

# WAVES 浪潮

MAY  
JUNE  
2022

- THE CITY & BEYOND -

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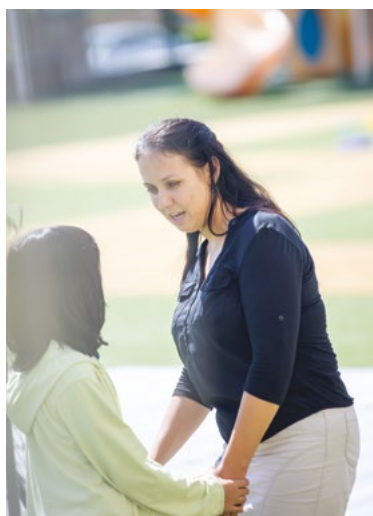




**COMPASSION SERVICE**

*Our Purpose*

International School of Qingdao is committed to providing transformative, holistic PK12 education to develop globally-minded individuals who **learn, love, and lead.**



**At ISQ**, opportunities for student growth happen both inside and outside the classroom. We cultivate a community of empathy and look for ways to make a difference in the lives of others. Students are encouraged to make their gifts, talents, time, and energy available to those around them even as our teachers invest in their academic and personal growth. This outward focus provides the foundation students need to become world-class servant leaders.

- High School Students Average 25+ Service Hours Per Year
- Annual Service Opportunities Locally and Across China
- 4:1 Student to Teacher Ratio

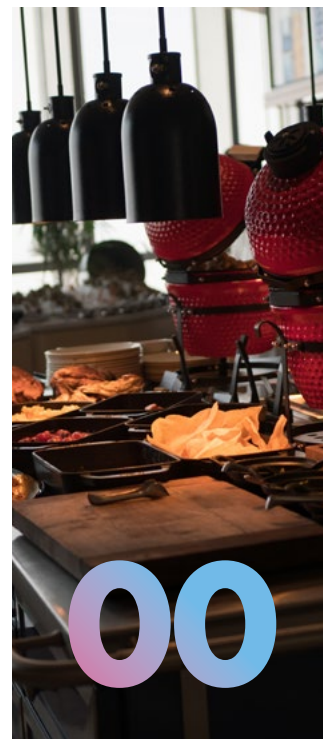
PURPOSE	CURIOSITY	DISCERNMENT
CONNECTION	COMPASSION	COURAGE
HUMILITY	SERVICE	PERSISTENCE

**isc 9 QUALITIES FOR LIFE**



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# WAVES SURVIVAL INFO

Living in Qingdao as an expat is not easy, especially when it comes to the language barricade. No worries! WAVES has collected useful information for a better life in Qingdao. The contacts below can all provide English service.

**Disclaimer:** These are merely suggested contacts, WAVES is not responsible for their quality control. Please consider researching alternatives before interacting with the following services.

## HANDYMAN



**Mr. Fix it:**  
199 5324 - 5358

## REAL ESTATE AGENT



**Kaka:**  
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## HOUSE KEEPER



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## LAWYER



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137 8067 - 1382

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**United Family Hospital:**  
4008 - 919191

**Julia Int'l Clinic:**  
131 6501-3251 (Qingdao)  
185 6397-9229 (Huangdao)

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**Yijian Clinic (Olivia):**  
186 6165 - 8677

## DOULA



**Ruth:**  
185 6285 - 6697

## LIFE COACH



**Leani**

## OVERSEA SHIPPING



**Paul Baik:**  
133 2500 - 7300

## SHOP FOR WINE



**LAOWINE**

## IMPORTED FOOD & DRINKS

**SUNNY'S SUPERMARKET (Clean Mart)**

10-4 Yunling Road,  
Laoshan District  
崂山区云岭路10-4  
**Phone:**  
138 6421 - 2927

## BESPOKE SHOES



**Dr. Shoz:**  
136 9422 - 1402



Please **contact Jasper Zhai** if you know of any other good services in Qingdao and across China.

# Where to find WAVES

As a city guide for expats in Qingdao, WAVES magazine is here to make your life in China easier. Offering information on quality restaurants, bars and entertainment, guides for healthcare, education, events and much, much more.

**WAVES** is distributed from more than **200 locations** around Qingdao. Below are just a small selection where you can pick up your copy of WAVES, **absolutely FREE**.

## SHINAN DISTRICT



**THE TREE NEARBY THE SEA**  
**Address:** 13 Minjiang Er Road.  
闽江二路13号  
**Phone:** 137 1816 - 3522

**ROMANO**  
**Address:** 158 Zhangzhou Road.  
漳州路158号  
**Phone:** 6869 1315

**BROTHERS KEBAB**  
**Address:** 65 Xianggang Zhong Road  
香港中路65号  
**Phone:** 8571 3396

**KHANBABA**  
**Address:** 20-6 Yan'erdao Road.  
燕儿岛路20-6  
**Phone:** 139 1169 - 0944

**ISTANBUL**  
**Address:** Yi 69, Zhangzhou Road  
漳州路69号乙  
**Phone:** 186 6190 - 7890

## LAOSHAN DISTRICT



**BURGER & BUNS**  
**Address:** L1, LIONMALL, 195 Xianggang Zhong Road. 香港中路195号金狮广场1楼外围  
**Phone:** 5571 - 9522

**SUPER BOWL**  
2F, West wing, Leader Mall, 18 Qinling Road. 秦岭路18号丽达购物广场西区2楼  
**Phone:** 8862 - 8862

## LICANG DISTRICT



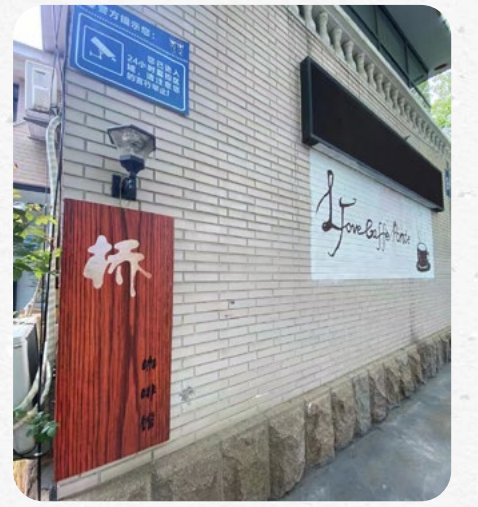
**HAVANA**  
**Address:** 1068-173 Baoli Centre Mansion, 1068 Jinshui Road. 金水路1068号保利中央大厦1068-173  
**Phone:** 186 6979 - 9330

## CHENGYANG DISTRICT



**BLACKSON**  
**Address:** 397 Xingyang Road, Chengyang. 城阳兴阳路397号  
**Phone:** 158 2002 - 8686

## HUANGDAO DISTRICT



**JOE CAFE**  
**Address:** Villa NO.9, East Area, Dongfang Huayuan, 138 Ailishan Road. 凤山路东方花园东区9号别墅  
**Phone:** 138 8478 - 9998



# A TASTE of THE WORLD at The St. Regis Qingdao



“**There are different urban characteristics behind different ingredients and Astor Culinary Journey invites you to taste the unique exotic flavor at Social All Day Dining Restaurant.**”

The St. Regis Hotel is the epitome of opulence in the city of Qingdao. It is here you will find refined grandeur, astute clientele, and the pinnacle of class in society. But look beyond that and to the beautiful view of the sea from this glass monument, and you'll find it's much more than just a 'who's who' of local.

Unlike the other famed modest luxury hotels in this city, the St. Regis sets itself apart with a refined and elegant presentation that puts it above the crowd. This classic hotel brand started in early 20th century New York, competing with renowned brands for the attention of New York's elite. Today the firm is owned by Marriott Group as one of the company's flagship names, carrying with it a great deal of prestige and a sterling reputation.

The Social's Buffet in the St. Regis is one example of an attraction you don't want to pass over, or write off as 'the same as any other'. You'll find this simply isn't true, as the delicious cuisine on offer here will not only delight you, but surprise you with its variety. There are different urban characteristics behind different ingredients and Astor Culinary Journey invites you to taste the unique exotic flavor at Social All Day Dining Restaurant. Allow us to go beyond the attentive customer service and sumptuous decor to see exactly what is on offer...

If you adore seafood such as myself, one of the most eye catching aspects is the fresh oyster bar. This already speaks volumes on the astute level of class, as a true fresh oyster has a little bit of grit, a fresh maritime taste and is always

delicious. This is a rare treat, as many dining facilities in Qingdao fail to offer such quality, and in such quantity.

The fresh Sashimi bar is next on the list of eye-catching features. As the vivid colors of the fish make a bold impression visually. From Salmon to Tuna, Abalone, and Octopus, each are full of zest and appeal that stand out from any other hotel offering a similar spread. By now my first plate was already full, with my sashimi, oysters, and of course it wouldn't be complete without one of those divine hairy crabs from lake Yangcheng.

Upon arrival back to the table already whisked over on a silver platter are an opulent array of scallops, lobster thermidor, and cooked oysters. Adjacent to this is a boutique sized portion of Australian

grain-fed ribeye that has been carefully prepared to a perfect medium-rare. Both of which are available separately from the buffet if you need some additional gourmet delights.

This sort of cuisine calls for an excellent wine to pair with it, of which I chose a sparkling Prosecco, for making a toast with my gallant ensemble. Next came a glass of Cabernet Sauvignon that pairs excellently with not only my steak, but also my slow cooked pork drizzled in a decadent cranberry sauce that sat on a bed of creamy mashed potatoes. Last was my glass of Chardonnay that was exquisitely selected to match the grilled sea-bass and roasted pumpkins.

All of these options provided a kaleidoscope of flavour to one's palette, and we

were just getting started. Across the room you could gaze at the cutlery station. The centerpiece was a moist, tender leg of lamb, a culinary marvel that many hotels simply leave out too long, letting it dry under the heat-lamps. This however, was the exception, and amazingly so.

The final course was the desert tower complex, and it was certainly a feast for the eyes. From the lava chocolate cake that is served to you, to the pecan laced macarons, each aperitif sized pastry allows you to indulge on a different flavor that leads you to explore french and Italian decadence at a higher level.

I was not only satisfied and sufficiently impressed with the St. Regis buffet, but was eager to return, as even I hadn't been able to experience all the flavours

on offer. The St. Regis Qingdao more than lives up the prestige of its name and the dignified, gentlemanly traditions it embodies.

## THE ST. REGIS QINGDAO

**Phone:**  
0532 8265-9999

**Address:**  
F58-78, Tower 2, Haitian Center,  
48 HongKong West Road, Shinan  
District, Qingdao.

山东省青岛市市南区香港西路48号海  
天中心第二塔楼58-78层



# MOON GLOW

By Sal Sherman



If you ever catch yourself in Laoshan near the waters edge, you will stumble upon a hidden gem called Moon Glow. This posh speakeasy styled bar offers a lot once you can find it's secret entrance and hidden location!

This classy facility compares well with the renowned Constellation of Shinan, and for those of you that don't it's quite a stark contrast from your regular dive bar in this city. Henceforth what does Moon Glow have to offer? Well let's see because this one was a treat.

The speakeasy was inspired from the probation era of the roaring 20's with it's drink menu, and has a decor to compliment. The chic art deco overtones of green's and browns with hints of blue that overlay the room with a decor that adds a modern contemporary feel that is still comfortable to the eyes and those in the surroundings.

This inviting space is intimate with a touch of exclusivity set by both the well dressed staff and menu to pair. One of the first aspects that set it apart was it's smoked nuts. Upon ordering many of the time one assumes that the nuts they see presented before them complimentary by the staff would be the same as most other bars, alas you'd be wrong to make this assumption. As for the blend of flavor

among the cashews, pecans, walnuts and others, were quite crisp, but then smoothed out by the smoky texture. It was an unexpected yet delightful experience for the palate.

Now I have a rule of thumb, whenever you go somewhere new and are not sure what are the skills of the house's bartender are always start with a classic. My personal favorite is a Long Island Ice tea as not only is this drink world renowned but a good bartender knows how to make this drink "pop" to a different aspect. If it meets a certain standard then you can venture off onto the house's specialties, and lets just say these did not disappoint, as I surely got my "pop" of alcohols blended together.

One of Moon Glows specialties is its access to a full kitchen that focuses it's niche on French cuisine. That in of itself deserves a whole other article, but what I can say was the food pairing to the drink menu was sublime. This is something special that you can order in from the restaurant and they will bring straight to your table into the bar. Indulging through my three course meal, one of the standout drinks was the El-Diablo. Having a hue of blackcurrant liqueur and ginger blended well with a splash of tequila. It complimented expectantly well with a

delicate but decadent roasted rabbit in a thick and creamy morilles and PX sherry vinegar sauce.

As for the ladies that are looking for a drink more on the lighter side there are plenty of options to keep you covered. We enjoyed what was a rendition of a Raspberry Daiquiri but with a modern twist custom by the bartender. It was the perfect amount of sweet to a light alcohol blend. As a key feature of Moon Glow is their off menu hidden items, that you need to either know about, or ask ever to kindly for the bartender to make you one of his special concoctions. Those high-lighted drinks include the Greek inspired cocktail called the Aphrodite and is a treat if you enjoy a taste of sweet and sour into your drink. If you are are looking for something more refined explore the champagne cocktails that dazzle your taste buds as there is a variety of selections to choose from.

If you fancy a night out on the town for a romantic date, or you have a client that you need to entertain Moon-glow will not leave you disappointed. Conversing with the owner I came to understand how their love of travel, quality drinks, an ambient space and good food where the elements mixed to establish this speakeasy, I'm sure it will leave an impression on you just like it did on me.

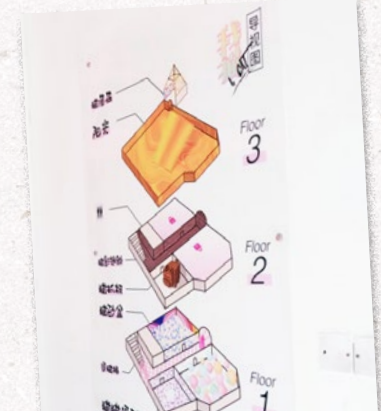
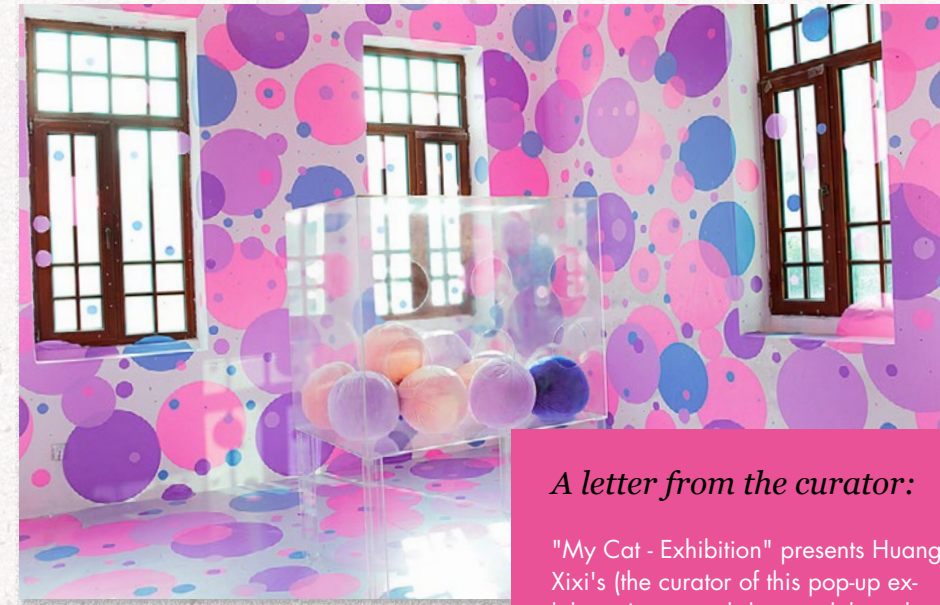


“ If you fancy a night out on the town for a romantic date, or you have a client that you need to entertain Moon Glow will not leave you disappointed ”

## MOONGLOW

**Opening hours:** 19:00-02:00  
**Address:** 2F, Bldg 1, 87 Donghai Dong Road, Laoshan District. 崂山区东海东路87号气象局度假村 一号楼2层  
**Phone:** 131 5685 - 3060





# CAT-THEMED *pop-up* EXHIBITION



### A letter from the curator:

"My Cat - Exhibition" presents Huang Xixi's (the curator of this pop-up exhibition) personal design philosophy and concept: from material, color and form to interesting public artworks. This time, she unfolded her visual narrative from her interpretation of the cat's potential to improve their owner's life. The humble cat has long been the subject and companion of literary history, art history and human life. At present, it is the muse of many creators and loved by influencers on social media.

minimalist material aesthetics of art; Use of bright colors; As well as the full formal treatment: the dots full of psychological meaning in contemporary art and the charm of the lines of European classicism are integrated into the artist's vision of the cat's daily life. But this unassuming presence helps to enrich the lives of all these humble animals meet. My cat may be Huang Xixi herself. "

Curator:  
Huang Xixi , Paris, April 2022

Who hasn't read Natsume Soseki's "I'm a cat", a work from the perspective of a cat? "There is neither plot nor structure, like a sea cucumber without head and tail", but despite this it remains a touching work. Who doesn't know Baudelaire's cat? The poet sighed: "From her head to her feet, there is always a dangerous fragrance, a refreshing fragrance floating around her brown body." The difference is that Huang Xixi's works show her open-form training in the United States and her way and perspective of observing the world. Visitors observe her interpretation of the independent and free spirit of the cat in its purest form. She implanted the cat's vision into the historic Curie of Zhao taimou's former residence, that is, she boldly implanted the cat into the depths of architectural history and cultural history to provide a new, fresh perspective.

### Exhibition information:

**Exhibition Period:**  
15 April - 26 June  
10am - 5pm (weekdays, rest on Tuesday)  
10am - 6pm (weekends)

**Ticketing:**  
59rmb on weekdays  
69rmb on weekends and during holidays  
(There will be a mini cat-themed market on weekends)  
\*Due to the specific settings, children under 10 years old are not allowed to enter.

### Scan the QR to buy your tickets

**Address:**  
7 Longjiang Road, Shinan District. 市南区龙山路7号



The 8 different spaces display the designer's own touchable sense of



# WAVES CHARITY CONCERT



Let's head inside the EDEN bar now, where the 'WAVES Unplugged' performers rocked their socks off!



**W**e hosted our first ever big Waves Charity Concert, and it was a great success!

Thank you everyone who attended the sold-out event. For those who couldn't get a ticket, don't worry more events like it are on their way. But for now, read on and see what you might have missed...

On the day of the event, we started the concert at 6pm at the EDEN restaurant and bar. The views of the sea were amazing and the sounds of GZ Jazz band were a wonderful accompaniment to the view.

There was an art auction with paintings donated from Changjiang international school and Y-Y Planet project. The art auction was very successful and helped raise a great deal of money for charitable causes in Qingdao.

The Y-Y planet project, dedicated to supporting adults with autism, also donated lots of specially made cherry flavoured juice for those who weren't drinking alcoholic beverages.



**List of Performers:** Shelby, Philip, Catherine, Alex Liu, Julian M, Leon Bass, Chenny Keys, JD, Mike, Helen, Dave.

We raised a fantastic **6,640RMB** for Charity! We're pleased to announce that this money has been divided and donated to 2 campaigns. First, we will donate 60% to support the Adult Autism centre who work really hard in helping people with autism to achieve their life goal and career ambitions. 40% will be donated to all our beloved dog shelters within Qingdao.

If you want to hear more about our charity events, info about volunteering, donation queries or any other questions about WAVES Charity, you can contact the Chairman Julian M below.





# LIVING LIGHTLY with Leani



**M**y name is Leani and I used to feel stuck, aimless and frustrated. I kept on doing the same thing over and over: expecting positive changes in my life while wanting others, instead of myself, to change. Not surprisingly, the same negative situations kept on reoccurring all around me. I felt defeated and depressed. Worst of all, I didn't want to ask for help, because I felt that I was the only person experiencing this. So, on top of everything else, I felt a sense of guilt for not being able to pick myself up and move on with the ease everyone else seemed able to.

This all culminated a few years ago, while I was working as an English teacher in Qingdao. Being completely out of my comfort zone in a foreign country and culture, I realized that for the sake of myself and my relationships I had to ask for help. I met an amazing Life Coach online who supported me through a process of self-discovery and, perhaps more importantly, self-acceptance, showing me how to love myself. I realized that it's easier and more constructive for me to change instead of waiting for others. Coaching helped me to overcome my challenges because this subjective person gave me a different perspective. In the end, receiving help and guidance awakened my desire to help guide others in return. My life took on a new meaning and I am now the proud owner of my own Transformational Life Coaching company, which enables me to help others realize their true worth. Nothing gives me greater satisfaction than helping people own their power in every area of their lives and embrace change with courage, and I feel truly blessed to have worked online with both native and foreign clients living in China, Taiwan, South Africa, Philippines, Spain, Belgium and the USA.

Transformational Life Coaching is a solution-focused approach to personal development aimed at getting you unstuck by identifying unsupportive patterns in your life. As adults we tend to become more rigid in our thinking and rationalize our actions as we look for evidence for what solely confirms our beliefs. We have the tendency to ignore what our emotions



“ **It's quite common for people to feel that something is wrong and that something needs to change, but they don't know what and they don't know how.** ”

are telling us, and we rarely stop to question ourselves or the rules we've created to live by because we are just too busy surviving.

It's quite common for people to feel that something is wrong and that something needs to change, but they don't know what and they don't know how. One ends up feeling conflicted and low. Living in a foreign country often tends to bring issues like these to the surface, seeing as we've most likely managed to somehow suppress them for many years while living on home soil. In our home environment we're surrounded by family, familiarity and established support systems, but moving away from all of that may place you in a much more challenging position. Suddenly, it feels as if you have nothing and no one, and worst of all is that said support systems at home cannot understand the physical or emotional dynamic you're experiencing abroad. What's more, we are often prone to confuse

familiarity with love, safety and certainty and tend to remain in unhealthy patterns simply because they're familiar to us.

### **My specific approach as a Transformational Life Coach**

I help my clients understand what's driving their behavior by tapping into their most fundamental needs. In the human family we are all driven by the need for certainty, variety, significance, love, connection, growth and contribution. We will do absolutely anything (consciously or subconsciously) to meet these needs, quite often relying on destructive quick fixes to make us feel better. I help others identify the behaviors in their lives that are preventing them from moving forwards, replacing them with practical, sustainable life patterns and habits, incorporating tools such as increasing

emotional vocabulary and asking ourselves the right questions. Last, but not certainly not least, we also focus on that which is most important in life: our core values. Without knowing what it is that we value most as individuals it's hard to navigate through life with a purposeful and positive direction.

We should always remember that if we're not working toward our own goals, we're working towards someone else's. I hope this short introduction to the wonderful world of Life Coaching - and my unique approach to it - will inspire you to rethink what it is that you truly want out of life, wherever and whoever you may be. Just remember, I'm here to help every step of the way!



For an appointment with Leani, please contact her via WeChat or email her at leani.vanzyl@gmail.com



# HOW TO MAKE DALGONA COFFEE

(and Dalgona) By Gina Lee

Time trickles away day by day, silently gliding past us until we realize the year has already made its way to May. Leading busy lives, especially with the pandemic lingering, it's easy to forget to sit back and take a break every once in a while. For a quick re-charge, there is nothing better than a cup of sweet Dalgona Coffee. Although the trend may have passed, the mesmerizing flavor of this drink never disappoints. Roll up your sleeves, and let's dive into the creamy depths of Dalgona Coffee!

The creation of Dalgona Coffee was inspired by Dalgona itself, a sweet candy that originated in South Korea. Acting as a classic treat for little children in the late 1900s, Dalgona is regaining its fame today with its featuring in 'Squid Game', a popular Netflix series in 2021. Dalgona and Dalgona Coffee are both being enjoyed around the world, and people admire the unique, unforgettable sweetness of these goodies.



## HOW TO MAKE DALGONA COFFEE:

All you need to make a cup of Dalgona Coffee is:

- Granulated coffee (1 Tablespoon)
- White granulated sugar (1 Tablespoon)
- Hot water (1 Tablespoon)
- Milk (1 cup)
- A Mixing Bowl
- A mini electric whisk/Plain whisk (or a spoon/fork if you don't have either)
- Optional: Ice Cubes (to make a chilled version)

\*The amount of coffee, sugar, and water are adjustable - but should be 1:1:1 in ratio. Between 1-2 Tablespoons is recommended.



1. Put the granulated coffee, sugar, and hot water into the bowl.



2. Use a mini-sized electric whisk (highly recommended) to mix the ingredients until they turn from dark brown to light brown. After you are done, the consistency should be mostly thick.



- Be careful when using an electric whisk—the mixture might spray everywhere if the power is too strong

- If you don't have an electric whisk, you can use a regular whisk (recommended) or a spoon or fork to mix the ingredients by hand, but it will take more time and effort.



3. Warm your milk and pour it into your cup until it is about ¾ full -for iced coffee: pour cold milk and put in some ice cubes.



4. Pour your Dalgona Coffee mixture into the milk and enjoy!

## HOW TO MAKE DALGONA:

Although the drink itself is good as it is, Dalgona Coffee can be topped with a couple pieces of the Dalgona candy. The crunchy bits of the candy make a wonderful contrast with the creaminess of the coffee.

To make Dalgona, you will need the following:

- White granulated sugar (1.5 - 2 Tablespoons)
- Baking soda (a few pinches) Stovetop
- A ladle or a tiny-size frying pan
- One wooden chopstick
- A piece of parchment paper/silicone mat
- Oven pan/ceramic dish



1. Before making the Dalgona, you will need to place the parchment paper/silicone mat on your pan/ceramic dish and put it near your stovetop. You will need to pour your Dalgona mixture onto the parchment quickly later.



2. Pour the sugar into the ladle or frying pan and turn the heat on your stovetop to low heat.



3. Start mixing your sugar with the wooden chopstick and keep your ladle/pan close to the fire, but don't let it touch the fire. If the mixture starts bubbling or melting too fast, move it a little bit away from the fire. Keep stirring the mixture until it turns a translucent light brown, and all the sugar has been dissolved.



4. Put 2-3 pinches of baking soda in the mixture and mix quickly. The mixture will turn into an opaque beige. You can add 1-2 more pinches at a time if the mixture doesn't turn beige after you mix it.



5. After all the baking soda is fully dissolved, quickly pour the mixture onto the parchment paper. After the Dalgona is fully dry (it will be VERY HOT when it's still liquid!), crush it up into bite-sized pieces and top it onto your Dalgona Coffee, or just enjoy it as is.

In a world where everything is happening and changing rapidly, take refuge on a comfy couch with a mug of creamy Dalgona Coffee. With some basic kitchen ingredients, Dalgona Coffee can serve you as your go-to drink or an afternoon pick-me-up whenever you need some energy. Let us enjoy the final breezy weeks of spring by indulging ourselves in sweet cherry blossoms and a cup of Dalgona Coffee.



# DR SHOOZ

*Premium  
Speciality  
footwear at  
Competitive  
Prices*



**“ Using a simple process, customers select the style and type of shoe they want from Dr Shooz extensive catalogue before their measurements are taken by machine to ensure a perfect fit. ”**

For many expats or foreign residents in China, finding shoes that fit well can be difficult. Whilst the average shoe-size in China is around an 8, whilst in America it can average around 10 and 9.5 in Europe. This means that many with feet larger than their home country's average may find their options limited for footwear, especially if they have bunions or wider calves, all of which can further complicate the process.

But there's no need to fret – instead of buying expensive imports or trudging back and forth through the shopping centres, you can simply speak with Dr Shooz. A premium-quality specialist producer for larger shoe-sizes, Dr Shooz was founded by Paul Lim, who previously provided footwear to the New Zealand and Australian markets. Since 2020 he's expanded his business to China, to serve the expat community.

Using a simple process, customers select the style and type of shoe they want from Dr Shooz extensive catalogue before their measurements are taken by machine to ensure a perfect fit. Within a few

weeks you'll receive a sample to try and confirm their suggested fittings. In a total of eight-weeks from initial measurements, you'll receive your personalised, fitted shoes.

Dr Shooz not only deal with the average problems expats face, like larger sizes than the average consumer market, or poor fittings otherwise. They also deal with issues such as flat or uneven sized feet, plus-sized feet and other irregularities that may make buying and fittings a pain even in your home country.

All this means that Dr Shooz have a wealth of experience with all kinds of feet and all sorts of sizes. Instead of going through the pains of buying shoes off the rack, trying them on and enduring the 'wearing in' process only to discard or return them a few months later, you can simply speak to Dr Shooz and have bespoke, premium, personally fitted shoes of all kinds specially made for you.

From boots to dress-shoes, sneakers and more, Dr Shooz offer a wide catalogue of potential styles. No matter

the purpose, from work, walking or weddings you'll always find yourself not only dressed sharply but in absolute comfort as well! Dr Shooz offer speciality adjustments, such as in-soles and other additions like memory foam for any type of shoes, including high-heels!

Without a chance to stock up on home-visits due to ongoing restrictions with travel, you won't have to worry about wearing a hole through your trustworthy shoes or wearing the same drab sneakers on a night-out! Dr Shooz can update your wardrobe and offer you a comfortable fit for any occasion.

Dr Shooz offers a remote ordering service for those that are on-the-go. But if you want to benefit from in-person, highly qualified and fashion-forward thinking from Dr Shooz' staff, seeing them in person is the best option when you are traveling in Shanghai or Guangzhou. And good news that Dr Shooz is planning to visit Qingdao in the near future. Follow WAVES to be updated on that.

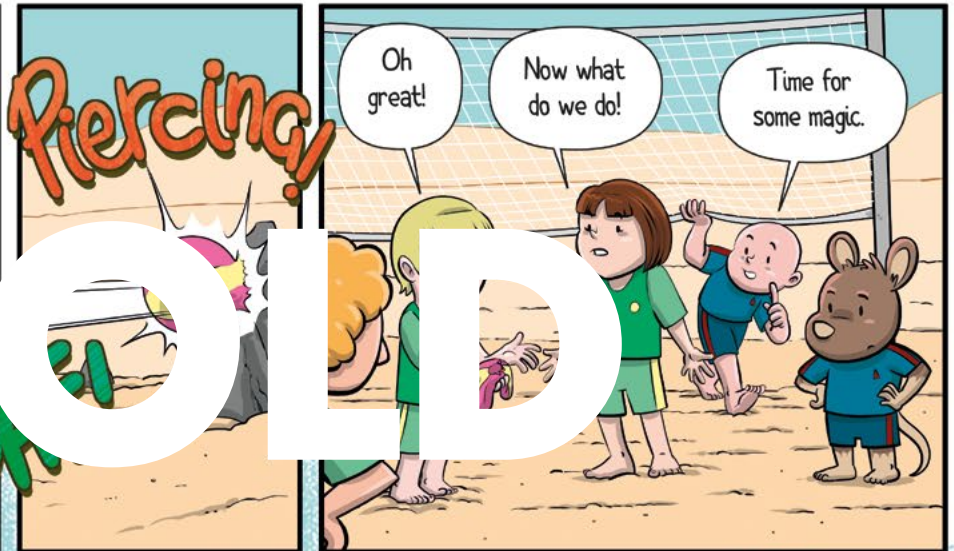
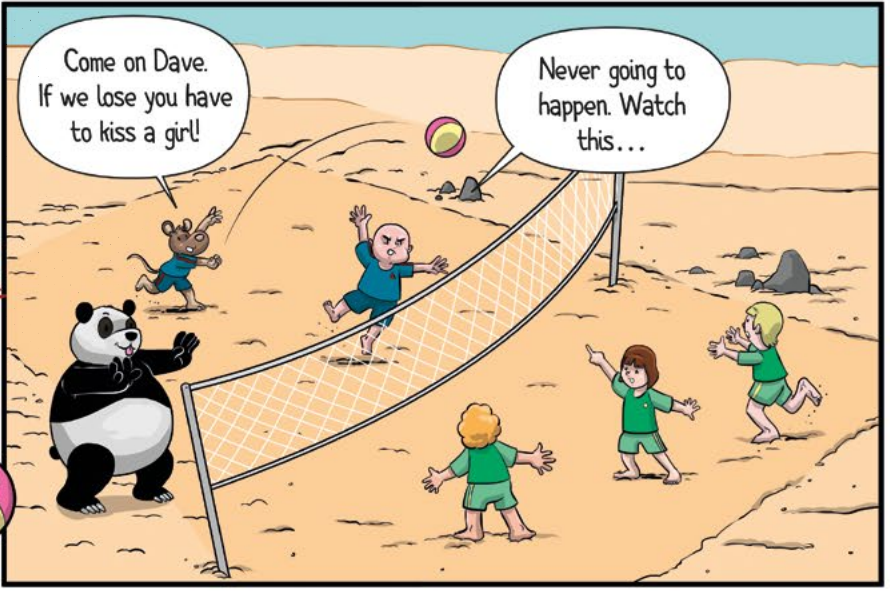




# HAPPY MOMENTS



**DAVE & CREAMY**  
**MINI MAYHEM**  
 VOLLEYBALL ROMANCE  
 FRAZIER PINEDO





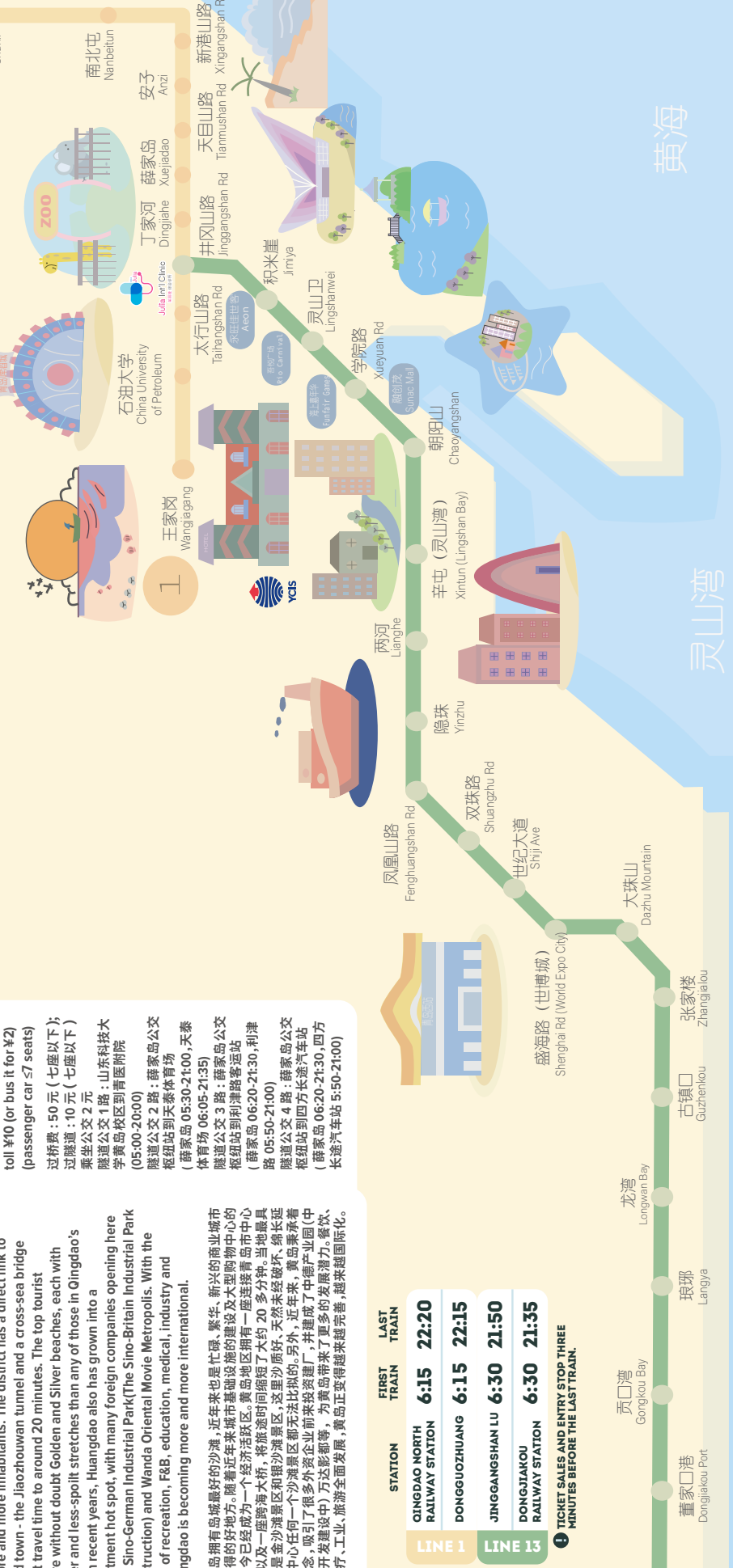


# HUANGDAO 青岛黄海

Huangdao boasts the best beaches in Qingdao Municipality and has become one of the most economically active in Qingdao. With the city's infrastructure and constructions of several shopping malls, Huangdao is attracting more and more inhabitants. The district has a direct link to Qingdao's old town - the Jiaozhouwan tunnel and a cross-sea bridge which has cut travel time to around 20 minutes. The top tourist attractions are without doubt Golden and Silver beaches, each with longer, sandier and less-spoilt stretches than any of those in Qingdao's downtown. In recent years, Huangdao also has grown into a foreign-investment hot spot, with many foreign companies opening here including the Sino-German Industrial Park (The Sino-Britain Industrial Park is under construction) and Wanda Oriental Movie Metropolis. With the development of recreation, F&B, education, medical, industry and tourism, Huangdao is becoming more and more international.

闹中取静的黄海拥有岛城最好的沙滩，近年来也是仁德、聚华、新兴的商业城市中一处不可多得的好地方。随着近年来城市基础设施的建设及大型购物中心成立，这里如今已经成为一个经济活跃区，青岛地区拥有一座连接青岛市中心的海底隧道，以及一座跨海大桥，将旅途时间缩短了大约20多分钟。当地最具吸引力的无疑是金沙滩景区和银滩景区，这里沙滩质好、天然未经破坏、绵长延展，是青岛市中心任何一个沙滩景区都无法比拟的。另外，近年来，青岛秉承着招商引资的理念，吸引了很多外资企业前来投资建厂，并建成了中德产业园(中英产业园)也在开发建设中)万达影都等。为青岛带来了更多的发展潜力。餐饮、购物、教育、医疗、工业、旅游全面发展，青岛正变得越来越完善，越来越国际化。

# 青岛地铁 QINGDAO METRO Network Map



STATION	FIRST TRAIN	LAST TRAIN
QINGDAO NORTH RAILWAY STATION	6:15	22:20
DONGGUOZHUANG	6:15	22:15
JINGANGSHAN LU	6:30	21:50
DONGJIAKOU RAILWAY STATION	6:30	21:55

**TICKET SALES AND ENTRY STOP THREE MINUTES BEFORE THE LAST TRAIN.**

## TRAVEL INFO 交通旅游信息

Bridge toll: ¥50. Tunnel toll ¥10 (or bus if for ¥2) (passenger car ≤7 seats)  
 过桥费: 50元 (七座以下); 过隧道: 10元 (七座以下)  
 乘坐公交 2 元  
 隧道公交 1 路: 山东科技大学青岛校区到青医附院 (05:00-20:00)  
 隧道公交 2 路: 薛家岛公交枢纽站到天泰体育场 (薛家岛 05:30-21:00, 天泰体育场 06:05-21:35)  
 隧道公交 3 路: 薛家岛公交枢纽站到利津路客运站 (薛家岛 06:20-21:30, 利津路 05:50-21:00)  
 隧道公交 4 路: 薛家岛公交枢纽站到四方长途汽车站 (薛家岛 06:20-21:30, 四方长途汽车站 5:50-21:00)

STATION	FIRST TRAIN	LAST TRAIN
QINGDAO NORTH RAILWAY STATION	6:15	22:20
DONGGUOZHUANG	6:15	22:15
LICUN PARK	6:04	22:55
TASHAN LU	6:15	23:05
QINGDAO NORTH RAILWAY STATION	6:00	23:00
QINGDAO NORTH RAILWAY STATION	6:15	23:10
JIAOZHOU NORTH RAILWAY STATION	6:30	21:30
QIANGSHAN LU	6:30	22:15
QIANGSHAN LU	6:15	21:30

**TICKET SALES AND ENTRY STOP THREE MINUTES BEFORE THE LAST TRAIN.**

# 青岛地铁 QINGDAO METRO Network Map



## About Qingdao

Qingdao is a major city in eastern Shandong Province. The city's name in Chinese characters literally means "greenish-blue island". Located on China's Yellow Sea coast, it's a major nodal city of the One Belt, One Road (OBOR) initiative that connects Asia with Europe. It has the highest GDP of any city in the province. Administered at the sub-provincial level, Qingdao has jurisdiction over six districts and four county-level cities. As of the 2010 census, Qingdao built-up (or metro) area made of the 7 urban Districts was home to 5,764,384 inhabitants.

Qingdao is a major seaport and naval base, as well as a commercial and financial center. It is home to electronics multinationals such as Haier and Hisense.

In the 2020 Global Financial Centers Index, Qingdao ranked 47th, the index is published by the Z/Yen Group and China Development Institute. In 2009, Qingdao was named China's most livable city by the Chinese Institute of City Competitiveness.





PHOTOS BY  
RAUL RODRIGUEZ









# How to MAKE YOUR WORK MEANINGFUL



**Work:**

activity involving mental or physical effort done to achieve a purpose or result  
def. Oxford Dictionary

If you already work 6-8 hours, 5 days a week, you probably wouldn't consider taking up a new hobby since there's not much time left to relax during the week. Instead, it's probably more comfortable to just relax at home and watch the new season of your favourite series on Netflix, then go out on weekends with some friends at the local pub to share some drinks.

Why? Because you've probably spent all those hours during the week exerting a substantial amount of mental and physical effort to achieve someone else's requirements or results. At the end of the day leaving you wanting to just come home and 'do nothing'.

There is a direct correlation between working more than 48 hours a week and the abuse of alcohol. Furthermore, the ancient Mayan civilisation believed 'alcohol is the drug that kills the spirit'.

Think about it. Imagine being an ancient Mayan peasant, and being punished to drink until blacking out, throwing up and experiencing a terrible hangover the next day.

Alcohol was used as a punishment, and nowadays we do it to relieve stress or to have a good time.

Did you know it takes around 5 days to detox fully from alcohol? So, if we intoxicate ourselves every weekend our spirit will be punished, and for doing what? Working all week shouldn't be fulfilling us? Or allow us to feel at peace?

The equation for a healthy spirit is as follows:

**A Healthy Spirit =  
A Good Mind ^  
A Good body**

Therefore, if we are to kill our spirit, we are in turn killing our body and mind with it.

Even if you don't fall into the criteria of an average worker, then you are most probably still here because you find your work boring, without meaning or simply seeing no sense in it and thinking it's a waste of time, and there is the answer: TIME.

**“Time is the most valuable currency. we should learn how to invest it”**

It might sound contradictory to say that to escape the system we should get busier by practicing a hobby.

Why get my mind and body more fatigued by committing to more work?

Besides all the health benefits that hobbies might bring to you mentally and physically?

They will teach you the cheat codes for finding meaning in your work.

A hobby can stimulate your reward system, meaning, your ambitions will grow, and we all know that a man without ambitions is like a bird without wings. Moreover, a hobby can stimulate your creativity, and creativity is nothing more than intelligence having fun. Finally, it might help you rediscover yourself. That self that used to dream about becoming an astronaut, becoming a scientist, becoming a chef or a great entrepreneur, why? Because the hobby you choose needs to count. It can't be something unproductive or something that doesn't benefit you mentally or physically since our final goal is to resurrect that spirit that we have left behind on the drinking weekends or on fulfilling our boss' strict deadlines and finishing extra work on weekends.

A hobby will encourage you to spend your free time on yourself because, a hobby is an act of self-love.

A hobby is just work with another perspective after all.

(Work is an activity involving mental or physical effort done to achieve a purpose or result.) Def. Oxford Dictionary<sup>3</sup>



**ABOUT THE AUTHOR**

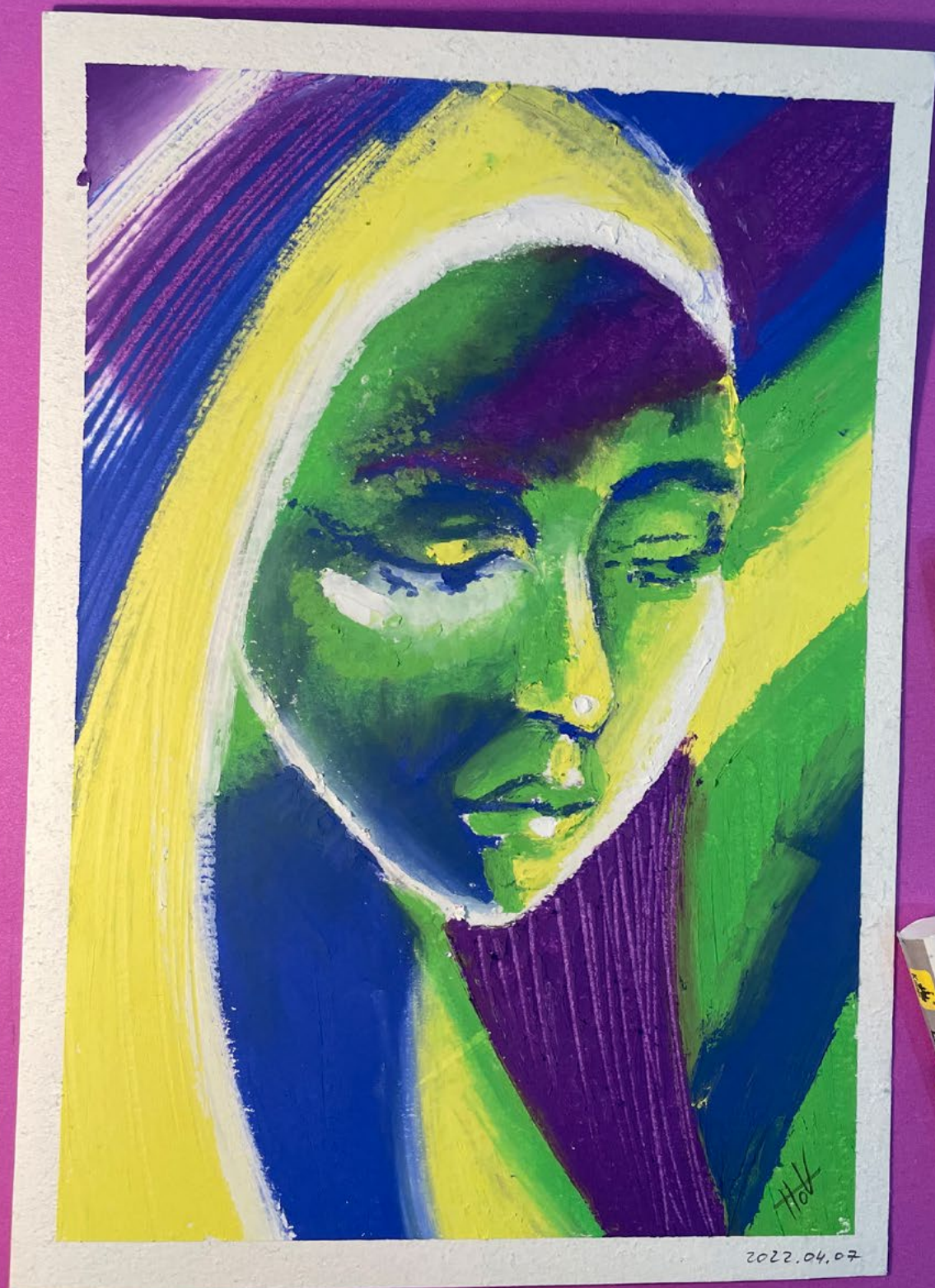
Raul Rodriguez is a young Entrepreneur living in Qingdao. He co-organized Alibaba Tradeshow 2020 in the cities of Ningbo and Hangzhou. He is now a New Business Developer at Max Resources UK, where he recently developed a brand activation for "Kitchenature / 自然美厨", a learning platform that intends to improve the lifestyle of up to 700 million people. The project includes a tailor-made plan in collaboration with CCTV+ (Video News Agency) that expects a brand exposure of about 330 million people

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2. Harvard, Health And Behavioral Science. [hbr.org/2015/04/working-long-hours-makes-us-drink-more](http://hbr.org/2015/04/working-long-hours-makes-us-drink-more)
3. [www.oxfordlearnersdictionaries.com/us/](http://www.oxfordlearnersdictionaries.com/us/)



# PAINTINGS TALK

By Alex L



**H**ello! This is Alex, one of many 'highly sensitive people'. I'm blessed to meet others like me since I started to share my inner world with the public.

Not long before, I heard about a lady, who selflessly rescues homeless animals. Fortunately, I got the chance to meet this lady. She invited me to her beautifully decorated and comfortable house, I saw a woman who is mindful of the environment she lives in, to keep it as pleasant as possible, as highly-sensitive as myself. Highly sensitive people are reputedly prone to be creative, just like this lady, as she expresses her feelings by her paintings.

So let's hear what she has to say to us...

Little by little, step by step. I've only lived in Qingdao for a year. I've yet to meet many people who can help me build the place I'm dreaming about.

My studio is a place where people can draw, sing, dance, write or simply telling stories. A place full of brightness, happiness, love and joy;. A place where souls can be healed by the arts.

I've been through a lot even at my young age, so I'd like to share some of the things that have kept me going...

## 13 THINGS TO REMEMBER:

- 1.** Smile to yourself in the mirror every morning and tell yourself: I love you. Because self-love is a natural state of being.
- 2.** Follow a good daily regimen. Rest heals everything. Don't sleep till noon and don't stay up too late at night. Our brain can recover only when we have deep 8-hour sleep. (But if you need to sleep more after getting less for example, go for it!)
- 3.** Try to avoid everything that makes you excited at least one hour before sleep. Taking time to calm yourself can lead to better sleep.
- 4.** Ask yourself what you 'really' want to do, then just do it. Sometimes we need to be selfish, to cherish ourselves.
- 5.** Take care of your body. Eat well, sleep well, do some sort of physical exercise (yoga, jogging, fitness, swimming, or anything you like).
- 6.** Learn how to meditate. It helps you to take a break and reflect on your life. Which direction are you heading to? What are the reasons? What is waiting for you ahead?
- 7.** Remember that pain, emotional or otherwise, is temporary. There is always light at the end of the tunnel. Your scars will heal, they always do.
- 8.** Talk with people about your feelings. It helps to build connections, friends are not only for having fun together, but also for supporting each other. Remember friends are the family we choose. Let your friends help you to work through the hard times.
- 9.** Your pain is real. It's ok to talk about it. It's ok to ask for help.
- 10.** You are not alone. There is always someone who can talk to. (Find a support group, counsellor, psychologist, pastor at your church, friend, family member)
- 11.** Do something good for someone else, every day. Share your snacks with colleagues, give a seat to the elderly on the public transportation, give food to stray animals...share your kindness and it will come back to you.
- 12.** Your creativity helps you to release. Sing when you can't breathe and talk, dance when your body may seem to be in agony, drum when you angry, draw when you see beauty (I do draw through all my emotions)
- 13.** Treat yourself well, even just on your own. Learning how to be comfortable alone is key.



We are not professionals, we are just the ones who have been through it all, waiting here to listen to you, to support you, to tell you that you are not alone and it's okay to be not okay.

If you need to be heard, to be understood, we are here for you.



# China's DRAGON BOAT FESTIVAL

By Iwan Morris

As we've often stressed here at WAVES, China has one of the most event-packed calendars of any country worldwide. Like many Asian nations, China has numerous festivals throughout the year, coinciding with the seasons and important historical dates. One such event coming up is the 'Dragon Boat Festival'. What's it about? Why was it adopted? What do you do during it? Well, read on and let's find out – whether you're an ex-pat just learning, or a Chinese native that needs a refresher!



## ORIGINS OF THE DRAGON BOAT FESTIVAL

The origins of the Dragon Boat Festival can be difficult to pin down, some scholars believing that the festival originates back thousands of years before its first recorded appearances. The official story is that of the suicide of Qu Yuan, a poet during the Warring States period of Ancient China. Qu Yuan was ostracized despite his skills as a courtier, poet and scholar by the kingdom of Chu, for opposing their alliance with the state of Qin. Writing poetry in exile, Qu watched as the Qin turned on the kingdom of Chu, and when they finally captured its capital of Ying, he threw himself into Miluo river in despair.

Supposedly, the locals admired him so much that nearly all of them raced out on boats to attempt to save the poet before he drowned. Unfortunately, they did not arrive in time, and being unable to recover his body they dropped in balls of sticky rice in the hopes the fish would eat it rather than his body.

Other proposed stories behind the festival do exist, such as that of Wu Zixu, who was a courtier forced to commit suicide by his regent, with his body thrown into a river. Or Cao E, who died attempting to recover her father's body when he drowned in a river. However, the story of Qu Yuan is the most widely accepted and officially celebrated due to his fame as one of the first recognised Chinese national poets.



## CELEBRATIONS

As you can probably guess, much of the Dragon Boat Festival is focused on water. Races are conducted by various contestants aboard 'Dragon Boats', a form of long, shallow boat often decorated with dragon-heads at the brow and a tail at the stern. Races are conducted with them, supposedly inspired by the locals who raced to rescue Qu Yuan. Dragon Boat racing is a sport in-and-of-itself however, with its own international federation.

Zongzi, a type of rice-dumpling wrapped in a bamboo leaf and with various fillings. Depending on where you live in China, savoury or sweet fillings may be preferred. Again, this was apparently inspired by the locals who scattered rice into the river to prevent fish eating Qu Yuan's body. Although the dish itself is still far older.

People also drink Realgar wine, a Chinese yellow wine dosed with Realgar, a type of mineral powder. Often used to ward off insects and also supposedly a remedy to poison. Realgar has been suggested to pose a health risk due to the presence of arsenic and other harmful minerals, so it should likely be enjoyed in moderation.

[Add info about events in Qingdao here]

The Dragon Boat festival is one of many amazing festivals in China well-worth engaging with. WAVES will keep you updated for info on these sorts of events in future, so follow us for more real-time info about days-out in Qingdao!





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# QUIET NIGHT TALE

## CHAPTER 9



By Liliana Callejas

### 6 PM

Tai's stare remained fixed on the woman. Perhaps he should be embarrassed, he thought, but he was not. Then, the door opened, for the fourth time in the evening, much to his annoyance.

“欢迎管理” (Welcome to our establishment)

The barman greeted the new customers, a young couple probably ending a spree of romantic photography around Daxue road, with a warm smile as he watched them take a seat in one of the small tables by the window.

“是外国人” (it's a foreigner)

The young man said to his girlfriend with some excitement before walking up to the bar and with an enormous grin beckoning the bartender.

“能拍一个吗？” (Can we take a photo?)

Tai nodded politely and put on his best “customer ser-

vice” smile, bringing his head forward to pose between the couple. He could see Ms. Li's amused eye roll. Once the small photo session was finished and the order was taken, Tai reverted his attention to the woman.

“You are a gentleman”

Said the woman, almost in disbelief of the barman's tolerance.

“I work for tips”

Tai whispered humorously, putting his hand on one side of his mouth to signify a secret.

Ms. Li's glass of scotch sat on the bar still half full. She drank, Tai had noticed, with a great deal of measure. It seemed that every sip the woman took was subtle and calculated, like every move she took. Her posture lacked the usual poise and regal air. Her chin rested lightly on the palm of her hand and her breast lay atop the bar's wooden surface. The broad shoulders were bent forward, instead of arched back as they normally were. She looked like a completely different person.



# UFH

## AN INTERVIEW WITH XXX

**D**r. XXXX



### ABOUT QINGDAO UNITED FAMILY HOSPITAL

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4008-919191

Having delivered the couple's drinks, Tai went back to the old record player and put Astor Piazzolla on it, placing the needle at a random spot. As the woman listened to the music, the look on her face changed as well, subtle as that change was, into one of raptured delight. Out of the blue, with a sudden yank, she pulled herself up from the bar. Before Tai knew it, she was staring him directly in the eyes. The barman's heart begun pounding wildly once more, the sound of drums rumbling in his ears. She put her right hand in front of him and asked without a hint of hesitation.

"Would you care to dance?"

Tai rushed from behind the bar and gently took the woman's hand, putting his shaking hand of her hip. Ms. Li, in turn, placed her hand firmly on the barman's shoulders, bringing her chest closer to his and letting their gazes meet once again. As the two began to dance, the prologue to Piazzolla's "Tango Apasionado" (Passionate Tango) begun to play. Tai could see himself reflected in Ms. Li's eyes, the full moon was emerging above his head outside the window, this time joined by a larger number of stars. As they spun around the room, Tai was slowly transported elsewhere again, to another place in time, where he was meet by a pair of eyes that bore a striking resemblance to the woman's.

### 9 PM

Though outside the sun had gone down a couple hours ago, inside the room it might as well have been mid-day, thought young Matthias. The creamed colored walls were tinted yellow by the unwavering glow of the spider chandeliers covering the ceiling. A set up that was thoughtfully designed to allow visitors to fully appreciate the features of the stately ballroom. He thought the place was worthy of a princely figure like Luka, not really suited for a simple guy like him, but alas, this was what father had wanted.

"Care to dance?" Said a young voice, slightly feminine though clearly belonging to a boy.

"I don't think that..."

Matthias tried to reply but gave up, realizing he was being forcefully escorted to the dance floor before he could finish his sentence. He had been taken in by the younger boy's eyes, which stared at him invitingly. Luka wore an overjoyed grin as he dragged the older boy towards the dance floor, finally bringing him closer to him and spinning him around to the tune of Astor Piazzolla.

"I requested this. I know how much you like him. Happy birthday again!"

The younger boy said proudly, relishing on his knowledge of the older one.

Matthias smiled warmly. He wanted to say that the piece playing right now was not a happy song. That it was, in fact, about unquenched desire and painful passion, as tangos often tend to be. He held back on his urge to express that thought, since he could not bring himself to inflict such sorrow upon the lily-white face in front of him.

As they continued to turn, Matthias took a few nervous looks around the room, covered from wall to wall with guests looking at the two of them. He wondered what was going through their minds. He saw his father' raising his glass with satisfied smile and wandered whether he would still smile like that if he knew what was going through his mind. The older boy's anxiety grew when Luka rested his chin upon his shoulders.

"People are looking at us!"

Matthias scolded. Luka quickly removed his head, giving the older boy a resentful look.

"I was making myself comfortable."

The young boy said with a demanding tone, as if he had been denied what was rightfully his. Matthias shook his head, amused by the young boy's theatrics.

"You know" the older boy said jokingly "you might resemble a prince most of the time, but you can be quite the princess sometimes."

"Hmmm!"

Luka turned his head to the side, feigning offense.

"Well, prince or princess, you are still my servant. You hear me, you exist to serve me!"

The young boy demanded playfully, deliberately making himself sound capricious.

"As you wish."

The older boy replied, quoting a line from one of their favorite western movies. Hearing this reply brought Luka's warm smile back. The younger boy's eyes sparkled even more with the chandelier light reflecting on them. At that moment, Matthias' birthday wish was that he could stare at these eyes and get lost in them for eternity. Unfortunately, he knew he could not stay a boy, he would soon become a man and gave to make the difficult decisions that come with being one.





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青岛和睦家医院直接结算保险公司，就诊时请携带您的保险卡：  
Qingdao United Family Hospital offers direct billing to the card holders of the following insurance companies:

Allianz	PSH CHINA	招商信诺	aetna
中国平安 PINGAN	AUTOVISION	FOSUN HEALTH	中意人寿
Cigna	太保安联	GBC	Bupa
STANHEALTH 聚益健康			
G.M.C. services	HTH Worldwide	rederfing / stanards	
GeoBlue	healix	SEVEN CORNERS	

以下保险公司也可提供直接结算服务，但需申请担保函：  
We also provide direct billing for the following policy holders on a guarantee of payment basis:

G.M.C. services	HTH Worldwide	rederfing / stanards
GeoBlue	healix	SEVEN CORNERS

青岛和睦家医院 Qingdao United Family Hospital

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24h Helpline: 131-6501-3251 (EN)  
158-0658-3279 (P/KO)  
Email: juliaclinic@163.com

Julia Int'l Medical Center (Huangdao)  
Address: No.590, Zhujiang Road, Huangdao, Qingdao  
青岛市黄岛区珠江路城市传媒广场天相国际590号  
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SOS	Henner	PSH CHINA	Allianz	CLASS
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# YCIS Qingdao World Class University Acceptance Results

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Anglia Ruskin University  
Aston University  
Birmingham City University  
Brunel University London  
Coventry University  
De Montfort University  
Edge Hill University  
Exeter University  
Imperial College London  
Keele University  
King's College London  
Kingston University

Liverpool Hope University  
London South Bank University  
Loughborough University  
Middlesex University  
Solent University (Southampton)  
Staffordshire University  
University College London  
University of Arts London  
University of Bath  
University of Birmingham  
University of East London  
University of Edinburgh

University of Kent  
University of Leeds  
University of Lincoln  
University of Manchester  
University of Nottingham  
University of Portsmouth  
University of Reading  
University of Sheffield  
University of Southampton  
University of Surrey  
University of the Creative Arts  
University of the West of England, Bristol

University of Warwick  
University of Winchester  
University of Glasgow  
York University

### Canada

Simon Fraser University  
University of British Columbia  
University of Victoria

### Korea

Seoul National University  
KAIST (Korea Advanced Institute of Science and Technology)  
Yonsei University Global Leadership Division (GLD)  
Yonsei University

### USA

Arizona State University  
Art Center College of Design  
Boston University  
Berklee College of Music  
City University of New York (Brooklyn)  
DePaul University  
Lake Forest College  
Manhattan College  
New York University  
OTIS (College of Art and Design)  
Potsdam (SUNY)  
Parsons School of Design  
Pratt Institute  
Purdue University  
School of Visual Arts, New York  
Stony Brook University, New York  
The Boston Conservatory at Berklee  
The Hartt School  
University of California, Irvine  
University of California, San Diego  
University of Dallas  
University of Illinois at Urbana-Champaign  
University of Massachusetts (Amherst)  
University of Texas at Austin  
University of Washington, Seattle

### China

Shanghai Jiao Tong University

### HK

City University of Hong Kong  
Hong Kong Baptist University  
Hong Kong University of Science and Technology  
The Education University of Hong Kong  
The Hong Kong Polytechnic University  
The University of Hong Kong  
Lingnan University  
SCAD Hong Kong

### Australia

Blue Mountains International Hotel Management School  
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