



# *transition*

WAVES IN SHANGHAI

Volume 5 • Fall 2017

## Change, Without the Negative Connotation

Why you should embrace change, not fight it

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## A Career in Shanghai

Statistics and reasons for establishing oneself professionally in Shanghai

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## Tibetan Customs

As a respectful guest, here are some things you need to know

*page ten*

1987



2017



# *what a difference 30 years can make.*

F O R E W A R D

Take a close look at the picture on the previous page. The setting is in Shanghai's financial district of Pudong, dominated by the Oriental Pearl Tower on the left, and the fairly new 125-story Shanghai Tower, which is China's tallest building and the world's second tallest skyscraper, at 2,073 ft high.

Shanghai, believe it or not, is the largest city by population in the world, and it has been growing at a rate of about 10 percent a year for the past 20 years. Today, it is home to 24+ million people, nearly double what it was back in 1987.

It is truly crazy to think how change is a process instead of an instantaneous transition. Like the beautiful view of the financial district we see today, people had a vision and it came together. We can think of this in Christian terms when we see how God had a vision for each one of us, and that is why we are each unique, yet some of that change occurs on our own behalf. God has designed change to be a process, not an event. Getting to the next level does not happen quickly, though we sometimes hope it will, especially in times of grief and frustration.

God is interested in the end result of the changes He orchestrates and purposefully places in our lives, but the growth and maturity that accompany that transition are also very important to Him, and He expects us to ask Him for guidance in those times. For this reason, He works diligently, deliberately and more slowly than you might want. Nevertheless, His timing is perfect and the entire transition process is part of an elaborate plan for your life that will bring you great joy and fulfillment, just like that skyline brings you a sense of awe every time you pass by it.

*Anastassia*



# Events

## *city events post-EFT*

11/6 EVERY MON // Cages

Beginner's Dodgeball  
Cages hosts a Monday night dodgeball session in the indoor field in the bar. It's 50rmb for 2 hours of play. It's a pick up game each week, so no set teams. Join a team and meet new people. Starts 8pm.

11/1-11/12 Broadway Musical

Broadway Musical: 'The Producers'  
Based on Mel Brooks' much loved Academy Award-winning movie, The Producers is a hilarious musical comedy that has taken Broadway and the West End by storm, winning a record-breaking 12 Tony Awards and 3 Olivier Awards.

11/9 The Modern Women of Wellness - FREE

Will feature five keynote speakers who are leaders in their field. You will leave with an abundance of empowering knowledge for being the best version of you. Fitness and wellness demos, life coaching, etc

## *jia events*

10/27 FRI // Talent Show

Come see some of the jia's most talented folks, exciting contests and silly acts. If you aren't on the list to perform, it's not too late to sign up. 7:00-8:30pm

10/29-11/4 WEEK-LONG // Tibet

Get ready for fabulous monasteries, breathtaking high-altitude treks, stunning views of the world's highest mountains and seeing some of the most welcoming peoples you will ever meet.

11/3 FRI // Julia C. Birthday

Happy Birthday Julia!



# HOT SPOT

## AMERICAN PRODUCTS NEIGHBORHOOD MARKET

I think it's safe to say a lot of us are missing some of the must-have foods in America that we haven't been able to find here. Finding this "**Neighborhood Market**" on **154 Wulumuqi Road**, was a huge coincidence, but it seemed like fate as I was suddenly lured by the bright colors of American brands and familiarity in the window (see picture). Though understandably marked up, this store caters to foreigners and junk food lovers who sometimes need to satisfy those cravings (for me, that's hot cheetos, which I did find here for 15 RMB). Here you can find anything from mac and cheese, popcorn, pringles, chips of all sorts, cereals, American candies, to Aussie hair products and other necessities. Prices are about twice as normal (30-40 RMB for Lays chips, for example)



but depending on the urgency of your cravings, it may or may not be worth it for you. Near this shop you will also find multiple restaurants catering to foreigners - Falafel, pizzerias, and Mexican food. When you're feeling a bit homesick, this is the street to be on.





# WAVE OF THE WEEK: MADDIE

Does traveling excite you or stress you out?

Excites me definitely! There's also excitement in being stressed too though you know?

Did you ever picture yourself in Shanghai or Asia prior to the program?

Kind of in a weird way. During the summer, I worked at a camp with kids that came from China. I saw myself on the other side of that culture, and then it happened!

What is your idea of a perfect vacation? It all being paid for, so a FREE vacation. Maybe like incorporate Disney, LeBron James, the Cavaliers. Like if Disney was incorporated into Ohio or if I was on a ride with the Cavs.. that would be the best. And if Stitch was real for that one vacation. Ooh and a baby Groot was there. Ooh and tortoises walking around acting like they were ninja turtles. This is so random but this is what's happening in my mind right now.

What's the one thing that people misunderstand about you?

Is that I'm misunderstood. That's up to you to decide what that means.

Opinion on socks with sandals?

TBH I wear them all the time, so they're ok with me. I forgot my other shoes at home so I'm stuck wearing socks and sandals. So I mean, do I prefer to wear them... no. But I do.

If you could modify Pepperdine Shanghai's campus in any way, what would you do?

I would add a basketball hoop and a ping pong table. I love ping pong but I'm so bad at it.

What would your autobiography be called?

Why so serious? Jk, I'm not the joker. If I had an autobiography it would just be my name and then "read it or leave it." Actually I would just have it be called "Haha" and every word in the book would be "hahaha." 10,000 pages for every day I was born... I mean every day I was alive. (Then why haha on every page? -Kameron) Because I was born laughing. (You didn't cry when you were born? -Kameron)  
No I just laughed.

Which animal would make the best type of president if the animal kingdom ever rises up and takes over? I just really like Stitch so he would totally be president. He can surf, shoot lasers, he has FOUR hands which makes him more efficient of a president. I loveeee Stitch so much, he's my favorite.

I'm guessing he's your spirit animal?

Yes, Stitch is my spirit animal. I really like Hawaiian culture, and the movie is funny, I think it's one of the first Disney movies I watched.

To someone who's never been to your hometown, where would you recommend they visit?

/laughs/ I'm from Riverside, CA. there's nothing interesting there.

I would say drive over to Anaheim and go to Disneyland.

Which came first, chicken or the egg?

You know what, I think the chicken... no, the egg... let me think. You know, I like to eat chicken more than eggs so I'm going to say chicken came first.

Is there a conspiracy theory you strongly believe in?

That Filippo is always on the phone but never actually talking to anyone  
(I'm just a businessman what can I say - Filippo)

What's been the best phase of your life?

Definitely preschool. Didn't have homework, took naps, hung out with random people, ate food whenever I wanted, you didn't have to walk you could just sleep whenever. You had no worries. You knew you would go to school, have snack time, sleep, and go back home.

Do you think you're lucky?

I have a lot of bad luck,, always waking up late for class, for example. I'm not lucky but I'm liked.

What's left on your bucket list in Shanghai?

Definitely Shanghai Disney. Also to go to the fake market. I wanna sleep on a subway. Actually, sleep EVERYWHERE in Shanghai. In the mall, Yang's dumplings. everywhere.

What message do you have for the people of the jia?

I'm your new leader now. Jk. I would say "Hello, I'm Maddie. Nice to meet you. Have a great day. Have fun in class. Don't fall off your bike. And don't forget to laugh."

# Seven Reasons to Consider Having a Career in Shanghai

information by Harry Dove, Senior Recruitment Manager at deVere Group

- 1. Money:** In the 2014 Expat Explorer report issued by HSBC Bank International Limited, China ranked first on their Expat Economics league table, which scores countries based upon expats' views about the local economy. In China, the survey's respondents reported, on average, the highest household income and personal disposable income. The survey also found that China has emerged as a hotspot for higher earners, with almost one quarter of the expats living there raking in more than £190,000 annually. Compare that to the global average of only 5%, and it is hard to resist the lure of **China**.
- 2. Low Cost of Living:** In the same Expat Explorer report China ranked fourth on the Expat Expenses league table, which measures expats' ability to afford goods and services. With this wider gap between salary amounts and the cost of living, most expats enjoy a higher disposable income than they did at home. With affordable accommodation prices and inexpensive eats, Shanghai in particular makes it simple to build up your savings without sacrificing much. And if you are looking to splurge on luxury every once in a while this city offers all the fancy hotels, swanky restaurants and pampering spas you could want.



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- 3. Professional Opportunities:** With China's rapid economic growth and Shanghai's huge push toward becoming an international financial center, new opportunities for growth and expansion are emerging all the time. There are several lifestyle benefits that make this city hard to resist for expat professionals, which makes networking easier.
- 4. Transportation:** Just living in a city the size of Shanghai can be daunting, but Shanghai has made it pretty simple with its extensive and inexpensive public transport system. Its metro system is the world's largest, with routes spanning a huge portion of the city. There are also over 1,000 formal bus routes that serve practically every corner of Shanghai.
- 5. Tight-Knit Expat Community:** In true "we're all in this together" fashion, the expat community in Shanghai is particularly tight-knit. The huge city can sometimes be confusing and overwhelming, but the seasoned veterans are always willing to share their words of wisdom. Check out some Shanghai expat forums like [Shanghaiexpat.com](http://Shanghaiexpat.com) for tips and helpful advice, or [meetup.com](http://meetup.com) to meet friends.
- 6. Accessibility:** One of the most alluring aspects of living in Shanghai is that it is the perfect starting point for exploring Asia. China's rail system is one of the most efficient and extensive rail networks in the world, crisscrossing all across the country and connecting almost every city and town. From Shanghai you can hop on the high speed and explore the whole of China with relative ease and comfort. Once you have seen China, you are a short, inexpensive flight from practically all of Asia. Explore Vietnam, Cambodia, Thailand, Mongolia and many other Asian countries.
- 7. Adventure:** If you feel like you are stuck in a rut personally or professionally, or are just looking for a new and exciting challenge, Shanghai is the place for you! Here you will have the opportunity to encounter the final foreign frontier. You can immerse yourself in one of the world's most ancient cultures, soaking up its language, customs and food (and bubble tea! :-).

OUR OWN BRAIN,  
OUR OWN HEART  
IS OUR TEMPLE;  
THE PHILOSOPHY  
IS KINDNESS.

- Dalai Lama

## customs and taboos to be aware of

- Eagles are the sacred birds in Tibetan culture. You should not drive them away or injure them.
- Do not relieve yourself near any cattle pens, horse stables, or sheepfolds. Do not drive or disturb the sheep or cows with red, green or yellow cloth strips on because these animals are the Tibetan sacrifice to worship gods.
- It is impolite to spit in front of or behind others or clapping hands behind others.
- Do not throw any bones into fire. Do not touch other's head by hand. Do not use paper with Tibetan characters as tissue to wipe off mess with the paper.
- Remember not to step on the threshold when entering the tent or house.
- Please add "La" behind the name when you call someday to express respect.
- If you are asked to sit down, please cross your legs, do not stretch your legs forward and face your sole to others.
- In the tent, men sit on the left side, and women on the right side.
- You should accept gifts with both hands. While presenting the gift you should bend your body forward and hold the gift higher than your head with both hands.
- Please keep quiet on the top of mountains. It is believed that loud noise will result in heavy snow, storms or hail.

## related to religion

- Once inside a monastery, don't smoke or take photos; do not touch, walk over or sit on any religious texts, objects or prayer flags in monasteries.
- Don't wear shorts or short skirts in a monastery and take your hat off
- Walk clockwise around a monastery, mani stones, pagodas, or other religious structures. Prayer wheels should also be turned clockwise.
- Keep quiet during religious ceremonies in the monastery (especially since we are in a huge group!!)
- When meeting a lama, it is not appropriate to hug him or shake hands with him. The proper way is to hold the two hands upright, palms together in front of the chest, and lower the head. Don't talk with them on sensitive topics

## LHASA WEATHER FORECAST



Monday

high: 49°F, low: 29°F



Tuesday

high: 47°F, low: 26°F



Wednesday

high: 46°F, low: 25°F



Thursday

high: 47°F, low: 26°F



Friday

high: 46°F, low: 25°F



Saturday

high: 46°F, low: 26°F

# WHAT WE'VE BEEN UP TO

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## *Overheard at the jia...*

"The robbers [in Mexico] steal one thing every year.  
The toaster." - Maddie

"Kaci, monogamy is boring" - Filippo

"I'm the funniest person I know" - Kennedy

"I don't have cologne so I just use bug spray" - Alex

"What, that's weird" - Justin

"It smells good!" - Alex

"This exact day last year I had a mental  
breakdown" -  
Soni, looking through her journal

"What's an underscore?" -Dong

"She BETTER come back, that's MY blanket"  
- Justin

"I feel like I'm getting sunburnt" -Maddie, in reaction to  
the KBBQ grill

"Can I bargain with them?" -Mick at H&M

"DPS...all these frats." - Filippo

"DPS isn't a frat..." -Emily

"Little speck in Kamryn's eye, I'm sorry but I'm gonna  
have to ask you to leave now" -Jared

"I get really awkward when people  
watch me eat" - Alex

"You're awkward already bruh" - Ike

"Is this movie good?" - Dong

"It messes you up" - Anastassia

"Oh. I like that." -Dong

"Can I take off my pants?" - Alex, nonchalantly,  
during a group workout

