

这些年，  
我在  
上海

CELEBRATING LIFE  
IN SHANGHAI



Scan to watch  
related videos

## Shanghai strives to make it perfect for the elderly

**Hu Min**

ANASTASIJA Puzankova of Latvia, who has been living in Shanghai for 18 years, is former director of the Jiufeng Senior Home in Liantang Town, Qingpu District.

She studied Chinese for two years in Latvia and then pursued law at Fudan University. During a recent interview, Puzankova remembered being surprised when she first met the residents of the home.

"I was surprised by their age and discovered that Chinese seniors have a long life," she said. "I remember them as healthy, enthusiastic and vigorous."

She treated them as her grandparents and won their hearts.

She is now researching topics related to the elderly care industry and has been participating in an inclusive community project.

Shanghai is going all out to ensure a quality, happy

life for its elderly citizens, particularly those who live alone in a society with a large aging population.

The city is developing a comprehensive senior-oriented service network and is meeting the growing need for efficient, convenient, and equitable senior-care services.

A safer and more age-friendly living environment for older residents is being created citywide.

A "15-minute community life circle" is being established throughout the city, giving residents access to services such as meals, fitness, nursing and health care within a 15-minute walk of their homes. A canteen that serves hot meals close to seniors' homes is exactly what they require. Meals from the community canteens will be delivered to the homes of those with physical disabilities.

Senior-friendly gyms are also popping up all over



### Anastasija Puzankova

Shanghai. They are mostly built in local communities and are designed and geared toward the physical needs of those over the age of 55.

Shanghai is one of China's first aging cities. The number of people aged 60 and up reached 5.42 million by the

end of 2021, accounting for 36.3 percent of permanent residents, up from 36.1 percent in 2020.

At the end of September, Shanghai had 3,689 centenarians, a record number. The resident who is the oldest is 112 years old.



### Arash Estilaf

## Iranian actor does his bit to promote friendship between his country and China

**Xu Wei**

WHEN Arash Estilaf, an Iranian actor, TV host, and merchant, was a child, made-in-China items such as pens, balms and TV sets brought home by his father piqued his interest in China.

Estilaf, also known as Hua Bobo in Chinese, left Tehran for Shanghai to study Chinese at East China Normal University in 2005. Estilaf recalled that at the time, China was not a popular choice for young Iranians looking to study abroad. Estilaf, on the other hand, fell in love with the country and surprised his friends.

He enrolled in the Shanghai Theater Academy in 2010 to pursue a postgraduate degree in television and broadcasting, and he later earned a PhD in film and TV production and media management.

Estilaf, now 34, did not expect to

stay in China for so long, despite his extensive educational experience here. He has been in Shanghai for 17 years, as "an ambassador of culture" between Iran and China.

"My second hometown is Shanghai." "I've lived in this city longer than any other in the world," Estilaf said. "When I go to Iran, my friends refer to me as a 'laowai' (foreigner) in terms of the influence from my life in China."

He was on top trend (hot search) in 2020 for his impressive acting in the TV drama "Go Go Squid!" Some 139 million people searched his Chinese name "Hua Bobo" in only two hours on Weibo. He was astounded by the power of China's social media.

Estilaf has witnessed China's tremendous development over the years, particularly in transportation, the Internet and environmental protection.



**Cultural confidence represents a fundamental and profound force that sustains the development of a people and a nation.**

— Xi Jinping