

Summer 2021

# playtimes

your expert guide to family life

playtimes

Summer 2021

AIR  
RAID  
SHELTER



★ Summer  
Camps for  
Toddlers  
to Teens

★ 50 Places to  
Volunteer in  
Hong Kong

★ Pocket  
Money  
How much  
should you  
give?

★ Screen  
time  
Is it really  
so Bad?



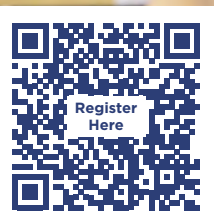
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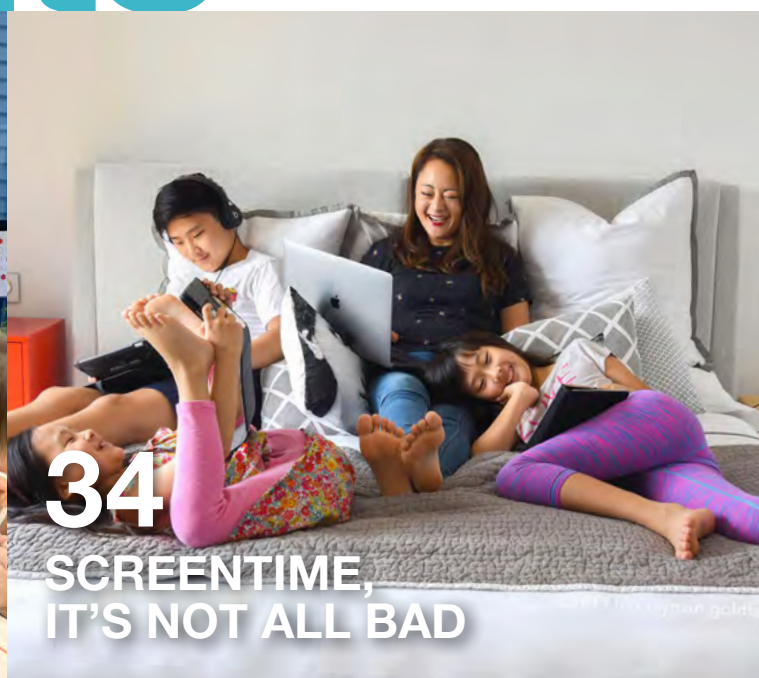


Exceptional People • Outstanding Opportunities • Academic Excellence

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Model: Imara

Photography: Genevieve Spizziri  
www.dunestudio.net

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[www.playtimes.com.hk](http://www.playtimes.com.hk)





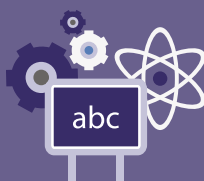
## Are you looking for a personalized IB Diploma Programme?

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# welcome

*to another summer in Hong Kong!*



This issue has plenty of inspiration for activities and entertainment for those remaining in Hong Kong. Check out our list of *summer camps* featuring options that will entertain children of all ages. We've also got a roundup of *creative workshops* and classes for grown-ups, after all, why should the kids have all the fun? Looking for something more meaningful? There are a myriad of organisations and charities desperate for *volunteers* to help, we highlight 49 of them in our article on page 18.

Is it an inevitable part of school holidays battling with your children to get them off their screens? Perhaps there's a better strategy. We meet Arcadia Kim, former COO at leading gaming company Electronic Arts. Arcadia offers an alternative approach to managing *screentime* that involves "mentoring rather than policing". And as an alternative to game time, Bring Me A Book Hong Kong shares some book recommendations.

We take on the topic of *pocket money*. How much is too much? We speak to some Hong Kong parents to find out what age they started pocket money, how much they pay and whether it should be earned. You might want to read it before your kids do!

Dr Natalie Hutchins continues her series on women's health, this time tackling *PMS*. We also investigate *training bras*. Is your daughter ready for one, and where should you shop?

I don't know about you, but I miss travel! Articles brimming with destination ideas for when we can (hopefully) travel, feel a little depressing. But perhaps that's just me. Let us know if you'd like to see more overseas destination features in the travel section again. Something to look forward to perhaps. Or have you taken a holiday during these strange times, and you'd like to share the story with us? Let us know! Until then we will continue to focus on *staycation ideas* and highlighting some of the awesome things Hong Kong can offer.

For the many people who seem to be leaving Hong Kong for good, we wish you safe travels and ask you to consider the wise words from Claire Yates of Lion Rock Press *"You can leave Hong Kong but it will never leave you"*.

Happy reading,

*Louise*



# Coming Soon

THE HOTTEST HAPPENINGS AROUND TOWN



## Baby Shark

Everyone's favourite fishy friend returns in a brand-new, 65-minute fin-tastic adventure. Together with Pinkfong and Hogi, it will be the biggest adventure yet. Also joining the line-up will be Mummy and Daddy Shark, Hettie the Hermit Crab, Shimmer the Octopus and many more fishy friends. <https://premier.hkticketing.com>



## Planet Earth II Live in Concert

The BBC's *Planet Earth II* series broke new ground in its use of film-making techniques and set new standards in animal photography. Don't miss the chance to experience the amazing images as they are enhanced with a matchless score by Hans Zimmer, Jacob Shea and Jasha Klebe. <https://premier.hkticketing.com/default.aspx>



## Jazz Rhythms for Kids

In this 90-minute workshop designed for both children and their parents, a team of experienced jazz musicians and tap dancers will introduce the fundamental elements of swing and Latin jazz styles through harmonising, movement games and simple tap footwork, with an impromptu jamming session at the end. \$250 (Includes one child and one adult). [www.westkowloon.hk](http://www.westkowloon.hk)



## Ani-Com Games HK

Having missed out on last year, Hong Kong's Ani-Com Games is back at the Convention Centre for the four day event. Complete with a Cosplay Contest, anime design competition and the best selection of comics, games and toys to try or buy. [www.ani-com.hk](http://www.ani-com.hk)



## The Gruffalo

Take a stroll through the deep dark wood with the brave mouse in everyone's favourite live performance *The Gruffalo*, which will be coming to the Hong Kong Academy for Performing Arts this October. <https://premier.hkticketing.com/shows/show.aspx?sh=GRUFF1021>



## Our Little Tram: Ding Ding

For more than a hundred years, different generations of trams have rolled around Hong Kong Island. Don't miss the chance to climb aboard DingDing Tram #120, to be a passenger and audience of an imaginative new theatrical production on an actual tram. Tickets are \$280. [www.hkiac.gov.hk](http://www.hkiac.gov.hk)



## ROBOCAR Poli Live Show

"Robocar POLI" visits Hong Kong for the first time, bringing a thrilling rescue story to the stage. The brave and heroic captain Poli works with friends to save the town, highlighting the spirit of the rescue process and spreading the spirit of teamwork, cooperation and concern for others. <https://premier.hkticketing.com/default.aspx>



## Harry Potter in Concert

The Harry Potter Film Concert Series returns to the Star Hall with *Harry Potter and the Goblet of Fire* in Concert, the fourth film in the Harry Potter series. In *Harry Potter and the Goblet of Fire* Harry Potter is mysteriously entered into the Triwizard Tournament, a grueling contest among three wizarding schools. <https://premier.hkticketing.com>

For more events go to [www.playtimes.com.hk](http://www.playtimes.com.hk)



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## Summer of Fun at The Lawn Club

Created by the team behind The Grounds and located at AIA Vitality Park, The Lawn Club is set to be Hong Kong's ultimate socially distanced garden party this summer. Promising "space to play, room to breathe" the line-up boasts popular summer lawn sports (boules, bocce, croquet and cornhole), live musical entertainment and simulcasts of professional sporting events – including football and tennis. Tickets will be released on a weekly basis, inclusive of dedicated four-person pod, playing court access (on a first-come, first-served basis), and in-pod games for the five-hour session.

Guests are able to upgrade to premium seating options with luxurious couches and excellent stage views against the stunning backdrop of the Hong Kong skyline, perfectly setting the scene for a magical experience at The Lawn Club. [www.thelawnclubhk.com](http://www.thelawnclubhk.com)



## Sandbox VR

Located in Tsim Sha Tsui is Sandbox VR. A virtual reality like no other, equipped with two full sized sandboxes is the latest in VR, motion capture, and haptics technology. Experiences include, riding the high seas with 'The Curse of Davy Jones', exploring 'Deadwood Mansion' at your own peril, stepping aboard the USS Discovery in Star Trek or defending earth from a swarm of Aliens. This is the place to escape reality for \$288 per person. Visit [www.sandboxvr.com/hongkong/](http://www.sandboxvr.com/hongkong/) to book.

## The Kai Tak Sky Garden

The new landmark, situated at the former Kai Tak Airport runway, is Hong Kong's first sky garden built on curved and wavy noise barriers. Spanning 1.4 km and encapsulating the theme of aviation, the sky garden will give visitors a sense of nostalgia for the old days of the former airport. More than 80 trees and shrub species have been planted in the garden, and the corridor is divided into the zones of spring, summer, autumn and winter. The sky garden features three elevated plazas, the Garden Plaza, the Lawn Plaza and the Fountain Plaza, each with unique characteristics. Additionally, the Ground Plaza has an amphitheatre that can be used for leisure and recreational activities. From now to November 30, visitors can take interesting photos, using 3D augmented reality, to enrich their experience at check-in spots in the sky garden.



## Lohas Rink

Keep your cool this summer with a visit to the recently opened Lohas Rink, the first rink in Hong Kong to incorporate the latest energy-saving technologies - a natural, non-toxic and non-flammable CO2 chiller plant system - making it Hong Kong's "largest eco-friendly ice rink". Lessons are available in figure skating and ice hockey, for public skating sessions keep an eye on government restrictions. <https://lohasrink.com.hk>



# Summer FUN



## Ocean Park Summer Special – Fish Friends Face-off

This summer Ocean Park is offering the chance to have an up-close encounter in the Grand Aquarium with its Fish Friends Face-off. This extraordinary snorkelling adventure will give you a breath-taking look inside the shallow water area of the aquarium, learn important lessons about ocean conservation and discover the exciting work of the Park's animal caretakers. Suitable for ages 8 and above (8-11 must be accompanied by an adult), and priced at \$1,500 for two which includes wetsuits and snorkelling equipment rental. To book visit [www.oceanpark.com.hk/en/experience/get-closer-to-the-animals](http://www.oceanpark.com.hk/en/experience/get-closer-to-the-animals)

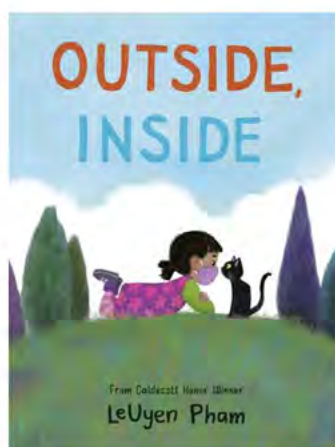
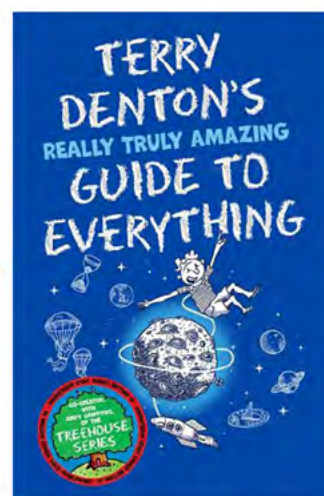
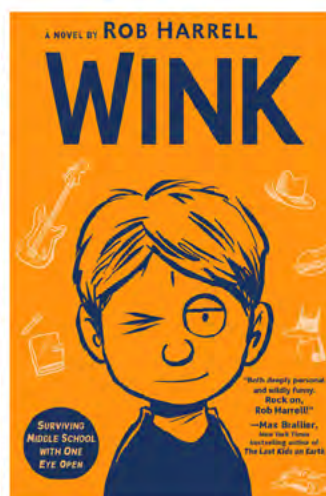
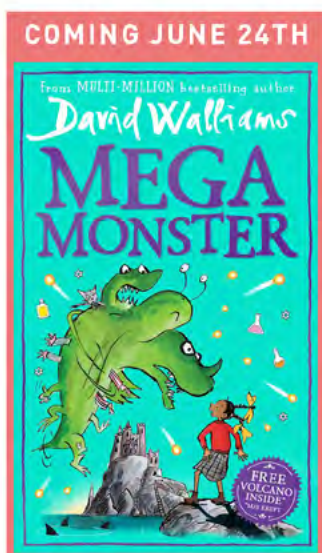


# DIVE INTO A SUMMER OF STORIES WITH BOOKaZINE



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## OoLaa

Popular restaurant Oolaa is opening a new venue in Tseung Kwan O in July 2021. Set amongst the vibrant Capri Residential and Commercial District, Oolaa will bring its trademark easy-going and relaxed atmosphere, with a wide range of menu choices for the whole family. Whether you live in the area or are looking to explore a new part of Hong Kong for the weekend, head over to Tseung Kwan O which is quickly becoming a foodie destination. Address: Capri Place, No. 33 Tong Chun Street, Tseung Kwan O



## Street Food Carnival

From May to July discover mouthwatering food at Tong Chong Street Market's Street Food Carnival. Expect to find an array of delights from authentic Filipino cuisine, Bento bar, vegetarian Vietnamese dishes, vegan croissants, to Thai street food, burgers and fish & chips! Open from 8am – 3pm daily. Address: G/F, One Taikoo Place, Quarry Bay



# FOOD Glorious FOOD

## Pane e latte

Pane e Latte debuts in Stanley this 2021 joining the Pirata family, and hoping to 'Bake the World a Better Place'! The beachfront Italian bakery will serve up artisanal baked goods, for breakfast, all day dining and takeaway. With an open kitchen, in-house bakery, patisserie, gelato and rumor has it a surprise speakeasy to be revealed later, this is a welcome addition to the Stanley promenade. Whether you're a local to

the area, out for a weekend jaunt, or ending a hot summer hike, this will be a stop you don't want to miss out on. Address: G/F, U-c Court, 25 Stanley Market Rd, Stanley



## Grain

Grain, in partnership with Hong Kong's craft brewers Gweilo, opened its doors in Kennedy Town in May 2021. Offering gastropub food for weekend brunch, Sunday roast, lunch, and dinner. Beer lovers can indulge in new brews developed at the in-house brewing facility 'Gweilo Brewlab', which also includes a workshop and beer tasting space. A full cocktail menu, including mojitos, and G&T's made from Gweilo gin are on hand. And don't fear, kids are not forgotten with a dedicated children's menu, making this a fun dining experience for all. The space is vast with cool industrial interiors, perfect for a casual dining spot whatever the hour. Address: G/F, Shop 1, New Fortune House, 3-5 New Praya, Kennedy Town.

## Crust Italian

Enjoy the warmth, tastes and ingredients of Naples and the Amalfi Coast's legendary food culture at the new Crust Italian located at the street level of the iconic Woo Cheong Pawn Shop in Wanchai. Combining an all-day *pasticceria* (pastry and coffee shop) as well as a restaurant and an authentic Neapolitan street food, with Italian culinary highlights such as *Giri di Pasta* and *Pizza Frito*. From a morning coffee with sublimely flaky pastries through to lunch, afternoon tea, *aperitivo* hour and on to dinner, CRUST Italian truly celebrates the Southern Italy tradition of an all-day dining neighbourhood 'spot'. Address: 60A - 66 Johnston Road







MANDARIN MATRIX™  
mandarin that clicks



# IMPROVE CHINESE WITH MANDARIN MATRIX THIS SUMMER!

Mandarin Matrix is a customizable, online learning platform designed to support learners of Mandarin as a second language from kindergarten through middle school. The Mandarin Matrix Online Classroom and 10,000 supporting print materials offer a **complete learning solution** with an integrated range of learning tools designed to be **user-friendly and easily accessible**.

Students follow individual learning journeys toward developing a rich knowledge of the language and improving proficiency in **reading, writing, speaking and listening**. Through our fun, easy-to-use, and interactive interface, students can access over 1,750 books, games, activities and assessments safely and quickly, **anytime and anywhere**.

**Stay tuned! New features and readers are coming this summer.**

## Audio Analysis Feature

Instantly provides students with real-time feedback on their pronunciation and intonation while highlighting the characters that need more practice.

## Enhanced Character Writing

Students will be able to get a grasp of the correct stroke order and character structure with this enhanced feature.

## Elementary Math and Science Readers

Aligned to Common Core Math and Next Generation Science standards. Readers include factual and informative content with audio support and English translation to help students understand abstract math and Science concepts easily.

## Chinese Connections Readers

Designed for middle and high school students aiming to take the AP or IB exam. These readers engage teenage students with contemporary and authentic content. The series includes teacher guides, worksheets and online assessments.

Many children and schools in Hong Kong use Mandarin Matrix products. Discover how these new features will help students improve their Mandarin. If you would like to get a **FREE** trial for your school or your child, please scan the code or check this link: <https://bit.ly/3vMe83L>



# EPIC SUM





# MEET CAMPERS



**K**ee your children active and entertained this year with these educational, fun and truly EPIC summer camps in Hong Kong. Better be quick though! After a year like the one we've had, competition for spots is *fierce*. Book now before all the best ones get snapped up!

# Best All-Round Camps

## Parkview International Pre-School

As a well-established IB World School, the Summer Programme at Parkview International Pre-School (PIPS) follows a play-based learning approach offering a range of summer activities to children aged 1 to 6. While little toddlers will engage in activities such as music & movement, storytime and sensory play with their caregivers, older children will participate in arts & crafts, storytime, cooking, role-play and STEM projects. The school campus is exceptionally spacious with excellent indoor and outdoor facilities for children to explore and enjoy a wonderful summer.

**Age:** 1–6 years old | **Dates:** 12–30 July (Monday – Friday)

**Locations:** Hong Kong Campus: Hong Kong Parkview

**Campus:** Podium Level, Kowloon Station, 1 Austin Road West, Kowloon

**Price range:** \$3,120 – \$8,790 for three weeks

### Contact:

Hong Kong Campus: [pipsinfo@pips.edu.hk](mailto:pipsinfo@pips.edu.hk) / 2812 6023;

Kowloon Campus: [pipsinfo-kl@pips.edu.hk](mailto:pipsinfo-kl@pips.edu.hk) / 2812 6801

[www.pips.edu.hk](http://www.pips.edu.hk)



## Camp Asia

Camp Asia has been in operation for nine years and has launched in Hong Kong this summer. As part of the Cognita Schools group, they have experienced staff, amazing facilities and high health and safety standards. Parents can send their children to camp worry-free. The range of 13 camp options is guaranteed to spark children's interest whether your child is interested in coding and design or prefers to get creative and explore different visual arts, drama, and design genres. They have it all, including interactive games in a 10,000 sq. foot arena.

**Age:** 4–16 years | **Dates:** 28 June – 23 July

**Price:** from \$3,000 per week

**Location:** Stamford School, 25 Man Fuk Road, Ho Man Tin

**Contact:** [info@campasia.hk](mailto:info@campasia.hk); 3467 4567

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

## Hong Kong Academy

HKA is offering their biggest ever summer programme. Partners include Asia Pacific Soccer Schools, Babel Film, Brendan Fitzpatrick, EVA Volleyball, FAUST, ISTA Performing Arts Academy, Mindful Wing Chun, Proactive Sports, Skydance, Tier One Basketball and Top Flight. There are also a variety of multi-activity, sports, creative and craft programmes run by HKA teachers.

**Age:** 3–18 years | **Dates:** 21 June – 30 July

**Price:** \$250 – \$3,480

**Location:** Hong Kong Academy, 33 Wai Man Road, Sai Kung, N.T.

**Contact:** [co-curricular@hkacademy.edu.hk](mailto:co-curricular@hkacademy.edu.hk); 2655 1111

[www.co-curricular.hkacademy.edu.hk](http://www.co-curricular.hkacademy.edu.hk)







### YWCA International Kids Club

Offering up the widest range of children courses in Mid-levels is YWCA International Kids Club, a one-stop learning centre that encourages learning through play. If you are looking for an interesting and fun camp for little ones, look no further than YWCA International Kids Club! With non-stop activities including sports, arts & crafts, cooking, music, drama, dance, gymnastics, soccer, basketball, and much, much more, children are sure to have a memorable and fun summer with YWCA International Kids Club. Sign up your child for a whole lot of adventure this summer!

**Age:** Walking – 9+

**Location:** 3/F, 1 MacDonnell Road, Mid-Levels

**Contact:** [clle@ywca.org.hk](mailto:clle@ywca.org.hk); Phone: 3476 1340

<https://clle.ywca.org.hk>

## Sports

### Minisport Rockets

For the tenth year in a row, Minisport's dedicated team of professionals will be coaching multiple sports - rugby, football, tennis and basketball - at camps across 12 locations this Summer (ages 1.5-5 years). Older children (age 5-9 years) can specialise in their favourite sport at Minisport's carefully tailored Rockets camps.

**Age:** 5–9 years | **Dates:** 28 June – 20 August

**Locations:** All over Hong Kong

**Contact:** [info@minisport.hk](mailto:info@minisport.hk); Phone: 6183 7084

[www.minisportrockets.com](http://www.minisportrockets.com)



### ESF Sports

Offering Multi-Sports Camps plus Swimming, Football, Tennis, Gymnastics and Fencing Clinics, ESF Sports is a go-to when contemplating summer sports camps in Hong Kong. Their multi-sports option is great for developing children's sporting skills through play, developmental games and game-based sports while the clinics are designed to improve skills and techniques.

**Age:** Suitable for age 3–15 years (depending on the activity).

**Dates:** 5 July – 13 August

**Locations:** Various ESF campuses.

[www.esf.org.hk/camps/Summer-Sports-Camps-and-Clinics-2021.html](http://www.esf.org.hk/camps/Summer-Sports-Camps-and-Clinics-2021.html)

### EdStart

EdStart's holiday clubs are an action packed week of fun and entertainment, offering children the chance to explore a host of activities, build lasting friendships and learn lots of new skills. For budding dancers or gymnasts there is the Gymfusion holiday club incorporating elements of both disciplines and building to an end of week performance. There is also Soccer Superstars Club and Sporting Superstars week which covers an array of sports for children to try out.

**Dates:** 21 June – 13 August

**Locations:** Sai Kung & Clearwater Bay

**Contact:** [admin@edstarthk.com](mailto:admin@edstarthk.com)

<https://edstarthk.com/sc/holiday-clubs/>

### Rugby Tots.

Fun, structured play sessions take children on a journey of sporting imagination with engaging and energetic coaches supporting them every step of the way whilst teaching how to catch, pass, kick, run with the ball and play as part of a team.

**Age:** 2–7 years | **Locations:** Across Hong Kong

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

### TKO Skateboarding

Sign your child up to learn to skateboard from a group of experienced, passionate skateboarders. Let them challenge themselves physically and mentally and grow in confidence to achieve their skateboarding goals this summer.

**Age:** 6–15 years | **Dates:** 5 July – 13 August

**Price:** \$2,500–\$3,000

**Locations:** Tseung Kwan O Skatepark

[www.tkoskateboarding.com/tkosummerskatecamp2021](http://www.tkoskateboarding.com/tkosummerskatecamp2021)

# Educational



## Baker & Bloom

Looking for something a little more studious? Immerse your child in academic rigour and creative thinking to prepare them for the future with K-12 education organisation Baker & Bloom. This summer, Baker & Bloom will offer a range of learning experiences that emphasise engagement, relevance in learning, interdisciplinary thinking and taking risks. Courses in the language arts, such as Painting with Words and Storytime Yoga, encourage multisensory thinking, while the Caldecott Award Book Club gives students a chance not only to read but also to respond creatively and personally to a story. The inspired STEM workshops teach students to design everything from electronic puzzles to digital art. Dive into Baker & Bloom's summer offerings and discover how to inspire your child in ways unique to this season of adventure.

**Age:** 3–18 | **Dates:** 7 June – 13 August

**Price:** \$475 – \$550 Hourly Rate

**Location:** 1/F & 6/F, China Hong Kong Tower, 8-12 Hennessy Road, Wanchai | **Contact:** 2110 4788



## Lindamood-Bell

Summer spots are filling fast at the Lindamood-Bell Hong Kong Learning Camp. In a matter of weeks, Lindamood-Bell's Learning Camp can help make your child feel more confident and prepared for school. Catch up or get ahead with their individualised, evidence-based instruction, offered online and in-centre. Reading • Spelling • Comprehension • Maths

**Age:** 4+

**Price:** Hourly instructional fees vary

**Location:** Unit 1210–14, 12th Floor 41 Heung Yip Road

**Contact:** 3892 8248

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

## Hong Kong Institute of Languages

Hong Kong Institute of Languages (HKIL) offers immersive language workshops in French, German, Spanish, and Mandarin. Fun and educational, the workshops are culturally enriching with an emphasis on the spoken language to encourage children to express themselves and become actively involved in the lessons. Contact them today for an Early Bird discount!

**Age:** 4–12 years | **Dates:** 5 July – 27 August

**Locations:** Central Campus: 6/F, Wellington Plaza, 56-58 Wellington St, Central

[www.hklanguages.com/courses-for-children/](http://www.hklanguages.com/courses-for-children/)



## Growing IQ

Discover and explore math creatively and hands-on with Growing IQ. Running across eight weeks from 22 June to 13 August, their Mathtastic Summer Program is packed with exciting themes kids aged 2.5-10 will love as they experience real-world math. From entering the School of Mathematicians to being part of Pirates of GIQ Island, choose one or multiple weeks to customise your kid's Mathtastic Summer.

**Dates:** 22 June-13 August | **Age:** 2.5–10 years

**Price:** 2.5–4.5 Years: \$2,000/week; 5–10 Years: \$4,000/week

**Location:** Admiralty

**Contact Info:** [info@growingiq.com.hk](mailto:info@growingiq.com.hk)

[www.growingiq.com.hk](http://www.growingiq.com.hk)

# Performance





### 5678 Studio

Studio 5678 offers five-day camps in which children will immerse themselves in super unique and creative classes every day. Choose from a variety of fun programmes themed by week; from Circus Arts to Musical Theatre, Makers & Creators and Shoot and Star in your own music video! All instructors are professionals who have worked across the globe both teaching and performing. Sign up before 31 May for an early bird discount of 10 per cent.

**Age:** 5–11 years | **Dates:** 5 July – 30 July

**Price:** \$3,000 per week for age 5–7, \$3,800 per week for age 8–11.

**Location:** Wong Chuk Hang

**www.5678studio.net**

### Helen O'Grady Drama Summer Camp

Join Helen O'Grady Drama Academy summer camps to experience fun activities, dynamic teachers and easily accessible venues. With various themes, from The Unicorn's Birthday Party to The school for Superheroes or The Emperor and the Nightingale, you're sure to find the perfect camp to enjoy a summer filled with Drama fun.

**Age:** 3–8 | **Date:** 5 July – 20 August

**Locations:** YWCA Cile (Central), YWCA Ho Man Tin, YWCA Kowloon Tong, YMCA Salisbury (TST), BGCA (Po Lam)

**Contact:** lesmaleshk@gmail.com; Phone: 5565 3350

**www.helenogrady.hk**

## Outdoor Adventure

### WWF Connect2 Nature Academy - WWF Mai Po Ranger

Children will get to experience the day-to-day conservation work of WWF reserve rangers, including wildlife and habitat-monitoring and the controlling and monitoring of invasive species through experiments and surveys. They will observe and discover wildlife up close in a natural environment, while also learning independence.

**Age:** 9–12 years | **Dates:** 3–4 July; 29–30 July; 12–13 Aug

**Price:** \$2,400 for non-member | **Location:** Mai Po

**www.wwf.org.hk/en/education/connect2nature/summer\_class/**

### Gaia Girls

Adventure filled days designed to bring girls into connection with the natural world and their innate Wild Wisdom through bushcraft, earthskills, Nature Connection, expanded awareness and presence. The girls will get to learn how to carve, tend to fire, delve into ancient stories & weave magic from plants. All sessions are run in small pods adhering to social distancing guidelines. Other courses for girls are also available.

**Age:** 9–12 years | **Dates:** 21, 22, 24, 25 June

**Price:** \$2500

**Contact:** connect@kembali.org

**www.kembali.org/holiday-programmes**

## Creative

### Creative Kids

The Impossible Olympics at Creative Kids offers children the opportunity to participate in playful projects, such as Animals Dream Medal, Hilarious Martial Artists, Stadium Design and Swinging Sumo Wrestlers. Through art, design and architecture projects, youngsters will develop their thinking, drawing, painting, constructing and designing skills.

**Age:** 1.5–18 years | **Dates:** July and August

**Price:** \$2,580 – \$3,780 per week

**Location:** Sai Ying Pun and Tai Koo Shing

**Contact:** info@creativekids.com.hk

**www.creativekids.com.hk/News/SummerLeaflet2021.pdf**

### Hong Kong Art Tutoring

Hong Kong Art Tutoring runs visual arts programs teaching about design, structure, concepts, as well as the aesthetic and sequential development of the student's work. Students are helped become creative and experimental individuals by creating challenging work.

**Age:** 10 years + | **Dates:** 8 June – 21st August

**Price:** \$1,500 per week | **Location:** North Point

**www.hkarttutoring.com**



### Baking Arts Academy Summer Camp

Junior bakers can learn about science through baking and fun science experiments. Bake and decorate delicious desserts and savoury treats to share with family.

**Age:** 4+ | **Date:** 5–23 July

**Location:** Sai Kung, Discovery Bay or Kowloon

**Contact:** flourhk@hotmail.com

### Art Loop

Children can enjoy a five day camp learning about the Art Masters, Sculpture and Ceramics, or go on a field trip to explore the design and landscape of a playground, before designing their own very own playground. There is also an Art Tour to experience different Art fairs within the art community.

**Age:** from 2.5 years | **Locations:** Wong Chuk Hang; Causeway Bay; Stanley; Taikoo; Whampoa

**www.artloop.hk/art-loop-summer-camp-2021**

# Volunteer Opportunities in Hong Kong

**W**hether you're looking for a way to give back to the community, provide help to special interest groups, work to protect the environment or put your skillset to good use for those in need, volunteer opportunities abound in Hong Kong. All you have to do is decide where you'd like to spend your time and what type of help you're keen to provide.

If you have an idea of the area where you want to focus or a cause you are interested in supporting, look no further than the list below.

## 1 The Asia Society Hong Kong Center

Asia Society is an educational organisation dedicated to promoting mutual understanding and strengthening partnerships among peoples, leaders and institutions of Asia and the US in a global context. Across the fields of arts, business, culture, education and policy, Asia Society provides insight, generates ideas and promotes collaboration to address present challenges and create a shared future. Holders of HKID 18 years and up with fluent English, Cantonese and/or Mandarin can volunteer as Gallery Docents, Heritage Campus Tour Guides, Website Event-Writers, and Event Volunteers. To join as a volunteer, complete the form on the website.

[www.asiasociety.org/hong-kong](http://www.asiasociety.org/hong-kong)

## 2 Angels for Children

A Hong Kong registered non-for-profit which supports local children as well as those overseas, they are pro-active in raising the profile and fund raising for each of their partner organisations. Volunteers with spare time and passion are always welcome. [www.angels-for-children.org](http://www.angels-for-children.org)

## 3 Autism Partnership Foundation

Their mission is to support people with autism and their families in order to help realise the inherent potential and achieve the greatest degree of independence and highest quality of life possible. They welcome HKID holders age 15 years and up to be registered volunteers. APF will match each volunteer's talents, abilities and interests with their workload, and assign suitable duties. Complete a registration form [www.apf.org.hk](http://www.apf.org.hk)

## 4 Beyond Vision Projects

Beyond Vision Projects strives to enhance the quality of life of the visually impaired and elderly with low vision while focusing on social inclusion, social equality and social participation. They aim to provide their Tactile-Audio Interaction System (TAIS) services: a simple-to-create 'touch synchronised' tactile and audio tool to as many people as possible. Volunteer individually or join a group and help the visually impaired have access to experience art, culture, heritage and historical venues.

[www.beyondvision.asia/en-us/home/](http://www.beyondvision.asia/en-us/home/)

## 5 Bring Me A Book

Bring Me A Book Hong Kong (BMABHK) is the leading advocate for family literacy in Hong Kong. It's hard to imagine a progressive city like Hong Kong falling so short, but out of 50 countries and regions surveyed, Hong Kong had one of the lowest rates of family literacy. Research shows that access to quality books is fundamental to reading success and that reading aloud to children is critical for school success. BMABHK has installed over 461 libraries and has served over 179,000 children who now have easy access to quality books. Over 30,000 parents and educators have participated in the read aloud training programs, and thousands of volunteers have donated their time and skills to deepen BMABHK's impact in the community. Why not become a trained storyteller for volunteer sessions at community centres and libraries, contribute new content for the website, proofread, write book reviews (suitable for kids aged 9 years+) or visit their office to help with book wrapping and help to sort and stack books for their library. [www.bringmeabook.org.hk](http://www.bringmeabook.org.hk)

## 6 The Child Development Centre

They provide essential early identification and interventions to children with special educational needs. Though they receive support from the government and are committed to making their services affordable for all, having volunteers in the classrooms, on the Board





and steering committees, along with sponsored events help them stay afloat. They accept regular volunteers in the classrooms. If you have less time, consider volunteering your skills in marketing, graphic design, human resources, staff coaching or training. They are always looking for help with improving the different things they do. [www.cdchk.org](http://www.cdchk.org)

## **7 China Coast Community**

This care home for English-speaking elderly residents could use some volunteers. They are especially keen if you happen to be a seamstress, electrician, plumber, carpenter or craftsman. If you can donate your skills, please do get in touch. [www.chinacoastcommunity.org.hk](http://www.chinacoastcommunity.org.hk)

## **8 Christian Action**

Their mission is to serve those who are poor, disadvantaged, marginalised, displaced or abandoned regardless of their age, gender, nationality and religion. Christian Action is the only comprehensive provider of services to refugees and provides pro-bono legal and psychosocial help. They also offer abused domestic helpers refuge in safe shelters and provide a wide range of other services including social enterprise and sustainability. Christian Action has a big variety of opportunities from clerical work to photography, tutoring and translating. [www.christian-action.org.hk](http://www.christian-action.org.hk)

## **9 Clean Air Network**

Clean Air Network (CAN) is an independent NGO encouraging the public to speak out about the health impacts of air pollution. CAN is dedicated to driving policy and behavioural changes to improve Hong Kong's air quality. Their primary focus is on roadside pollution and indoor air but they also keep an eye on air pollution from regional activities, marine vessels and power plants. CAN accepts interns to volunteer and participate in community-oriented projects, giving you the opportunity to learn about environmental issues through grassroots outreach activities and get in touch with members of the community. [www.facebook.com/cleanairnetwork](https://www.facebook.com/cleanairnetwork)

## **10 Clean the World**

According to the World Health Organization, millions of young lives could be saved with access to bar soap and hygiene education to prevent diseases like pneumonia and diarrhea. Clean the World recycles hotel soaps and other discarded hygiene products that traditionally end up in landfills and saves lives by providing and distributing these products. Win win! Individuals, corporate groups, and schools work in teams to address urgent global health needs. Volunteers must be at least 8 years old. Children ages 8 through 15 require supervision by a parent or guardian. [www.cleanttheworld.org](http://www.cleanttheworld.org)

## **11 Crossroads Foundation**

bringing together those in need and those who can help. Crossroads Foundation is a Hong Kong based, non-profit organisation serving global needs. Providing an intersection, literally a crossroads, to bring both together, they offer four global crossroads services. These include Global Distribution, Global X-perience, Global Hand and Global Handicrafts. Crossroads needs regular volunteers and takes students, individuals, corporate groups, internships and educational groups. [www.crossroads.org.hk](http://www.crossroads.org.hk)

## **12 e-Farm**

A group of enthusiasts from different walks of life and of different ages with a common goal of doing something for the community and the environment. They practise organic farming, making it environmentally, economically and socially sustainable. Volunteers are welcome to learn by doing - caring for animals, growing veggies and engaging kids in the natural world. Volunteers receive training and guidance and a chance to get your hands dirty. [www.efarmhk.com](http://www.efarmhk.com)

## **13 Feeding Hong Kong**

Each day 3,600 tonnes of food waste are sent to landfills in Hong Kong, while one million people live in poverty struggling to afford nutritious meals.

Feeding Hong Kong bridges this gap by linking food companies and charities to redistribute surplus food from where it is plentiful, to where there is a need.

Feeding Hong Kong rescues quality surplus food from the food industry that would otherwise go to waste and redistributes the food to charities, feeding those in need.

Feeding Hong Kong collaborates with volunteers to collect, sort and deliver food and connects with community partners to raise awareness and make positive change in society. They could use the support of individual and group volunteers to help reduce food waste and feed charities. [www.feedinghk.org](http://www.feedinghk.org)

## **14 Food Angel**

Food Angel is a food rescue and food assistance program providing assistance to deprived elderly, children from low income families, the unemployed, disabled and people in rehabilitation as well as the homeless and caged home dwellers. The program rescues edible surplus food from different sectors of the food industry that would otherwise be disposed of as waste. Following strict safety protocols, the rescued food items will then be prepared as nutritious hot meals in their central kitchens and redistributed. Prepare veggies, prepare meals, serve meals or help with other events. For volunteer info check out [www.foodangel.org.hk](http://www.foodangel.org.hk)

## **15 Green Power**

Founded in 1988, Green Power was formed by a group of dedicated volunteers who were concerned about local environmental problems. Since their formation, they have been promoting environmental education as they believe education is the ultimate means of transforming thinking and behaviour. They have programs in eco-monitoring, butterfly surveying, community education, coastal clean-up and recycling to name a few. Learn how you can get involved and take part in these projects. [www.greenpower.org.hk](http://www.greenpower.org.hk)

## 16 Health in Action

This humanitarian NGO was established in 2011 in Hong Kong to help promote community health in underprivileged populations. Their vision is to eliminate health inequities in the society and promote social change with a circular model of "service, research, and advocacy". They firmly believe that everyone has the basic right to health. Their main service groups include working poor families, ethnic minorities, refugees and other underprivileged in Hong Kong. They seek skilled volunteers including physiotherapists, social workers, doctors, nurses, pharmacists, dietitians, occupational therapists, clinical psychologists, lawyers and more.

## 17 Hong Kong Alley Cats

Hong Kong Alley Cats are always in need of foster homes for newborn kittens (who need bottle feeding), young cats or older kittens. They may also have FIV positive cats who need care. [www.hkalleycatwatch.com](http://www.hkalleycatwatch.com)

## 18 Hong Kong Alliance for Rare Diseases

This organisation aims to enhance the understanding of rare diseases among patients, carers and their families; promote self-help and mutual support and positive attitude; and promote public education on rare diseases while strengthening community awareness, understanding and support for patients, their families and related self-help organisations. They rely on the support of volunteers to promote social attention and support patients with rare diseases and their families in a way that spreads from person to person and heart to heart. [www.hkard.org](http://www.hkard.org)

## 19 Hong Kong Arts Centre

HKAC is a multi-arts centre that fosters artistic exchanges locally and internationally, bringing the most forward creations to Hong Kong and showcasing homegrown talents abroad. Being Hong Kong's only independent

non-profit multi-arts institution, HKAC offers exhibitions, screenings and performances, connecting the arts of Hong Kong to the rest of the world through programmes and collaborations. As a volunteer you can help with events and programmes and provide administrative support. Volunteers are also trained to give docent tours and can participate in various types of service, depending on your knowledge, interest and availability. No previous experience is required. More volunteering information can be found on [www.hkac.org.hk](http://www.hkac.org.hk)

## 20 Hong Kong Breast Cancer Foundation

Running since 2005, HKBCF is a non-profit charitable organisation and is the first non-profit dedicated to mitigating the threat of breast cancer in the local community through education, patient support, research and advocacy. They need volunteers for patient support, fundraising events and public education activities, translation, editing, proofreading and design work as well as administrative work like data entry. If you'd like to support their mission of early detection, support and advocating for better care in Hong Kong, join their volunteer program. [www.hkbcf.org](http://www.hkbcf.org)

## 21 Hong Kong Dog Rescue

HKDR started out as a one-woman effort to save dogs from being put down. Founder, Sally Andersen, and many dedicated volunteers aim to rescue, rehabilitate and re-home abandoned and unwanted dogs and puppies. HKDR is one of Hong Kong's most active and successful dog rehoming organisations. There are several volunteer opportunities with HKDR ranging from dog walking to fostering, group activities and more. If you love dogs, find out how you can get involved. [www.hongkongdogrescue.com](http://www.hongkongdogrescue.com)

## 22 Hong Kong Dolphin Conservation Society

HKDCS is dedicated to the conservation

of whales, dolphins and porpoises of Hong Kong. Since 2005, HKDCS has been recognised as a charitable organisation. They aim to increase public awareness of cetaceans in Hong Kong and around the world, and to effectively protect them while exposing the global issues of captivity, whaling, fishery bycatch and marine pollution. HKDCS relies largely on volunteers to carry out educational programmes and administrative work. Join their Dolphin Ambassador Programme which invites volunteers to help in different tasks including design, assisting in events, etc. Training is provided.

<http://hkdc.org/get-involved/volunteer/>

## 23 Hong Kong Shark Foundation

Hong Kong Shark Foundation (HKSF) is a registered charity dedicated to shark conservation. They aim to raise awareness about shark conservation, particularly the unsustainable practice of shark finning, and to reduce consumption of shark products in Hong Kong. There are many ways to volunteer, from providing help with graphic design, website design, copywriting, translation, content management, printing to fundraising and more. [www.hksharkfoundation.org](http://www.hksharkfoundation.org)

## 24 Hong Kong Society for the Blind

They provide services for the visually impaired, facilitate their participation in society and improve their quality of life with a view to achieving a harmonious and inclusive society. Volunteers are essential assets to ensure the smooth running of services in areas of rehabilitation service, residential service, general eye and low vision service, employment service, educational and community support service. Other than fundraising events, volunteers help with routine services, outdoor activities, interest classes and more. [www.hksb.org.hk](http://www.hksb.org.hk)



**25 The Hub**

Hong Kong Le Tong Xing is a non-profit child and youth activity centre that provides support for children in need in various ways including homework guidance, after-school activities, counseling, health and welfare services. Australians David Boehm and Bruce Stinson, after living and working in Hong Kong for more than 30 years, decided to give back to Hong Kong society. They pledged to help children in disadvantaged economic and social environments. Most of their administrative work relies on volunteer assistance. They welcome the help of experienced volunteers to increase the scale of the activities and the impact on children, while reducing costs to maintain our operations. They are very keen for volunteers with professional qualifications and long-term service. [www.thehubhk.org](http://www.thehubhk.org)

**26 ImpactHK**

ImpactHK is a non-profit that provides the homeless in Hong Kong with friendship, food, shelter, education and employment opportunities. Their journey started with the simple aim of doing one act of kindness per month for the homeless. ImpactHK has nurtured an unprecedented humanitarian effort in Hong Kong and has held awareness and fundraising events. Join the many talented and committed volunteers that are offering their kindness and time in all the different facets of their work. [www.impacthk.org](http://www.impacthk.org)

**27 Justice Centre Hong Kong**

Justice Centre is a non-profit, non-political organisation working to protect some of the most disadvantaged and marginalised communities in Hong Kong – refugees, asylum seekers as well as victims of torture, human trafficking and forced labour. They provide support to people seeking protection in Hong Kong. Their team provides access to legal information, quality legal representation,

counselling and social welfare. If you are a law student or a senior high school student who is passionate about making a difference, join their Clinical Legal Education Programme or Young Advocates Programme. You can also explore opportunities to join the team as a volunteer or fundraiser. [www.justicecentre.org.hk](http://www.justicecentre.org.hk)

**28 Kadoorie Farm and Botanic Garden**

KFBG raises awareness of ecological and sustainability issues, undertakes species conservation and ecosystem restoration in Hong Kong and South China, reconnecting people with nature, and promoting sustainable lifestyles. KFBG spreads over 148 hectares of land on the northern slopes of Tai Mo Shan, Hong Kong's highest mountain, near the town of Tai Po. Their volunteers donate a range of talents and skills to different departments and can enjoy and learn from their experience at KFBG. Find a volunteer opportunity that suits your interests and utilizes your strengths. Become a Sustainable Living and Agriculture, Fauna Conservation, Flora Conservation or Nature Education Volunteer. [www.kfbg.org](http://www.kfbg.org)

**29 Kely Support Group**

Since 1991, KELY Support Group (KELY) is a Hong Kong-based nonprofit organisation whose mission is to equip young people with the skills, knowledge, and opportunities needed to support themselves and each other. They aim to empower young people to reach their full potential. Volunteers are incredibly important to KELY's work and have supported their programme planning and implementation, workshops, events, administrative work as well as advice and consultancy and to support outreach at large scale events. [www.kely.org](http://www.kely.org)

**30 Kirsten's Zoo**

Kirsten's Zoo is a non-profit, volunteer run animal rescue organisation. They provide shelter and medical care

to abandoned, surrendered, neglected and often abused animals. Their goal is to stop the flow of unwanted animals by taking them in and ensuring that they are spayed/neutered and have all the necessary medical care provided. They then place them in foster homes until they are adopted. Animal lovers can complete a volunteer questionnaire to learn more. [www.kirstenszoo.com](http://www.kirstenszoo.com)

**31 Lifelong Animal Protection (LAP)**

LAP exists to help animals in Hong Kong and to bring about the conditions whereby every animal has a good home. Volunteers help organise events, walk dogs, bottle-feed motherless puppies and kittens, match shelter pets with prospective adopters, answer phones and foster newborn orphaned pets. There are plenty of other ways to help too. Complete the volunteer application form and let LAP know which areas you would like to participate. [www.lap.org.hk](http://www.lap.org.hk)

**32 Make-A-Wish Hong Kong**

Their mission is to create life-changing wishes for children with critical illnesses ages 3 to 17 (in Hong Kong and Macau). Make-A-Wish Hong Kong is a member of Make-A-Wish Foundation International, the world's largest wish-granting organisation with 39 affiliates serving over 50 countries and territories. Collectively they have granted more than 500,000 wishes worldwide since 1980. Volunteers can learn new skills and talents by contributing to wishes and bringing children unforgettable memories. The experience of making a difference in their lives is profoundly rewarding. Volunteer services include: Wish Volunteer to wish Planning, Activity Volunteer to help with fundraising events and children activities, Office Volunteer does general office work, Volunteer Photographer/Videographer helps capture precious moments during Wish Journeys and events. [www.makeawish.org.hk](http://www.makeawish.org.hk)

### 33 Médecins Sans Frontières (MSF)

Médecins Sans Frontières (MSF) is an international, independent, medical humanitarian organisation that delivers emergency aid to people affected by armed conflict, epidemics, pandemics, natural disasters and exclusion from healthcare. They offer assistance to people based on need and irrespective of race, religion, gender or political affiliation. Check their website for specific volunteer vacancies. MSF also recruits general volunteers with higher flexibility to assist with clerical work or event organisation. To join as general volunteer, upload your personal information to our volunteer database. [www.msf-seasia.org](http://www.msf-seasia.org)

### 34 Micro Forests

MicroForests is a social enterprise that provides meaningful training and dignified job opportunities for women who are single parents, new arrivals, or from low-income families through the sale of MicroForests artwork and workshops. Their goal is to empower women to build their self-esteem and self-worth, to ultimately build self-sustainability. They are eager to find volunteers to help with a variety of activities in their workshops including babysitting, activities support, help with promotional materials and in joining their outreach programs. [www.microforests.com](http://www.microforests.com)

### 35 Mother's Choice

Mother's Choice is a local charity serving the many children without families and pregnant teenagers in Hong Kong. They aim to provide loving, non-judgmental support to the many pregnant teenagers who had no one else to turn to in addition to providing nurturing care to children without families. About 80% of Mother's Choice workforce is made up of volunteers from all corners of Hong Kong with many different skills. If you are interested in becoming a volunteer, there is a Volunteer Information Session so that you can learn more. You can also foster a child. [www.motherschoice.org](http://www.motherschoice.org)

### 36 Music Children Foundation

Music Children Foundation aims to provide free-of-charge music programmes to underprivileged children aged 16 or below in Hong Kong. With the support of donors, patrons, volunteers, and professional musicians, they have been offering music programmes by highly-qualified tutors, with public performance a key component of the curriculum. They aim to make music a part of everyday life and an instrument of change for the good of Hong Kong. Volunteers are needed for data and document management, musical instrument practice with children, accompany children to concerts and performances and assist in organising regular classes, orchestra and choir practices and performances. Music lovers will enjoy volunteering here. [www.musicchildren.org.hk](http://www.musicchildren.org.hk)

### 37 Ocean Park Conservation Foundation Hong Kong

The Ocean Park Conservation Foundation Hong Kong (OPCFHK) has funded 536 research projects on cetaceans, giant pandas and many other species. The two themes for 2020/21 include marine conservation and combating illegal trade of threatened species. They also participate in the conservation and research of local freshwater turtles. The Foundation has also extended the Stranding Response Programme to threatened species of sharks and rays. OPCFHK inspires university students to engage in field work as part of its University Student Sponsorship Programme in Wildlife Conservation and connects secondary school students as well as corporations to horseshoe crab conservation efforts in Hong Kong. [www.opcf.org.hk](http://www.opcf.org.hk)

### 38 Pathfinders

PathFinders ensures the most vulnerable and unsupported children in Hong Kong are protected and respected, and their Migrant Domestic Worker mothers are empowered to

find a path to a brighter future. Having served almost 7,000 babies, children and women, PathFinders is a respected charity committed to supporting the welfare of children by providing child protection, counselling, shelter, food, health, education and legal support. If you're keen to join their incredible team and help ensure every child in Hong Kong is protected and receives a fair start in life, become a volunteer. [www.pathfinders.org.hk](http://www.pathfinders.org.hk)

### 39 Po Leung Kuk

Adhering to the mission of "protecting the young and the innocent, aiding the needy and nurturing the talents", Po Leung Kuk is dedicated to serving the community with the aim of achieving holistic development. Under the principals of care, respect, equity, empowerment and pursuing excellence, they provide a wide spectrum of quality services and support to people in need, and strive for creating a caring, harmonious, barrier-free, inclusive, and loving society. Volunteer services include helping with recreational activities, workshops, medical appointments, domestic maintenance, childcare, homework guidance and translation. [www.poleungkuk.org.hk](http://www.poleungkuk.org.hk)

### 40 Rainbow Project

Founded in 1999 by a group of concerned parents, educators and professionals, Rainbow Project is a local charitable organisation in Hong Kong. They provide English medium special education service, bilingual (English or Cantonese) occupation therapy and speech therapy to children age 3 to 11 who are diagnosed with Autism Spectrum Disorder and other special education needs. Volunteers are invited to help during field trips, build or maintain a website, paint a wall, fix a chair or a whole host of other helpful tasks. [www.rainbowprojecthk.wordpress.com](http://www.rainbowprojecthk.wordpress.com)

### 41 Redress

Redress is an environmental charity with a mission to prevent and



transform textile waste to help create a circular economy and reduce fashion's water, chemical and carbon footprints. Their programmes work to change mindsets and practices to stop the creation of textile waste now and in the future, as well as creating systems and partnerships that generate and showcase value in existing waste. They rely on enthusiastic volunteers to help with sorting second-hand clothing donations into 30+ categories so that they can be effectively redistributed, as well as for the biannual Get Redressed Secondhand Pop Up Shop and other events throughout the year. [www.hannah-lane-9cal.squarespace.com/about/story](http://www.hannah-lane-9cal.squarespace.com/about/story)

**42 Resolve** They provide fellowships to emerging leaders from marginalised and underrepresented communities to empower them to be change-makers and social catalysts. They are looking for seasoned and committed interns, volunteers and staff who are passionate about social change in areas like fundraising and development, project management and communications. [www.resolvehk.org](http://www.resolvehk.org)

**43 Soap Cycling** Soap Cycling is a nonprofit organization working with the hospitality industry to collect, process, and distribute lightly used soap bars and bottled amenities. These life-saving items are then distributed to disadvantaged communities around the world, particularly in Asia. Soap Cycling offers a relaxing and enjoyable volunteering atmosphere for individuals, families and corporate groups to participate directly in saving the lives of young children by providing hygiene products to keep diseases at bay. [www.soapcycling.org](http://www.soapcycling.org)

**44 Society for the Promotion of Hospice Care** The Society for the Promotion of Hospice Care (SPHC) advocates for quality and compassionate care for people with life-limiting illnesses and their families. Founded in 1986, we became the first

hospice and palliative care training provider in Hong Kong and continue to promote the service through education and public awareness. Volunteers help with administrative support, social support to patients and their family members, day activity programmes, hair cutting, gardening, translation and more. If you have skills to share and have a lot of compassion, consider volunteering here. [www.hospicecare.org.hk](http://www.hospicecare.org.hk)

**45 SPCA** The Society for the Prevention of Cruelty to Animals was first formed by a group of volunteers in 1903 and became active in 1921. Although they are the first charity in Hong Kong to deal with all aspects of animal welfare, they only obtain around 1% of their funding from the government. Dedicated volunteers have helped the SPCA for many years and have helped them become Hong Kong's most successful animal welfare organisation. Apply now if you're an animal lover and have time to help. [www.sPCA.org.hk](http://www.sPCA.org.hk)

**46 The Women's Foundation** This is a non-profit organisation dedicated to improving the lives of women and girls in Hong Kong. They aspire to conduct groundbreaking research, run innovative and impactful community programs and engage in education and advocacy in pursuit of challenging gender stereotypes, empowering impoverished women and increasing the number of women in leadership roles. They are looking for volunteers in these areas: English instructors, skills workshops leaders and event coordinators. [www.twfhk.org](http://www.twfhk.org)

**47 WWF-Hong Kong** WWF is one of the world's most recognisable and respected independent conservation organisations. In 1981, WWF-Hong Kong was established with a mission to stop the degradation of the planet's natural environment and to build a future in which humans thrive with nature. Volunteering for WWF is a great way to get personally involved in local

conservation and for experience working in environmental protection. WWF welcomes volunteers at a range of levels, from event helper to fundraising and even field work at sites such as Mai Po in Hong Kong. [www.wwf.org.hk](http://www.wwf.org.hk)

**48 Youth Diabetes Action** YDA is dedicated to providing resources and information to children and adolescents with diabetes and their family members in Hong Kong. They support all aspects of living with diabetes and will work with you and your family by organising events and providing educational, social and fundraising programmes. YDA is always in need of reliable volunteers to help with general operation and administration, as well as with different occasions like member activities and fundraising events. [www.yda.org.hk](http://www.yda.org.hk)

**49 HandsOn Hong Kong** A registered Hong Kong charity serving as a hub for volunteers and NGO partners, they provide more than 100 volunteer opportunities each month and are dedicated to providing both high quality volunteer opportunities and high quality volunteers. They connect local organisations (like many of those listed above) with the volunteer manpower they need to achieve their mission. HandsOn Hong Kong develops volunteer programs that support the city's most vulnerable citizens including children and youth, the elderly, female migrant workers, refugees, animals, people with disabilities, ethnic minorities and the environment. There are volunteering opportunities for the entire family, from preparing food packets or meals for those in need to helping at an animal shelter, supporting science eco-ambassador activities and doing outreach for domestic workers.

Skilled volunteers can share their area of expertise such as refurbishing computers for disadvantaged students. Skills-based volunteering leverages job-related expertise, such as accounting, design, HR, IT or legal. [www.handsonhongkong.org](http://www.handsonhongkong.org)



# CREATIVE CLASSES FOR GROWN-UPS

Whether you're looking to learn some new skills, get creative in the date night department or do something fun with your friends, we've got you covered with the best creative workshops in Hong Kong.



**W**e've gathered the intel on the best creative classes Hong Kong has to offer, from pottery classes to coffee brewing class, art classes and all manner of DIY workshops. You are guaranteed to find the right one for you.

### The Best Pottery Classes in Hong Kong

Pottery classes are a great way to bring a little something personal into your own home, from small intricate jewellery pieces to abstract vases, plates and cups. There are numerous pottery studio's dotted across Hong Kong and we've rounded up our favourites giving you the best creative workshops in Hong Kong.

#### Clay Lab

Clay lab has an extensive range of workshops on offer. You can choose from single item workshops to longer membership packages which offer more in depth tutoring on pottery classes. The throwing and glazing workshop is great introduction to and will teach you how to throw and glaze a ceramic object in 2 separate lessons. Prices start from \$790 (+\$180 for an extra item) for a 1 hour class and you can register online.

**Address:** Clay Lab, Flat A, 6th floor, Waterloo Plaza, Mong Kok, Kowloon  
**Website:** [www.tungyao ceramics.com/about-clay-lab](http://www.tungyao ceramics.com/about-clay-lab)

#### Two Part Studio

Get stuck into the pottery basics at Two Part Studio and learn to make three pieces of work over a series of five lessons for \$1,500. All material, bisque fire, glaze, and fire are included and booking is very easy online. They also offer art classes if you fancy dabbling in something a little different.

**Address:** Tai Koo, Unit 3, 2/F, Eastern Centre, 1065 King's Road, Quarry Bay  
**Website:** [www.twopartstudio.com](http://www.twopartstudio.com)

#### Mud Hey Tong

Founded by three Hong Kong artists, Mud – Hey – Tong means clay, ware, and space. The gallery and workshop

celebrate ceramic arts education and regularly hold pottery classes and trial classes for both kids and adults. Within the trial pottery classes you can choose to learn basic hand-pinching or wheel throwing technique. Prices start from \$400 for children and \$500 for adults, for a 2-hour class.

**Address:** 175 Tai Nan Street, Tong Mi, Sham Shui Po

**Website:** [www.mudheytong.com](http://www.mudheytong.com)

#### The Toki Studio

If you're looking for more depth pottery classes, the Toki Studio's 'Pottery for Beginners' course may be right for you. Learn the fundamentals of pottery and craft your own ceramic cylinder and variations of cup, taking home three finished pieces of work. Taught over 4 classes in a month, 2.5 hrs per session for \$1900.

**Address:** Unit 4D, 4/F, 196-198 Tsat Tsz Mui Road, Tung Kin Factory Building

**Website:** <https://m.facebook.com/thetokistudio/>

### Art Classes in Hong Kong

#### Oscary Art

For a great introduction to art classes in Hong Kong, join an art jamming session at Oscary Art in PMQ. In house artists are available to help with ideas, and each session is approx 4 hours. Priced at \$200 per person, which includes 1 Canvas, 2 packed soft drinks and all painting materials.

**Address:** S511, Blk. A, 35, Aberdeen Road, Central, Hong Kong

**Website:** [www.oscaryecoart.com/art-jam](http://www.oscaryecoart.com/art-jam)

#### Art Loop

Art Loop caters to all aspiring artists, from ages 2.5 and over (including adults). They have a variety of art classes in Hong Kong on offer, which include drawing, painting, sculpture and more. With four studios across Hong Kong. Check the schedule online for classes and contact them directly for pricing.

**Address:** Unit 1001, One Island South, 2 Heung Yip Road, Wong Chuk Hang

**Website:** [www.artloop.hk](http://www.artloop.hk)



Mud Hey Tong



### Create your Own Flower Arrangements

#### Be Tabula Rasa

With an astonishing array of mix and match ideas, you will be captivated by the vibrancy of the dried flowers on offer at Be Tabula Rasa. Attend a flower arrangement class to learn how to create your own floral ornaments like flower crowns and rings (classes are currently only available in Chinese). Visit the shop in Mongkok or WhatsApp them for more information on flower delivery Hong Kong.

**Address:** 93 Lai Chi Kok Road, Prince Edward / WhatsApp: +852 9010 2761

**Website:** [www.facebook.com/betabularasa](http://www.facebook.com/betabularasa)

#### Ellermann Design

Organise a private flower arrangement class for 6-10 people with Ellermann Design. Workshops include flower crowns, bell jar arrangements and hand-tied bouquets to bridal bouquets and table styling. Contact directly for pricing and availability.

**Address:** Boutiques at Landmark, Pacific Place and Wong Chuk Hang

**Contact:** +852 2291 0388 or [enquiry@ellermannndesign.com](mailto:enquiry@ellermannndesign.com)

**Website:** [www.ellermannndesign.com](http://www.ellermannndesign.com)

### Glass Blowing Workshop in Hong Kong

#### Glazden

Head over to Glazden in Wan Chai for a 1:1 workshop on lamp working and/or glass blowing. Glass blowing workshops will teach you how to blow and shape bubbles, and work with colour, pattern, and texture on your own design with the artist's help. Or you can make your own miniature galaxy in the shape of a pendant with their lamp working workshop. Prices are dependent on the workshop chosen, and classes are taught in Cantonese and English. Whatsapp for more information and to check availability.

**Address:** G/F, 23 Sau Wa Fong, Wan Chai / Contact via WhatsApp +852 9133 2698

**Website:** [www.glazden.com](http://www.glazden.com)

### Leather Workshops

#### Shoe Artistry

Learn the traditional hand-stitch, leather sewing, and sole cementing techniques at a beginner shoemaking workshop with Shoe Artistry. You can choose to make cute tiny kids boots, a pair of adult pumps or some summer sandals. Perfect for yourself or even as a DIY gift. All materials are made from sustainable veg-tanned leather and natural rubber soles and you can choose from an array of different colours. Prices start from \$300 to \$600.

**Address:** PMQ Unit S603, Block A, 6 Floor, No., 35 Aberdeen Street, Central

**Website:** [www.shoeartistry.com](http://www.shoeartistry.com)

#### Motto Carpe Diem

Looking for the perfect handmade gift? Why not make your own wallet, belt, clutch, or passport holder. Motto Carpe Diem is a handmade leather craft workshop offering a range of courses. To make a small air pod holder takes approx. 2 hrs to complete, or you can aim higher and make your own leather bag which can take anywhere from 10/30 hrs. Prices vary depending on the complexity of the product and range from \$380 to \$4000.

**Address:** Flat 1C, 1 Floor, Ka Wing Factory Building, 19-21 Ng Fong Street, San Po Kong

**Website:** [www.mottocd.com/en/leather-course](http://www.mottocd.com/en/leather-course)

### Make your own Perfume

#### Intime Artisan de Parfum

Create your own signature perfume that says, "this is me!" at Intime Artisan de Parfum. A one-of-a-kind personalised experience where you get to choose from 32 scents to find the perfect combination for you. The workshop priced at \$995 includes a 30ml Eau de Parfum to take home, with your own personalised label. The bespoke formula will be recorded so that you can order again in the future.

**Address:** 903, Koon Fook Centre, 9 Knutsford Terrace, Tsim Sha Tsui.

**Website:** [www.intimeperfume.com/workshop.html](http://www.intimeperfume.com/workshop.html)





## Make your own Turkish Lamp Mosaic Glass

### Mosaic Art Studio

Since we can't travel at the moment, why not bring a little colour to your home and learn to make a beautiful mosaic lamp with the help of a Turkish teacher at Mosaic Art Studio. Choose from carefully prepared hand-cut glass and beads in 12 colours, as well as a variety of traditional Turkish lighting totem collage templates. Prices start from \$320 to \$790 for a 2.5 hour class.

**Address:** World Interests Building, Room 705, 7/F, No 8. Tsun Yip Ln, Kwun Tong

**Website:** [www.mosaicartstudios.com/hk](http://www.mosaicartstudios.com/hk)

## Coffee Brewing Class

### The Coffee Academics

Look no further than The Coffee Academics for a coffee brewing class. With everything on offer from learning about espresso, milk, to sensory and cupping. You will be sure to master all and any coffee brewing skills you want to achieve! A coffee brewing class covers all the factors that go into making that perfect brew, from the beans to creating foam art. Classes run for 1.5 hours, in the evenings and prices start from \$488. With various locations on offer, check out their website for the most up to date schedules.

**Website:** [www.the-coffeeacademics.com/pages/workshop](http://www.the-coffeeacademics.com/pages/workshop)

## Sensory Zero

Sensory Zero offers all the basics of a coffee brewing class, from learning about the origins of coffee, its processing methods and distinct characteristics, to Latte Art and cupping. They even offer a Roasting Experience workshop which is led by an authorized SCA Trainer & Certifier. Meaning you can obtain a SCA Roasting Foundation Certificate if you fancy!

No matter what your interest, hobby or passion may be, get those creative juices flowing with any of these classes. After all the best creative workshops in Hong Kong are right on your doorstep!

**Website:** [www.sensoryzero.com/training-workshops](http://www.sensoryzero.com/training-workshops)

## Intime Artisan de Parfum



## Creative Workshop Series @PMQ

The Creative Workshop Series @PMQ features more than 40 workshops not commonly found in Hong Kong. Hosted by creative talents from different fields. Like Sindart – the embroidered shoemaker since 1958, featuring beautiful patterns of goldfish, phoenixes, and flowers on silk brocade. Playback Concept use the Mokume-gane technique first developed in 17th century Japan for bracelet making. Loupe will showcase traditional silversmithing techniques to make beautiful jewellery. For unique and artistic workshops head over to [www.pmq.org.hk](http://www.pmq.org.hk) to see a full listing of what's on.



Mosaic Art Studio



## Hong Kong Book Fair

This year's Hong Kong Book Fair is scheduled to take place 14–20 July at the Hong Kong Convention and Exhibition Centre. The fair will feature exhibitions on children's and teen's books; stationery and art & craft products; e-books & e-learning resources: e-book readers, audio visual learning aids, educational software; hobby goods and multimedia products.

[www.hkbookfair.hktdc.com](http://www.hkbookfair.hktdc.com)

## Oxbridge School Opens in August

Oxbridge School opens its doors to new students this August, offering a curriculum based upon the National Curriculum of England and Wales and a maximum class size of just 15 pupils. The school's bright and modern campus is located in Hung Hom and boasts well-equipped classrooms, specialist subject teaching rooms and a dedicated Gifted and Special Needs centre. There is also an on-site swimming pool. [www.oxbridgeschool.hk](http://www.oxbridgeschool.hk)

# Education Matters

## Wycombe Abbey Hong Kong

Looking for a quintessentially British Prep School education for children 5 to 13 years old in Hong Kong? Wycombe Abbey School Hong Kong offers a high-quality holistic education based on the British National Curriculum of England and Wales. Applications for

Year 1 to Year 8 are open

for August 2021 entry, with limited spaces available. To book a school tour and learn how to be a part of the Wycombe Abbey pathway from HK to the UK visit.

[www.was.edu.hk](http://www.was.edu.hk)



## Is Your Child Struggling with Reading?

The amazing team at Focus and Bring Me A Book Hong Kong have put together a fact sheet to help parents pick up on the signs that their child is a struggling reader. The useful tool includes: What Signs Should I Notice (broken down into 2–5 years; 5–7 years; 8–10 years; 11–13 years and 14–18 years) and How Should I Read With My Child (in age groups of 0–3 years; 4–8 years; 9+ years; 12+ years). Building a reading bond with your children is invaluable, "The greatest gift we can give our children is our attention. Reading and talking about a story creates a strong parent-child bond and is the attention children need to thrive." Diane Frankenstein, Strategic Literacy Consultant and Author.



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# French English Academy



“Language shapes the way we think and determines what we can think about.” Benjamin Lee Whorf

— Linguist. And for this reason, French English Academy has been created with language at its core.

It's undeniable that language is one of the most powerful determining factors of our outlook on the world around us, the way we interact with others, and how we approach all of life's complexities. As a child, when we can first communicate to others it opens a whole new world for us. From a learning perspective a child's first formal education expands his or her mind and establishes new ways of thinking, analysing, relating, and learning. Therefore, introducing language very early on can only have benefits.

Relatively new to the Hong Kong scene, the French English Academy (FEA) has set up home in Repulse Bay. The school is independently operated and caters for children aged three to five. It is dedicated to early bilingual education and is the only school in Hong Kong where all core subjects are taught in English and French in 50/50 balance by teachers using their native language.

Given the large French community in Hong Kong and the appreciation for the language here, coupled with a Belgian founder who previously set up a bilingual school in London, French

was a natural choice for the school.

Language is the key focus at FEA and the curriculum is a 360-degree experience designed to create early exposure to school life and dual language.

FEA believes that under a bilingual education a child's mental agility is heightened; concentration, focus and the ability to multi-task and to develop solutions to problems is improved.

The school is committed to building a foundation of elevated learning ability, multi-cultural perspective and accelerated social skills for its students, driven through a fully bilingual education.

FEA follows the French Curriculum, but the competences are taught in both French and English languages in a 50/50 balance. FEA is also in the process of gaining its accreditation with the French Ministry of Education (AEFE) highlighting FEA's commitment to offering the highest standards of teaching.

The curriculum is also designed to fuel imagination, build skills, improve interpersonal communication, and cater to each child's unique personality, needs and talents. Positive reinforcement is used to help build self-confidence and enjoy the learning process. And “*bilingual education contributes to high self-esteem in children*”. Building positive relationships to each other and

to learning is an important aspect of education. Giving children the confidence to grow their social skills and create meaningful relationships and to be able to interact with everyone from different backgrounds. Class sizes range from 10–15 students and French is not a requirement to attend.

The renovated campus includes dedicated areas for motor skills development, storytelling and nap time, plus a fully equipped outdoor playground. Educational toys, games, puzzles, and books are supplemented with interactive television and iPads.

FEA also offers subjects like visual arts, physical education, drama and music incorporating the creative elements found in the English curriculum. The school also plans an extensive extra-curricular programme including sports, ballet and science clubs taught by specialised teachers. [www.feahk.com](http://www.feahk.com)

## RAISING CARING GLOBAL CITIZENS

A bilingual education fosters appreciation for cultural differences, promotes tolerance and motivates an eagerness to explore the perspectives of others. In addition to the practical and competitive advantages a bilingual child enjoys as he or she grows and ventures into an increasingly globalised world, the young person is far more likely to become a responsible citizen and give back to society at large.

### 0-3 years:

#### **You and Me by Nicola Edwards**

A celebration of love, this book makes the perfect bedtime story for parents and caregivers to read to their children. It features fun flaps and sliders, which move the bear back and forth to create action within each spread.

Available from Book Depository, \$76.

#### **The Moon is a Silver Pond**

##### **by Sara Cassidy**

*The Moon Is a Silver Pond* encourages imagination, asking the reader to look at everyday objects from a different perspective. A young child skates, bakes and milks the cow while the moon wondrously transforms above. The moon is a silver pond when seen through the trees. When they tend the cow, the moon is the milk at the bottom of the pail.

Available from Elephants.com.hk, \$84

### 4-8 years:

#### **Do Not Rake Your Garden in a Party Dress by Kelly Pousette**

A tea party in the garden leads to an unexpected adventure when a gust of wind sweeps the young girl away. This is a delightfully imaginative book featuring whimsical collage illustrations.

Available from Book Depository \$102

#### **The Book of Gold by Bob Staake**

When young Isaac Gutenberg meets an old shopkeeper who tells him about a magic book that turns to gold when opened, Isaac is full of curiosity. He sets off to find the hidden book in the hope that it will make him rich. The visuals in this book are excellent; finally a picture book older children can enjoy!

Available from Book Depository, \$131




# bookshelf

### 9-12+ years:

#### **Escape, One Day We Had To Run, by Ming and Wah**

Throughout history, ordinary people have been forced to leave their homes because of war, famine, slavery, climate change, or political upheaval. These true stories tell how courageous people have overcome these obstacles. From Book Depository \$102

#### **Every Tree has a Story by Cecile Benoist**

Perfect for nature lovers, this visually stunning book is an exploration of unique trees. Spectacular art enhances 20 fascinating stories about unique species, traditions, and the people who both nurture and destroy different trees from every corner of the world. Available from Book Depository, \$160. 

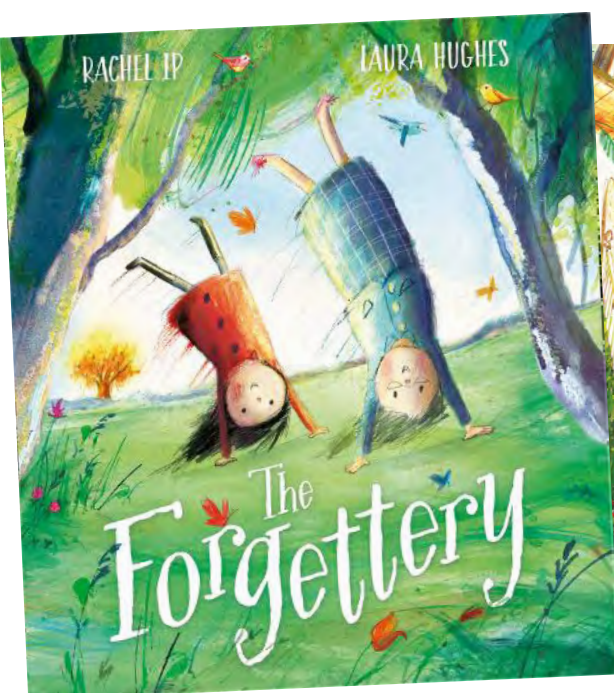


**For more book suggestions, check out  
Bring Me A Book's search engine.**

<http://findmeabook.bringmeabook.org.hk/en>







# The Forgettery

Hong Kong based author, *Rachel Ip*, tells *Playtimes* about her latest book

**T**he *Forgettery*, illustrated by Laura Hughes, is the sweet story of young girl named Amelia and her granny who wind up venturing into the magical world of memories. Here in this special place known at *The Forgettery*, they find all that's ever been forgotten. Amelia helps her granny find her most treasured memories, making more along the way. It is a beautifully illustrated and truly enchanting tale which gently touches on the topic of memory loss but also celebrates the unique bond between grandparents and grandchildren.

The idea behind this story came when Rachel's daughter asked, "where do all the forgotten things go?" Rachel answered they are all in *The Forgettery* and from there a story emerged. Considering how adults frame the memories of children by putting structure in place so they don't forget

things, Rachel started looking into the subjects of memories, memory loss and dementia. In her research she discovered that cases of dementia are on the rise and affect millions of people globally.


Exploring these topics lead Rachel to look into how to support those living with memory loss and she learned how the brain stores memories. In *The Forgettery*, Amelia makes a memory book to help her granny remember. Throughout the story, pertinent topics are addressed and pave the way for discussions with young children. She feels picture books are a wonderful way of connecting to big themes like this and opening up conversations. They are books to read together and become a shared experience.

She also accomplishes this in her book, *The Last Garden*, illustrated by Anneli Bray, which is about a little girl in a war-torn city who tends to the last

garden. Inspired by true events in Syria and war gardens around the world and throughout history, *The Last Garden* is a story of hope touching on issues of conflict and migration.

Rachel, who is on the board of Bring Me A Book Hong Kong, has been a visiting author at schools across Hong Kong. She recently discussed conflict and migration through *The Last Garden* and students showed great insights and empathy when exploring these difficult themes.

In her school visits, Rachel has shared her notebooks (messy by her own admission) and explained the editing process. Through these sessions she hopes to inspire children to engage in the creative process and to show that it takes time and effort to get the words right, even for an experienced writer.

Rachel Ip is a Hong Kong based author and mother of 2 young children. 

# Max and Mei & Me Series



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Learning Chinese at early years can be really easy and fun. With the kit, you will be able to sing, read, play and learn Chinese with your child.

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Please visit: [maxandmei.com](http://maxandmei.com)

For enquiries: [nihao@maxandmei.com](mailto:nihao@maxandmei.com)

## Max and Mei Chinese Zodiac Series

Charming story books for children (ages 2–7) to practise their Mandarin, and learn all about the animals of the Chinese Zodiac.



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Max and Mei  
麦思和美美

## What's inside the learning kit?!

2-in-1 Sound Book (A+B)



A. Nursery Rhyme



B. Story



Game Cards



Finger Puppets



Activity Book



User Guide



Placemat



Snakes and Ladders Game



### About the Series:

- Created by acclaimed author Martha Keswick, illustrated by award winning illustrator, Mariko Jesse to provide parents and teachers with engaging bilingual stories they can share with their children
- **13 exciting stories** for children learning Chinese as a foreign language (includes pinyin).
- Online audio soundtrack in Chinese and English

### Products include:

- **13 x Max and Mei Storybooks**  
Dog, Dragon, Goat, Horse, Monkey, Ox, Pig, Rabbit, Rat, Rooster, Snake, Tiger and Dinosaur
- **3 x Max and Mei Activity Books**  
Colors, Numbers, Family and Food
- **2 x Max and Mei Chinese Card Games**  
Colors and Numbers, Clothes and Animals



Max and Mei



Max and Mei



maxandmei

# SCREENTIME, It's Not All Bad





*Arcadia Kim,*  
former Chief  
Operating Officer at  
a leading gaming  
company, explains  
how turning off  
her children's  
screentime limits  
led to them  
reducing, not  
increasing, their  
screentime. Could  
it work for your  
family?

In 2006, I quit my job as the high-flying Chief Operating Officer of Electronic Arts in Los Angeles, where I worked with some of the most talented game makers in the world on blockbusters titles like *The Sims*, *The Lord of the Rings*, and *Command and Conquer*. At 39 weeks pregnant, I “retired” as a game executive to fully focus on the next chapter of my life: being a mum.

I was pumped and psyched to be a stay-at-home mum, but I was anxious too. I inhaled parenting books from *Super Nanny* to *Spock* to quell my worries.

When the iPhone was released in 2007, I foresaw how this portable tool could wind up being worse than candy in a baby's hands: fascinating, habit-forming, and unstoppable.

I mean, I was a gamemaker. I knew how addictive video games were. In fact, I felt like I used to be a drug dealer. So, as my baby grew into a toddler and my family grew bigger with two more siblings, I too, did the “just say no!” to screentime. Hello limits, control, and fear!

My kids were allowed 20 minutes a day, and not a second more. All content had to be vetted through me. I monitored my kids through cutting-edge technology, like Tom Cruise in *Minority Report*. I hovered over them like screentime police, just waiting until someone made a mistake.

Fast-forward to a few summers ago. I was having a blow-out fight with my ten-year-old son about his screentime limits. He hurled his iPad across the room, and nearly knocked me out. Shocked, I locked myself in the bathroom. Crying on the floor, I called my husband and whispered, “I don’t know how much longer I can do this.”

#### **We had SO MANY RULES about screen time.**

I even implemented a complex ticket system where my kids could earn their screentime by doing chores, homework, exercise, and even good grades. What would happen is my kids would hack through everything that they needed to do without thought... just to get to the screentime.

And because of these strict rules, screentime became a thing of power. My kids called me “Darth Mom.”

It was a wake up-call for me: my relationship with my kids was suffering, because of the way I was managing technology in our home. In fact, I was sending a more dangerous message...

#### **Technology is more powerful than you!**

But we can’t fight the technology tide. I mean, come on: technology is a language for our kids.

According to the Pew Research Center, 60 per cent of children under 12 use a smartphone, with six-in-ten engaging smartphones before the age of five. Not only are children using devices earlier and earlier, but experts are optimistic about the next 50 years of digital life, even as technology disrupts jobs and the market economy. 100 per cent of our kids are going to need technology to succeed in their future jobs, or thrive in their life.

Instead of asking how I can control screentime, I should be asking: how can I prepare my kids for this new reality?

So, one day I tried something different. Rather than laying down the law, I told my son and his sisters they were allowed unlimited screentime - as long as they made good choices.

What happened next was bizarre. My kids actually stopped obsessing over screens and needed them LESS, not MORE.

I made a great discovery: I realised technology wasn’t “bad,” but our shame and strife around it has made our kids crave even more screentime. What kids need in this technology age is mentoring, not policing. When we give our kids the autonomy to manage their own device use within clearly defined boundaries, you will raise savvy, screensmart kids ready for the technology age.

After years of coaching parents and researching expert opinions, I’ve distilled my insights into a step-by-step system that any family can follow to achieve screentime bliss:

#### **1. Understand Your Fears:**

Examine your screentime fears and your family’s technological tendencies. Although some of you’d love the idea of eliminating screens, understand that most screentime fears are unfounded and that most of the scary science and “expert opinions” out there are worst-case scenarios. You will be amazed at how switching the conversation on screentime from shame and strife to beauty and connection can do wonders in getting kids to screen less!

#### **2. Define Your Family Values:**

Surprising, but taking the time to define your family values is the key factor in successfully managing and balancing screentime. Why? Because values guide your decisions on screentime. Defining your values as a family together is



not only fun, but also establishes a dialogue that can include screentime agreements to align with what your family believes in.

### 3. Learn About Veggie vs. Junk Screentime:

Ditch the “time” in screentime and stop monitoring the hours. Not all screentime is created equally, and it’s healthy for kids to consume a mix of screentime that can range from educational to creative and gaming.

### 4. Map Screentime to a Family Schedule:

Create a family schedule that includes routines and chores. Armed with your family values, you can now decide whether your family is spending time that aligns with your values. Do you want to be spending time on outdoor sports, making art, or creating

YouTube videos together? With a schedule, you and your kids can decide together when is screentime appropriate (after homework) and when it is not (in bed).

### 5. Create a Screentime Agreement:

By combining your family values, routines, schedules, and screen locations, the whole family can write a screentime agreement together. Rather than seeing it as a set of rules, treat it as a living, evolving guide to screentime principles. Review it often, and follow through.

Today, I’m happy to report that my family no longer focuses on the time on screens, but on choices. My kids self-regulate their screen use based on goals. Whether it is finishing a school project, creating a family movie clip, or just hanging out with friends, every screentime choice is intentional. Case in

“

Armed with your family values, you can now decide whether your family is spending time that aligns with your values. Do you want to be spending time on outdoor sports, making art, or creating YouTube videos together?

”

point: my 15-year-old son (yes, the one who threw the iPad at my head) spent years creating an incredible Minecraft world on a private server called “Kimtropolis,” with a government, an economy, countries, the whole works. Ninety players from four countries play on it. It is his creative outlet. He is the master of this universe. I’m so glad I didn’t kill it when he started it at seven years old, even though I wanted to. I’m proud to raise a screen savvy kid, ready for our technological future, and I hope you will too! 

*Arcadia* went on to create Infinite Screentime, a movement that encourages safe, fun, and exploratory tech havens in age-appropriate doses so that kids can grow up to be functioning adults in control of tech and not visa versa. If you’re struggling with screentime, join the movement [www.infinitescreentime.com](http://www.infinitescreentime.com)



# How are you feeling?

*Flora Scott* explains why emotional intelligence is essential for happiness and success.

“How are you?” is often a closed question that leads to a “fine/good/ok” answer, leaving us nowhere to go. Of course, it’s not always the right occasion to launch into a detailed response about the ups and downs of our current emotional state, but in our children it’s essential that we allow and understand the expression of the whole range of emotions. Research supporting the importance of understanding why emotions matter has been building considerably in recent years. The evidence shows that our emotional system is inextricably linked with our cognitive system. For example, if you’re being bullied and you arrive at school feeling a mixture of nervousness, fear and anger, it will be difficult to focus your attention on the teaching and learning that should be taking place, let alone to make decisions or solve problems. Crucially, recognising and responding to emotions in ourselves and those around us play a vital role in our relationships with everyone around us. Losing patience with an irritating team member or dealing with the disappointments of a poor grade can be the difference between success and failure. We don’t usually give up

because of a lack of cognitive ability but because of the inability to deal with the feelings around failure.

So how do we go about giving our children space to be their true feeling selves? As parents, how we respond and react to our children’s feelings is important because it teaches our children how to have healthy relationships with how they feel, from rage to joy, grief to contentment and everything in between. Ignoring and denying our children’s feelings or, at the other end of the scale, overreacting to our children’s feelings, can be harmful in allowing them to feel, express and regulate. When my son started going on the school bus to kindergarten aged three, every day became a struggle when he cried and refused to get on the bus. Shutting down his feelings by saying, “don’t be silly, you’re going and that’s that” only made the problem worse and took us all longer to get to where we needed to be each morning. Respecting and validating his feelings by saying, “this is hard, you really don’t want to go to school today” was easier for him to hear and in the long run has made our mornings easier as he’s learnt

to soothe himself more easily when the pressure’s on.

We can encourage this development in all areas of our children’s lives particularly as the increase in screen time and lack of interaction with peers has deprived our children of the experiences that teach emotional and social skills. For young people, having an adult they can talk to who will listen without judgement allows them to be comfortable with all the emotions without letting a feeling get control of them. There is an increasingly loud argument for making emotional literacy part of the school curriculum in an approach that is proactive rather than reactive. At home, moments of emotional intensity can be golden opportunities in which to teach our children how to express their emotions and most importantly, regulate and handle these emotions safely. Improved relationships, resilience, behaviour, performance and physical health – the list is long and the evidence is compelling. 🧠

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*Flora Scott* is a counsellor at Kennedy School and can also be seen at Central & Stanley Wellness ([stanleywellnesscentre.com](http://stanleywellnesscentre.com)) by appointment.

# POCKET

# MONEY

## FOR KIDS

### HOW MUCH, WHEN TO START, HOW TO EARN

*Tiffany Beeson* finds out the going rate in Hong Kong

**N**o matter the age of your children, it's a good time to start educating them on the value of money and give them the tools to manage it in the future. If you haven't ventured down this path yet, don't worry. It's not too late to begin the process of teaching this important life skill and there are a lot of resources out there.

From the time my kids were about three years old, we gave them money in a jar at the start of the week. It was only \$20 and they were encouraged to save it up for something special. They both loved to see the coins and bills accumulate and talk about what they wanted to buy. There was a catch to keeping the whole weekly amount though. They had a list of things, mostly behavioural, to abide by. Any infractions during the week could lead to a few dollars' deduction. It was all very visual and certainly inspired them to work hard to keep the precious money jar full.

By the time my son was eight years old, he had saved enough of his weekly money, along with money he received from a few birthdays, to purchase his own iPad. We brought cash to the Apple Store at IFC and it was a really rewarding moment for him - counting out the exact amount and taking home a brand new iPad. I might back up a little bit here to say my son did complain that other kids' parents bought them iPads and other expensive toys. He wondered why we didn't do the same. It was challenging to explain that we wanted to share the value of money with him. He will appreciate it one day.

Three years later when my daughter turned 8, guess what she did? Yes, she too bought herself an iPad. She didn't complain as much since the precedent had been set but being more of a spender, she did have a harder time saving. I put this down to differing personalities. My

son will easily save and avoid frivolous purchases while my daughter often wants to give in to instant gratification and buy trinkets or whatever her friends have.

#### Where to begin with Pocket Money

So how much pocket money is best? And at what age is it best to start? This all depends on your own finances and most likely will have some reflection on your upbringing. Having a look at a few FB groups and asking friends and trusted Playtimes readers revealed some interesting information about what other parents in Hong Kong are doing. It's not necessary to follow others but sometimes it helps to see what your child's peers are getting as a reference. I can tell you it ranges from \$0 to over \$3,000 per month, depending on the age of the child and the family's idea of what pocket money is used for. Here's a quick rundown of the ranges I've seen amongst Hong Kong families.





By the time my son was eight years old, he had saved enough of his weekly money, along with money he received from a few birthdays, to purchase his own iPad.



### Ages 0–7 years

#### \$ Range:

\$2, \$5, \$10, \$20, \$30, \$50, \$60 and \$80.

#### Tasks expected by the parents:

- Folding clothes three times a week
- Being nice to a sibling
- Helping with laundry or dishes
- Keeping bedroom clean, make the bed
- Getting ready in the morning without being asked
- Taking out the rubbish
- Emptying the dehumidifiers and dishes

The money is typically kept in a piggy bank. Older children are responsible for keeping track of all incoming and outgoing money in a register/log (good for practicing maths skills, and in some cases learning how to calculate monthly interest).

### Ages 8–12 years

#### \$ Range:

\$2, \$10, \$30, \$40, \$50, \$100, \$150, \$300

#### Tasks expected by the parents:

- Bed is made and room is tidied daily
- Feeding the pets
- Walking the dog
- Helping with washing-up and hoovering.
- Going to the supermarket
- Helping mum with ad hoc tasks
- For personal use / School lunches and snacks / Buying gifts for friends

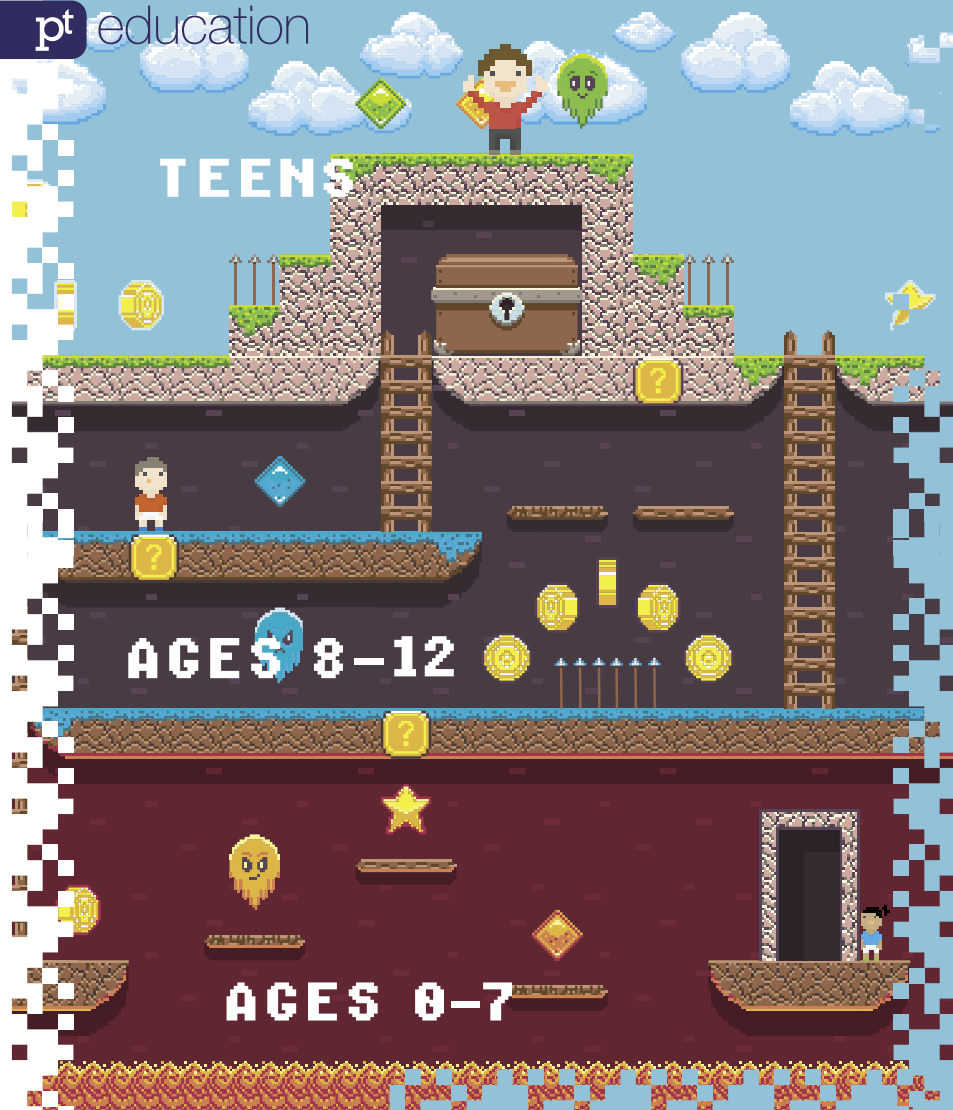
For some, the money is stored in piggy banks. For others it is loaded onto Octopus cards, and into savings account.

### Teens

- 13 year old: \$500 per week to cover transportation, food and any extras, with a minimum of \$50 per day for transportation. Additionally, \$2,000 per month in a bank account, which she manages.
- 13 year old and 15 year old: \$400 per month and \$600 per month, respectively. The allowance can be

used to buy lunch at school. Octopus cards are used on all non-school transportation. Money is withheld if daily chores aren't completed.

- 13 year old: \$140 per month split between savings, charity and spending, as long as house chores are completed. Parents are considering increasing the monthly allowance to include a budget for clothes and other items.
- 13 year old: \$100 per week for spending. Parents pay for public bus to school and things like a cinema visits. The allowance is used to buy things during the week or saved.
- 13 and 17 year olds: \$100 and \$120 per day for getting to school and to buy lunch. They also get money for doing housework, \$20 for washing clothes and hanging to dry, \$20 for taking clothes off the line, folding and placing in the wardrobe, \$25 for cleaning the windows, \$30 for cleaning their toilet,



\$20 for dusting living room furniture. Other jobs like washing dishes, setting the table, drying dishes and throwing the rubbish out are rewarded with WiFi for two hours.

- 14 year old: \$0 unless she works for it. Parents cover the cost of clothes, school trips, school lunches and ferry fares, but she must use her own money for everything else. This way she realises it's not a bottomless pit of money and if she chooses to take a taxi rather than a bus then there is no more. She is also expected to do chores at home.
- 14 year old: \$0 pocket money unless she asks for it (for example money to buy snacks). Parents pay for shoes, clothes, accessories, necessities, etc. If she wants to buy something else, especially something expensive,

parents don't buy it and would sit down and talk about the importance of the item and help decide if it is a necessity or not.

- 14 year old: \$700 per month for transportation, lunch once a week and toiletries. If she manages all her responsibilities and chores, she can earn up to another \$100 per week to spend any way she likes. She also gets a clothing allowance twice each year with a \$2,000 limit for the year (no matter what shoes she wants).
- 14 year old: \$100 each week if she takes care of all of her regular responsibilities. She can earn more by taking on extra responsibilities. She also gets \$400 per month for school activity transportation and \$100 per month for toiletries.
- Mid-teens: \$100 per week with the

idea that two weeks' allowance is plenty to go out and see a movie.

- 15 year old: \$2,000 a month to pay for school lunches, transport including to and from all sports training sessions and games and general pocket money. Anything he saves he can keep.
- 15 year old: \$600 a week, which includes lunch money and travel expenses.
- 15 year old: \$500 per week which is used to take the public bus or taxi to and from school and paying for lunch at school plus snacks between school and after school activities and a few personal items.
- 16 year old: \$100 per week. Parents buy his clothes and pay for travel costs but if there's something extra he wants to buy he's expected to use his own money.

### General guidelines and thoughts from HK parents

Giving your child an allowance really helps him to learn the value of a dollar. We started doing this when our son kept asking for things. We told him he needed to earn it and thus began the allowance. It has greatly helped with his math skills and patience level as well.

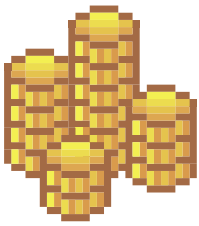
One family suggests to give an allowance with the following rules: save 10% for a charity of their choice and 10% for family tax. At the end of the year the family tax can go towards a new video game, a day at Disney or some other fun family activity.

Several parents follow this amount for their teens: \$400 a week to pay for school lunches, public transport, going out and other entertainment or extra purchases.

### Tools and rules

Some families recommend the Bankaroo app, which enables you to track how much money you give without actually handing over the money. This could be helpful to encourage saving up for something special or tracking incoming and outgoing money. Bankaroo is an educational virtual bank for kids to help teach them about money, budgeting, setting goals, saving up, and being





accountable for their decisions. It offers a family friendly interface and is accessible via the web and mobile apps.

There's also RoosterMoney to help manage pocket money. It has options for wallet, savings and goals (bigger items). RoosterMoney encourages families to learn together so that parents can actively educate, motivate and empower their kids to be prepared for the future. The app uses technology to bring to life all the traditional financial principles we were brought up with (or wish we were!) and make managing money relevant and smart. Pocket money offers a practical way to introduce kids to some of those fundamental concepts that will be used for the rest of their lives. "It also stops difficult conversations about over-spends on digital donuts and Roblox."

Parents may also need to determine

whether their children are allowed to spend money on whatever they like vs on select items or for savings. Dividing pocket money into three categories - saving, spending and charity - is also a popular way to teach kids about money. Also known as the "save, spend, share" system, pocket money or allowance can be spent as desired, but a portion must be saved, and another portion must be shared (i.e. for charities).

### Excellent books for parents

New York Times personal finance columnist and father Ron Lieber has written a fabulous reference book for parents, detailing the best ways to handle the basics of finances. *The Opposite of Spoiled: Raising Kids Who Are Grounded, Generous, and Smart About Money* explains how talking openly to children about money can help parents raise modest, patient, grounded young adults who are

financially wise beyond their years. Ron Lieber's idea of good parenting means talking about money with your kids. He addresses topics like the tooth fairy, allowance, chores, charity, saving, birthdays, holidays, mobile phones, checking accounts, clothing, cars, part-time jobs, and college tuition.

*The Barefoot Investor for Families: How to Teach Your Kids the Value of a Buck* is another great guide to finances you can share with your children. In Scott Pape's book, discover the ten things your kids need to know about money before they leave home.

You won't see any chore charts and there's no guesswork or parenting guilt in his advice. The book provides a clear plan for raising hard-working, generous, and financially confident kids of all ages. **pt**



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# UN World Oceans Day



The concept of a 'World Oceans Day' was first proposed in 1992 at the Earth Summit as a way to celebrate our world's shared ocean and our personal connection to the sea. It also helps raise awareness about the crucial role the ocean plays in sustaining life and the important ways people can help protect it. As of 5 December 2008, the UN General Assembly designated 8 June as World Oceans Day.

World Ocean's Day was created "to inform the public of the impact of human actions on the ocean, develop a worldwide movement of citizens for the ocean, and mobilize and unite the world's population on a project for the sustainable management of the world's oceans," according to the United Nations website.

To celebrate World Ocean's Day in HK – helping to conserve, protect and pay tribute to the oceans of the world – a non-profit venture KIDSforSDGs launched an event on June 8 with Mandarin Matrix (MMX), Parley for the Oceans, and Parley's Ocean Uprise to look at how students in Hong Kong can continue the 'ocean conservation' conversation and take part in school-led initiatives to protect and conserve this critical life-giving ecosystem.

Since many children in Hong Kong are aware of the UN's 17 Sustainable Development Goals (SDGs), which are an urgent call for action by all countries in a global partnership, schools including CIS, CDNIS and Renaissance College co-hosted yesterday's virtual program to empower our youth in HK to achieve their personal best while also making the world more sustainable. Discussions around grass roots initiatives such as beach clean-ups, investing in reusable masks, reduction of single use plastic took precedence at the event.

### The Ocean: Life and Livelihood Event

The theme for this year's event "The Ocean: Life and Livelihoods" kicked off on June 8 addressing the climate crisis and environmental movement worldwide, highlighting Parley by the Ocean's most influential voices on ocean conservation, and showcasing the wonder of our oceans critical role in providing ecosystem services to support humanity and every other organism on Earth.

Companies such as EcoDrive HK, promoting awareness and reduction of single use plastic in Hong Kong, as well as Plastic Free Seas HK, a HK based environmental charity focusing on the way we use plastics in society through education and action campaigns, also took part in the event advocating change.

Here are some tips shared on how students can make a difference:

- Say no to single use packaging
- Talk to someone about plastic marine pollution
- Make a point of sitting in for food and drink rather than taking out
- Praise someone about the great effort they are making to reduce their plastic use!
- Encourage friends and family to switch from disposables to reusables!
- Wear reusable masks

### Ending Plastic Pollution

At the next event on June 26, The Parley Team will provide students a virtual tour of its newly finished AIR station in Honolulu, Hawaii, as well as an overview of how Parley is actively working with global stakeholders to end plastic pollution. Kids will explore major threats the ocean is facing and what we can all do to protect this beautiful blue universe, taking a deeper dive into the Parley AIR Strategy and learn about the latest innovations – #fortheoceans



Image: KIDSforSDGs LinkedIn Page



## COPE Disaster Books

Each book focuses on a natural hazard and provides coping tools for children, with a key instructional message which is easy to remember:

- **Earthquakes** – DROP, COVER, HOLD
- **Tsunamis** – GET UP TO HIGH GROUND
- **Floods** – EVACUATE
- **Cyclones** – STAY SAFE
- **Storm Surges** – KEEP CLEAR FROM THE COAST
- **Landslides** – IN HEAVY RAINS, KEEP AWAY FROM STEEP SLOPES
- **Wildfires** – BE READY TO GO

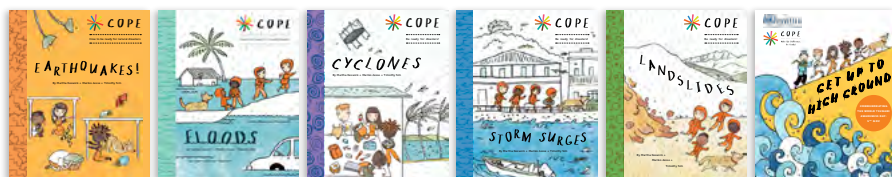


Image: Adidas Website



## Turning Plastic Waste into Product

Partnerships with companies such as Adidas are important and will also be discussed as an example of companies phasing out single-use plastics and microbeads by launching entire product lines and new collaborations to build a better future for our oceans and planet.

Through the power of sport, community, education and activism, Parley hopes to turn the oceans cause into a truly global movement that transcends borders, engaging people of all ages and backgrounds and helps to protect and clean up our oceans before it's too late.

MMX, KIDSforSDGs and Parley AIR hopes to end the fast-growing threat of marine plastic pollution by educating students on environmental concerns.

## Upcoming Event - June 26

On Saturday, June 26, from 10–11.30am, students will convene again with Parley for Oceans and the Oceans Uprise Youth Panel. KidsforSDGs will present followed by a talk by the

Oceans Global Council, Green School Alliance & Drop in the Ocean Spotlight, ending with a Collaboration idea session and Q&A session.

Registration for the event is open and the link is on the Mandarin Matrix website (News Section).

## Resources Supporting Environmental Sustainability

Support sustainable development goals, education on climate change and life under water takes many forms. Mandarin Matrix has published a wide range of Chinese learning texts focusing on environmental protection and the conversation of natural resources. These texts, along with publishing COPE Disaster Risk Reduction materials, teaches and empowers children to develop resilience and understand natural disasters while they study Mandarin.

The COPE Series consists of beautifully illustrated not for profit story books, aimed to increase disaster resilience of children. Covering natural hazards ranging from floods to earthquakes, wildfires to

cyclones, the books provide coping tools, preparedness and relatable stories in an imaginative and easy to understand way.

According to the Sendai Framework for Disaster Risk Reduction adopted at the UN World Conference, children have a vital role in strengthening community resilience. COPE has been developed in response to that call to empower children. COPE was created in 2018 by the acclaimed author Martha Keswick, award-winning illustrator Mariko Jesse and global disaster risk reduction expert, Dr Timothy Sim.

Meanwhile, Mandarin Matrix also hosts a wide range of materials on the Mandarin Matrix online learning platform featuring topics such as Protecting the Environment 保护环境, Recycling Competitions 废旧物品设计大赛, Pollution Polls 污染调查, Natural Disasters 极端的天气, Renewable Energy 可循环能源 Beach Clean-Ups 沙滩大扫除, River Clean-Ups 河流清理 and much more. For more details and to order our books, please visit [www.mandarinmatrix.org](http://www.mandarinmatrix.org)





## Coco Alexander Nappy Wrap Bag

Compact, yet spacious enough for everything you need; sustainable yet stylish, the Coco Alexander bag ticks all the boxes. Created by British fashion designer and mum, Emma, the "CA Nappy Wrap" is functional design at its best. Made from wipe clean PU, it features elasticated pockets to access creams, wipes, and nappies with ease and speed. A soft and antimicrobial inner keeps bacteria at bay and water repellent features manage the inevitable spills. There are handy net pockets so you can spot what you need instantly, and the inner section can be removed and machine-washed for hygiene. Designed to work in the smallest of bathrooms or even for a "lap" change, the Coco Alexander bag is chic, stylish, and entirely practical. Check out at: <https://coco-alexander.com> or on IG: @cocoalexanderfashion



## COVID Vaccines and Pregnancy

What is the guidance for vaccination of women with breastfeeding infants, women who are pregnant or planning to get pregnant and women who are menstruating? What about vaccines and fertility? WHO's Dr Soumya Swaminathan explains in an interview and podcast. For the answers in full, visit [www.who.int/emergencies/diseases/novel-coronavirus-2019](https://www.who.int/emergencies/diseases/novel-coronavirus-2019)



# Bump & Babes



## Air Pollution Exposure During Pregnancy Linked to Asthma

Infants whose mothers were exposed to higher levels of tiny air pollution particles during pregnancy are much more likely to develop asthma, according to research. The study analysed the impact of ultra-fine particles (UFPs) which are not regulated by governments. These are thought to be even more toxic than the larger particles that are routinely monitored and have also been linked to asthma. Sources of UFPs include vehicles and wood burners, and tens of thousands of particles can be found in each sugar cube-sized volume of city air. They are thought to pass through the expectant mother's lungs and into her bloodstream, causing damaging inflammation. They are also likely to cross the placenta into the foetus's circulation.

Source: The Guardian

## Baby-wearing

Every heard of baby-wearing? Baby-wearing simply means carrying your baby with a wrap or device that leaves your hands and arms free. Perfect for Hong Kong where a stroller can be challenging, to say the least. Baby-wearing can also help with regulating your baby's sleep. Want to find out more? Natalia's Babywearing is a certified baby-wearing consultant offering advice on positioning and types of carriers and wraps. For more info visit [www.facebook.com/nataliasbabywearing](https://www.facebook.com/nataliasbabywearing)



## The 3-in-1 Babymoov Aquani

Not just a tent but a playpen and pool all rolled into one! The Aquani stops up to 99% of the sun's harmful rays with its high SPF 50 + protection. It also protects your little one from sand, wind, and insects with a folding mosquito net. Easy to set up and store. With a removable awning and waterproof canvas. Available for \$799 at [www.babycentral.com.hk](http://www.babycentral.com.hk)



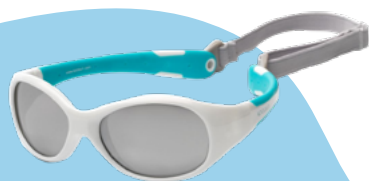
## Beach Bag

This beach bag from Next Direct HK is perfect for the beach and perfect for Hong Kong apartment living. When you're not using it, you can fold it away into a zip pouch making it super compact. The zip pouch can then be used as an internal pocket to carry nappy essentials when you need the bag. With a lovely nautical design this is a great summer bargain at \$188. [www.nextdirect.com/hk/en](http://www.nextdirect.com/hk/en)



Best

# Summer Accessories for Baby



## KOOLSUN FLEX Sunglasses

With a flexible frame and removable buckle strap to keep them from falling off, these KOOLSUN FLEX sunglasses are the perfect summer accessory for baby whilst also giving protection. The silver mirror lenses are made from strong polycarbonate with UV-A and UV-B filters built in. Available from [www.babycentral.com.hk](http://www.babycentral.com.hk) for \$99.

## Cameron Long Sleeve Swimsuit

Complete with UPF 50 protection for your baby's skin, the Cameron Long Sleeve, swimsuit has a mid-length leg for added sun protection. The lightweight material is quick dry and easy to get on and off with a centre front zip opening. It comes in a selection of prints to brighten up each summer day. Available from [www.cottonon.com/HK](http://www.cottonon.com/HK) for \$199.



## Liewood Blumer Sandals

These cute blue sandals from Liewood Blumer, are easy to clean and stylish for both boys and girls. Perfect for the hot weather and beach days ahead. Available from [www.en.smallable.com](http://www.en.smallable.com) for \$252.



## Quot Beach Set

The perfect companion for a day at the beach, park, or the next outdoor adventure. Featuring a cup, scoop, ball, and handy mesh bag your little one is sure to love the sensory colours and feel so the toys. Available for \$199 from [www.petit-bazaar.com](http://www.petit-bazaar.com)







# Pregnancy and childbirth during COVID-19

**C**hoosing to bring a child into the world is the most exciting, momentous event in the lives of many couples. That choice might come down to very difficult decision these days thanks to the enduring pandemic we're all living through at the present moment. Even in usual times, keeping safe and healthy during pregnancy is a top concern, and along with giving birth, the cause of a great deal of worry and anxiety. Imagine becoming pregnant and giving birth in the midst of an ongoing global health crisis?

While pregnancy is meant to be one of the most amazing times during a woman's life, it is also one of the most critical periods involving unprecedented physical and emotional experiences. With the onset of the COVID-19 pandemic, pregnancy and childbirth are taking place in completely new and uncharted territory. Hospitals in Hong Kong have stepped up in many ways, not only help protect expectant mothers but to also support them. If you're currently considering becoming pregnant or are pregnant now, here are a few things to keep in mind.

Attending all of your antenatal appointments leading up to the birth of your baby is crucial for monitoring your own health and the health of your growing baby. These appointments may include scans or tests at various milestones or stages and are an important part of a healthy pregnancy. Wherever your appointments are, just be sure the office is following the safety precautions for COVID-19. Call them ahead of time to ask if you're unsure. Hong Kong hospitals and medical clinics are taking special precautions during this time to keep you safe. At Gleneagles, all patients and visitors entering the hospital are required to register their personal information, including FTOCC screening to declare current health status as well as travel history, occupation, and contact clustering.

## What about your birth plan?

As the situation in Hong Kong continues to evolve, it's a good idea to consult your doctor and the hospital where you intend to give birth to learn how restrictions might affect your birth plans throughout your pregnancy. You might have to adopt some flexibility in your birth expectations, and this will help you have a more calm and relaxing time leading up to the birth. At Gleneagles, for example, all the obstetric patients

and accompanying husbands attending the labour room and operating theatre are required to present a valid, negative COVID-19 test report on admission. For parents who may wish to cut their little one's umbilical cord and collect the stem cell cord blood, these services are still operating as usual.

If you're still undecided about where to give birth, consider whether you prefer to have your partner there and what environment you envision. Choosing a safe place to give birth, one not heavily impacted by the pandemic and one that provides some peace of mind, is a challenge.

Gleneagles currently allows husbands to accompany their expectant wife in the labour room or operating theatre. 24-hour rooming-in services and skin-to-skin services to welcome your newborn are also still available.

## Here's what to expect at Gleneagles:

- All obstetric patients are required to perform a COVID-19 test on a weekly basis after 37 weeks of gestation until delivery to verify you are virus-free.
- Obstetric patients can undergo a one-time deep throat saliva RT-PCR test for COVID-19 at Gleneagles, free of charge (subject to terms & conditions). The test will be performed in their 24-hour Outpatient and Emergency Department. (please refer to [www.gleneagles.hk](http://www.gleneagles.hk) for details and updates)
- Your husband is allowed to accompany you in the labour room or operating theatre during birth (given a negative COVID-19 test ahead of time).
- Your husband is required to wear appropriate protective equipment before entering the labour room / operating theatre.
- Standard room comprises only two beds, and if you prefer a more tranquil environment with higher privacy, you may choose from a semi-private single, private single or family suite, too.
- All visitors entering Gleneagles are required to register their personal information for contact tracing purpose. It can be done via online pre-registration.
- Visiting hours: 10am to 12noon and 6pm to 8pm, limit to two persons at a time.

In these unprecedented times, do your very best to stay calm and happy during your pregnancy and birth of your child. Try to enjoy being pregnant and relax into the birth, welcoming your new bundle of joy the best way possible. **pt**

# Eight Reasons

## You Can't Get A Good Night's Sleep

Bedding experts Okooko by European Bedding offer valuable tips on improving the quality of your sleep

**W**hen it comes to sleep, both quality and quantity are needed. Unfortunately, many of us don't get enough. The sleep consultants at Okooko, by European Bedding, advise how you can reap the full benefits of a good night's sleep and what to avoid.

### 1. Unconducive sleep environment

Both noise and light can seriously get in the way of a good night's sleep. In general, falling asleep in a quiet and dark place is easier. Our hearing is the last and the first sense to be alerted when we are sleeping, so try to keep the bedroom noise free or turn on a white-noise machine to mask unexpected sounds. As for light, our body produces a hormone called melatonin in response to darkness and it signals your brain that it's time to unwind and rest. Therefore, it's important to turn off all bright lights in the bedroom and shut the curtains to block outdoor lights. You can also wear an eye mask if necessary.

### 2. Too much screen time

Any screen, from your phone to your television, emits blue light. Blue light can also be emitted by fluorescent or LED lighting. When we are exposed for long periods of time, blue light boosts alertness and blocks the production of melatonin which is why it's bad for your sleep. Avoid overexposure to blue lights by using filters or restricting screen time before going to bed.

### 3. Uncomfortable mattress

It should come as no surprise that the quality of your sleep is influenced by your bed. A mattress that is too hard or too soft will leave you waking up aching. Finding a bed that provides optimum support and comfort is important. This can be especially difficult to achieve when you're sleeping with a partner as each person has their own preference. Opt for a mattress that allows dual firmness in one King-size bed, like Okooko's organic latex mattress, so that you won't have to compromise on your sleep comfort.

### 4. Warm nights

While no single ideal temperature exists, for a good night's sleep it is recommended you sleep in a cooler environment, simply because heat induces agitation and discomfort. Aside from bedroom temperature, your mattress and bed sheet materials influence your sleeping temperature too. Typically, natural materials are more breathable compared to synthetic ones. If you're a hot sleeper, try changing your bed linen to bamboo lyocell sheets as they are very soft and cooling to the touch.

### 5. Unhealthy eating habits

Food and beverages containing caffeine will keep you awake at night. Other foods to avoid before heading to bed include spicy, sweet or salty foods and drinks and also alcohol. Eating too much of any food can also cause bloating. These factors will cause your body to be uncomfortable when you sleep, so it's best to avoid them.

### 6. Exercising too close to bedtime

We understand that you're sick of hearing that exercise is good for you, but it's true! It is particularly true when it comes to getting a good night's sleep. Endorphins, which serve as a sedative, are released during exercise, making you feel more comfortable and mellow. However, exercising too close to bedtime will cause you to toss and turn due to an increase in adrenaline. It is best to avoid vigorous activity for at least one hour before bedtime.


### 7. No fixed sleep schedule

By creating a sleep routine, you will be able to sleep faster and wake up easier. Choose a bedtime and wake-up time. Stick to these times every day, even on weekends or days off. Try to avoid staying up or sleeping in for more than one to two hours. Over time, you'll be able to fall asleep and wake up with ease.

### 8. Bedroom as a multipurpose room

Ensure your bedroom is reserved for relaxation and not a source of stress or stimulation. You should not use your bedroom as a study or office. Electronics and gadgets should be removed from your sleeping environment as they may become disruptive.

### Wrapping up

Be mindful of what variables affect your sleep in order to achieve better quality sleep. If you find yourself tossing and turning in bed for an extended period of time, get out of bed. Find ways to relax and calm down, such as breathing exercises and stretching, before attempting to go back to sleep. 

Okooko by European Bedding is a one-stop bedding store that carries organic latex mattresses, adjustable bed bases and bedding accessories, all made of natural and sustainable materials. They even offer a 100-night trial.

<https://europeanbedding.hk>



**Women's health:**

# PMS

*Dr Natalie Hutchins offers advice on the mental and physical symptoms of premenstrual syndrome*

**M**any women will have experienced the classic symptoms of irritability, tearfulness and sometimes abject rage that can descend as quickly as a passing tropical rainstorm for seemingly no reason, only for the tell-tale signs of the start of a period to arrive and explain all. The mental symptoms of the premenstrual syndrome (PMS), as well as the physical ones such as bloating and breast tenderness, are common, but for most women are an unpleasant but manageable nuisance. However, for some, the symptoms can be so debilitating that they have a serious impact on their ability to function normally; to work, be productive at school and to have a fulfilling family and social life. When PMS is severe in this way, it is referred to as premenstrual dysphoric disorder (PMDD).

#### How common is PMS and PMDD?

While some symptoms leading up to the period are very common, it is estimated that up to 8 per cent of women are affected by symptoms severe enough to have a considerable impact on their lives, but it may be much more common than this. Women may not appreciate the cyclical nature of the 'black cloud' coming and going with their periods with so much else going on in their busy lives, or they may simply accept it as part of womanhood and so never seek help.

#### How do I know if I have it?

Symptoms typically start in the week before your period, getting worse the closer it gets and improving as the bleeding starts. It can sometimes be difficult to put your finger on this pattern unless you have given it some real thought, so if you do seem to be having significant ups and downs, it would be worth starting a menstrual diary and noting down the timing of your period and when your symptoms occur.

If you have mood symptoms that are continuous throughout the month, then you may be suffering from anxiety or depression rather than PMS. Having said that, if you have already been

diagnosed with a mood disorder but have also noticed that your symptoms are worse pre-menstrually, this could be PMS exacerbating your mental health.

PMS tends to start in your twenties, although it can worsen as you get older. If you have never experienced these symptoms and then you start developing them anew in your 40s and 50s, then it is more likely to be the perimenopause rather than PMS.

#### Symptom checker:

Mood symptoms	Physical symptoms
Mood swings	Bloating
Sudden sadness	Fatigue
Increased sensitivity to rejection	Breast tenderness
Anger	Headaches
Irritability	Hot flashes
Difficulty concentrating	Dizziness
Depressed mood	Back pain
Self-critical thoughts	Muscle aches
Anxiety	Joint pains
Food cravings	Water retention

#### What causes PMS?

It happens because of the abnormal response some women have to the normal changes in levels of oestrogen and progesterone toward the latter half of the menstrual cycle. This then impacts

the level of the 'feel good' chemicals in our brain, namely serotonin. We don't know why some women have this abnormal response while others don't.

#### How can you manage your symptoms?

Sometimes just being aware that you aren't going mad and that there is a reason for your symptoms is comforting enough to many women. If you have regular periods, you may be able to predict when you will be feeling more fragile and adjust your lifestyle accordingly if your symptoms are mild. If your symptoms are more severe there are still lots of things you can try before reaching for the prescription pad.

One of the findings from studies in women with PMS is that they have lower serotonin levels in the second half of their cycles compared to women without PMS. Levels of serotonin can be boosted naturally with exercise. It may feel hard to motivate yourself to exercise pre-menstrually, especially as one of the symptoms of PMS is fatigue, but pushing yourself to increase your heart rate (ideally outside in nature) will definitely boost your serotonin levels and in turn improve your mood and the physical symptoms of PMS. There is also evidence that relaxation techniques such as meditation can be beneficial.

Many studies have shown that women naturally increase their intake of carbohydrates in the premenstrual period, so you are not alone in reaching for that chocolate bar. However, try not to overdo the junk food as it can actually make your symptoms worse. Salty foods and caffeine can make the physical symptoms in particular worse, whilst there is some evidence that a diet rich in omega 3 fatty acids, calcium and vitamin D can help.

There are lots of vitamins and supplements that have been studied to assess their benefit for PMS. Unfortunately, the results have not been conclusive; some studies show no benefit whilst others show an improvement (although that could be just because of a placebo effect). These



include supplements such as vitamin B6, vitamin E, calcium and magnesium. The one supplement that does have some good evidence behind it though is Vitex agnus castus extract from the chaste tree, so called as it was thought to suppress sexual desire in monks in the middle ages. The most common dose studied is 20–40mg daily, and at this dose it seems to be well tolerated and safe, although as with any medicine or supplement, it is worth checking whether it is suitable for you with your own doctor.

### How we can help you manage your symptoms?

With severe PMS or PMDD, changing your lifestyle alone is unlikely to be enough, so we have two main treatment options we can try: either we can boost your serotonin levels in the 2nd half of your cycle or prevent the natural

up and down changes of your hormones during your menstrual cycle.


The first option involves using a type of antidepressant, which

increases the amount of serotonin in your brain.

These can be effective when taken only in the 7–14 days before your period, but some women will prefer the convenience of taking them continuously, which may also

help more with physical symptoms. If you are already on this type of medication but notice you have PMS symptoms overlying, you can simply increase your dose in the two weeks before your period and then go back to your normal dose afterwards.

The second option involves using hormonal contraception to turn off your hormonal cycles by taking the combined oral contraceptive pill. It can be taken in the traditional way with a week break between packets, but some women will find this doesn't improve their symptoms sufficiently, in which case it is advisable to take it continuously, without the one to week break (do get advice from your doctor on how to do this correctly). Not having regular bleeds whilst taking the pill continuously is completely safe and means you might be less affected by the changes in your hormone levels.

Some women, particularly those with the most severe form of PMS, PMDD, will benefit from seeing a psychologist or counsellor for cognitive behavioural therapy. Studies have shown that women with PMDD receiving CBT have less anxiety and depression as well as improved coping skills. It can be used alone but with severe symptoms, it works well together with medical treatments. 

### Patient story:

Angela\*, 27, came to see her doctor at the end of her tether, very distressed at the thought that she could have bipolar disorder because of her extreme fluctuating moods. She had been diagnosed with depression in her late teens and had been on and off antidepressants since then, however she was concerned about how her mood continued to be up and down, which became most impactful when she started her first long term relationship and moved in with her partner. She would become increasingly irritable and angry at her partner ending in explosive fights at home and work, where a recent

argument with her boss had gotten her a formal warning. She felt as if her life was spiraling out of her control. Her relationship and work issues were denting her confidence and in turn, making her mood even worse. She had started to notice a pattern to her symptoms though after reading an article about PMS on the internet. She noticed that she felt much worse and more likely to end up upset or angry in the lead up to her period. She had seen a few doctors that she had found dismissive who had almost shrugged when she mentioned that her symptoms were worse before her periods as if it were something natural that she should be able to cope with. Eventually she found one willing to really listen. On their advice she started a menstrual diary to track her symptoms and restarted her antidepressant, but this time taking a higher dose in the 14 days leading up to her period. She also started seeing her therapist again for cbt to help her to better cope with her symptoms and to work on her self-esteem, which had been affected by so many years of feeling like 'the difficult one' and started to meditate regularly. It wasn't an instant quick fix, and she does still need to adjust her schedule on occasion and use her coping strategies, but she is now feeling much happier in a new relationship and for the first time in her adult life, feels back in control.

*\* This is a fictional patient*

*Dr Natalie Hutchins* gained her medical degree from Imperial College, London, and completed rotations in hospitals including St Mary's Paddington, The Chelsea and Westminster and Charing Cross. She became a member of the Royal College of Obstetricians and Gynaecologists in 2011. After having children, she changed specialty to General Practice and became a member of the Royal College of General Practitioners in 2017. She is available at Central Health.



## Retykle Pop-Up

Shop more than 2,000 designer children's brands — including Jacadi, Bonpoint, Ralph Lauren, Seed, Moncler — at the Retykle Pop-Up store. Items ranging from new with tags, to gently used condition will be available for kids aged 0–14, with 50 to 90 per cent discount. The pop up will take place at 54 Yung Ping Road, Causeway Bay between 3–16 July.

beauty botanica



## Beauty Botanica

Beauty Botanica opens its doors this summer at the Landmark Atrium, designed as an immersive experience bringing together an evolving selection of premium beauty and wellness brands. Many of the brands can not be found anywhere else in Hong Kong, and the knowledgeable staff can lead you on a journey to explore new and exciting products. The space is beautiful, and offers an oasis inspired by a summer garden in bloom. There is also a friendly 'Boyfriend Drop-off' corner reminiscent of a speakeasy, surrounded by rare bottles of Whiskey, giving you plenty of time to browse and spend. Address: Shop 312–314, Landmark Atrium

# Style around Town



## AlphaStep

Head over to AlphaStep with your children and get them moving this summer. Aimed at children and teenagers aged 3–17, AlphaStep is a new gym, hoping to deliver physical education in an embracing and enjoyable way. All the courses at AlphaStep take children through their fitness journey step by step, whilst making it fun with immersive training and ninja warrior facilities. With over 20 courses, across seven categories which include Foundation, Ninja Warrior, Mind & Body, Strength & Conditioning, Parent-child, and Play & Learn, there is something to suit all needs. For more information visit: [www.alphastep.com.hk](http://www.alphastep.com.hk)  
Address: G20 & G21A, Ground Floor, Monterey Place, 23 Tong Chun St, Tseung Kwan O

## YOGA BREAKFAST CLUB

TAVIA + KARINA

1/F Lobby Lounge @ Kerry Hotel  
38 HUNG LUN ROAD, HUNG HOK BAY, KOWLOON, HONG KONG



## Yoga Breakfast Club at Kerry Hotel

Kickstart your weekend with mindful yoga and a hearty breakfast at Kerry Hotel in Kowloon. The one hour soul nourishing yoga practice, is followed by a specially designed nutritious breakfast and drink at the lounge. Available for \$400 per person, including yoga mats, hand towels, and sanitisers. 15 minutes away by ferry from Central and North Point, meet us at the waterfront by the spectacular Victoria Harbour, Nearest MTR station: Whampoa (10 minutes walking distance). To book email [morningyogabreakfastclub@gmail.com](mailto:morningyogabreakfastclub@gmail.com)



## Summer Sparkles with Kowloon Baazar

The summer edition of the Kowloon fairs is back. The Holiday Inn Golden Mile Hong Kong will be hosting a shopping fair providing home grown businesses a platform

to showcase, market and sell their products and services to a mass of shoppers. Taking place on Saturday, July 3, 2021, from 11am – 8pm. Address: 50 Nathan Road, Tsim sha tsui, Kowloon





(1) Dragonfly t-shirt \$129, M&S; (2) Notebook, Bookazine; (3) Ladies sweatshirt \$399, M&S; (4) Sun hat \$99, M&S; (5) Vans t-shirt \$279, Smallable; (6) Children's tights \$50, Cotton On; (7) Two piece swimsuit \$133, Next Direct; (8) Recycled tapestry \$303, Pottery Barn Teen; (9) Girls cotton dress \$80, H&M; (10) Square bib \$69, Cotton On; (11) Laptop case \$169, Cotton On; (12) One piece swimsuit \$199, Cotton On; (13) Yoga mat \$349, Cotton On; (14) Belt bag \$160, Accessorize; (15) Minnie Welcome Tie & Dye \$2,880, Homeless; (16) Handy Fan \$151, Franc Franc; (17) Trainers \$586, Smallable; (18) Espadrilles \$100, H&M; (19) Crocs \$245, Next Direct; (20) Pet bandana \$20, Cotton On; (21) Girls jersey dress \$58, Next Direct; (22) Tote bag \$330, Accessorize; (23) Boys shorts \$80, H&M; (24) Ladies pleated top \$229, H&M; (25) Girls t-shirt \$129, M&S; (26) Multi pack of socks \$58, Next Direct; (27) Mini bottle \$60, Cotton On; (28) Rug \$1,611, Petit Bazaar

Is your Daughter Ready for a

# *Training Bra?*





*Roopal Popat* offers  
advice on when,  
where and how to  
purchase a training  
bra for your daughter

Most parents are familiar with the milestones that come with having a child. Sleep training, weaning, potty training, first days at school. The days may seem long, but the years go by fast, and before we know it our kids are growing up and reaching milestones that we may not be ready to face ourselves! Somehow puberty hits and you may find yourself feeling anxious about that impending 'sex' talk...

As scary as it may be, we must get comfortable in our discomfort and be frank with our tweens and talk about hormones, growing bodies, periods, breasts etc.

Young girls may physically notice a difference in their appearance with growing breast buds (a small lump under the nipple). They may be tender and sore, and eventually the areola and nipples grow bigger and darker. This comes at different stages and can form as early as eight years or much later.

### Is it time for your daughter to get a training bra? What exactly is a training bra?

A training bra is typically lightweight, with no lining, and can sometimes look like a crop top. They are meant to act as a cover up and to protect the growing breast buds.



## Signs to look out for


- Does she have breast buds? (Small bumps under the nipple)
- Are friends wearing them?
- Is she showing discomfort or are her nipples chaffing?
- Has she become more self-conscious or embarrassed by her breasts?
- Does she do activities that may require need extra support? Sports etc.

### What to Look for in a training bra

There are a variety of different types of training bras and styles to choose from. From crop tops, to bralettes, sport bras, you name it. The most important aspect to consider is comfort. This is a challenging time for young girls, their bodies are changing, and they are suddenly coping with new hormones and emotions. It's important they choose something that will feel comfortable, and they will feel confident and secure in.

Girls develop at different stages. For some it can come at a very young age and for others it may be much later into their teens. Not everyone will have the same reasons for wanting to buy a training bra or something similar. Some may be looking out of necessity for growing breasts, for others it may be for developing breast buds and nipples, or to fit in with friends

and peers. Whatever the reason, discuss what they are going through, be supportive and sensitive. Developing breasts can be awkward for young girls. Look at styles together online to begin with and make it fun. Take into consideration the different types of activities they are involved in, for example sports, dance etc. What type of support might they need? This will really help to narrow down choices when you are ready to buy.

An important part of your child feeling secure and confident in their training bra is making sure that it fits correctly. Training bras can vary in size. Buy a variety of different styles and check the size chart before purchasing. To begin with you may want to invest in some crop tops, or sports tops so they can get used to wearing some support before they need to move onto their first bra. 

## USEFUL TIPS

- Get measured when looking for a more supportive first bra
- Buy different styles to suit different needs
- Padding is not required
- Make it **FUN!**

We've rounded up some options for you to pursue together...



## Best for Support



**M&S Hong Kong** has a small but cute range of crop tops, which are a great way to introduce young girls to wearing support. The tops are soft, easy to put on and some come with adjustable straps. They also have an option for a cotton rich Flexifit™ first bra. The bra comes in a simple design with triangle cups and four-way stretch for ultimate fit and comfort. Prices start from \$129.

## Best for Variety



**Next Direct HK** is a great one stop shop for crop tops, sports bras, and training bras. As well as their own range, they carry items from a variety of brands, including Calvin Klein, Tommy Hilfiger, Elle and River Island. Their two-pack training bra is a good first starter for young girls, crafted from soft cotton and full cups for coverage. Ordering online is very easy, and shipping is free on orders over \$250.

[www.nextdirect.com/hk/en](http://www.nextdirect.com/hk/en)

## Best for Sport



**Decathlon's Kalenji** range is super affordable, and they've created a breathable sports bra for young girls. Great for everyday activities and sports. The bra is comfortable, opaque, and provides freedom of movement. Suitable for ages 8-15 years, also available in navy blue. \$74. [www.decathlon.com.hk/en](http://www.decathlon.com.hk/en)

## Best for Trendy



A very cute bralette option from **Abercrombie Kids**. Soft, comfortable with racerback detail, that is sure to be a hit with all girls. Also available in white, and shipping to Hong Kong, is a very reasonable \$35, with quick delivery within three to five days. [www.abercrombie.com/shop/am/kids](http://www.abercrombie.com/shop/am/kids)

## Best for Style

Ultimate comfort meets intense style in these cotton bralettes for girls from **Calvin Klein**, featuring a racerback silhouette and an elasticated logo underband. Prices start from \$250, with \$80 for delivery within three to five working days.

[www.calvinklein.com/hk/en/home](http://www.calvinklein.com/hk/en/home)



# Waxing vs Laser

# 101

*Roopal Popat*  
weighs up the  
pros and cons of  
different types of  
hair removal



All women and men have at some point in their lives undergone some form of hair removal. Whether it's waxing your legs, shaving your beard, or lasering your underarms. Over the years there have been many options on the market to help us get rid of unwanted hair. More recently laser hair removal has become very popular for it's seemingly more permanent outcome.

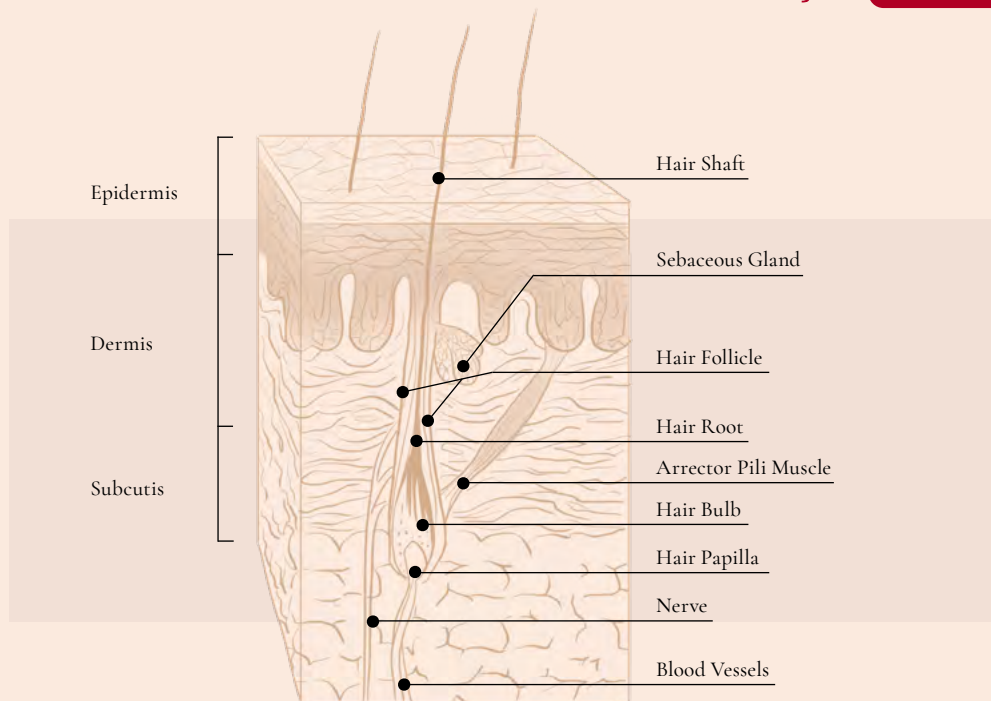
I've always personally favoured waxing, from a cost perspective and perhaps because it's the only thing I've ever really experienced with the best results. However, as I'm now a mum to a nine-year-old, and also from Indian heritage where our hair tends to be darker, I've become more conscious that before I know it, my daughter may want to remove excess hair on her legs and arms, who knows. I want to be better equipped to answer her questions and if necessary, have the right options ready to explore.

### Types of Hair

Hair is a very natural part of our bodies and it is mostly there to offer protection. For example, the hair on our head helps protect our scalps from the sun. Eyelashes and eyebrows keep dust, dirt and sweat out of our eyes. Nose and ear hairs help to keep germs out and body hair helps to regulate body temperature.

Hair is made up of Keratin (a hard protein also found in fingernails toenails), and we have two types of hair on our bodies:

- Vellus hair is soft, fine, and short. Most women have vellus hair on their chest, back, and face. Vellus hair helps the body maintain a steady temperature by providing some insulation. It can be darker and more noticeable for some women, especially those with darker complexions.
- Terminal hair is coarser, darker, and longer than vellus hair. It's the type of hair that grows on our head. Around puberty, terminal hair also starts to grow in our underarms and pubic area. For men, terminal hair begins to grow on the face and other parts of



the body such as the chest, legs, and back. Terminal hair is there to provide cushioning and protection.

- Each hair has a hair shaft and a hair root. The shaft is the part of the hair that sticks out of the skin. The hair root is in the skin and extends down to the deeper layers of the skin. It is surrounded by the hair follicle.

### Which hair removal method is the best?

This is a difficult question to answer, and there is no right or wrong. We all have different skin and hair types, and therefore different methods will work. For those who have fair skin and fair hair, shaving, or waxing every so often may be the right solution, whilst others whose hair is thicker, or courser may want to adopt a more permanent solution. The key is to research all treatments available and decide what is best for your body.

### Waxing 101

#### How It Works:

- **Strip Wax** — A sticky wax is spread on the area of skin where hair removal will take place, i.e. leg, arms etc. A cloth strip is then applied over the wax and quickly pulled off, taking the hair root and dead skin cells with it.

Strip wax can be applied warm or may cold, and waxing can be done at home or in a salon.

- **Hard Wax** — Is good for sensitive skin and if you are prone to bumps or ingrown hairs. Hard wax is also best for all face waxing and for intimate waxing services like the pubic areas.
- **Sugaring** — Egyptians were early pioneers of 'Sugaring' and it is making a comeback again due to its long-term effects and sustainability. Consisting of simply lemon juice, sugar, and water, you apply the mixture to your body and pull in the direction of hair. Hair should be at least 3mm when you first attempt sugaring.

#### How Long It Lasts:

- 3 to 6 weeks dependent on your hair growth.

#### Pros:

- Waxing leaves the area smooth and can be long lasting. Waxing kits are readily available to buy from local stores and there is no shortage of salons. Hair regrowth looks lighter and less noticeable, and worth noting is that over time and regular waxing, many people claim that there some areas where hair stops growing.



#### Cons:

- The biggest drawback is the discomfort and pain. It hurts when the hair is ripped from its roots, especially for those sensitive areas. Some people also experience temporary redness, inflammation, spots, bumps, and ingrown hair after waxing
- Anyone who use acne medications such as tretinoin and isotretinoin may want to skip waxing because those medicines make the skin more sensitive. People with moles or skin irritation from sunburn should also avoid waxing those areas.

#### Tips:

- Waxing in salons can be expensive, however, if you've never had any waxing done before it may be best to go to a salon for your first time.
- Hair should be at least 1/4 inch long.
- For the better results, you can exfoliate your skin 1 day before waxing to get rid of dead skin and prepare your hair follicles for removal.
- You can take a painkiller like paracetamol before waxing to help manage any discomfort/pain.
- If you're waxing for a holiday, an event or a party, it best to wax 3/4 days beforehand to give your skin time to heal.

#### Laser 101

##### How it works:

- Laser hair removal uses light to target the pigment (melanin) in individual hairs. The light travels down the hair shaft and into the hair follicle. The heat from the laser light destroys the hair follicle, so that the hair growth is delayed or can longer grow. Shaving before laser is required, as the laser needs to target the hair follicle at the root. Long hairs on the skin will get in the way.

##### Types of Laser:

- IPL (Intense Pulse Light) uses a single intense pulse of energy targeted at melanin, (effective for darker and more course hair). It is less effective on finer hair, and anyone with a higher melanin count may experience more discomfort.
- SHR is a relatively newer technology and uses gentler pulses of energy at a higher frequency. 50% is targeted at melanin, and 50% targets the stem cells responsible for hair growth, therefore it is suitable for course and fine hairs. As the pulses are gentler there is said to be less discomfort and skin irritation and is said to be better for more sensitive areas.

##### How long it lasts:

- Laser hair removal requires several treatments over a length of time, and it is unique to the individual and the type of hair you have. For example, darker and courser hair may require more treatments than finer hair. Underarm hair may require fewer treatments than in comparison to full leg.

##### Pros:

- Although multiple treatments are required many people experience that regrowth is either very minimal or gone all together in some areas of the body.
- Relatively pain free. Some people compare laser hair removal to a rubber band snapping against the skin. Everyone's pain threshold is different but compared to other treatments laser is more tolerable and over quickly!

##### Cons:

- Laser hair removal is very expensive. You can buy packages but be prepared to spend the money.
- Some people experience itchiness, redness, and a warm sensation on the skin, but this usually subsides post-treatment.
- Some people may notice minor colour changes to the skin.
- Hair follicles can be damaged with a laser and this can cause an infection risk. A dermatologist can help if any skin infection occurs.
- Skin can sometimes crust after laser treatment, and this can lead to scarring or scabbing if not looked after properly and kept moisturised.
- Skin must be in its natural colour prior to lasering this means no sun beds (at least four weeks prior). No laser treatments directly after a sunny holiday and no fake tan. If your skin is tanned, there is a risk of discolouration. Spray tans/tanning lotions increases the chance of the laser energy being absorbed into the skin rather than the hair follicle. This can reduce the effectiveness of the treatment and can sometimes lead to a risk of blisters or burns.



**Tips:**

- There are many types of lasers on the market, take some time to research what's best for you.
- Consult with your doctor if you are taking any sort of prescribed medication. Some medications such as Accutane can increase the skin's sensitivity to the laser's UV light.
- Ensure your skin is completely clean and free of any lotions, creams etc all of which can affect the treatment.
- For the best results, attend all appointments, and stick to the correct before and after procedures.

**Other types of Hair Removal:**

**Shaving** is quick, painless, and relatively inexpensive. However, hair grows back quickly, and it can be a high maintenance task. Hair also grows up more stunted and you can get more in grown hairs especially in delicate areas

**Depilatory Creams** are quick and easy to use at home. They essentially break down the keratin structure of the hair, which makes the hair weak and easier to break off when the cream is wiped away. They are made from chemicals so it's important to check what product you are using and ensure its safe for you.

**Electrolysis** removes individual hairs from the face and body with a

fine probe. The probe damages the hair follicles and prevents growth. Treatments are carried out by a professional and multiple treatments may be required.

An **Epilator** is a device that removes hair from the root. You can purchase dry or wet epilators which can be used in the bath or shower. It can be painful to use as it pulls the hair out.

**Threading** uses a thin cotton or polyester thread which is rolled over the area where you want to remove hair. The hair is plucked at the follicle root by a professional, and it can remove short rows of hair. It is best used on the face and eyebrows, and not suitable for the whole body.


**Tweezers** are great for plucking individual hairs from the eyebrows and face, but not suitable for on larger areas.

**Hair Removal Salons in Hong Kong**

**Glow Spa** offers six-session laser hair removal packages with a complimentary twelve month follow up at no extra cost. Single sessions start from \$460 (chin) and prices vary depending on the area, coverage and package. They offer IPL, SHR and waxing.

**Dolma Waxing Boutique** is a one stop shop for all your waxing needs. Super professional service in a comfortable environment with the promise of "no double dipping!". Prices are very affordable with its specialty brazilin wax coming in at \$350.

**Laver** centrally located on Stanley street offering waxing for both men and women and laser hair removal. Laver uses wax from Australia, all staff are very well trained, and claim that their hot wax will remove short, stubborn hair as short as 1-2mm. Laser hair removal can be bought in single sessions or packages averaging 5-7 treatments, with one year guarantee.

**High Society Skin Clinic** uses Candela Laser Hair removal which features a patented dynamic cooling device (DCD™), which sprays the skin with a cooling burst of cryogen before the laser pulse, making for a le 

**At home Sugar wax**

- 1 cup white sugar,
- 1/8 cup lemon juice and
- 1/8 cup warm water







## Banyan Tree Bali

Buahan, a Banyan Tree Escape is set to open in an untouched part of Bali's Ubud in September. Surrounded by rice paddies and jungle, and next to the Ayung River and waterfall, the resort has 16 balés offering 'The Naked Experience' where only a thin veil separates guests from nature and affords them 180-degree panoramic views. At the heart of the resort are the Open Kitchen and Living Room. Seventy per cent of the menu is plant-based and sourced locally. The Botanist Bar uses local-grown natural ingredients, while Toja Spa celebrates wellbeing traditions from Buahan village. [www.escape.banyantree.com](http://www.escape.banyantree.com)

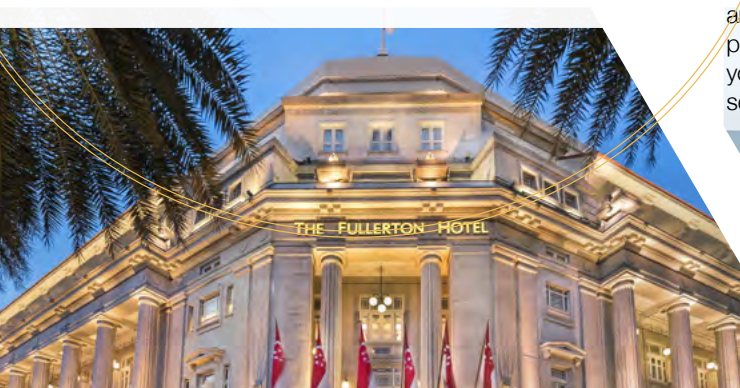
## Rejuvenate at The Langham, Hong Kong

'Rejuvenate. Recharge. Redefine' at The Langham Hong Kong. The hotel's wellness package is just what we all need to get over the trials and tribulations of the last year. Guests will enjoy a complimentary upgrade to a Deluxe Room; two wellness classes led by lululemon ambassadors; 60-minute mobility class with Chris Tang (on Saturday afternoon); 60-minute mind-body rejuvenation with gong and singing bowls with Malbert Lee (on Sunday morning); one complimentary lululemon pink yoga mat in room; detox dinner set for two; daily buffet breakfast for two and healthy welcome amenities for two. The package is bookable until 9 September 2021 for stays until 11 September, with prices starting from \$2,388.

# Travel Bug

## Arca Opens in Wong Chuk Hang

Looking out across Aberdeen Harbour, Arca offers 187 chic rooms and suites (in seven room and suite types) all designed to offer the ultimate contemporary living experience. The hotel boasts a rooftop infinity pool, Arca Fit – a state-of-the-art fitness studio, Arca Society – a casual yet modern indoor and outdoor dining space (which will open later in the year), and Arca Assembly – multifunctional event & function spaces. The Arca promises the perfect staycation with your partner, family, friends or even your furry best friend – it is a dog-friendly hotel with plenty of amenities and services for your canine companion.



## The Fullerton Hotel Singapore

When (if) that Singapore travel bubble finally opens up, how about a visit to The Fullerton Hotel Singapore? Take in Singapore's rich history through the lens of modern comforts at The Fullerton Hotel Singapore, a National Monument located in the heart of the Lion City. A package has been created especially for visitors from Hong Kong and features a selection of exquisite three-course dinner menus; daily breakfast; arrival and departure limousine transfer; complimentary heritage tours and a welcome flute of Champagne at The Courtyard. A minimum stay of two nights stay is required. [www.fullertonhotels.com/fullerton-hotel-singapore/offers/hong-kong-exclusive-offer](http://www.fullertonhotels.com/fullerton-hotel-singapore/offers/hong-kong-exclusive-offer)



## African Adventure

For a trip that will wow the whole family with its unique experiences and educational opportunities, put Singita on the bucket list! Singita's family safaris offer children the chance to be immersed in the African bush. The Mini Game Rangers' Course (available in South Africa and Zimbabwe) covers animal tracking, bird watching, learning bush survival, frogging, butterfly capture and release, astronomy and a fun guide's test. Teens are challenged in different ways – getting their hands dirty helping to plant trees at nearby community schools and learning basic survival skills, including how to make a fire, find a water source and identify edible and medicinal plants. There are five Singita lodges in South Africa.

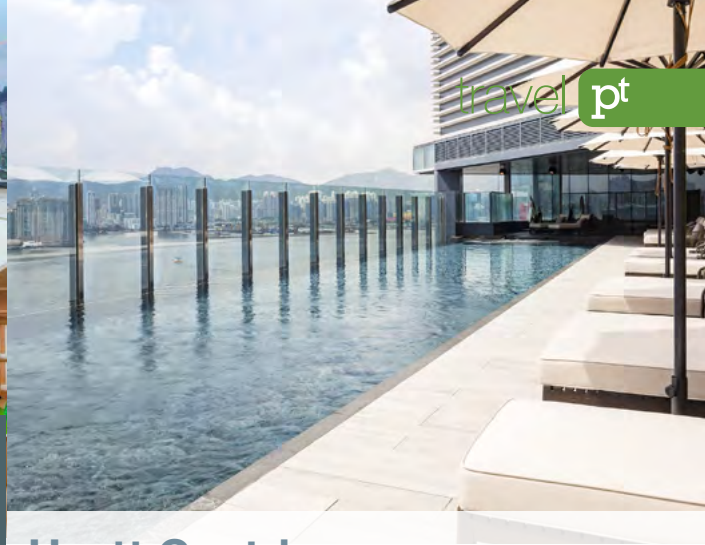






## The Gold Coast Hotel

Enjoy summer by the beach at The Gold Coast Hotel's Summer Coast Life Staycation. Get your swimsuit at the ready and enjoy summer to the fullest on the nearby Golden Beach, or perhaps you'd rather play outdoor games or participate in parent-child art workshops tailored to keep little ones entertained. Stay two consecutive nights to receive more fabulous perks, including a complimentary storybook, green workshop and HK\$200 Satay Inn dining credit. Another popular option is to book one of the hotel's kid-themed rooms. [www.sino-hotels.com](http://www.sino-hotels.com)



## Hyatt Centric

As part of its 'Tour The World in Hong Kong' series, Hyatt Centric Victoria Harbour is joining hands with Tourism Western Australia in offering a Western Australia inspired staycation. Guests will enjoy one night accommodation in a Harbour View Room, buffet breakfast for two, Western Australian-themed set menu at Cruise, with one bottle of wine from Margaret River, Western Australian souvenirs and skincare gifts from Jurlique. Plus guaranteed infinity pool access for one session (50 minutes). The package is priced at \$1,680+10 per cent (Mon – Thurs) and HK\$1,880+10 per cent (Fri – Sun, PHs and Eve of PHs), and it is available until 31 August, 2021.

# FAMILY-FRIENDLY Staycations



## Mandarin Oriental

Calling all wizard loving families. Mandarin Oriental has released The Magic Chamber Staycation Package and it looks magical! The package offers an array of fun-filled activities for the whole family to enjoy, including a themed Photo Booth, Magic Tattoos and an Invisible Experience, where guests will vanish in front of the camera after donning a magic cloak. For an interactive experience, children aged 4 to 12 years old can enrol in the Magic Potion Workshop at The Chinnery, where they can mix and create their very own fantastical concoctions and elixirs. Available to book until 26 June for stays until 15 August, 2021. Mandarin Oriental, [www.mandarinoriental.com](http://www.mandarinoriental.com)



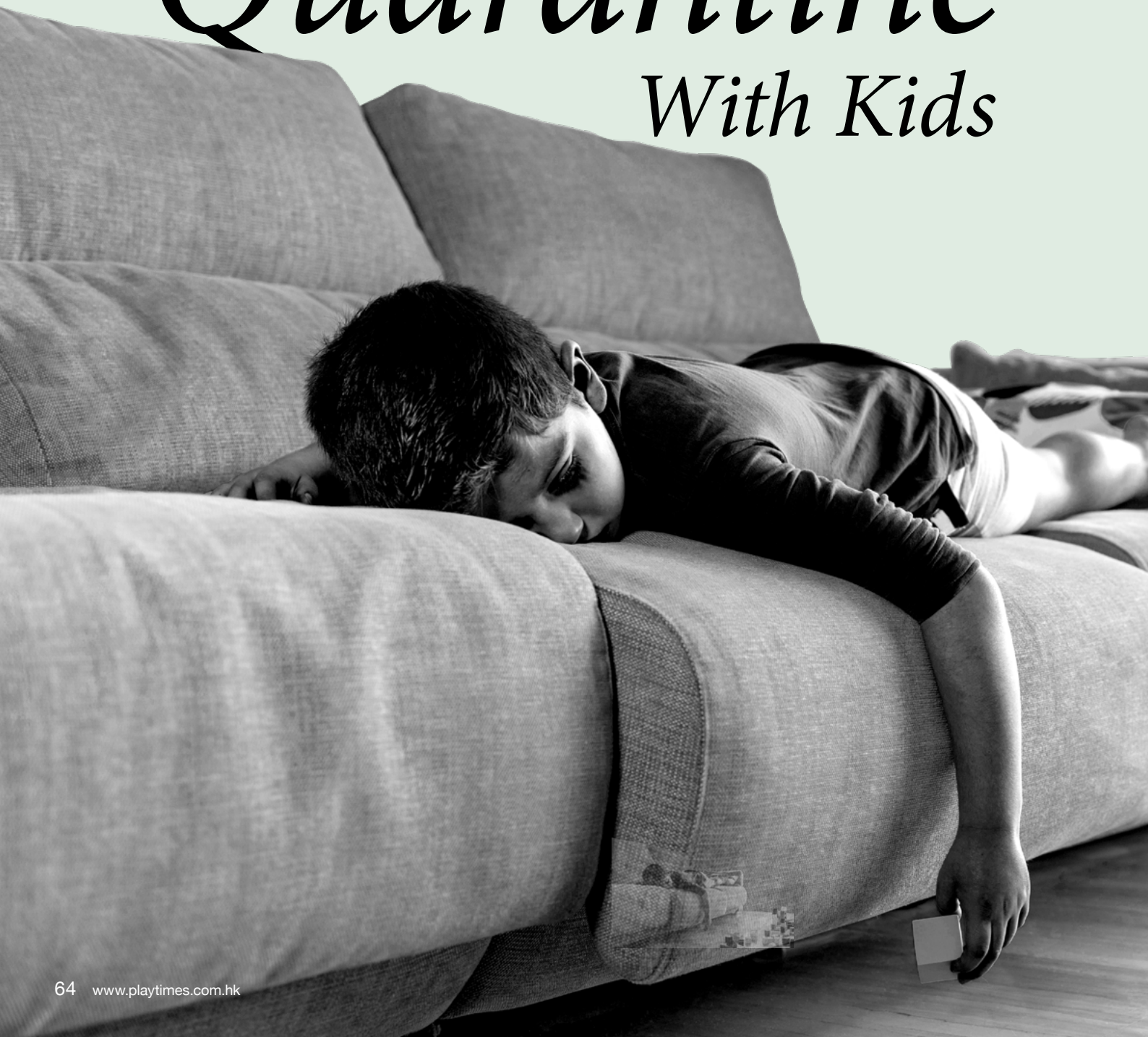
## Upper House

Enjoy a blissful summer escape with your family at Upper House. With the lush greenery of The Lawn, and spacious guest rooms with expansive spa-like bathrooms, there is plenty of space for the little ones to spread their wings and enjoy a bubble bath or two. Visit Baumhaus for fun and imaginative play at their centre with a complimentary pass and receive a \$250 voucher from luxury childrenswear platform, Retykle. Available until 31 August the package costs from \$3,600 per room per night and includes set breakfast for up to two adults and one child; \$800 dining credit at Salisterra; Complimentary dining for children under 12 years old from the Children's Menu at Salisterra (when accompanied by a paying adult); Children's welcome amenity; Complimentary weekend family yoga; A complimentary sofa bed for children under 12 years old per room. [www.thehousecollective.com](http://www.thehousecollective.com)

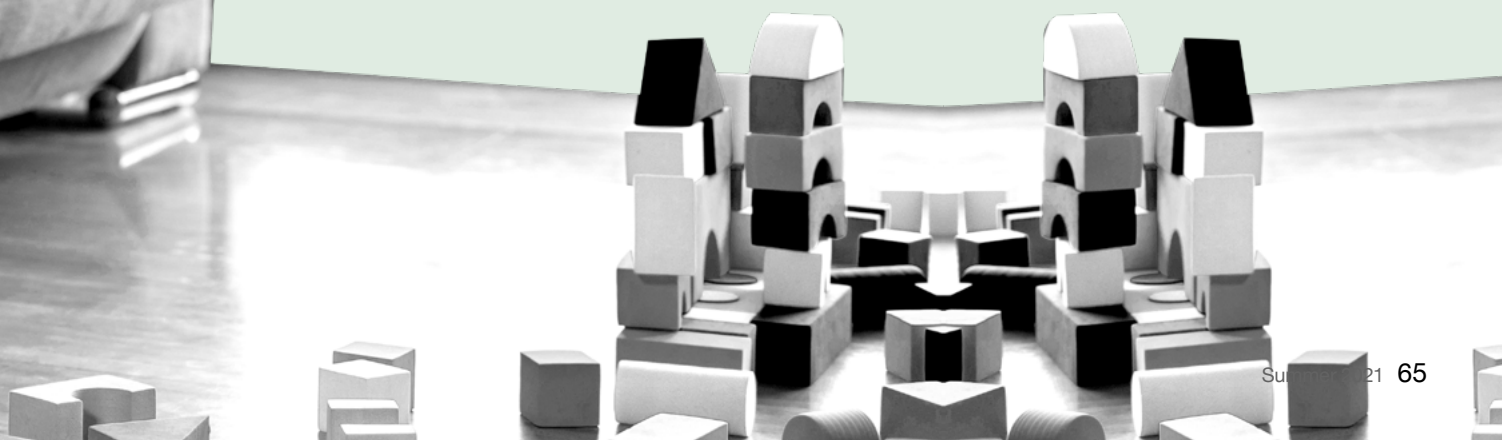
// How To Survive //

# *Quarantine*

## *With Kids*









**S**o you've been assigned quarantine, now what? As the pandemic continues on, quarantine has become commonplace, and you too might be facing a sentence. Wrapping your head around a 14 – 21 day hotel (or other) confinement is not easy and even with some preparation, the first few days is pretty tough mentally. Living here in Hong

Kong, it's not a bad practice to be prepared for a stint in quarantine at a moment's notice. We've all seen it in the news so it's best to be ready just in case. Here we share some tips and tricks from those of us who've been through it and survived to tell you all about it.

Admittedly, walking through the door and having it locked behind you on Day 1 is daunting. The long days ahead stretch out ahead like a lengthy, harsh punishment. For us, it took a few days to settle in and what eventually helped to keep everyone relatively happy was finding a routine. Our quarantine fell over a holiday period so there was no real structure to the day with school for the kids, etc. so we created our own schedule.

Whether you're in Hong Kong and possibly heading to Penny's Bay or you have a trip abroad planned, preparing yourself for quarantine could save your sanity, especially if you'll be with your children. My top piece of advice is to plan ahead as much as you can by making a list of things you might need while you're confined. Try to think of how you will pass the time, what your kids will want to have with them to keep comfortable and how you can stay healthy and fit.

And then there's food... food is a very important consideration depending on where you have to do quarantine. What can you bring with you, how will you prepare it and how long will it last?

Even when food is provided, it's always good to have your favourite snacks or other necessities on hand to make your lives a little more pleasant during this challenging time, especially if you have specific dietary needs.

Beyond covering the basics of comfort and health and food, you might be wondering how to manage your kids' time. Will you make screen time rules or do you plan to keep kids busy with art projects, school work or TV? How will you all stay healthy in terms of exercise etc? If you can think of your normal daily routines and roughly follow them, it's a big help.

Generally speaking, in order to survive the weeks, I allowed my kids more screen time than they would have on a given day at home. They were pretty happy about it and mostly used the time to play online and chat with friends. It really helped pass the time but it wasn't hours on end that they were online. With the routine we kept, there were only two times during the day they had free time to be on a screen. Keeping busy the rest of time helped. Below is a rough idea of the schedule we fell into.

#### During the weekdays:

- Breakfast
- Read a book, quiet time, check emails and messages
- Connect with friends, family, coworkers — socialise with messaging, phone calls and playing online games with friends
- Lunch
- Work — parents & Schoolwork/ learning activity, or acquire a new skill — kids
- Artwork — we did the numbers of the quarantine day
- Exercise time
- Showers
- Dinner
- Games (Uno, Monopoly Deal, Connect 4)
- TV, reading
- Sleep — as much as you feel like

During the weekends we tried to have a slightly different schedule to help differentiate the days.

#### Some other helpful tips during your stay:

- Do make more of an effort to stay in touch with family and friends than you might during your usual, busy life. It's a positive, fun way to spend a little time.
- Make contact with others in quarantine. In Hong Kong there have been Zoom group exercise classes, Yoga Nidra classes and guided meditation all coordinated within the quarantine group.
- Otherwise, do whatever exercise you can each day. YouTube is full of videos for exercising at home/a small space. You'll feel much better for doing this.
- A yoga mat really is a necessity. You probably will not want to do any stretching or other exercise on the floor.
- Bring your own cutlery and a tea towel. This saves napkins and hundreds of plastic forks, spoons and knives plus makes eating more pleasant.
- Keep your space tidy after meals because whatever drops on the floor (plenty does with kids) stays there! Yuck.
- Go easy on yourself and your children. This is a challenging time.

If you want to get organised and really plan ahead, here are a few essential items to consider:

- Wifi for work — Will you need it for work or school? Consider bringing a mobile Wifi device if you're unsure
- Equipment for food preparation — can you use a toaster, kettle or small cooking device in





your room? Will you need a cutting board and knife?

- Comfortable clothes — there's a lot of lounging around to be done after all
- Yoga mat and exercise bands — we used these daily
- Art supplies — plan a project or bring something to work on that takes a few days
- Toys and games — depending on the age of your children
- Toiletries
- Masks — you need a few of them to answer the door to collect food and for each time you have a test done

Speaking of having tests done, it's a good idea to let your kids know what to expect. Several tests will be done during your quarantine and if they know how it's done, that's likely to help. My kids were pros by the time we had our second round of testing done. By the time we had our final tests, the kids were strangely happy to see the nurses.

As the days tick by, it all gets much easier and you will see the light at the end of the tunnel. Do your best to keep in mind that it's only for a set period of time. If you have a positive attitude, your kids will follow suit. 🍀

## Quarantine Gifts



### Personalised Mug

Check out these quarantine survivor mugs from Lion Rock Press. They cost \$150 and come in a variety of designs, or you can even opt to personalize a mug.

[www.thelionrockpress.com](http://www.thelionrockpress.com)

### Give Gift Boutique

Brighten up someone's day with a gift from Give Gift Boutique's extensive range. Choose from exotic flowers and plants, fruit baskets, edible arrangements, gourmet gift hampers, cakes, balloons and more. All reasonably priced with fantastic service. won't need to look anywhere else. [www.givegift.com.hk](http://www.givegift.com.hk)

### Lover Florals

We are in love with the colour palettes at Lover Florals, making it truly effortless when picking the perfect arrangement for your loved one. Choose from Ruby Reds, Crush Pinks, Orange Soda, Ultra Violet and Blush Baby. Prices start from \$350 to \$650, making this a budget friendly option without compromising on the wow factor. They even have mini versions in each range available for only \$25! Flower delivery in Hong Kong is available from \$75, and order before 12 noon for same day delivery.

[www.loverflorals.com](http://www.loverflorals.com)





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