails as I was,



Stir-fried king prawns with Padang-style sauce

and the wine list got the nod from a particularly discerning oenophile.

The service at Mama San was fantastic, with genuinely friendly and enthusiastic wait staff really adding to our enjoyment of the evening. All around us there were friends catching up, couples on date nights, and others enjoying celebrations, making it clear that it's a great venue, whatever the occasion.

Brooke Chenoweth

## **MUST-TRY DISH:**

Slow-cooked crispy pork belly **21**

# CITY SIPPING

## An urban winery in Hong Kong

France, Italy, Australia, and New Zealand – all world-renowned for their viticulture and fine wines. Hong Kong? Not so much. However, on the third floor of an industrial building in Ap Lei Chau, EDDIE MCDUGALL of The Flying Winemaker has quietly started a revolution that may just change that. Here he tells us more about his unorthodox approach to winemaking, and **The Urban Project**.





### Where do you grow your grapes? Sai Kung? Yuen Long? Lamma?

This is always the first question people ask, and the truth is that the grapes are sourced from some of the best regions and vineyards on the planet. Urban winemaking is not geo-limited in its birth thanks to the ability to flash-freeze fruit right at the source, so that when it arrives in my hands it still exudes the land from which it came. Five years ago, I was fortunate to produce a special wine from South Australia born from the vines that also gifted us a wine you may have heard of: Penfolds Grange.

Like any other winemaker in the world, I opt for the best fruit available to me at the time – the only difference being it comes from a far wider variety of possibilities. The spanner in the works is that I have to get the fruit to Hong Kong before I can begin to get my hands dirty. By sourcing harvested whole bunches that have been “snap”- or “blast”-frozen, I can maintain the bunches without rupturing the molecular structure of the berries. This early stage is pivotal for the style and quality of the finished wine.

### What challenges do you face that other wine producers might not?

Outside of the grape logistics already mentioned, this city presents its own unique challenges. Some are the same as every Hong Konger’s personal battles, such as trying to get barrels and refrigerated containers into small elevators, or finding a person to help troubleshoot, which is near impossible.

This leads me to spend a lot more hours doing things diligently, making sure the winery is sanitised regularly (humidity is the devil), servicing equipment regularly, and checking that every trick I learnt as a winemaking apprentice is applied. This is the kind of stuff that keeps one up at

### The Urban Project wines, 2015

- **January release:** “Sampan” – Cabernet Franc/Merlot red blend
- **April release:** “Rickshaw” – Chardonnay/Sauvignon Blanc white blend
- **August release:** “Kai Tak” – Merlot (100 percent)

night – especially when you know you have close to 40,000 kilograms of grapes sitting on your doormat.

Having a chance to overcome so many challenges was great as it pushed every button I had inside me to make the best wine I could. It also made me determined to gobsmack critics and non-believers. Believe me, I took every chance I could and with the help of a brilliant team we succeeded.

### What have you produced recently under The Urban Project label?

This year, I’m releasing four of my favourite wines made in Hong Kong under a uniquely local label. The Urban Project has already seen two releases in 2015 and the third launch is on 1 August. With only approximately 1,000 bottles of each being sold, they are a Hong Kong-lover’s dream – but they won’t last long!

### What would you do differently if you opened another urban winery here?

An urban winery should not only be a business where great and unique wines are produced; it should also be a damn fun place to hang out and learn a bit about the trade while enjoying crafted, small-batch wine varieties. This urban-winery-plus-wine-lab-plus-tasting-bar concept is what I would love to spearhead next here. Hong Kong has some great wine bars but people here are itching for that next-level venue. **SA**

### Other urban wineries

If you’re travelling, Eddie suggests you stop in at some of the following venues:

**San Francisco:** Bluxome Street Winery | bluxomewinery.com

**New York:** City Winery | citywinery.com

**London:** LDN CRU | londoncru.co.uk

**Portland:** Division Wine | divisionwinemakingcompany.com

**Vancouver:** Vancouver Urban Winery | vancouverurbanwinery.com

For more information, visit the Flying Winemaker website at [flyingwinemaker.asia](http://flyingwinemaker.asia) or the store at 6/F, Yu Yuet Lai Building, 43-55 Wyndham Street, Central.



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Travel

# WHAT'S NEW

Hot destinations & great holiday ideas

## VOYAGE TO VIETNAM

Just because your summer holiday is winding down, doesn't mean you can't treat yourself to an island holiday – and with **Salinda Resort Phu Quoc Island** offering great discounts on current bookings, you'd be mad not to consider it. Phu Quoc is Vietnam's most beautiful island, boasting fine sand and crystal clear waters, and Salinda's 121 luxury guest rooms and villas take advantage of these natural surrounds, with beach sports, the Salinda Spa, a kids' club and more. *Special offer:* EL readers can now enjoy a 45 percent discount on room rates, which start from US\$169 per night, on stays up to 31 October 2015. [salindaresort.com](http://salindaresort.com) 



## Romance of Rail

Embrace the romance and indulgence of slow train travel on a timeless journey between Singapore and Bangkok, aboard the **Eastern & Oriental Express**. Watch from the luxurious interior of the train as the rural landscapes, historic temples, tea plantations, colonial cities and ancient villages of Thailand and Malaysia gently unfold before you. *Special offer:* EL readers can now enjoy a three-night complimentary hotel stay in Bangkok when booking Eastern & Oriental Express journeys through **Country Holidays**. **2525 9199 | [countryholidays.com.hk](http://countryholidays.com.hk)** 

## Bali Bliss

Award-winning luxury resort, **Conrad Bali**, located on the coast of Nusa Dua in Bali, is offering a 30 percent discount on certain rates for bookings made up until 30 September 2015, and for stays completed by 20 December 2015. (Blackout dates may apply.) If making a reservation by phone, quote "PR12DR" for the Best Available Rate (room only) or "PR12DE" for the Bed & Breakfast Rate, to take advantage of the offer. Conrad Bali features spacious guest rooms fronting a beach of golden sand, with multiple fine-dining options and leisure facilities, along with Infinity, the resort's iconic beachfront wedding chapel, and the renowned Jiwa Spa. Personalised programmes of essential experiences and holiday packages are available, or you can choose just to laze in a private beach bale all day. **+62 361 778 788 | [conradbali.com](http://conradbali.com)**



## NEW IN PHUKET

Opening on the Thai island of Phuket in October is a new style of boutique resort, **Keemala**. Located on the western side of the island in a forest setting, Keemala will have 38 rooms in four distinctly different setting and styles: Clay Pool Cottages, Tent Pool Villas, Tree Pool Houses and Bird's Nest Pool Villas; as their names suggest, each will have its own pool. Prices start from around US\$555 a night, including breakfast and mini-bar. For more information, visit the Keemala website ([keemala.com](http://keemala.com)) or speak with the experts at **Concorde Travel**, 7/F, Galuxe Building, 8-10, On Lan Street, Central. **2526 3391 | [concorde-travel.com](http://concorde-travel.com)** 



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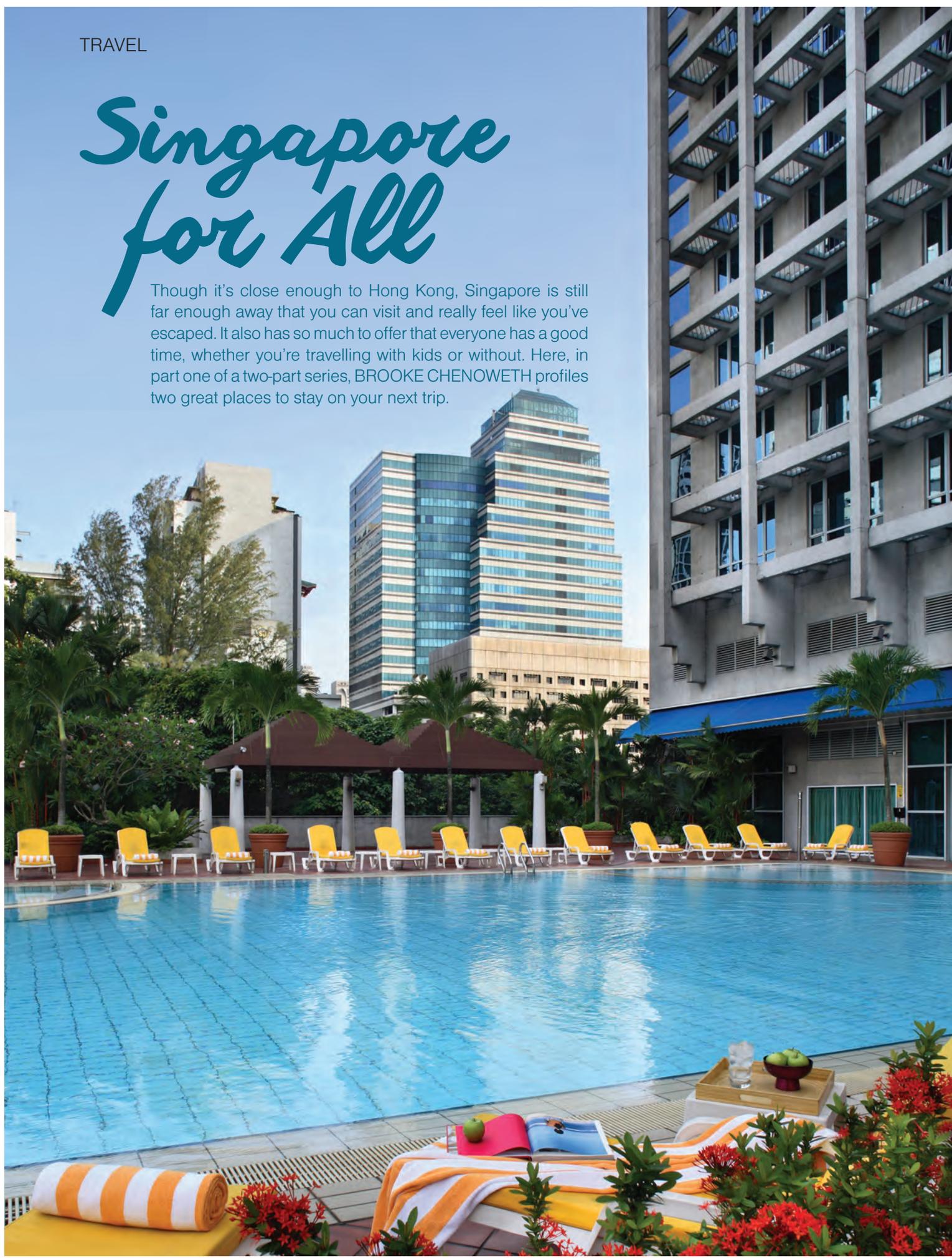
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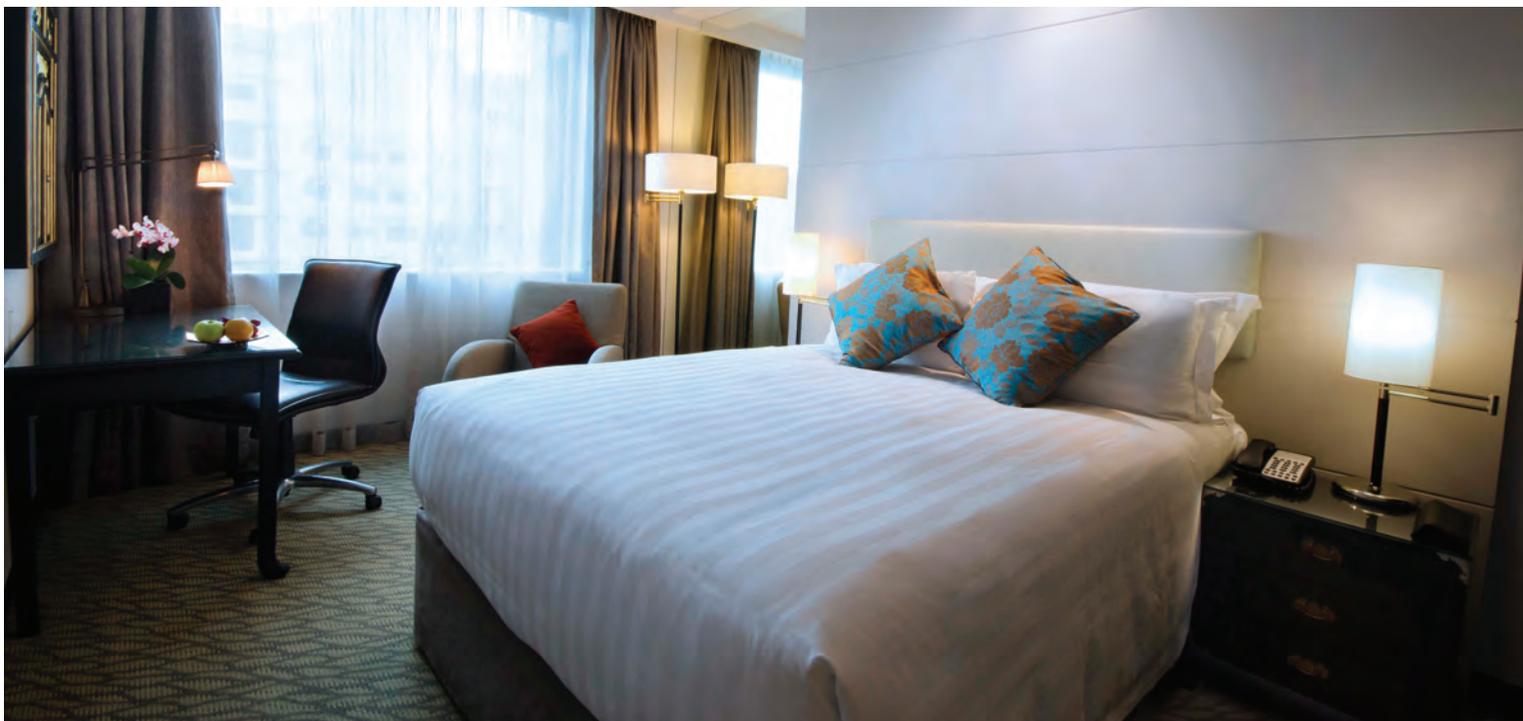
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TRAVEL

# Singapore for All

Though it's close enough to Hong Kong, Singapore is still far enough away that you can visit and really feel like you've escaped. It also has so much to offer that everyone has a good time, whether you're travelling with kids or without. Here, in part one of a two-part series, BROOKE CHENOWETH profiles two great places to stay on your next trip.





**W**ith its countless attractions and consistent climate, Singapore is appealing all year round. We visited in January, when we'd had just about enough of Hong Kong's grey skies and bad air. I had two nights on my own while I did some work in the city, then my husband and two boys joined me. The two halves of the week were very different, but both pretty fabulous.

### GOING SOLO

Two of my favourite things about this great city are the shopping and the food, so on a recent trip I set myself up at the **Pan Pacific Orchard**, right in the thick of things. It's a popular hotel with business travellers and, on checking in, it's easy to see why. Located within walking distance of Orchard MRT, and the famous Orchard Road, the Pan Pacific offers convenience on a number of levels. The staff are very friendly, without being intrusive, which is always nice when you're travelling alone.

I arrived late on a rainy night after a fairly long day, but I was able to order room service and relax in a very comfortable,

clean, and instantly calming room. The buffet breakfast the next morning had a huge selection, clearly catering for a variety of international palates. After a day of meetings and rushing about the city it was fantastic to be close enough to Orchard Road to squeeze in some shopping, before heading back to the hotel to hit the pool – an ultra-modern, outdoor mineral water pool (sans chlorine) that left me feeling thoroughly refreshed.

Whether you're in Singapore for business or pleasure, the Pan Pacific offers a sanctuary to escape to at the end of the day, so you can face the heat and the hustle and bustle again the next day.

**Room type:** Premium Room – spacious and quiet, but with the added benefit of a desk and Wi-Fi if you need to work.

**Must try:** St Gregory's Spa.

**The little things:** Complimentary internet (a big plus); rain shower; excellent tea, coffee and mini-bar selections.

**Would I stay again?** Yes, it was a great place to base myself for business in Singapore.





## FAMILY FUN

Singapore has a lot to offer families – in fact, it's one of the more kid-friendly destinations in the region. We chose to stay at **Fairmont Singapore** and were lucky enough to have a room in the newly renovated north tower. A lot of effort and thought has gone into the new design, which is influenced by Singapore's history and three main cultures. The end result is very stylish, but welcoming and unpretentious at the same time. The newness of the north tower also means it is spotless!

Our party of five had adjoining rooms, with a very grown-up suite with lounge area for mum and dad, and twin beds next door for the kids. There was a cot provided for the littlest family member and a very welcome set of kid-friendly toiletries, complete with a cuddly little otter called Ollie. There was a bath in both rooms, which is always a bonus, and I loved the grown-up toiletries from Le Labo.

We usually prefer to stay in serviced apartments when travelling with our children but the Fairmont made a hotel seem so much more appealing. The guests in nearby rooms were other families, so it didn't feel like we were disturbing too many people as our boys ran excitedly down the hall. Their exuberance was greeted with patient smiles in the lift and lobby areas, and the convenience of ordering room service was a welcome luxury.

The Fairmont also has 15 dining options, and Prego, an Italian eatery on the ground floor, offers one of the best buffet breakfasts I've seen. We were spoilt for choice, and even our fussiest little eater found something to keep him content.

We didn't get to take advantage of many of the facilities, but there are two pools to choose from, and six tennis courts; and the Willow Stream Spa is one of the largest in Asia, with 23 treatment rooms. The location is great; it's attached to Raffles Mall and within walking distance to Suntec City and a bunch of restaurants and shopping options. Nearby MRT stations make it a convenient base for exploring the city, though we found taxis a lot easier, and the staff at The Fairmont were really helpful when we needed to arrange transport and excursions.

**Room type:** Signature Executive Room.

**Must try:** Afternoon tea in the Anti:dote lounge is a treat, with an amazing array of teas to choose from, and cakes and pastries served inside a jewellery box – the perfect way to spend an afternoon.

**The little things:** When one of our boys locked the door between our adjoining rooms, there was someone from maintenance there to help us instantly; the in-room Nespresso machine was a hit with my husband; and I took full advantage of the pillow menu.

**Would we stay again?** Absolutely; there was something for every member of the family. 🇸🇬

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# 5 Places to Visit before They Change

Holidays can be two a penny when you live in Hong Kong – some people seem to jet in and out on an almost monthly basis. With such hectic schedules, it's often difficult to turn down destinations like Phuket, Bali and the Maldives in favour of more off-the-beaten-track locales. However, there are definitely a handful of places that warrant shelving your Koh Samui villa and hopping on a flight (or two, or sometimes three!) to experience these quieter, out-of-the-way spots that haven't been inundated by mainstream tourism – yet. We asked the experts at **Lightfoot Travel** to pinpoint five such destinations.

## Cuba

Given that it's one of the few remaining socialist outposts, Cuba has a unique and authentic atmosphere – one you won't find elsewhere. With the thawing of US-Cuba relations, tourism is already increasing as word gets out that the country will likely change quite rapidly in the coming years. At present, Cuba is a 1950s time-capsule: colourful colonial buildings, classic US cars, few ATMs or credit cards, and horses pulling carts along the cobbled streets. Roads and buildings will soon be spruced up, and while this will no doubt be a welcome change for many, for travellers looking to experience the Cuba of Hemingway and Che, you'd better hop on that indirect flight, asap!



Cuba

## Myanmar

Despite the rapid changes and opening up that have taken place within the country since the release of politician Aung San Suu Kyi from house arrest in 2010, Myanmar has still managed to avoid the hordes of tourists that have tramped through the rest of Indochina. Yangon is often the first stop on any itinerary, with its rough-and-tumble colonial buildings, jade markets, and local Burmese wearing thanaka – a yellowish cosmetic paste made from ground bark. In mystical Bagan, it's often still possible to explore temples in complete isolation (unheard of in places like Cambodia's Angkor temple complex), and Inle Lake's floating market is the real deal, not set up just to bring in tourists. The big hotel chains are already moving in, and with them will come crowds and a more more commercial approach to what is now still considered fairly authentic travel.



Cuba

Myanmar



Myanmar



Antarctica

 **Antarctica**

Antarctica is the talk of the town, and Hong Kong visitor numbers to the white continent are increasing considerably. One reason why it's highly coveted is the exclusivity factor – only a limited number of ice-strengthened ships can sail to Antarctica each season. Another draw is the unrivalled wildlife experience: penguins, whales, seals, sea lions and countless sea and shore birds. Scientists have long warned that the white continent is melting, and while it won't thaw out entirely within our lifetime, there will be stricter controls on tourism numbers in the near future. We recommend avoiding typical cruises, as the experience can't match an expedition voyage aboard a smaller ship. Next year marks the 50th anniversary of commercial tourism to Antarctica, which is sure to boost interest – even more reason to get there now!



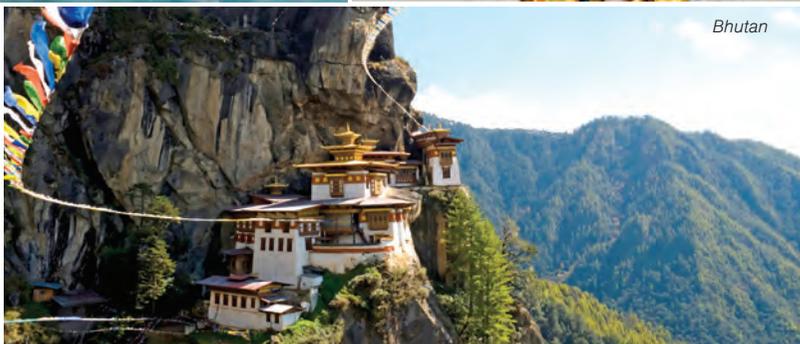
Antarctica



Bhutan

 **Bhutan**

Until recently, the Land of the Thunder Dragon was one of the most isolated countries on earth. Tourist numbers are limited, and the minimum daily spend of US\$250 acts as somewhat of a deterrent in itself. The colourful festivals that the country is famous for are still very much for local Bhutanese; they're not staged as a way of showcasing the country's "authenticity" for foreigners. You can still visit monasteries with virtually no other tourists (some don't even allow non-Bhutanese), and there are many remote villages you can get to if you're keen on really going out of the way. While there, you'll get a sense that you're visiting someone else's land as they go about their daily lives.



Bhutan

 **Sri Lanka**

This little teardrop-shaped island definitely has its fair share of tourists, yet it still retains so much charm and character, and unchartered areas ripe for exploring. Ride an old colonial British train as it chugs up into hill country, sitting on the steps of the open car doorways, watching the tea plantations roll by. Hike up to Adam's Peak at dawn during the pilgrimage season (December to May). Journey to the northernmost tip of the country, only just opening up after the end of the civil war in 2009, and explore the historic city of Jaffna. Or just sit on the ramparts of Galle Fort at twilight, with children playing cricket and flying kites, and watch a spectacular sunset unfold over the Indian Ocean.



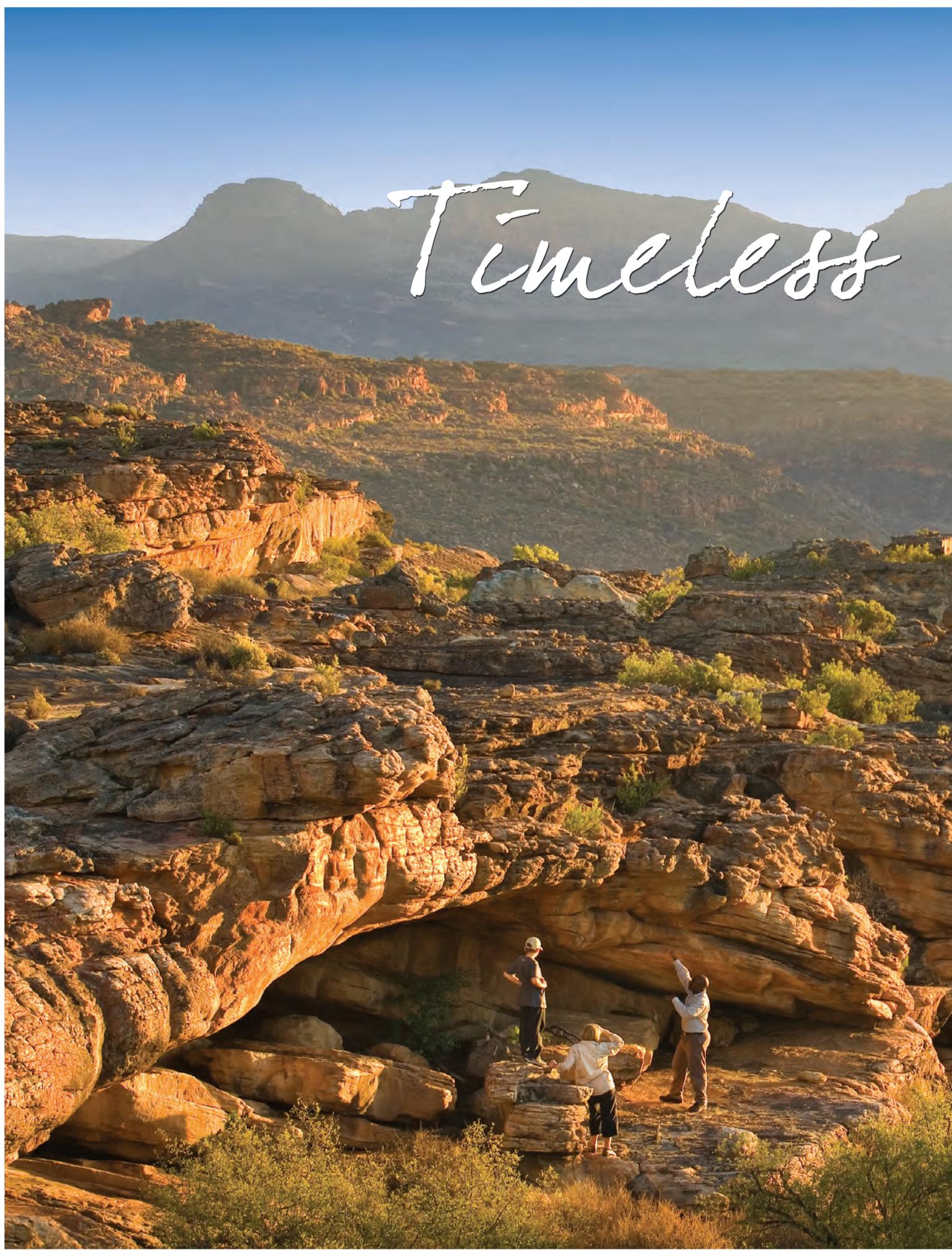
Sri Lanka



Sri Lanka

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# Timeless





# and Luxurious: A SOUTH AFRICAN ESCAPE

LARA SAGE discovers ancient rock art and other wonders in the expansive **Bushmans Kloof Wilderness Reserve** in South Africa.

*Photography by Lara Sage and RCH Collection*

**B**ushmans Kloof is a place that first knocks the breath out of you, with its panoramic vistas and fascinating history, and then leaves you breathing deeply, reinvigorated by your getaway in the foothills of the Cederberg mountains, a three-hour drive from Cape Town.

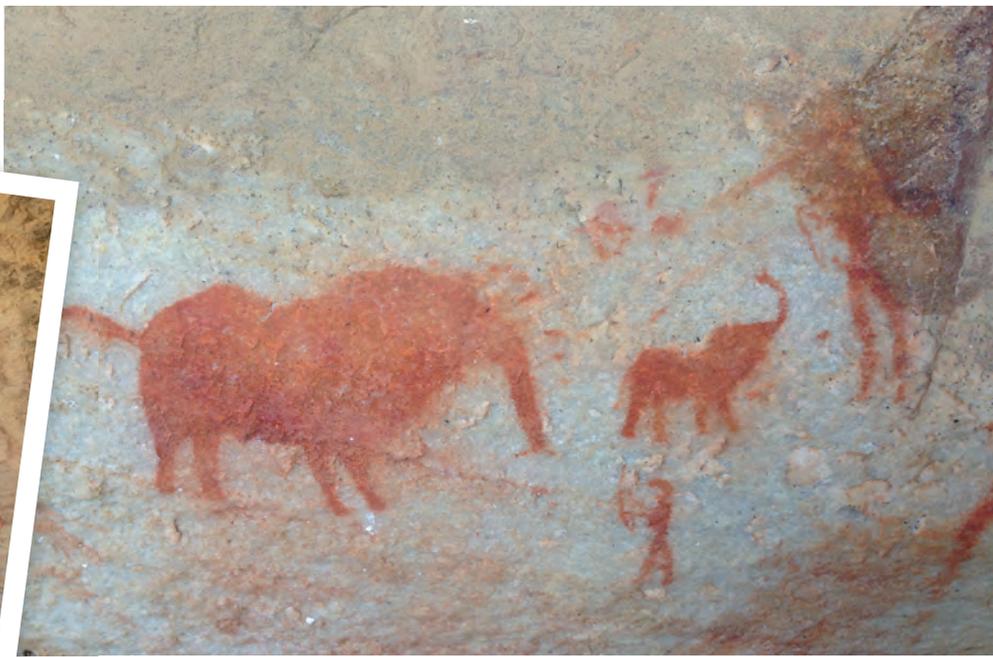
For me, our stay at Koro Lodge felt like returning to a family homestead; and, indeed, Bushmans Kloof is part of the family-run Red Carnation Hotel Collection, which has been operating globally for 31 years.

## Rock art

While the focus is very much on restoration and relaxation, the retreat offers much more. During our walks and open-vehicle excursions, our guide imparted interesting facts on how the San people, or Bushmen, lived in this harsh terrain tens of thousands of years ago. This information is derived mostly from archaeological finds in the vicinity, specifically rock art; Bushmans Kloof has 130 documented sites.

Interestingly, what you see is not the paint itself but the stain from the ochre portion of the picture that has effectively penetrated the porous rock; the colours of black, yellow and white have vanished. So the most commonly illustrated antelope, the eland, typically shows as only a torso, for the other paler colouration has faded away over the centuries.

As there is no ochre rock found in this region of the Cederberg, it's understood that Bushmen travelled here from other parts of South Africa, bringing small stones with them. They would grind these, adding various organic substances (egg, bird droppings and plant sap, for example) to bind the paint, and to create a range of colours.



The Bushmen didn't carry many possessions – though a few of their relics can be seen in the Heritage Room at the main camp of Bushmans Kloof. Accordingly, their needs were simple. They used plants for everyday meals and medicine, and for "trance-dancing" – a strategy for healing in which the Bushmen would interact with their subconscious selves, and their ancestors, through dance.

Their art is sometimes hard to decipher, and is open to interpretation; many of the images are derived from the altered states of consciousness of the participants in these rituals. I particularly liked the image of a man confronting an elephant with only a tiny arrow; rather than depicting a ridiculous act or even a genuine attack, the picture simply portrays a transfer of energy. Another painting seemed to show a giraffe, though there are no giraffes in the area – or was it meant to be a ladder? (But who would have had needed a ladder here thousands of years ago?) Antelopes are depicted frequently; they were critical to the survival of the nomadic Bushmen. It was a feat for the Bushmen (for they were small people) to hunt an antelope – particularly an eland, the largest antelope in Africa; aside from skilful archery, it would often require tracking an animal for several days until it fell, injured or drugged.



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## Accommodation

Koro Lodge, previously a farmhouse, sleeps ten people in luxurious, oversized beds, and the rate includes everything from meals, high tea and drinks, to laundry and a game ranger! The lodge sits just metres away from a dam of water lilies; we enjoyed lying on loungers and watching busy water birds balancing their long feet on lily pads, while we simply lay back soaking in the scene.

In keeping with the hunting skills of the Bushmen, a target is set up daily for archery; we strived to improve our aim each day. The children's room was filled with books and crayons, and also board games, which we played on the shaded wrap-around verandah beside the rim-flow pool.

Aside from Koro Lodge is a main lodge set on sprawling, manicured lawns that stand out in this rough, rocky landscape. This is accommodation for adults and children over 8 years old, with 16 private rooms and suites decorated with an eclectic combination of ethnic and colonial furnishings. The rooms overlook rock pools, towering cliffs and swimming pools – there's one large and refreshing swimming pool per cluster of four suites. There's also a tranquil spa, with appealing white décor, which looks out onto a private garden with canvas umbrellas.



### Flora, fauna and more

Despite all its refinement and luxury, Bushmans Kloof isn't just a pretty face; it has received numerous international awards in recognition of its exceptional environmental and conservation efforts.

Daily nature drives through the reserve are an opportunity to view some of its 35 species of mammal; on our morning drive, we enjoyed watching an elegant oryx (a type of antelope), with metre-long horns, chasing another from his territory. Then we passed male ostriches waving their impressive plumage in display for the females, while a herd of springbok grazed nearby.

Our evening sojourn was coupled with a drinks stop beside a dam, where we chatted to our ranger about the reserve's projects to protect two endangered animals, the Clanwilliam yellowfish and the very shy Cape leopard. The latter is monitored by infrared cameras in the mountains; and while the chances of seeing one up close are slim, it's good to know that it can roam this terrain in a natural habitat that includes hares, aardvarks, mongooses, porcupines,



caracals and otters.

Bird-watching is also popular; there are 150 species on the reserve. A few of our brave feathered friends visited the lodge regularly during our stay, enjoying the well-irrigated, verdant gardens or stealing breakfast crumbs from our verandah.

The reserve boasts – and protects – a special collection of plants. Late winter and early spring, otherwise considered an “out of season” time to visit, is when

the world-famous Cape flowers appear, and the reserve becomes bright with colour. Yet simple wonders of nature can be seen throughout the year, like the seedpod that looks like a hard nut, but when touched by a single drop of moisture, opens up to expose white petals of a flower the size of a fingernail.

On one walk, our guide pointed out the buchu plant, used today for its oils, and in the art of perfumery. He also showed us the snowbush, otherwise





known as wild rosemary – when lambs eat this, it flavours the meat that they later provide. Another remarkable plant that we saw was a poisonous bush whose tips had been nibbled off by antelopes; the animals know that eating just a little of the leaves can clear their stomachs of parasites. In these surrounds, the Bushmen lived off everything that grew, and benefited from much of what we might pass by without noticing.

Beside the main lodge are gardens that supply fresh produce for the Bushmans Kloof chefs. Immaculately maintained, they are a pleasure to saunter through while enjoying the sight of herbs, veggie patches and orchards.

### A final word

For those wanting more than the daily game drive through the reserve, there's a selection of well-marked hiking trails of varying degrees of difficulty. I smiled when reading one of the pointers on the map given to hikers: "Take a breather at the big tree with its roots in the rocks." It would surely stand out.

We made the most of our surroundings by participating in less-vigorous activities that were suited to the whole family – cycling on the provided bikes and canoeing on the calm dam, and just soaking in the vast expanse of nature. 📷



[bushmanskloof.co.za](http://bushmanskloof.co.za)

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- Fire | 2723 2233
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- English | 1081
- Chinese | 1083
- Overseas IDD Inquiries | 10010

Department of Health | 2961 8989

Hong Kong Tourism Board (visitor hotline) | 2508 1234

RTHK (Radio Television HK) (service hotline) | 2272 0000

Hong Kong International Airport (general enquiries)

2181 8888 | [hongkongairport.com](http://hongkongairport.com)

Hong Kong Post (enquiry hotline) | 2921 2222

MTR Train Service & Airport Express (24-hr passenger hotline)

2881 8888 | [mtr.com.hk](http://mtr.com.hk)

24hr HK Electric Company Ltd (HK Island & Lamma)

2555 4000 | [hec.com.hk](http://hec.com.hk)

24hr China Light & Power Co Ltd (NT & outlying islands)

2728 8333 | [clponline.com.hk](http://clponline.com.hk)

## LOCAL TIME & WEATHER

### HK OBSERVATORY

[hko.gov.hk](http://hko.gov.hk)

- General Enquiries | 2926 8200
- Tropical Cyclone Warning Signal Enquiries | 1878 200
- Tropical Cyclone Warning Signal (No 3 & above) | 2835 1473

## TAXIS

[td.gov.hk](http://td.gov.hk)

- Hong Kong Island | 2574 7311
- Hong Kong Island | 2527 6324
- Kowloon | 2760 0411
- New Territories | 2457 2266
- New Territories | 2697 4333
- Lantau | 2984 1328

Road Co-op Taxi Lost and Found (Government) | 1872 920

## PUBLIC HOSPITALS

### HONG KONG

- Pamela Youde Nethersole Eastern Hospital (Chai Wan) | 2595 6111
- Queen Mary Hospital (Pokfulam) | 2255 3111

### KOWLOON

- Kowloon Hospital (Mongkok) | 3129 6033
- Queen Elizabeth Hospital (Jordan) | 2958 8888
- Princess Margaret Hospital (Cheung Sha Wan) | 2990 1210
- Tseung Kwan O Hospital (Tseung Kwan) | 2208 0111

### NEW TERRITORIES

- Prince of Wales Hospital (Sha Tin) | 2632 2211
- Tuen Mun Hospital (Tuen Mun) | 2468 5111

## PRIVATE HOSPITALS

- The Canossa Hospital (The Peak) | 2522 2181
- Hong Kong Adventist Hospital (Stubbs Road) | 3651 8888
- Hong Kong Baptist Hospital (Kowloon Tong) | 2339 8888

- Hong Kong Central Hospital (Central) | 2522 3141
- Hong Kong Sanitarium & Hospital (Happy Valley) | 2572 0211
- Matilda International Hospital (The Peak) | 2849 1500
- St Paul's Hospital (Causeway Bay) | 2890 6008
- St Teresa's Hospital (Kowloon City) | 2200 3434

## SUPERMARKETS

- City Super | 2956 2668 | [citysuper.com.hk](http://citysuper.com.hk)
- Market Place by Jasons | 2299 1133 | [marketplacebyjasons.com](http://marketplacebyjasons.com)
- Oliver's The Delicatessen | 2810 7710 | [oliversthedeli.com.hk](http://oliversthedeli.com.hk)
- PARKnSHOP | 2606 8658 | [parknshop.com](http://parknshop.com)
- Three Sixty | 2111 4480 | [threesixtyhk.com](http://threesixtyhk.com)
- Wellcome | 2299 1133 | [wellcome.com.hk](http://wellcome.com.hk)

## TRAVEL AGENTS

- Country Holidays | 2525 9199 | [countryholidays.com.sg](http://countryholidays.com.sg)
- Flight Centre | 2830 2866 | [flightcentre.com.hk](http://flightcentre.com.hk)
- New Holidays | 3118 1688 | [newholidays.com.hk](http://newholidays.com.hk)
- Concorde Travel | 2526 3391 | [concorde-travel.com](http://concorde-travel.com)

## ASSOCIATIONS, COMMUNITY & VOLUNTEER ORGANISATIONS

- American Women's Association of Hong Kong | 2527 2961 | [awa.org.hk](http://awa.org.hk)
- Around DB Magazine | [arounddb.com](http://arounddb.com)
- The Australian Association | 2530 4461 | [ozhongkong.com](http://ozhongkong.com)
- Community Advice Bureau (CAB) | 2815 5444 | [cab.org.hk](http://cab.org.hk)
- Christina Noble Children's Foundation (CNCF) | 2832 2186 | [cncf.org.hk](http://cncf.org.hk)
- Crossroads International | 2984 9309 | [crossroads.org.hk](http://crossroads.org.hk)
- DB Living | [db-living.com](http://db-living.com)
- Dyslexia Association Hong Kong | 2872 5489 | [dyslexia.org.hk](http://dyslexia.org.hk)
- Life On Lantau Magazine | [lifeonlantau.com](http://lifeonlantau.com)
- The Friends of the Art Museum (The Chinese University of Hong Kong) | [cuhk.edu.hk/ics/friends/](http://cuhk.edu.hk/ics/friends/)
- Hong Kong Dog Rescue | 9448 1128 | [hongkongdogrescue.com](http://hongkongdogrescue.com)
- The Hong Kong Girl Guides Association | 2332 5523 | [hkgsa.org.hk](http://hkgsa.org.hk)
- India Association | 2311 6358 | [indiaassociationhk.com](http://indiaassociationhk.com)
- Riding for the Disabled Association of Hong Kong | 2875 7711 | [rda.org.hk](http://rda.org.hk)
- Sai Kung Magazine | [saikung.com](http://saikung.com)
- Scout Association of Hong Kong | 2377 3300 | [scout.org.hk](http://scout.org.hk)
- Southside Magazine | [southside.hk](http://southside.hk)
- YWCA | 3476 1340 | [esmdywca.org.hk](http://esmdywca.org.hk)

## PETS

- Creature Comforts | 2915 3999 | [creaturecomforts.com.hk](http://creaturecomforts.com.hk)
- Hong Kong Dog Rescue | 3480 0061 | [hongkongdogrescue.com](http://hongkongdogrescue.com)
- Valley Veterinary Centre | 2575 2389 | [valleyvetcentre.com.hk](http://valleyvetcentre.com.hk)

## MOVING & RELOCATION

- AGS Four Winds International Movers | 2885 9666 | [agsfourwinds.com](http://agsfourwinds.com)
- Allied Pickfords | 2736 6032 | [alliedpickfords.com.hk](http://alliedpickfords.com.hk)
- Asian Express International Movers Ltd (AE Movers) | 2893 1000 | [aemovers.com.hk](http://aemovers.com.hk)
- Asian Tigers K. C. Dat Ltd | 2528 1384 | [asiantigers-hongkong.com](http://asiantigers-hongkong.com)
- BALtrans International Moving Ltd. | 2756 2882 | [bim.com.hk](http://bim.com.hk)
- Baggagexs, Moving Small Shipments Worldwide | 3167 4000 | [baggagexs.com](http://baggagexs.com)
- Brookfield Global Relocation Services Hong Kong Limited | 2804 6790 | [hongkong.brookfieldgrs.com](http://hongkong.brookfieldgrs.com)
- Crown Relocations | 2636 8388 | [crownrelo.com](http://crownrelo.com)
- Links Relocations | 2366 6700 | [linksmoving.asia](http://linksmoving.asia)
- Orientations Hong Kong | 2899 0759 | [orientations.asia](http://orientations.asia)
- Relocasia, The Moving Company | 2976 9969 | [relocasia.com](http://relocasia.com)
- Santa Fe Relocation Services | 2574 6204 | [santaferelo.com](http://santaferelo.com)
- SIRVA Relocation | 2104 6668 | [sirva.com](http://sirva.com)
- SwiftRelo, The International Movers | 2363 4008 | [swiftrelo.com](http://swiftrelo.com)
- UniGroup Relocation | 2418 4333 | [unigrouprelocation.com](http://unigrouprelocation.com)

# IMPORTANT NUMBERS

## STARTING A BUSINESS

- Compass Offices | 3975 1390
- Encore Professional Services | 3975 1390
- InvestHK | 3107 1000 | investhk.gov.hk

## ENTERTAINMENT

- HK Ticketing | 3128 8288 | hkticketing.com
- CotaITicketing | +853 2882 8818 (Macau) 6333 6660 (HK) | cotaiticketing.com

## CREDIT CARDS (LOST/STOLEN)

- AMEX | 2811 6122
- AMEX – PLATINUM ASSIST | 2277 2028
- ANZ Bank | +613 9683 7043
- Bank of East Asia (BEA) | 3608 6628
- Citibank | 2860 0333
- DBS Bank | 2832 6603
- Diners Club | 2860 1888
- Heng Seng Bank | 2836 0838
- HSBC | 2233 3000
- Mastercard Global Service | 800 966677
- National Australia Bank (NAB) | +613 8641 9121
- Shanghai Commercial Bank | 2818 6328
- Standard Chartered Bank | 2886 4111
- Wing Hang Bank | 3199 9000

## SCHOOL SEARCH CONSULTANTS

- Top Schools | 3565 5867 | topschools.hk

## SERVICED APARTMENTS

### FAMILY

- Four Seasons Place | 3196 8228 | fsphk.com | enquiries@fsphk.com
- Harbour Grand Serviced Suite | 2121 2616 | harbourgrand.com | servicedsuite@harbourgrand.com
- Hong Kong Gold Coast Residences | 2457 0789 | goldcoast.com.hk | galycowen@sino.com
- Hong Kong Parkview | 2812 3456 | hongkongparkview.com | pvsales@hongkongparkview.com
- Pacific Place Apartments | 2844 8361 | pacificplace.com.hk/ppa ppapartments@swireproperties.com.hk
- The Lily Serviced Apartments | 3982 2888 | thelily.hk | concierge@thelily.hk
- The Repulse Bay | 2292 2879 | therepulsebay.com | leasingtrb@peninsula.com

### GENERAL

- Ovolo Serviced Apartments | 2165 1000 | ovologroup.com | leasing@ovologroup.com
- Yin Serviced Apartments | 2846 5777 | xin.com.hk | leasing@xin.com.hk
- V Serviced Apartments | 3602 2388 | thev.hk | reservations@thev.hk
- Gateway Apartments | 2119 3038 | gatewayapartments.com.hk | enquiry@gatewayapartments.com.hk
- Presidential Apartments | 2521 3405 | presidentialapartments.hk | info@presidentialapartments.hk
- Shama Serviced Apartments | 3100 8555 | shama.com | info@shama.com
- CHI Serviced Apartments | 3443 6888 | chi-residences.com | stay@chi-residences.com
- 218 Apartment | 3665 3066 | 218apartment.com | info@218apartment.com
- 338 Apartment | 2338 6388 | 338apartment.com | info@338apartment.com
- Central 88 Serviced Apartment | 3472 2288 | 88servicedapartments.com enquiry@88servicedapartments.com
- The Harbour View Place | 3718 8000 | harbourviewplace.com | enquiries@harbourviewplace.com

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# Space Invaders

By Lindsey Gordon

The apartment is immaculate. There are no wet towels on the floor. The wash basket is empty and the fridge is full. A distant foghorn from a passing ship punctuates the silence; the only movement is the golden right arm of Lucky Cat waving eternally at the mountains in the South China Sea. This is the calm before the storm.

Six thousand miles away, Thing One and Thing Two are busy stuffing dirty washing into bags. It won't be long before they blow in like a typhoon, kicking off their trainers and blocking the toilet.

When Thing One was 12, I bought a white linen corner sofa. When it arrived, I felt I had finally become an adult. I loved it as much as it is possible to love an inanimate object. Within two hours there was a large bloodstain on it. The Thing had been scratching a mosquito bite and blood was pouring from his leg. "Is it my fault I'm full of blood?" he asked indignantly. Coincidentally, this was about the time we sent him off to boarding school in the UK.

We were living in Mumbai then, and for the next two years I only had Thing Two at home. When she heard how much fun her brother was having, she asked to go too. From having two kids at home to having none, I experienced early-onset Empty Nest Syndrome and set about developing a mild form of OCD. (I like things at right angles.)

Four years on, we live in Hong Kong and the Things come out for the holidays. The apartment is small and they are big. I love them dearly and I can't wait to see them but they can drive me crackers.

Thing One will come in complaining about the food on the plane, he'll head straight to the fridge and take a fistful of Babybels to his room before firing up the Xbox and filling the apartment with the din of rapid gunfire. The other one will be locked in my en suite, blasting out rap music as she prepares for the world's longest shower. Later on, they'll want Blu-Tack so they can stick pictures up all over the walls, or they'll be emptying drawers on the floor, looking for a charger.

My two worlds collide for the summer, but do you know what? I love it. It's time to make amends. When they were little they asked me to come outside and play, to read to them, to go on a bike ride or have a picnic. A lot of the time I was too busy or just too tired.

Now I can take them to Ocean Park and Disneyland, we'll go on all the scary rides; we'll buy tat at the Ladies Market and dine at Jumbo. They don't have much of their childhood left so I'm going to make the most of it this summer. I can tidy up in September! 📺



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