

OCTOBER 2017

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NANJINGER




Psychology
心理学

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A photograph showing several pieces of high-quality beef steak on a wooden cutting board. A sharp knife and a pair of tongs are visible. In the background, there are stainless steel pepper and salt grinders and a small glass of oil.

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with Julia Huang
United Family psychotherapist
Language: English, Mandarin

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Ryan

Studying Electrical Engineering
at University Detroit Mercy

Class of 2017

Sophie

Studying
Psychology at
Erasmus University College,
Rotterdam



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Introducing some of our contributors, editors & designers

Our Editor-in-chief and Music Critic, Frank Hossack, has been a radio host and producer for the past 33 years, the past 24 of which working in media in China, in the process winning four New York Festivals awards for his work, in the categories Best Top 40 Format, Best Editing, Best Director and Best Culture & The Arts.

贺福是我们杂志的编辑和音乐评论员，在过去的33年里一直从事电台主持和电台制片的工作。在中国有近24年的媒体工作经验。工作期间他曾经四次获得过纽约传媒艺术节大奖，分别是世界前40强节目奖，最佳编辑奖，最佳导演奖以及最佳文化艺术奖。

As an Australian journalist living in Nanjing for many years, Renee Gray has a background in research, print and online publishing, taking great pleasure in discovering more about Nanjing with every article.

作为在南京居住多年的澳大利亚新闻工作者，Renee Gray有着调研以及印刷品和线上出版物的工作背景。她总是乐于在每篇文章里发现关于南京的内容。

Matthew Stedman has spent years living and working in China. He has sold Chinese tea in the UK, and loves discussing the miraculous leaf with new (and suspicious) audiences. He however never feels happier than when researching the product here in beautiful South China. Matthew Stedman在中国生活工作了多年。多年在中英两国从事茶叶贸易的他，喜欢和新读者讨论神奇的东方树叶(虽然有时他的读者保持怀疑态度)。没什么比在美丽的江南走访品尝各种茶叶更让他开心的事了。

Legal contributor Carlo D'Andrea is Chair of the Legal & Competition Working group of the European Union Chamber of Commerce in China; Shanghai Chapter, Coordinator of the Nanjing Working Group of the Italian Chamber of Commerce in China and has taught Chinese law (commercial and contractual) at Rome 3 University. 法律作家代开乐担任中国欧盟商会上海分会法律与竞争工作组主席，中国意大利商会劳动集团的协调员与曾经在罗马三大担任企业咨询课程中中国商法、合同法的课程教授。

Roy Ingram has over 25 years experience working as an artist and Creative Director. His early career was with agencies in London but for the past eight years he has lived and worked in Nanjing.

Roy先生有着超过25年的创意总监和艺术家的工作经历。他早期的职业生涯是在伦敦的一家机构里开始的，但是在八年前他决定来到南京生活工作。

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Contributors 特约撰稿人
Tian Shuyang
Maya Visari
Amy Xia

Columnists 专栏作家
Francesca Leiper
Tim MacDonald
Ronald Paredes
Matthew Stedman
Bernal Valverde

Editor-in-chief 主编
Frank Hossack 贺福

Executive Editor 副主编
Renee Gray 夏蕊

Graphic Design and Layout
平面设计与布局
SinoConnexion 贺福传媒
Web: sinoconnexion.com

Concept & Design 构想与设计
Roy Ingram

Client Liason Coordinator
客户联络协调员
Nancy Guo 郭蓓

Marketing (UK) 英国市场
Menglei Zhang 张梦蕾

Legal Consultant 法律顾问
Ma Haipeng 马海鹏

General Enquires & Advertising:
+86 25 58491159
English/英文: +86 13851522275
Chinese/中文: +86 15050527655
Email: thenanjinger@sinoconnexion.com

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FEAR NOT

By **Maitiu Brallaghan**

The greatest fear? Emptiness.
The ability to live stripped
From a failing memory?

Sudden sensations
Of numb shadows itching at
What is no longer there?

Clowns and spiders
Or a spider with the clown's face,
Traces of normality warped by a hellish breeze?

A wound that bleeds inside of you
Pregnant with some satanic offspring
That gnaws at you at night?

One word that echoes
Multiplying in manic throes
Summoning you to madness?

Uncertainty where you'll be tomorrow
If, that is, you ever rise
from this numb morning slumber?

A sliver of hope that slips
Just a finger's breadth away
Drawing aside each time you reach?

The unopened letter?
Phone calls ringing inside your head
Louder with each piercing trill?

A scattering of earth that falls
Upon your upturned face
And turns to ash?

Forgetting his voice? Her scent
Shaking as a stranger passes
Leaving you to stumble, crumbling in a heap?

Or the warm melancholy steeping in your soul?
'Fear not for I am with you.'
Comes the half forgotten call.

EDITORIAL

Cloudbusting

This last month has seen the temperatures in Nanjing take their annual plummet to 25 degrees. It is the time of year when local people can be heard to say “今天蛮冷” (It's quite cold today). Yes, everything is relative, but while, by way of comparison to the 43 degrees we endured in summer, the statement is true, its borderline sarcasm cannot go unnoticed.

Many will remark that sarcasm and irony do not exist in China. Not entirely true. In fact, not true at all. They do, in different forms to that elsewhere, and deployed in alternate ways. Nowhere can this be seen more clearly than with the phenomenon of “biaoqing” (p.10-11).

Elsewhere, this month we investigate the latent fears of the Chinese populace (p.14), plus the herd mentality and Catch 22 of “face” (p. 16).

Welcome to “Psychology” from The Nanjinger.

Ed.

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Text by Amy Xia
Icon Concept
by Fu Yuanhui



Biaoqing; Code Words for Young Chinese Netizens

FU Yuanhui, an ordinary Chinese female swimmer, was catapulted to fame during the 2016 Summer Olympics in Rio. However, she won great success for exaggerated facial expressions rather than her performance in the competition. *Chinese Internet users combined her photos with suitable words and distilled them down into icons thick with meaning.*

By Amy Xia



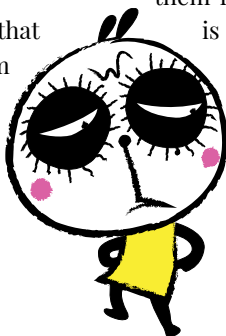
Fu's icons gained popularity immediately. Even Tencent, the company that launched WeChat and QQ, released its own version of Fu's icons. The swimmer's splash reflected the popularity among young people in China for "biaoqing", a phenomenon similar to memes abroad.

Biaoqing, literally, means "facial expression" in Chinese. In the mobile Internet era, biaoqing has become part of popular culture. The public recreate images of celebrities, animals or cartoon characters by adding sentences or by exaggerating the original images. A representative biaoqing is a melodramatic and funny picture, accompanied by a short but humorous sentence. In rare cases, one sentence alone can be a biaoqing.

Hyperbole is the most common strategy in biaoqings. Overblown words, theatrical gestures and exaggerated facial expressions are used to create comic effects. Funnily enough, the exaggerated, frantic images are in marked contrast to the stereotype of Chinese in real life. To some extent, biaoqing is a window to understand the Chinese recessive gene; a rich inner world is hidden behind the serious facial expressions.

Homophones are a common strategy as well. "Come on! You are the fattest", is one of the most famous. The real meaning of the sentence is "Come on! You are the greatest", but, as the pronunciation of "great" ("bang" in Chinese) is similar to that of "fat" ("pang"), Internet users play with them to create effects.

Yet, the most attractive feature of biaoqing is that its literal meaning can be quite different from the real meaning. If somebody wants to get the point, he or she must be familiar with the allusions and context. This duality creates irony and drama. "You are so smart", sounds like praise but is actually an irony in the language of biaoqing. The real meaning of the sentence is, "stop showing off and don't pretend to be smart anymore".



Through sending a biaoqing like this, you can express your thought through euphemism.

In most cases, incompatibility comes from context. However, in some cases, the same biaoqing can have different meaning to young people or their parents. These are so-called "biaoqings for the old". Such biaoqings often use colourful glistening text such as those popular among older generations. If somebody sends you a biaoqing with such an image, the sender may be saying that you are boring and out-of-date. If you want to laugh at somebody, it would be appropriate to send him or her a biaoqing for the old.

The majority of biaoqings are home-made, with their originators lacking image processing skills. As a result, biaoqings are of poor quality. But the poor-quality pictures work well with the chatty atmosphere of the Internet and the corresponding sentences on the pictures. Gradually, high-quality pictures are deliberately being made to appear of poor quality instead.

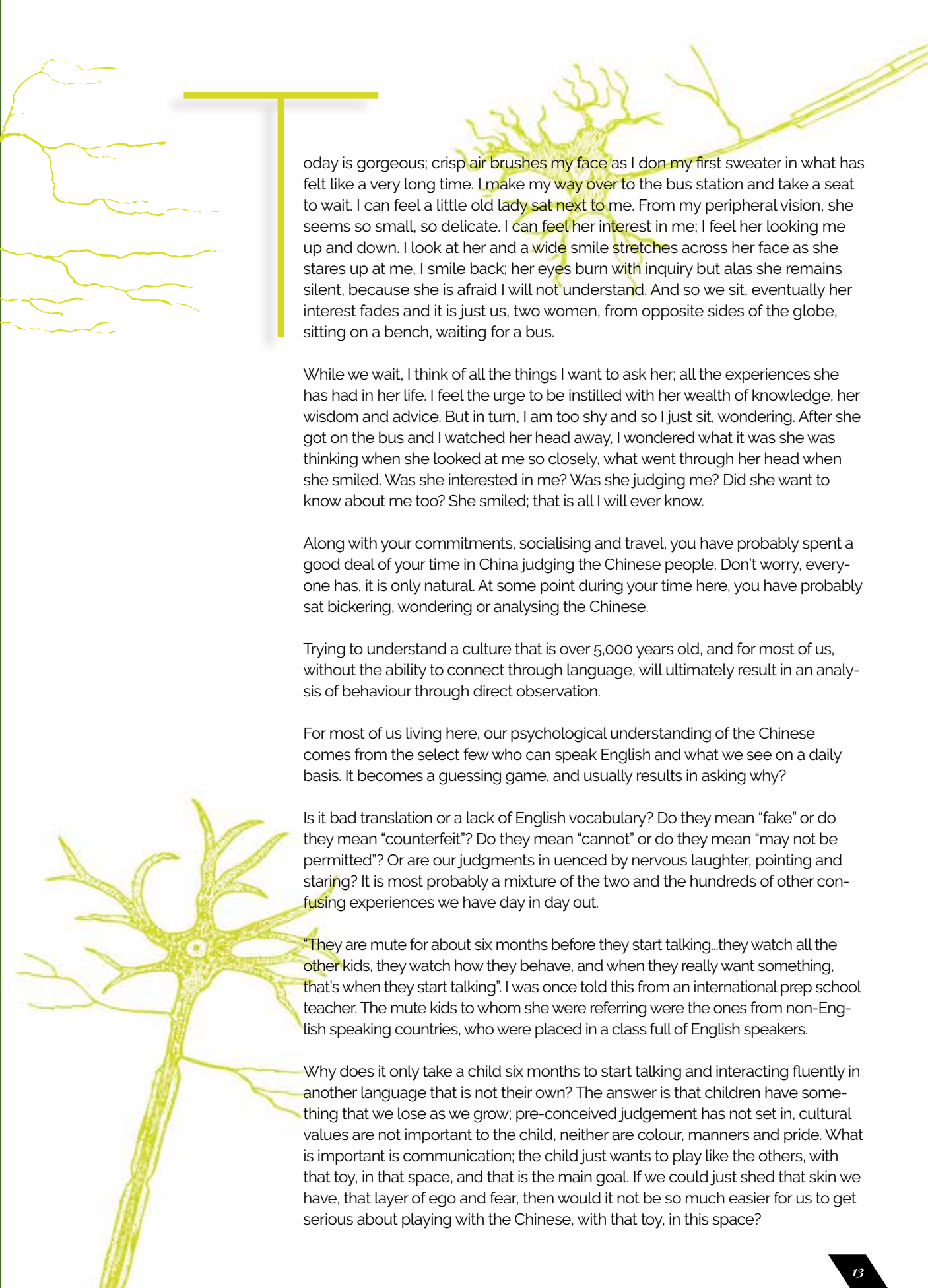
Not all words in biaoqing are elegant. By contrast, some of them are even curse words. One reason to explain this phenomenon is that the bulk of biaoqing users are young people, such as students. On one hand, users themselves are still in the process of learning languages, while on the other, rejecting official language can be viewed as a defiance of school and teachers.

Biaoqing is both a cultural and practical product. Above all, it is helpful and even necessary to use them for a pleasant conversation. Sending biaoqings is a good way to release one's feelings, especially when when feeling low. Education teaches us not to express hot-blooded emotions, but if they can be vented through biaoqings, they will be accepted.

At present, biaoqing has become an indispensable tool for young Chinese netizens. Through their understanding, there is a new world waiting to be discovered. 🌐

By *Renee Gray*

Selfies for Lovers.



Today is gorgeous; crisp air brushes my face as I don my first sweater in what has felt like a very long time. I make my way over to the bus station and take a seat to wait. I can feel a little old lady sat next to me. From my peripheral vision, she seems so small, so delicate. I can feel her interest in me; I feel her looking me up and down. I look at her and a wide smile stretches across her face as she stares up at me, I smile back; her eyes burn with inquiry but alas she remains silent, because she is afraid I will not understand. And so we sit, eventually her interest fades and it is just us, two women, from opposite sides of the globe, sitting on a bench, waiting for a bus.

While we wait, I think of all the things I want to ask her; all the experiences she has had in her life. I feel the urge to be instilled with her wealth of knowledge, her wisdom and advice. But in turn, I am too shy and so I just sit, wondering. After she got on the bus and I watched her head away, I wondered what it was she was thinking when she looked at me so closely, what went through her head when she smiled. Was she interested in me? Was she judging me? Did she want to know about me too? She smiled; that is all I will ever know.

Along with your commitments, socialising and travel, you have probably spent a good deal of your time in China judging the Chinese people. Don't worry, everyone has, it is only natural. At some point during your time here, you have probably sat bickering, wondering or analysing the Chinese.

Trying to understand a culture that is over 5,000 years old, and for most of us, without the ability to connect through language, will ultimately result in an analysis of behaviour through direct observation.

For most of us living here, our psychological understanding of the Chinese comes from the select few who can speak English and what we see on a daily basis. It becomes a guessing game, and usually results in asking why?

Is it bad translation or a lack of English vocabulary? Do they mean "fake" or do they mean "counterfeit"? Do they mean "cannot" or do they mean "may not be permitted"? Or are our judgments influenced by nervous laughter, pointing and staring? It is most probably a mixture of the two and the hundreds of other confusing experiences we have day in day out.

"They are mute for about six months before they start talking...they watch all the other kids, they watch how they behave, and when they really want something, that's when they start talking". I was once told this from an international prep school teacher. The mute kids to whom she were referring were the ones from non-English speaking countries, who were placed in a class full of English speakers.

Why does it only take a child six months to start talking and interacting fluently in another language that is not their own? The answer is that children have something that we lose as we grow; pre-conceived judgement has not set in, cultural values are not important to the child, neither are colour, manners and pride. What is important is communication; the child just wants to play like the others, with that toy, in that space, and that is the main goal. If we could just shed that skin we have, that layer of ego and fear, then would it not be so much easier for us to get serious about playing with the Chinese, with that toy, in this space?

“What are Chinese People Afraid of?”

A Foreigner's Perspective

MEN

Foreign men
Speaking in English
Authority
Ghosts
Speaking directly
Losing face
Parting from video games
Resilient women
Leisure

WOMEN

Fruit skin
The sun
Alcohol
Their boss
In-laws
Being fat
Wrinkles
Cooking
Perfume
Coffee
European women
Failure

BOTH

Anything cold
Pollution
Fake products
Marriageless children
Salad
The sea
"hurt" old people / disabled people
Walking on pavements / pedestrians
Being single
Being fat
Western medicine
The opposite sex
Solo travel / living abroad
Ill / mental health
Eating after 7 pm
Missing public transport

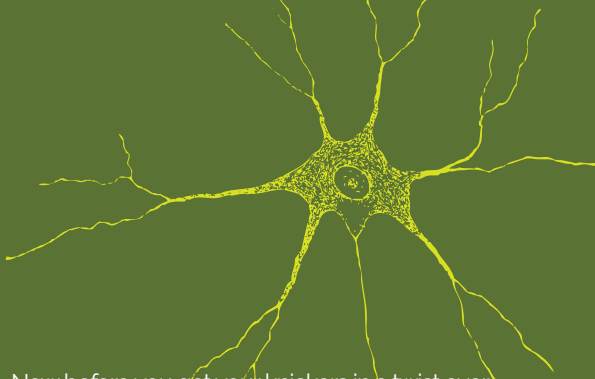
2013 Baidu Search Engine Report

MEN

Loss of money
Extra-martial affairs
Being single
Losing face
Losing everything
Low sex drive
Taking sides between rival management
Faulty computer as a result of adult material therein
Being judged by others
Beer belly, bald head and impotency
Work related alcohol
Pressure put on making money

WOMEN

Getting old
Sexual satisfaction
Mistresses
Being single
Ghosts
Weak children
Bedroom performance
Sexual harassment by management at work
Personal information potentially leaked online
Physical, psychological, emotional and economical security
Saggy breasts, wrinkles and getting fat
Females are 40 percent more afraid of getting married than males

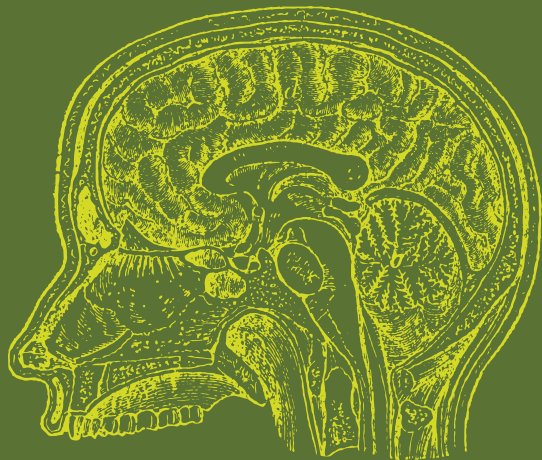


Now before you get your knickers in a twist over the lists on the left, this is not an attempt to throw a blanket over all Chinese people; by no means. This is simply a list of what is spoken of among circles of foreigners regarding general observations of the public.

It is no wonder couples councilors instill us with the importance of spoken "communication", because making assumptions about what is going on inside someone else's head is dangerous work and should be avoided at all costs. The reason for this is because we can and do get it so totally wrong.

While we remain aware that the personal lives of the Chinese people are just as complicated and frightening as the rest of us, due to our communication disability, one can only ever wonder, for we can never know for sure.

[Left] In 2013 Baidu released a search engine report entitled "What are Chinese people afraid of?" The report focuses mainly on the differences between what young, modern Chinese men and women are afraid of, based on data from real world Internet searches performed on Baidu. It helps give us a small insight into what truly happens in that head, behind that smiling face. 🇨🇳



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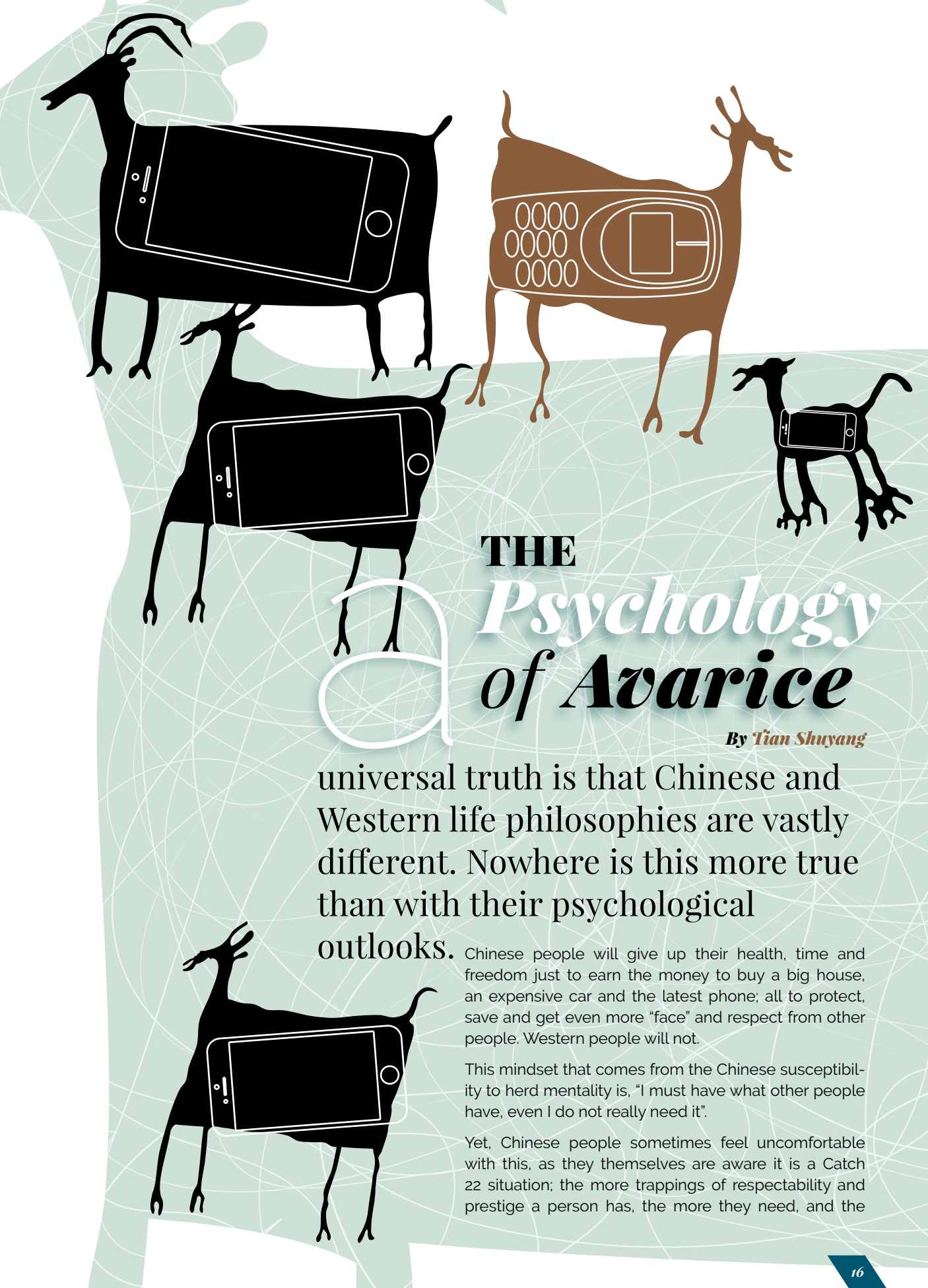
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THE *Psychology* of *Avarice*

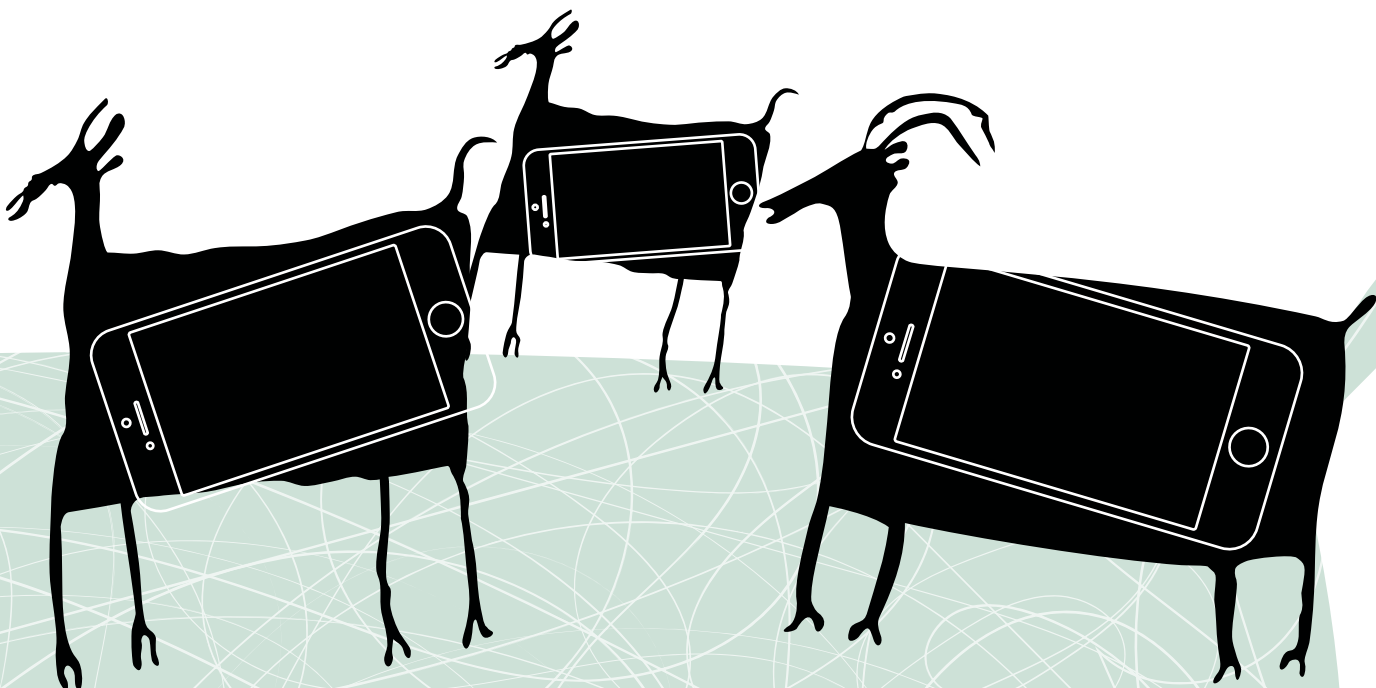
By *Tian Shuyang*

universal truth is that Chinese and Western life philosophies are vastly different. Nowhere is this more true than with their psychological outlooks.

Chinese people will give up their health, time and freedom just to earn the money to buy a big house, an expensive car and the latest phone; all to protect, save and get even more "face" and respect from other people. Western people will not.

This mindset that comes from the Chinese susceptibility to herd mentality is, "I must have what other people have, even I do not really need it".

Yet, Chinese people sometimes feel uncomfortable with this, as they themselves are aware it is a Catch 22 situation; the more trappings of respectability and prestige a person has, the more they need, and the



harder they need work to maintain it, or the disgrace would be too much to bear.

For example, imagine you are still using an older model flip phone. What do you think would be the reaction from the iPhone X elite? They will laugh behind your back, whispering and making jokes about you to one and another. On the surface, they will smile and be very kind and nice, but their giggles and whispered comments make you feel ashamed and helpless. If this happened to you, would you change your phone to cater to other people's reactions and in order to feel more confident? Very probably, you would. Since you care very much about other people's disdainful eyes on you, you suffer a lost sense of security and feel you have lost face. You are sad, sorry and uncomfortable.

Chinese people are just like the character in my story because they want to "Keep up with the Jones" in order to avoid these embarrassing moments whereby they feel substandard or out of fashion, just like that old flip phone.


Nowadays, it is not only the Chinese who are like this. After all, it is human nature to seek acceptance and goodwill from our friends, acquaintances and those who surround us. It is understandable to consider the current fashion when buying new things. This trait is found in all societies. However, in China, it may easily be the most important consideration; people believe that they do not have any choice but to buy the

most expensive item in the shop, for fear their friends and neighbours will think they are poor or cheap, or even tasteless!

Furthermore, another interesting psychological foible of Chinese people is in the comparison of themselves to others. They desire the envy of others in order to fill the spiritual emptiness in their hearts. Alas, these people do not actually live for themselves; they are living for their face, dignity and respect of other people.

In the end, the trappings of wealth and success do not keep a person warm at night, nor do they laugh at their jokes, and they will never love them back, no matter how much they cost.

But for Western people, there is a more pragmatic approach to consumerism than the Chinese, and to me, it seems that they are more in tune with their own desires and living in the way that they want. As westerners do not place such a large value on material goods for the sake of it, this kind of mindless consumerism gains much less traction. In some cases, it can even gain the opposite; contempt.

Traditionally, Chinese people have been afraid of being repelled by society and losing face. Yes, they do value material goods, such as large cars, phones and houses, yet they are depriving themselves of so much on a spiritual level. Blinded by the pursuit of goods and objects, they are losing the way for themselves. 

"Give a man a fish and you feed him for a day;
teach a man to fish and you feed him for a lifetime."

Maimonides



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How Do You Define Success?

Gathering with old classmates at school reunions is without a doubt a very exciting experience, bringing back memories of our years as students, reviving old friendships and the curiosity produced by seeing how people have aged and most importantly, how much these people have achieved in their life, or what they have become.

As pleasant as these gatherings might be, they can also become a source of great pressure, the idea of not being able to fulfill the expectations of your peers can be at least daunting, terrifying in some cases, especially in societies such as China where the concept of "mianzi", or "face" is highly regarded.

With not being seen as a "successful" person considered a reason for shame, some people regularly lie in these types of gatherings. Among the most popular lies, the number of connections ("guanxi") one has, and of course the amount of money one has managed to amass, or the possessions one has. This pressure to be perceived as a successful person very often takes some people so far as to rent luxurious cars and buy expensive garments just for the occasion.

Success; a much desired and pursued, yet, elusive goal. Defining success under the circumstances described above seems like a pretty easy and straightforward task. This is so often the general conception of success, when defined by society and measured by such markers; fame, wealth, achievements, influence, power, etc. However when we dig deeper, at a personal level, defining success becomes much more challenging.

What is "success", really? This is a question that can not be addressed from an "absolute truth" point of view. Success is as relative and abstract as truth itself.

The truth is that there are so many definitions of success as there are people alive; all very personal and individual.

I define success as, "the level of satisfaction or fulfillment you get from achieving the goals that you, and only you, have set up for your own life, whatever these might be".

Now, this is where it gets difficult because setting up these goals requires a level of honesty, objectivity and introspection that is not easy to achieve; most of us spend our lives without knowing who we are or what we really want.

We might be fooling ourselves into thinking that we want the money, the fame, the influence or power. We dedicate our lives to obtaining all these things, maybe to realise later, sometimes too late, that none of that was what we really wanted or needed.

How many people do we know or have heard of who seem to have it all and yet they still are miserable? How many young graduates complete a college degree, only for the purpose of obtaining a diploma that they will hand to their parents or keep in a drawer, later turning their backs to do what they really feel passionate about?

Becoming rich, famous, powerful or influential are not real life goals; they are consequences. Being the best at what you really are passionate about and working toward it with honesty, discipline and commitment; now that's a goal worth pursuing. Following that path is almost a guarantee for success, money, recognition etc.

No shortcuts; instead, a firm and consistent process.

It might sound ironic but that chase to succeed can become one of the factors that keep us away from feeling successful or accomplished.

The pressure, the frustration of pursuing goals that are not ours, following fake ideas of accomplishment dictated by peer pressure, family, society or other external factors can be extremely detrimental to our personal and professional life.

The only way to achieve real success is to be honest about what you really want in your life and feel satisfied with every step accomplished along your own path. Don't be fooled into fulfilling the expectations of others, no matter how well-intentioned they might be. You are the only one who can define what success really means. 🌱



By *Matthew Stedman*

The Cultural Cringe

No matter how much we enjoy a thing, it's not enough; our enjoyment seeks validation.

Imagine a friend gave us a new DVD, but without introducing it. It's blown us away. What a film! We've lingered over the credits, and, well, we're now just one click away from checking the review on Rotten Tomatoes. But why would we read a review now?

Because we desperately want to see our opinion echoed in a forum higher than our own heads. Secretly, we want to see opinions like ours validated in the highest courts, enshrined in law.

Yes, but also, we want to soothe that nagging doubt that perhaps we weren't right. Perhaps our tastes still need to be refined, aligned or informed. And that's why we haven't sent that friend our message of thanks just yet.

It's this self doubt in our appraisal of things that interests me now. When the "authority" is manifested as a foreigner or a foreign lifestyle, the sensation is called the "cultural cringe". Yes, we enjoy our parochial pleasures, but the real life; the real discrimination, happens somewhere more successful than here; we believe.

It's the reason why posters of Hollywood film stars are used here in China to sell watches and perfume. This cultural cringe extends, I believe, to tea. Maybe you have seen the summits hosted in China, with foreign leaders each offered a tea bowl. In one tea shop in Beijing, I found a picture of Vladimir Putin visiting.

People in Taiwan remind listeners that their 东方美人 (Oriental Beauty) variety of oolong tea was

named by Queen Elizabeth II. On the Mainland, you've seen the 东方树叶 (Oriental Leaves) range of unsweetened bottled teas, each label depicting brushes between China's tea industry and foreign traders.

And you've seen the Chinglish on the side of every tea gift box; as if foreigners were greatly interested in these details.

Of course, this phenomenon is not restricted to China; the higher price of "export" beers, for example, suggests customers' acceptance of an "international standard" exceeding the domestic.

But it's especially strange in this case, because so little of the tea consumed in the west is imported from China. And so little of the tea drunk in China has been imported from outside. While "World Class" or "Big in Japan" really aren't the salient points here, clearly someone thinks that someone thinks they are.

As token white faces working here in China, we sometimes appear as props, as validation of "international standards". Perceptions here have advanced far beyond the stage of fascination, but it is mostly the cultural cringe (rather than triumphalism) that still makes such tokens useful.

It does not need saying that this cringe is misplaced. Usually, it is the perceived cringe of the customer, rather than the seller's own cringe that perpetuates this folly. Yet, the (tiresome) result is the same.

In tea marketing, as elsewhere, reaching for external authority is understandable. But we all need to trust ourselves a little more. 🍵

Saving Face

The Art of Surveillance

Some days it's hard not to envy the "baoan" (security guard) where I live as I heave tearing plastic bags up seven flights to my flat. Sat with his flask, filled as much with tealeaves as water, he snoozes peacefully, head on hand with his eyes convincingly aligned to the surveillance screen.

While he sits there not watching the CCTV, it is possible, however, that someone else is. I don't mean his boss or even his colleague; that person could be a teenager in Sichuan, or perhaps your neighbour. It could be you or me.

This strange phenomenon where anyone can watch live footage from millions of cameras across China is thanks to the curious popularity of websites like Shuidi. You can simply connect a camera to stream live onto the website and anyone with Internet can watch. It's like a panda cam, except in noodle shops, swimming pools, monasteries or at road intersections.

China is one of the most highly monitored countries in the world. The government alone, according to a report in the Telegraph, has installed over 30 million cameras across the country. Cameras are also being utilised in the rapid development of face recognition technology, which will soon be used in Nanjing to catch and humiliate jaywalkers at busy crossings.

But where is the attraction for ordinary people in watching this mostly mundane footage? Some choose to use it purposefully like a YouTube channel, while others find it a handy way to keep an eye on business when they're away from their shop or restaurant. Even for China's contemporary artists it holds value, and for Xu Bing, it is just what he has been waiting for.

Known for his thought provoking artworks that cut to the core of contemporary Chinese issues, Xu Bing was forced to stop one of his projects in 2013 due to legal complications in acquiring and using the material he needed; surveillance footage.

The artist planned to make a feature film entirely from clips of real life woven together into a fictional narrative. It was not until the appearance of streaming websites in 2015 that he and his 12 assistants could begin the painstaking task of gathering and sifting through over 10,000 hours of footage, selecting snippets to form the 80-minute feature "Dragonfly Eyes" (Qing Ting Zhi Yan).

The story follows a girl named Dragonfly who trades a life at a monastery to work for a high tech dairy farm where she meets the unstable Ke Fan. Like any dysfunctional relationship in Chinese soap operas, it's highly dramatic and the trailer alone packs in hair-raising scenes of car crashes, an exploding aircraft and a man getting struck by lightning.

While seemingly depicting a fictitious story, the footage shows true events from real people's lives thus dancing on the verge between fiction and reality. Sometimes highly pixelated video clips act as a chilling reminder that what you are watching actually happened and that every day we are under the watchful eyes of Big Brother. It is not a documentary, but neither is it solely fiction.

The film is made without actors or a crew; only unassuming participants with each character made up of several true individuals captured on film across a non-linear period of time. A voiced over dialogue gives consistency to the main characters but the script itself is governed by what clips could be found in the most unconventional method of film making.

I'm glad my baoan makes good use of his time because more often than not, surveillance footage is inexplicably boring. It is the ability, however, of cameras to capture something unexpected or useful that gives them purpose. In Dragonfly Eyes, Xu Bing does the hard work for us in his landmark film that is intriguing both in plot and concept. 🦋



A woman with dark hair, wearing a purple qipao with a gold floral pattern, is the central figure. She has three pink surgical target marks on her face (forehead, nose, and cheek) and one on her upper chest. The background features stylized, light-colored floral and leaf patterns. The title 'PLASTIC SURGERY' is overlaid on the image. The word 'PLASTIC' is in a large, black, serif font. The word 'SURGERY' is in a large, pink-to-white gradient, sans-serif font.

PLASTIC SURGERY

China's Kowtow
to
The Kardashians



Text by *Renee Gray*
Illustration by *Alicia Liu*

In less than two years a Nanjing woman has spent over ¥110,000 on plastic surgery after going under the knife a total of nine times. The woman is still disastrously unsatisfied and has battled in the Qinhuai courthouse for compensation medical expenses and mental damage. The plastic surgery hospital argued Miss Jia frequented the surgeries with a serious lack of proper caution.

Between 2014 and 2016 Ms. Jia undertook various surgeries to improve her looks, including nose and eye reconstruction, chin shaping and nasal repair surgery, which still failed to satisfy her, making her instead feel uglier.

It is said that the court ruled in favour of Miss Jia and that the hospital had committed a “serious dereliction of duty”; that doctors should have assessed the patients psychological needs, after having already undergone numerous procedures, in order to assess if they have an “addiction” or not. After mediation, the hospital agreed to a compensation of ¥70,000.

Unsatisfactory plastic surgery is a problem that has plagued those in the beauty industry from around the birth of the idea itself. Somewhat simmering in developed countries, complaints are becoming less due to highly regulated medical practices. In central and south America, the problem is increasing rapidly, due to a severe lack of authority and regulation of medical practitioners. Now we are seeing the same in Asia.

A 2016 report by Forbes magazine ranked South Koreans third behind Brazil and the United States of America for the most plastic surgeries performed in the year. Behind South Korea ranked India, Mexico, Germany, Colombia, France and Italy. While China is not on the list, it can be assumed that she will be, and soon. The industry in China is thunderous and worth over ¥400b, according to the BBC, and is expected to double by 2019. The Chinese drive to plastics comes from an ever-increasing national obsession with K-pop (Korean popular culture), a pre-

occupation that transcends the boundaries of clothing fashion and settles itself in the psyche and insecurities of beauty.

Humans are an obsessive bunch and in our modern world, when something goes viral, it happens fast; fashions change and everyone needs it then and there. Asia is no exception to this; in fact, it would seem that the Chinese are even more vulnerable due to their new-found high disposable income. As millennial Chinese women earn higher paychecks and plastic surgery becomes cheaper and more readily available, the trend to shifting from a healthier natural attempt at beauty to an unhealthy plastic lazy obsession, or could we say addiction?

The Brazilians are known for their “butt-lifts”, while the Italians and Greeks are more interested in breast augmentation, Northern Americas and many Northern Europeans score highly in liposuction surgeries, breast augmentation plus, interestingly, penis enlargement and peck implants. However, when we look at what Asians want, the finer, more intricate “imperfect” body parts are the focus, such as double eye lid surgery, leg stretching, cheek lifting and raising the nose bridge.

In June 2017, The Nanjinger conducted a survey of over 103 Chinese women, which asked them to answer a range of questions regarding health, mental health and plastic surgery. Of the women questioned, 20 percent had undergone plastic surgery, with the majority having had the double eyelid procedure. This was followed by mouth and chin reconstruction. Most of the women reported a healthy attitude to their diets, eating little meat and more fruit. Exercise was taken less seriously, with 47 percent admitting they rarely do any exercise. When the women were asked, “What is your ideal body shape?” answers varied between 34 percent wishing for “slender with long legs”, 29 percent who wanted to be “healthy and strong”, 35 percent who hoped for “hour glass with big breasts and hips” and only 5 percent who said they “don’t care”. 🇨🇳

Football Derbies in the Chinese Super League

Football leagues worldwide feverishly compete in what we can call “special matches”, better known as derbies, ones that generate big discussion among fans days before and after. Supporters consider these as tournaments in themselves. Sometimes borne out of social, political or economical circumstance, others represent a fight to define the best teams of a city or country. China is not an exception; supporters of China clubs do not accept losing to rivals; thus pressure and expectation on players is high.

National Derby: Beijing Guoan vs Shanghai Shenhua

As the oldest competition on a professional level in China, this derby also has a socio-economical dimension, by in large due to the competitive power struggle between Beijing and Shanghai. Administratively, the importance of the matches between both clubs each season is important to note; club owners double bonuses for these matches in order to assure motivation to win.

One of the most memorable episodes of this derby (and Chinese football) was a 1997 match at the Workers Stadium in Beijing, an unforgettable game for supporters of both teams. Beijing won 9 – 1 against Shenhua, a date the most appalling loss in the Shanghai club’s history.

Shanghai Derby: Shanghai Shenhua vs Shanghai SIPG

With the first game played only four years ago, this derby is still relatively new. However, there is a story behind this new challenge. Back in 1995,

coach Xu Genbao achieved the league title for Shenhua; the last big title win by the team (they also won the 2003 title, but it was taken away from them after the club was banned).

He managed the Shenhua club for two periods after being dismissed in 2002; he then he started his own football academy named Genbao Football Academy, where in 2005 he founded the Shanghai East Asia football club, debuting in League Two (3rd tier), nowadays named Shanghai SIPG.

To bring you up to date, in the last two seasons, The Red Eagles (SIPG) have had a better average attendance than their rivals, despite their competitors investing lots of money in bringing in one of the world’s highest paid players, Carlos Tevez, in an attempt to return fighting for the title, or at least the Champions League spot. Nevertheless, SPIG has also strengthened the team greatly by bringing in players such as Oscar (dos Santos Emboaba Júnior) and Hulk (Givanildo Vieira de Sousa).


It is common to see banners of The Blue Devils (Shenhua) supporters claiming that they are the only true city representatives, arguing that SIPG supporters do not even know Shanghai local dialect, with players not even from Shanghai; meanwhile the size of the SPIG following increases yearly.

Matches have turned into a full-size contest in recent seasons, generating increasing expectations among football fans.

Guangdong Derby: Guangzhou Evergrande vs Guangzhou R&F

Another young competition, but probably the fieriest in China. Guangzhou Evergrande did not have any city contestant until R&F was established in Guangzhou. R&F is a club that has had four different cities as their home ground during its history, but since being re-founded in 2011, they have been based in Guangdong. In fact, in the 2011 season Evergrande came back to play in the top flight, after a match-fixing scandal punishment that sent them down to League One the previous year. That event assisted in developing rivalry between the two clubs; the corruption causing substantial disappointment for many Evergrande supporters, who as a result moved in support of the R&F.

An important highlight that is truly a direct opposite to any traditional derby elsewhere in the world is the atmosphere at the Chinese stadiums. China boasts a very friendly atmosphere among fans and rivals while it is very unusual to find trouble between them; it is common to see fans wearing the blue R&F shirt or the red Evergrande one sitting intermixed, something of which one can assume China is quite proud.

With Guangdong being one of the most important economic cities in China, having these two clubs certainly helps advance the Chinese Football plan, as it generates great interest among football supporters and helps bring attention to the city itself. 

Working Hard *to Stay Simple*

By **Tim MacDonald**

Albert Einstein is quoted as saying, "The definition of genius is taking the complex and making it simple".

If Albert were alive with us today, how do think he would simplify this complex world in which we find ourselves?

SOCIAL MEDIA: INVESTING OR WASTING YOUR TIME?

Each one of us are given the same 168 hours each week to get the job done; working, eating, exercising, caring for the people we love... and may be even to fit in a few hours of sleep.

Our lives have only been further complicated with the advent of smartphones and the demands of social media. Facebook, Twitter, Whatsapp, WeChat, Instagram, Pinterest and others; all vying for our precious moments of time and attention. And seemingly we just keep giving it away, for free!

Or is it free? Is there a cost to our investments we wantonly sow into social media?

According to the American Psychological Association's "Stress in America" survey, it appears there is a cost; for many a pretty steep cost.

The survey is conducted annually on how stress affects American adults' health and well-being. This year's survey took a deeper look at technology and social media to better understand their link to stress and relationships along with overall health and well-being.

Here are a few of the survey's findings:

- 86 percent are "constant checkers" of emails, texts and social media accounts
- 42 percent of constant checkers indicate political and cultural discussions on social media cause them stress
- 42 percent say they worry about negative effects of social media on their physical and mental health (compared to 27 percent of non-constant checkers)
- 44 percent express feeling disconnected from their family, even when they are together
- 35 percent report being less likely to meet with family and friends in person because of social media

If you were to take the survey, how would you respond? Are you a "constant checker"? What is the impact; positive or negative? Being "in the know" with your FB followers; does it bring you joy? Does it simplify or further complicate your life?

A Pew Research survey conducted in January of 2015 states that women report 7 percent higher stress levels as a result of social media interaction than men.

In addition to all of the other complexities of being a responsible adult, we now burden ourselves with constantly checking how many "likes" our FB post received, responding back to the continuous stream of WeChat messages; and oh yeah, don't forget your job. While the use of email is quickly fading, for most of us, email still consumes much of our working hours; we desperately work hard to squeeze in responses amidst the meetings, calls, completion of reports, etc.

So what's the answer? **Simplify!**

ASSESSMENT AND SIMPLIFICATION

You might consider conducting a simplification exercise. Perhaps it's one you can do with your husband or wife or colleague.

Plot out your 168 hour week. How do you spend your time? Given you likely have to work/commute (50 hours), sleep (49 hours), eat/prepare food (21 hours), care for family/personal responsibilities (14 hours); you are left with 34 hours. How do you use this time? How do you want to use this time?

How much time will you give to social media? TV? Relationships? Reading? Exercising? Thinking/reflecting?

Perhaps it is time for a "digital detox"? Time to take back the wasted minutes and hours. Begin choosing to invest your time how you want to, no longer being sucked down the path of no-return.

You might start with some simple boundaries; no digital connects before 8AM or after 9PM, no devices during meals with family or friends, turn off notifications; give yourself a particular time to check and respond.

Work hard to stay simple; you'll be glad you did! 🌿

Tim MacDonald is the Managing Director of Chrysalis Consulting, a Nanjing based firm that assists MNCs with Operational Excellence, Supply Chain, Organizational and Talent Development challenges. Contact him at Tim.MacDonald@ChrysalisAsia.com

OVER SPACE

ACTIVITY PREVIEW *By Maya Visari*

Amazing Nanjing Race Delves Depths of Dante's Inferno

The Nanjing Inferno race for charity is back on! You have been invited to take part in one of the most exciting public events of the year. Taken from a part of a book written by the Italian author Dante about Hell, the race invites people from all over Nanjing to take part and have fun.

Sino-Italian creator Ms. Beatrice Aondio and friends decided a few years ago to do something different in Nanjing for charity. Breaking away from traditional dinners and volunteer jobs, Beatrice found herself inspired by her hometown tradition (the Scigalott Race) and came up with the idea of a game that had its participants race around the city.



"The aim is of course to collect money to donate, but also to get together different kinds of people, have fun together and possibly help local entrepreneurs to advertise themselves within the community," she said.

The game works around the seven sins, and it has seven different stops, each named after a sin (gluttony, lust etc.) Teams that enroll will not know where the game will be located until the last moment. At each stop there will be a person waiting to challenge your team. In order to beat other competing teams you must work together to rise to the challenges quickly. Challenges are team efforts using logical, creative and strategic methods; each stop will give a clue to the next one.

This year all donations will go towards the Nanjing Firefly association, assisting people with special needs.

So come along, challenge your skills and win using tactical strategy and team work. Every team must wear a uniform of their own creation with Hell as the theme, while at the end of all your hard work, your team can look forward to relaxing with a drink in hand.

INFERNO'S RACE 2017, Saturday 28 October, Register Before Oct 21st. "Helping Others By Having Fun", Enrollment Fee Per Person ¥100. infernorace@gmail.com

RETAIL *By Frank Hossack*

Eco Food on Our Doorsteps; Nanjing Goes Green

Back in 2006, USDA (United States' Department of Agriculture) economist Fred Gales claimed that it is, "almost impossible to grow truly organic food in China".

A large chunk of the problem is ground water. Organic certification in most countries includes a requirement that crops be grown on farmland that has been free from prohibited chemicals for a number of years, typically 3 or 5. Last year, China's Water Resources Ministry published a report after its analysis of 2,103 wells in the country's Eastern flatlands. Yes, here.

The Ministry's study revealed that 32.9 percent of the sampled wells were classed as suitable only for industrial and agricultural use, while 47.3 percent were described as unfit for human consumption of any type.

So now that we've forgotten about organic in China, let's instead talk about green ecological food; perhaps as close as one can get in modern day urban China to a healthy option.

It is this ecological food that is now all the rage in China. There is also no better illustration for this trend than the story of Babuluo.



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**RONALD
PAREDES**

Out in the back of beyond in Nanjing's far-flung Liuhe District can be found the Babuluo Eco Valley. Featuring Eastern China's largest ranch, Babuluo combines eco-tourism with a modern agriculture learning experience in a unique area, previously volcanically active and now sitting on a crust that offers up 14 kinds of essential trace elements.

Then there is the shop/warehouse that sells much of the fresh, green, ecological food grown on site that is our subject matter here. Now I know what you're thinking; "That's a long way to go for some clean fruit 'n' veg".



Yes it is, but now Babuluo's true business model has become known. Over the last few months, over 100 of their new brand-name, eco-food, little shops have sprouted in Nanjing; there is probably one near where you live. Look for the distinctive logo above and on the bread photo to the right.

Therein, a comprehensive selection of the kind of clean, fresh vegetables and fruit that ones needs for daily living, accompanied by some interesting meat options, that include, if you get there early before its sold out, beef not requiring of a slow cooker to become tender.



Saving the best for last (for the Carbophiles), and until now unheard of in China, Babuluo also sells run-of-the-mill, white, sliced bread almost identical to that found in any major supermarket in a western country. Elsewhere, pay ¥10 for a small pack of eight slices or so that is substandard, sweet

and filled with fruit or walnut or goodness knows what. At Babuluo, the real thing is only ¥3.9.



Baidu's online encyclopaedia Baike describes Babuluo as being, "designed to provide the public with an environmentally safe food supply". It may perhaps be exactly that, something which has been a long time in the making. Count yourself lucky that we live not so far away, on those Eastern flatlands of China. 🇨🇳

HOSTELRY *By Renee Gray*

Nanjing Beer Caves; Only Bears with Deep Pockets Need Apply

Were you knocking about Nanjing in 2008? If so, then you probably have fond memories of the only watering holes in town at that time; old faithful Bluesky, no longer behind anything Behind The Wall, Scarlets 1 and 2, 1912 stronghold Blue Marlin, KTV ajointed Jimmy's and Nanjing's after party bunker of debauchery, Castle Bar. For expats at the time, that was pretty much it for quality drinking; one could get oneself a good pint of German brew, or if we were really lucky, Belgium or Australian beers.

Strolling the streets of Nanjing 10 years later, comparatively, options are abundant. As with a lot of trends that cotton on here, the Chinese seem to have skipped centuries of beer culture and jumped enthusiastically onto the craft beer band wagon.

Starting with Florentina, over the past 5 years micro craft beer joints have been popping up around the city, with the majority appearing in and around the back streets of Nanjing's student dominated Shanghai Lu area. A lowering of

import alcohol tax and a vested interest from local brewers such as Master Gao has also helped buoy interest.

Having recently undergone a face lift; its former look sporting a rather Spanish villa feel, with egg shell walls and rounded windows, the new Florentina has not only taken on a very minimalist factory feel, but its occupants also seem that much trendier themselves.



This might be a revamped craft experience but be prepared for higher prices and less of a selection; yet, it is spacious inside and out.

We began, back in the day, with Brooklyn ales coming in at ¥25, now going for ¥45 yuan 5 years later. While our wave of cheap or affordable craft beers was short lived, 2017 has seen the popularity of craft beer in Nanjing at such a height that one can almost find a local cave on each street corner, but as we are discovering, it doesn't come cheap.

Next door you will walk into Like Sunday Rain a place with the least selection of beers but offers cider and probably



makes the best choice for afternoon sun drinks. Right opposite that is a tiny bar offering beers on tap. This corner of craft micro pubs is just one of many that can be found around the area among others such as new Placebo, Craft and good old Shush Bar.

While serious beer drinkers will look for a sizable selection of 550ml's at a reasonable under ¥40, there seems to be emerging a class of beer "tasters" that seek a large selection of beers from around the world, taking pleasure in tasting each one and not minding paying through the roof for their round.

With that said, one can thank these tasters for it appears to be them driving the craft beer cave craze. Starting from Shanghai Lu itself take a wander up the street and look for a large light bulb lit-up sign atop a bar that reads "Coffee Pub", take a left and head on up the hill, your craft beer hopping night continues at Sky.

This place takes on a feeling of dingy café, cozy drinking den. Here is a place that allows one to smoke and drink as much as they fancy while cozying up to their friends on a sofa and watching the football on TV. Soft jazz music plays in the background and a little bell that reads BEER sits ready to be dinged when you're dry. Sky offers an array of crafts at fairly reasonable prices.



Finally, the newest member on the block is of notable mention. It appears this bar is still without a name, one assumes because it is so new. But this no name bar packs a punch, it features a large industrial door that opens up into a long very British style pub/bar. Clever renovation has allowed for plenty of space in a very small area. The selection on the wall behind the bar rivals them all for variety and price and the bar also features at least five beers on tap. It has a smaller private room and there seems space for a small outdoor area. The Nanjinger shall coin this The Local, for that is exactly how it shapes up. Check it out, it is located next door to Ultra Kebab. 🍷



Nanjing Rotary Club's Mr Udo Looser (General Manager, Willi Elbe, Nanjing) received the Paul Harris Fellowship from Jürgen Braun of the Pforzheim Rotary Club in Germany, for his 5 years of active support to help make a reality of the project in which students spend 4 weeks in China with local families and then host a Chinese student in their family's home.



Voices that Care

6th September, 2017



Struttin' With Some Barbecue

9th September, 2017

Nanjing International Club (NIC) kicked off the new season with a bang, at its traditional Membership BBQ at Nanjing International School, whereby 430 returning and new friends enjoyed excellent food and refreshing drinks, chat and laughter in the marquee. While getting to know more about the club's latest activities, the rain held off so that the children's entertainment could take place under an open sky.



Pleasant weather drew a large crowd for the annual Pfrang Day, one of the most important fundraisers in the year, that took place at Nanjing International School. Taking advantage of the range of sports, games, music and other activities, many people also enjoyed the evening BBQ and the live music from community members.

Might as well Jump

23rd September, 2017



Hopes of a lovely Sunday stroll, to explore a new area of Nanjing, were quickly dashed when the Hash's trail maker took them straight into the forest of Cuiping mountain down a steep muddy bank. Little did they know the best was yet to come... the only way to the next meeting point meant wading through the river! Soaking wet, covered in mud, but refreshed with a cold beer, they headed back into the forest. Luckily everyone still had a smile on their face at the end.

Run to the Hills

10th September, 2017



Ladies of the Community Clubhouse tried their hand at pottery during a day trip to The Nanjing Ceramic Experience Centre, learning about the process of making ceramic pieces, the materials used and the history of Chinese blue and white porcelain. Then aprons went on and jewellery came off; some were naturals at the craft, while others needed a few more tries to produce pieces that in the end all happily looked rather professional.

Piece of Clay

8th September, 2017



Slightly inclement weather did not prevent the British School of Nanjing's Parent Event Committee organised Fun Day being exactly that. The huge bouncy castles moved into the large indoor gym had children producing a veritable chaos of delight and sweat, while others had their faces painted and the adults browsed stalls offering all manner of hand-made produce.

Daddy Took the T-Bird Away

23rd September, 2017





EtonHouse Nanjing students visited Nanjing Art University to inquire into techniques and styles that will assist them with their still life compositions. Students observed the work of university students and had the opportunity to ask questions about their style, their creative process and the techniques they employed, altogether a precious learning opportunity for all.



Picasso Baby

20th September, 2017





Students from Grade 6 to 10 gathered in Nanjing International School's Design Centre for Tech Challenge; each grade had a common topic, and the students used simple materials to solve problems. Gliders, catapults, domino trains, rocket cars were built and tested afterwards. A great opportunity for team building, and to encourage friendly competition between different teams.



Paranoid Android

13th September, 2017



The Mentality Behind Intention & Negligence

As the saying goes in China, “you may know his face, but not his heart”. For unless you are a mind-reader, there is no way you can know other people’s psychological traits. However, in real life, one quite often needs to follow psychological traits to their concrete conclusions, especially in the field of law.

Human rights is a cornerstone of modern societies; the right of existence, right of freedom, etc. Governments place heavy emphasis on the protection of legitimate rights and fighting their infringement.

To protect legitimate rights, it is crucial to properly determine fault, which can be divided into intention and negligence. In the Theory of Roman Law there is a story of the wealthy Lucius Veratius who had an eccentric addiction; he found great joy in slapping other people. Back then, the statutory fine for slapping people was 25 coins, no matter whether the slap was intentional or negligent. Veratius would stroll on the street and slap whoever was in front of him; his servant behind would immediately hand over the statutory fine of 25 coins to the victim.

It is clearly not fair for the wealthy person who intentionally slaps and humiliates others to pay a fine that is same for the ones who negligently slaps others. Hence from the perspective of protection of rights, the necessary distinction between intention and negligence.

Knowledge and Desire

Intention is one mentality with initiative, describing an act committed by a person who clearly knows that such will entail harmful consequences or damage to others and who deliberately wishes or allows said to take place. Negligence, on the other hand refers to an act committed by a person who should have foreseen that such could possibly entail harmful consequences to others but who fails to do so. For example, what Veratius did is intentional, because he knowingly wishes to slap others.

Avoidance and Prevention

As intention and negligence have vast differences in terms of composition and their properties, they are avoidable and preventable to distinctive degrees. Even though negligence is a subjective state of mind, it gradually presents more and more objectivity features, in mainly describing an act that violates legal obligation or duty of care that deviates from the standards of a rational person. However, the cause of the violation, notwithstanding a psychological condition, can often be objective to the human mind. Intention is entirely another case. It is an act of meticulous planning; one does not only need to know but also possess a strong wilful orientation. Hence, this kind of act can be altogether avoidable and preventable.

Legislative Status in China

The issuance of the Tort Law of People’s Republic of China (referred as Tort Law) shows significant progress in China’s private law. Unfortunately, however, regarding clauses referring to intention and negligence, there is certainly room for improvement, as the Tort Law does not differentiate the intention and negligence. Through the entire law, it does not mention the intention of the infringer while there are only a few mentions regarding the intention of the victim. With negligence it is the same case, which means the intention and negligence of the infringer have been completely neglected.

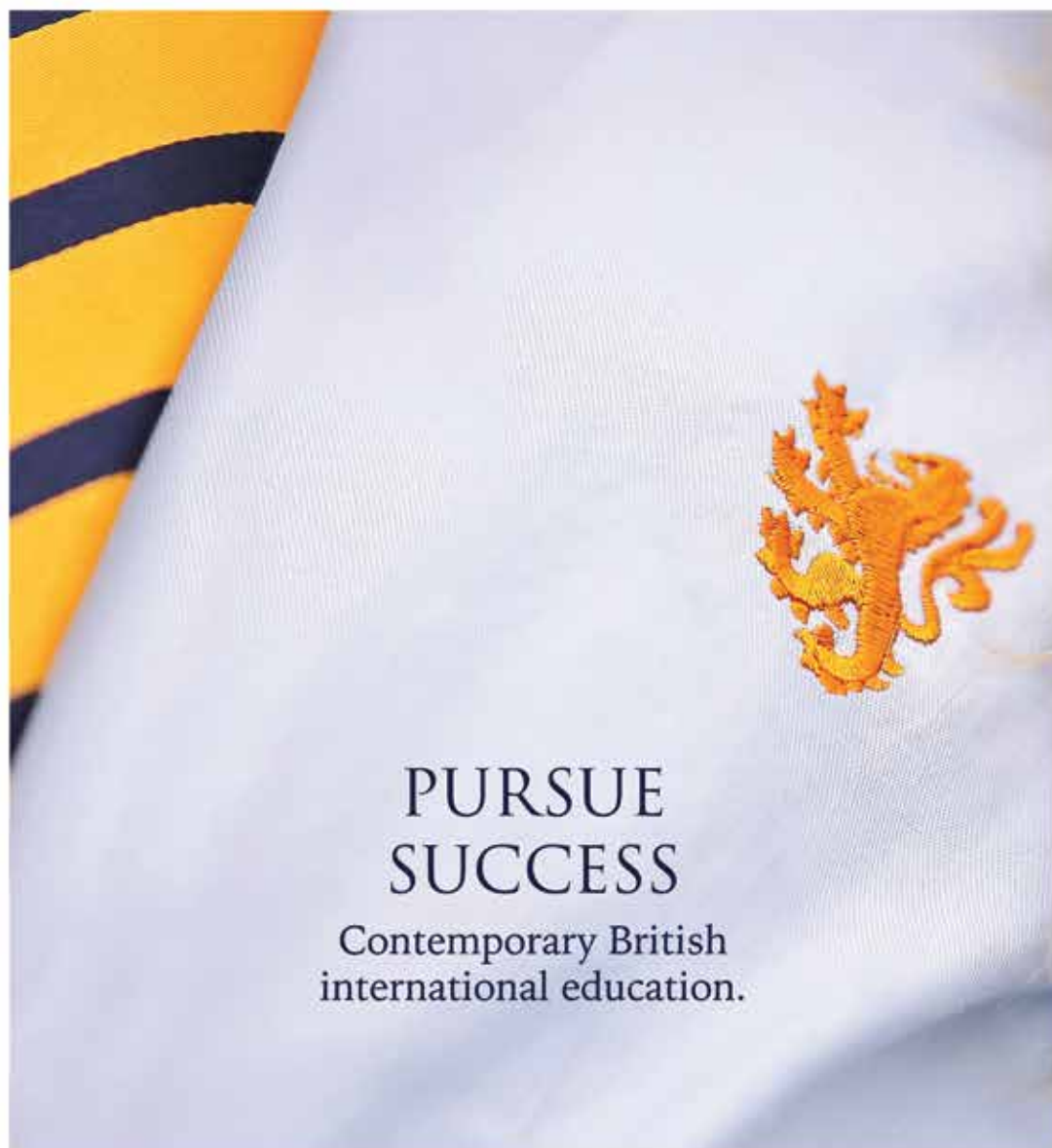
As such, the Tort Law fails to put sufficient emphasis on the compensation regime for intentional infringement, because intention plays a vital part in determining scope of damage and the bearer of the relevant expenses such as legal fee and other litigation costs. Moreover, punitive damages in the Tort Law only apply to specific infringements, which does not fully realise the legislative spirit that is to deter or prevent infringers when normal clauses fail to do so.

As a result, it remains important for you to pay attention to other people’s right to avoid infringement due to the same consequences, regardless the status of your mind. 🇨🇳

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