

PKU Freshman Cup Tournament Commences



Table of Contents

PKU Freshman Cup.....A1

The Natural Beauty of Israel.....A2

New Shenzhen Metro Lines.....A3

The Benefits of Coffee.....A4

October seems to be quite an eventful month. It started off with a much appreciated week-long national holiday. Upon returning, many students started to prepare for mid-terms and papers. Amidst the stressful atmosphere, the Freshmen Sports Cup began. The annual sports cup boasts a wide variety of sports for competition, such as football, tennis, ping pong, basketball and many more. It is being held from October 10th to November 11th.

This annual event is organized by the Peking University Shenzhen Graduate School Executive Student Council. It aims to bring the various schools together, with freshmen

as the main participants, and upperclassmen joining in to compete as one unit. It is a great opportunity for students from different years and schools to mingle and know more about each other, stepping out of their usual social circles.

Despite being busy with their school work, many students started preparing for the various competitions early in the game. From training prior to the competition to settling on logistics such as team jerseys, excitement is in the air. Students from the School of Urban Planning and Design (SUPD) are hyped to be participating in the competitions. Although the school is smaller compared to others (with only 48 Year One students this year), they are among the most enthusiastic of any students. Tang Xu, a SUPD student and also a member of the Executive Student Council's Sports Department, thinks that although they may not be good at a sport, the most important thing is that people come together and are willing to put in the effort for a common goal.

“Winning is not the most

important thing; it is the attitude that matters. Our classmates are extremely enthusiastic, even the ones who are not playing would come and cheer the team on. Plus, you get to do some work out and stay healthy, so why not?”, said the first year student.

International students are equally eager to participate in the Freshmen Cup as well. Evann, a first year international student basketball from STL, is participating in volleyball, basketball and badminton. When asked about her involvement, she said that “it’s a healthy way to bond and integrate with the Chinese students”. The Freshmen Cup is an opportunity for her to meet STL upperclassmen, and also make friends from other schools that otherwise wouldn’t have the chance to.

A highlight of this year’s competition is last year’s football champion, PHBS’ own international students team. Sebastian Preissner, a second-year PHBS student who played in both last year’s and this year’s teams, said “it is really fun and challenging, because the teams

are good”.

Sports transcend borders, nationalities and cultures. It brings people from all walks of life together, for a common goal. And it seems that the Freshmen Cup has done a great job this year.



Reported by Yang Wandong

The Natural Beauty of Israel and a Stay at Tel Aviv University



Talk about the Middle East and it conjures up an image of arid plains, scorching heat and tragically, conflict-afflicted states – a region that often figures on heated debates on social media but one that hardly arouses any interest in tourism. A wonderful turn of opportunity, however, took me right into the hub of the Middle East - Israel, making it one of my most memorable sojourns! Exploring the country's rich history and spectacular landscape, I made sure to leave no stone unturned in immersing myself to all that The Holy Land had to offer! Whether you are a history buff, architecture connoisseur, artist, foodie, tech geek, natural scientist, adventurer or merely seeking religious and spiritual solace, Israel won't disappoint you – there's something fabulous for everyone!

Tel Aviv, the first place on my itinerary, was as vibrant and cosmopolitan as New York. A city where the old meets the new, this was also where I spent a major part of my trip. Characterised by a blend of Bahua and traditional Islamic architecture that seamlessly blends with a modern skyline, the city boasts one of the oldest ports from Biblical times, extravagant shuks (bazars) and enchanting nightlife! Venturing further north towards the Lebanese border, I was dazzled by the stunning medley of the greenery and the bright, blue Mediterranean Sea! At Rosh Hanikra in the northernmost part of Israel, I was able to indulge in the most surreal experiences of my life – walking right into the sea through natural grottoes that were a result of thousands of years of erosion in the region's rocky mountains. Veering away from the glittering Mediterranean Sea, I proceeded to explore some of the country's Crusader-era fortresses, most of which were situated on cliffs overlooking the sea or the desert, offering some jaw-dropping views! A beautiful medley of Roman ruins and Christian culture, these fortresses played an important part in the medieval times to define the boundaries of what historically comprised of King Solomon's territory!

And how can a trip to Israel be complete without a visit to one of the most sacred place of three religions – Christianity, Judaism and Islam? Jerusalem, the country's capital, is encircled by imposing stone walls that date to the Ottoman era and contain within it the Old City through which you can take a beautiful stroll on the path that Jesus is believed to have taken his final steps on right before he was crucified. A more somber spot

to visit was the Yad Vashem, which is the largest Holocaust memorial & museum in the world. Finally, amidst studying agro-innovation and water-engineering in the Arava desert region, I indulged in the most rejuvenating experience of the whole trip– floating in the Dead Sea! At 1,360 feet below sea level, the Dead Sea is the lowest point on earth with its water enriched with minerals making the Dead Sea mud famous for its therapeutic values!

But the most incredible experience wasn't the fact that this leisurely visit was peppered with wonder every single day – What was even more enticing than Israel's natural beauty was the purpose of my visit. I was accepted into the world's only academic program on Food Safety & Security at Tel Aviv University. Over the course of 4 weeks, I got the opportunity of a lifetime to interact with Nobel Laureates and eminent scientists in the fields of Economics, Nutrition, Public Health & Agriculture, indulge in some practical research and glean from renowned speakers from the institutes such as the World Bank and the UN. In addition to the in-class lectures, I was also able to get hands on experience on Israel's phenomenal transformation from being a vast desert land to a completely self-sufficient and the Middle East's most technologically advanced nation! And the icing on the cake? Making some amazing friends from all across the globe whose acquaintance I shall cherish forever! I gleaned a lot more in this short span of three weeks than I ever did in all my education put together and I can safely say that if there's any place that I would like to keep returning to, it shall be the Queen of the Mediterranean Sea!

The Food Security & Safety Program is an intensive, research-oriented summer course that Tel Aviv University conducts every summer in association with the UN and par excellent Israeli academic institutes. If you are in the field of policy making, social science or natural science, I would highly recommend checking the programme out. More details can be found on <https://foodsecurity.tau.ac.il/>

Reported by Gayathri Jagannathan

The Inspiration of Elon Musk

"This is not about everyone moving to Mars, this is about becoming multiplanetary." SpaceX founder Elon Musk said on September 27 at the International Astronautical Congress in Guadalajara, Mexico. "This is really about minimizing existential risk and having a tremendous sense of adventure."

Entrepreneur Elon Musk is a man with many plans. Besides SpaceX, he is also the founder of PayPal and SolarCity. However, the most famous corporation he set up is Tesla Motors.

Musk has stated that the goals of these companies revolve around his vision to change the world and humanity. His goals contain

reducing global warming through sustainable energy production and consumption, and reducing the "risk of human extinction" by "making life multiplanetary" by setting up a human colony on Mars.

After the passing of Steve Jobs, Musk is the new idol in Silicon Valley. Just like Jobs, he always thinks differently and tends to to have a creative stream, while sometimes even being considered crazy.

These entrepreneurs are worthy of study to learn more about technological innovation, style, and some other unique properties.

In the future, the Shenzhen Graduate

School of Peking University should continue to aim for building the top institution of higher education through outstanding teaching and researching service to develop individuals and be a growth driver for the world, while exploring new-aged and internationalized education mechanisms and patterns.

As a student in Shenzhen Graduate School of Peking University, we should keep the innovative spirit in our hearts and dedicate ourselves to leading the way towards an exciting future, just like Elon Musk.

Reported by Longjun Qin



Introducing Shenzhen's Newest Metro Lines

2016 has already seen the unveiling of one new metro line in the form of the now-fully operational Line 11, also known as the Airport Line, but soon two new metro lines, lines 7 and 9, will join line 11 in the third and newest phase of expansion for the Shenzhen Metro. Expected to open on October 28th, Lines 7 and 9, respectively dubbed the Xili and Meilin lines, will join Line 11 in providing more and faster routes to get where you need to go around Shenzhen.

The Xili Line is the highlight of Phase III for students stuck all the way out in University Town, as it runs from Xili Lake, located just north of the current Xili metro stop, to Tai'an, cutting through some noteworthy stops along the way such as Chegongmiao, Huanggang Checkpoint and Huaqiang North. An entire journey along the 30km line will take roughly 55 minutes to complete in total.

For students on campus, the B736 and M369 buses that run through the East Gate of our campus both include Xili Lake on their list of stops, making your next trip to Hong Kong through Huanggang Checkpoint or to buy cheap electronics at Huaqiang North easier to manage.

Line 9, meanwhile, is not quite as useful for those of us up north in University Town, as it runs 25km from Hongshuwan to Wenjin. Some highlights along the trip are the already-existing stations at Chegongmiao, Shangmeilin and Grand Theater, in order from Hongshuwan.

Line 11 officially began operation of June 28th and boasts the fastest metro speed in China, topping out at 120km/h. It is a great way to get to the airport from Futian or Hongshuwan, but unfortunately for us would require a separate metro trip alone line 5 to the terminus at Qianhaiwan to take advantage of the shiny new line.

Phase 3 expansions are planned to continue until 2020, with new Lines 6, 8 and 10 and a slew of extensions for currently existing lines. Phase 4, meanwhile, is expected to be completed by 2022 and will expand the current slate of lines to a whopping 20.

Reported by Karras Lambert



Weekend Trips Outside Campus: Tai Long Wan Hike



Classes from Monday to Friday, the blue metro line still not open and all the destinations in the city center taking a minimum 30 minutes taxi ride... life on our PKUSZ campus can sometimes be frustrating. Don't worry, here at the Nanyan Observer we have gathered some of the best destinations tips to spend exciting weekends outside Pingshan and here's number one!

You have probably have already been there a couple of times: crowded, loud streets, expensive places to stay and a stunning skyline... that's maybe how Hong Kong looks at a first sight. Here's the secret: Hong Kong gems hide on the back of its tall skyscrapers and here is one them: Tai Long Wan. Tai Long Wan (or "Big Wave Bay") is arguably the most beautiful trail on the island, and it's just three hours away from Shenzhen!

Along its 12 km of bay, Tai Long Wan includes four beaches with crystalline water and golden sand that early in the morning are almost desert. To reach the bay, the total hike takes more or less 90 minutes and there is a concrete floor the entire way that makes it accessible even for the least expert hiker.

How to go there: From Shenzhen University it takes more or less 3 hours to reach the hiking starting point. The easiest way to get there is to take the metro to Futian checkpoint (red line) and once in Hong Kong, first the blue line (until Kowloon Tong) and then change with the green line to Choi Hung. Once there, get out at exit C and jump on minibus 1A to Sai Kung.

When you reach Sai Kung (beautiful port town with great seafood!) you

can either take a taxi (35minutes) or the 94 bus (check the timetables in advance, there are very few) to Sai Wan (the stop for the road from where the hike starts).

Tips:

1. Once there, you are free to camp: there are two bars close to the first beach, one of them rents tents (100HK\$ for a two people tent) but the best (and cheapest) option is to bring your own one (they sell some at Sai Kung for 70HK\$).
2. Don't stop at the first beach, trek a little further, the other two beaches are definitely worth a visit. If you continue the hike the next day, you should visit the Sheung Luk Stream waterfalls: just walk down the beach, along the left side you will see the indication (about 15-20min. walk).
3. On the way back, if you feel very lazy you can book a seat on the boat that will bring you back to Sai Kung (200HK\$) at the bars on the beach.
4. When to go: If possible, leave the campus as early as possible to avoid arriving there in the dark in the middle of the night.

Enjoy, and get ready for our next secret destination!

Reported by Sofia Zamengo



The Wonderful World of Coffee

No pain, no gain. Believe the efforts and sweat you spread in the busy golden October will make the flower of success bloom. But you inevitably feel stressed and exhausted sometimes by the heavy stack of exams, research paper and projects. Then how about having coffee break? You can immerse yourself in the aroma of fresh coffee to feel calm and relaxed. Here is some information about coffee for you. If your time is limited and you do not want to travel far from your dormitory, then there are three coffee shops at campus as shown in the map below: Tsingcafe, Starbucks and HITChuangke café.



While if you want to explore some exotic coffeehouse to spend a nice afternoon time with someone or just by yourself, the OCT Loft in Nanshan will be a nice choice for you, where numerous cafe are located, such as the Donkey Bar, Penny Black Jazz Cafe, Old Heaven Bookstore, MY Coffee, etc. During the coffee time, you can read interesting books just from the shelves and enjoy the light music or performances at some of these locations.

Here's a look at seven of the more popular coffee drinks available at most coffee houses and how to best enjoy them. Espresso, the foundation for a wide variety of specialty coffee drinks, is a strong black coffee made by forcing steam through dark-roast aromatic coffee beans at high pressure in an espresso machine. A perfectly brewed espresso will have a thick, golden-brown foam on the surface. Espresso should be taken either on its own or with a small teaspoon of sugar. Adding a dollop of steamed milk creates an espresso macchiato, while topping



it with whipped cream makes it an espresso con panna. Cappuccino becomes the hugely popular coffee drink that even the most common of corner coffee shops carries. A true cappuccino is a combination of equal parts espresso, steamed milk and milk froth. This luxurious drink, if made properly, can double as a dessert with its complex flavors and richness. It is common to sprinkle your cappuccino froth with a bit of unsweetened cocoa powder or grated dark chocolate. An Americano is a single shot of espresso added to a cup of hot water. Many like to drink it as they would their regular brewed coffee, with milk or sugar, but connoisseurs suggest keeping milk to a minimum to get the most flavor from the espresso. Finally, a cafe latte is a single shot of espresso to three parts of steamed milk.

Coffee can be considered one of nature's greatest gifts. Moderate coffee consumption, defined as 3 to 4 cups per day, is actually beneficial to your health. It gives mental and emotional clarity without harmful side effects and it inundates your body with a wealth of antioxidants. Research has shown that coffee can also increase your metabolism and improve short-term memory. However, Starbucks CEO said: Best Cup of Coffee Known to Mankind Is Made at Home, Not Starbucks. It will be a real surprise to wake in the morning to the aroma of coffee.

Reported by Zheng Hongqian

Hiking on the Double 9th Festival

This year's Double Ninth Festival was on October 9th. Organized by the MAST, Bicycling, and Swimming Association in Tsinghua University, I went to Yangtai Mountain for hiking together with hundreds of students.

Why do Chinese people go hiking on the Double Ninth Festival? That's a question that honestly even Chinese people don't know. The Double Ninth Festival, also called Chong Yang Festival, is observed on the 9th day of the 9th month in the Chinese calendar and served as a traditional Chinese holiday during the Han dynasty. According to Yi Jing, one of the oldest Chinese classics, 9 is a yang number, so the 9th day of the 9th month is considered double yang. Too much yang is thought to be dangerous because, in Chinese culture, yin and yang should be balanced. Therefore, it is believed that to climb a high mountain, wear the zhuyu plant, and drink chrysanthemum liquor will reduce the yang so that yin and yang can be balanced.

Of course, it is just an old saying. Most Chinese people probably link hiking with the Double Ninth Festival because one of the poems written by Wang Wei during the Tang Dynasty, Double Ninth, *Remembering my Shandong Brothers*. In that poem he wrote: "Far away, I know my brothers have reached the peak; They are wearing the zhuyu, but one is not present." Most Chinese people have learned this poem in primary school. It is simple, easily understood, but emotional. Maybe Double Ninth Festival is not about the hometown before, but ever since Wang Wei wrote this poem, the festival, like the Chinese New Year and Mid Autumn Festival, is about the family reunion and hometown.

Together with hundreds of students in PKU, Tsinghua, and HIT, my friend and I took a bus to go to Yangtai Mountain. It is not a very high mountain, but its peak, hidden in the clouds, is still impossible to see. It is more like a small mountain that you might see in everyday life, covered with trees. The hiking activity was organized by the district. Therefore, several organizations brought their people to the foot of the mountain. It was noisy and crowded when we first arrived there, and I almost regretted coming along. However, when we began climbing the mountain, everything changed. Although there really were a lot of people gathered on this mountain, probably too many for a hiking activity, the hiking itself was still great. The mountain didn't seem so high, but we hiked for two hours to reach its peak. Along the way we always saw trees and grass. The weather was just so perfect for hiking: no sun, no rain, and only a gentle breeze. My friend, when climbing the mountain, even summarized the to-do list for her next hiking activity. First, sleep early and wake up early so you will have time to eat your breakfast. Second, bring enough water and fruits! We were extremely thirsty when we went downhill. Third, protect your knees when going downhill. Fourth, when you are too tired to continue to walk, talk with your friends and try not to focus on the road.

Fifth and foremost, never give up when climbing! When we arrived at the peak, we knew immediately that it was all worthwhile. In Chinese traditional culture, climbing the mountain and enjoying the distant view have special meanings. Poets like Du Fu, Li Bai, and so on always wrote the poems about how they thought when they had a mountain view. We all learned those poems during our childhood, but maybe we can finally start to feel what they truly mean now. For me, it seemed to be the first time I really knew the poem of Wang Wei, as it was my first Double Ninth Festival outside of my hometown. I really missed my family and I knew that when they climbed the mountain in our hometown, they would think 'Oh, one of our family member is not here'.

Reported by Floy Chen

