WE’VE GOT YOU COVERED (in these unusual times)

Packaged with augmented reality
- See pages come alive
- Watch 3D animations pop up from the pages

Where to get your BBT fix on campus

Mask-knocks of the season

Zoom and zoom nots

Hey! AR
Scan this page to watch her unveil the secrets of this issue
HAVE A 360° VIEW OF 3D OBJECTS
Put a new spin on objects that are anchored to pages

Hover your phone over the page to explore objects like the snowy Hive on the cover of Vol. 43

Move nearer or get closer to find hidden objects

TAKE PART IN COMPETITIONS AND GIVEAWAYS
Tap here to submit a contest entry

Move around the object or rotate the page to see the object from another angle

WATCH PICTURES COME TO LIFE
See the page morph into a video

Tap here to pause or continue the video

Tap here to view videos in full screen. Once in full screen, you can pull the screen away from the page to watch it on the go

Drag your finger near the object’s starting position

Using two fingers, pinch or spread them to grow or shrink the object

Touch the object and drag it to move it around

Tap here to take a screenshot

Tap here to share a screenshot

PLACE 3D ELEMENTS IN YOUR ENVIRONMENT

Tap here to reset the object’s starting position
TRENDS

Derek Rodriguez

“I was very excited to be part of the revamp of HEY!, from gathering views on how to improve the magazine, to becoming a student contributor. The team used many new elements that really re-energised the publication, especially with the integration of AR technology.”

– Communication student Sergul Toh

TOP OF THE CHARTS

HEY! has breathed new life into the printed world with augmented reality (AR), winning a string of communication awards in the US and Asia.

Who says print is dead? It’s alive and kicking (and sometimes roaring or running from meteorites) in HEY!. With the magic of AR technology, flat photos turn into videos, 3D objects, or even living, breathing creatures that leap from the page into our world.

When the NTU HEY! AR app was launched in 2019, it trended no. 1 as the most downloaded education app on both the App Store and Google Play. Says engineering student Kelvin Kaung: “Seeing the first AR-enabled magazine in a university definitely reinforces how technologically advanced NTU is. Having seen the magazine come to life, I don’t ever want to read normal magazines again.”

Just like NTU, HEY!’s reputation has soared. Blurring the boundary between the real world and AR seamlessly, the magazine has received praise from global communicators and judges of PR competitions for its creativity and effectiveness.

Produced in-house with regular student contributors, HEY! has snagged six awards so far – the Best of the Best Award and the Excellence Award at the 2020 Gold Quill Awards in the US, the Best Publication in the UK-based 2020 Golden World Awards for Excellence in PR, Gold awards for Best Use of VR/AR and Corporate Publications at the PR Awards Asia 2020, and an award for Best Employee Engagement/Internal Communications at the regional PR Awards.

One Gold Quill Awards evaluator said: “The engaging visual style is fresh and fun, bright and bold, [and] seems on brand for a smart university”, while another praised NTU’s “choice of colours, layout, styles and the outstanding use of imagery and 3D animation, alongside the selective and effective use of AR”.

HEY! has won 26 awards from organisers of global competitions for communication excellence since its debut in 2011. The NTU Corporate Communications team was also named PR Communications Team of the Year, with Chief Communication Officer Dr Vivien Chiong, the driving force behind the HEY! revamp, named PR Professional of the Year (in-house), by the judges of PR Asia Awards 2020.

“We are focused on harnessing the power of digital technology and tech-enabled solutions to support better learning and living experiences, the discovery of new knowledge, and the sustainability of resources at the NTU Smart Campus. These efforts also extend to communication and a ‘smart’ publication like HEY! offers a range of options to share the NTU experience with prospective students, current students and recent alumni.”

– NTU President Prof Subra Suresh

AS A MASK FOR YOU AND ME

Masks aren’t mere essentials in this post-CB period, having taken on new meaning for some students who use them to show support, get creative, make a statement or help others.

Chrystal Chan

“Masks are now more than just face coverings; they’ve become a canvas for self-expression and a symbol of solidarity.”

– Chrystal Chan

Ei Ei Thei

“I love the creativity and ingenuity that has gone into designing these masks. They really bring a sense of fun and uniqueness to everyday life.”

– Ei Ei Thei

Don Tan

“Masks have become a new form of art. Each one is a unique piece that tells a story about the wearer.”

– Don Tan

A MASK FOR YOU AND ME

Masks aren’t mere essentials in this post-CB period, having taken on new meaning for some students who use them to show support, get creative, make a statement or help others.
Pang Hao Cher spent $24 on his mask, but it is not too big a price to pay for a mask that does triple duty. "It is super comfortable, quite breathable and fits my (large) face well!" says the third-year communication student. The mask’s unique black and white abstract pattern is the work of local designer Joanna Lim of eponymous clothing line JOANNA. "Joanna is my sister’s close friend. Not only did we want to do our part to support local businesses during this time, we also heard first hand from my sister about how comfortable the jersey material of the mask is. We all bought one each," says Hao Cher. On days when he meets his girlfriend, however, he switches up the mood and puts on a cute pug-printed mask in the name of “couple masking” with his girlfriend, who has the exact same one.

For recent NTU chemistry graduate Iman Izzati, masks are all about creative expression. "Even during the circuit breaker period, I was already researching online for pretty masks to wear. I knew wearing masks would be the new norm, so might as well get masks that look good!" she says. The current NIE postgraduate student, who enjoys keeping up with the latest fashion trends and styles, has a similarly chic mask-drobe. She owns seven printed masks and three plain ones, and chooses which mask to wear each day after assembling her outfit. She usually tries to have her mask and clothes in a matching colour scheme.

"I bought a few brightly-coloured masks but haven’t worn them out yet as they are a little out of my comfort zone," she admits. "If I can’t decide which mask to wear, I’ll just go for the plain white ones as white is the most versatile."

To Adam Rosli, a mask can do more than just prevent the spread of viruses. For the third-year digital filmmaking student, his mask can also make a statement. All three of his masks are black with white words on them. One says “non-essential”, a tongue-in-cheek reference to a controversial survey which found "artist" topping the list of jobs deemed least crucial in keeping Singapore going in the context of the coronavirus pandemic. His two other masks say “Silent on set” and “Crew”, both of which he uses while on film shoots.

"I like my masks because they can spark conversations. The ‘non-essential’ mask is also a way for me to make an ironic statement while the other two represent what I do," says Adam.

When Nicole Tan thinks of masks, she thinks of Singapore. During the circuit breaker period, Nicole and six others, including NTU fourth-year student Gabriel Tan from the Lee Kong Chian School of Medicine, decided to make masks out of donated fabric from local textile shops to meet the mask crunch. They spent a week cutting and assembling the materials needed for 1,000 masks, and another two weeks working with volunteer sewers to put them together. The masks were then donated to the Lions Befrienders Senior Activity Centre as well as the NTU Rotaract Club, which in turn gave them out to the cleaning staff and bus drivers working in NTU.

"I may be biased, but the mask my team designed is my favourite mask to wear. I use it the most often because it is really comfortable, reusable and effective,” says the School of Biological Sciences fresh graduate. The most heartwarming moment for the team was when a beneficiary expressed thanks for the much-needed mask supply. "It was great to know that our efforts actually made a difference to the elderly," she adds.
WHAT I WISH FOR SINGAPORE

WASTE NOT, WANT NOT

The deterioration of the environment remains a defining issue for this generation. The frequent use of disposables during the circuit breaker due to the inability to dine in is just one reminder of our long fight against single-use plastics, says third-year computer science student Ronald Tan, who wishes that Singaporeans will not forget to support the environment.

The pandemic puts the issue of food security in the spotlight, adds second-year biological sciences student Mohammad Afflean Mohd Alftzanawar. He says: “Many F&B businesses continue to throw out unsold food at the end of the day, which could be given to needy families instead. I would like to see Singapore take a serious stand on food wastage. We have to start somewhere. It’s now or never.”

SOCIAL RESPONSIBILITY

Second-year public policy and global affairs student Luqman Hakim Abdul Razak envisions Singapore as a place where everyone sees themselves as stakeholders in the nation’s progress and continues to help others in times of need. “This pandemic made me realise that social responsibility is important, and I hope this spirit can be sustained beyond the outbreak.”

Agreeing, second-year sociology student Qistina Warren says: “I wish we can all come together to be more empathetic, cooperative and resilient during these tough times, whether through taking the initiative to help the greater community with small gestures, or just checking up on others to see if they are okay.”

FEWER JOB STEREOTYPES

That artists were deemed non-essential in a survey during the circuit breaker period makes third-year broadcast major Desree Yeng wish for more appreciation for those who pursue their passions full-time. There is no reason why society should question the value of certain occupations, she feels.

Anderson Serangoon Junior College student Kovan Toh echoes this sentiment: “I embrace the future Singapore that is more accepting and open-minded in terms of possible career choices.”

AN INCLUSIVE SOCIETY

The COVID-19 scourge has made the vulnerable more visible, says third-year advertising and public relations major Clarice Teh, who hopes their welfare will continue to be taken care of beyond the outbreak. “I dream of a Singapore that prioritises the welfare of its people over the economic prosperity of the country.”

For third-year medical student Leo Wen Zhe, this means giving more chances and opportunities to those who are at greater disadvantage: children from poorer families with no access to private tutors, people with disabilities, and those with mental health conditions.

MORE DIFFICULT CONVERSATIONS

Conversations about sensitive topics like race may be hard to bring up, but such heartfelt discussions are something second-year psychology student Lee Sin Yee appreciates. Noting the spike in awareness of racial issues due to the global #BlackLivesMatter movement, she says: “I hope that these acts of spreading awareness and open discussions about uncomfortable issues will carry on. This, I believe, can help us progress as a nation.”

Civilised dialogues will also help those with opposing views to see from each other’s perspective, says third-year photojournalism major Joy Ou. “Such conversations will create a more compassionate society where mutual understanding can be reached.”

A RESILIENT GENERATION

Some may see this as a formidable time for Gen Z, but it needn’t be all doom and gloom, says final-year accountancy student Tan Bao Jun, who hopes her peers will continue to seek their own opportunities amid the trying times, no matter how small. “These little experiences will accumulate and ultimately allow us to emerge more resilient, more prepared and better able to take on challenges when we enter the workforce.”

As third-year electrical engineering student Sazzad Hossain puts it: “I hope the most tragic event of this century also makes us more resilient.”
READY, STEADY, ZOOM!

In this age of virtual video conferencing or “Zoom meetings”, how can you ensure your social graces are not left behind? NTU experts weigh in.

THE EXPERTS

Communication specialist
Asst Prof Benjamin Li investigates emerging technology and its impact on human behaviour and psychology. His research includes the dynamics of virtual environments and how to alleviate videoconference fatigue.

Fourth-year NTU PhD student Sarah Chan researches human-environment interactions, including the impact of computer-mediated experiences involving virtual reality and video conferencing.

Benjamin Lim from NTU’s IT department is a Microsoft Teams and Zoom trainer. He has taught over 3,000 participants since April this year.

BE SOUND WITH SOUND
Ambient sound is a buzzkill when it comes to virtual group meetings. The sounds that are a background hum to you, such as someone washing the dishes or the whir of the fan behind you, become a full-on racket for everyone else. If possible, try having your Zoom meetings in a quiet room by yourself with the door and windows closed. According to Asst Prof Benjamin Li from the Wee Kim Wee School of Communication & Information, we should use earphones instead of the computer’s built-in speakers. “This significantly reduces background noise and makes your voice crystal clear most of the time. Besides, you can keep your conversations private!”

FACE IT... IT’S BETTER
To show your face or not... that is the question. PhD student Sarah Chan, who studies human-technology interactions, says it’s a matter of personal preference when it comes to using the camera during your zoom session. She adds that what’s considered polite or not would depend on the context and group norms among the participants in the video call. “If you’re speaking to just one person who has the camera on, it is polite to reciprocate or at least explain why yours is switched off. The same goes for small group meetings, where the majority of the people have their cameras switched on.”

Photography enthusiast and third-year School of Biological Sciences student Samuel Ong thinks it’s okay to click into a call with the camera turned off: “This gives you some time to settle down, make sure your background is clear, and touch up your appearance!”

PHOTOGRAPHY ENTUSIAST
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Timing is everything
Just as it is in real life, during a video chat, know when to speak up or cut in and when to do so politely. Online, overlapping voices are amplified, forming a cacophony of sounds that may be hard to hear over. “If your video function is turned on, you can make a gesture and ask if you can add something. Find an appropriate time to do so, like when the other person who is talking completes a sentence,” says Sarah. Another tip is to mute yourself when you don’t have to speak, says the experts. This will not only prevent environmental noise from leaking into the meeting, but it can help signal to others that you have something to say when you unmute yourself. Depending on the video conferencing platform you are using, it is likely that there will be a button you can press to raise your hand virtually. “This allows listeners to signal in a non-disruptive way, and also gives the host the liberty to allow him or her to speak at an appropriate juncture,” says Asst Prof Li.

Hey! Tips
Chrystal Chan
Vivian Lim
Hey! Tips

Keep it Clean
Make it easy for your friends to pay attention to what is being said by sitting with your back to a wall so you don’t have to clean up the mess in your background, such as a distracting bookshelf overflowing with books and framed family photos. Alternatively, use the virtual background tool available on most video conferencing platforms. Bear in mind that your virtual background should not be too demanding on the eyes. So avoid those with bright striking colours or a controversial image, advises Sarah. “Make virtual backgrounds work better with your choice of attire as well. Wear clothes of a different colour and make sure there’s enough space between you and what’s behind you,” says Zoom trainer Benjamin Lim from NTU’s Centre for IT Services.

Light it Up
Don’t want to look like the undead in your video chat? Being in a well-lit place will help a great deal. Avoid shadows being cast on part of your face or body by having the light source in front of and slightly above you, and keep the illumination soft. Also, try not to sit with the window behind you as you will be backlit and no one will be able to see you, adds Benjamin. Avoid getting too near your camera, as it’s unlikely you will look good online when your face fills up the entire screen. Instead, position yourself so that your shoulders and a little of your outfit can be seen, suggests Samuel.

Beware of Burnout
Zoom fatigue is real... and avoidable. People who spend excessive time in video conference meetings have said they experience exhaustion, burnout and anxiety. One of the main causes, says Asst Prof Li, is the overload of visual stimuli online. Communicating on video chats is not something the human psyche is used to, so our minds need to work harder to process the fewer non-verbal cues available such as facial expressions, pitch and tone of voice,” he says. There is also the pressure to remain visible or show that you are paying attention during virtual sessions by nodding or reacting to situations, which is extra work for your brain.

Another reason, according to Sarah, is that you can’t help but look at yourself onscreen: “That’s actually perfectly normal! But it means you are constantly aware of your self-presentation and trying to manage it. Research shows that self-video feedback takes up a lot of cognitive energy.”

All the experts agree that breaks of five to 10 minutes should be scheduled between meetings and during longer meetings. To avoid Zoom fatigue – and a sharp decrease in productivity – virtual meetings should not run longer than an hour without a break.

Stay Focused
It’s easy to fall into the trap of multi-tasking during virtual meetings when you’re staring at a screen in a “busy” home environment. Don’t multi-task, cautions Sarah. “Turn off your camera if you must do something else during the video call, as others in the chat will be distracted when they can see that you are doing something unrelated.”

Benjamin also notes that multi-tasking could lead to awkward silences when others have to resort to calling out your name repeatedly to get your attention. Worse, it could affect the mood of the meeting as it’s a waste of everyone’s time when others need to bring you up to speed on the discussion.

Services.

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FYI

THE BUFFER SLAYER
Say bye to buffering and so long to lagging. Scientists from NTU have developed a nano-chip that could theoretically transmit data at a rate of 11 gigabits per second. This trumps the theoretical limit of 10 gigabits per second for 5G wireless communications and would make it possible for 4K videos to be streamed in real time. The technology could also pave the way for the adoption of Internet-of-Things equipment in the Fourth Industrial Revolution.

FEATURING
HEARD
"Your perseverance and resilience have carried you to the finishing line. Take that tenacity with you wherever you go, and you will go far. I’m proud of what you have done and inspired by what you will do months and years to come. I very much look forward to how you will impact the world."
– NTU President Prof Subra Suresh addressing the graduating class

LIFE IN 2050
Will we take a liberal approach to the adoption of technology or a more conservative one? With Tokyo as the setting, an NTU team representing Singapore played these two plausible scenarios out to win Shell’s Imagine the Future-Scenarios Competition. The narratives, which present how we would live, work and play in 2050, were derived from issues that the developed world is facing, including an ageing society, increasing land constraints and income inequality. Watching these storylines unfold could help us make better choices for a sustainable future.

UP IN THE AIR
What does the future spell for Paya Lebar, with the relocation of the Paya Lebar Air Base freeing up 800 hectares of land for development? Well, recent NTU geoscience grad Foo Zhen Hui has a plan. His concept envisions repurposing the old runway as a green space and integrating two new rail lines, a grid-like park connector network and other urban planning innovations to maximise liveability. Zhen Hui’s idea was showcased at this year’s Esri User Conference in San Diego and won him the Esri Young Scholars Award 2020.

SEVENTH HEAVEN
NTU was named the world’s best young university by Quacquarelli Symonds for the seventh straight year in its Top 50 Under 50 ranking of universities. NTU also maintained its position in the upper echelons of the best global universities at 13th place in the QS World University Rankings. In a separate ranking, Times Higher Education placed NTU second in their league of young universities. And, recognising NTU’s role in training future leaders in a world shaped by Industry 4.0, Forbes named NTU’s Data Science and Artificial Intelligence programme as one of the world’s 10 best AI and data science undergraduate courses for 2021.

COVID-19
Face masks are no longer a requirement. Singapore hopes it will also aid in educating the public about COVID-19.

NO HOT AIR
A team of NTU students might have found a cool reprieve from rising energy bills. Their winning entry in a national challenge held by ENGIE Asia Pacific is an Artificial Intelligence (AI) system that makes predictive decisions on air-conditioning control, leading to improved comfort and energy efficiency. Over eight months and with up to $10,000 in prototype funding, their invention cut energy use by more than 20% in facilities at Ng Teng Fong General Hospital and Jurong Community Hospital. With this, they proved how AI can be incorporated seamlessly into building management. How cool is that?
Nutty invention to help kill bacteria

Now NTU’s food scientists have found a way to extract a powerful antimicrobial compound from the discarded husks of edible seeds that has been shown to inhibit the growth of bacteria. This new compound was used in anti-bacterial cloth masks that were distributed nationwide to curb the spread of COVID-19.

Future Being naturally derived, the antimicrobial compound could be used in healthcare and other settings as a non-toxic coating on clothing or protective gear to kill germs and prevent disease transmission.

Spraying COVID-19 away

Now A robot developed at NTU can be remotely controlled to disinfect large surfaces quickly. It comes with an electrostatic nozzle on an "arm" that mimics human movement. The ultra-fine droplets sprayed out easily latch onto surfaces, even the back of door handles. With this, cleaners not only have an extra hand but can keep safe on the job.

Future A team of small robots operating autonomously can be run in shifts to disinfect hospitals, shopping malls and other crowded places round the clock. With an army of dexterous mobile cleaning assistants at our beck and call, it would be easier to contain and prevent viral outbreaks.

Plastic is fantastic... for powering fuel cells

Now Chemists on campus have made a cheap catalyst from a metal, vanadium, that converts plastic waste into formic acid with the help of artificial sunlight. Formic acid can be used to power fuel cells in electric cars and trains, or as an alternative clean power source.

Future Using real sunlight to break down plastic would be an environmentally-friendly way of tackling the growing problem of waste disposal. At the same time, the chemicals obtained can be used in fuel cell technology to generate electricity for power plants and renewable energy facilities.
Tea lovers will find this taste-tea. “I like the tea in this one, but those who prefer a strong milk taste in their bubble tea may not enjoy this as much,” says Grace. Vaish believes that even at the maximum sugar level, it is not cloyingly sweet. Instead, the sweetness balances out the bitterness from the freshly brewed tea. The caramel-flavoured tapioca pearls also have the right amount of chew, says Rui Jie.

**DA HONG PAO MILK TEA**
**+ 3 HO (30% SUGAR)**
**LIHO**

Vaish likes the “interesting texture” from the combination of herbal jelly, custard pudding and golden pearls in this fully-loaded drink, while Rui Jie prefers pearls with a less chewy texture. He adds: “The pudding tastes a bit like tau hua (beancurd) and glides down the throat very easily.” Grace feels that the sugar level, at 30%, is just right, since the toppings are already somewhat sweet.

**MILK TEA WITH BIG PEARLS**
**(50% SUGAR)**
**EACH-A-CUP**

Old is gold – this classic, no-frills bubble tea is a clear favourite among the three students, who rated it as one of their top picks. Rui Jie and Vaish enjoy the creaminess of the milk tea and chewiness of the pearls. What sweetens the deal for Grace is the pocket-friendly price tag as compared to the other bubble tea shops on campus.

**YAKULT GREEN TEA WITH WHITE PEARLS**
**(50% SUGAR)**
**EACH-A-CUP**

This is not your typical bubble tea, but it has a refreshing quality, especially for those who have tasted five different types of bubble tea prior. “If you get sick of the normal bubble tea, you can definitely order this. It’s a refreshing change,” says Rui Jie. Vaish and Grace are fans of the lightly sweet aroma and tanginess from the Yakult. Grace also likes the slight crunch of the white pearls.

**O SM ANTHUS MANGO OOLONG TEA**
**(100% SUGAR)**
**CHICHA SAN CHEN**

All three students found this refreshing good for a hot day, though the fruity flavours are not Rui Jie’s cup of tea. Grace notes that the mango syrup in the drink does not taste artificial. “But after the initial few sips, the drink reminds me of an energy drink,” adds Vaish.

**BROWN SUGAR PEARL SALTED CARAMEL FRESH MILK TEA**
**(70% SUGAR)**
**LIHO**

The drink looks unassuming with its pale cream colour but Vaish says “the saltiness is overpowering and there is an unsavoury aftertaste”. Grace and Rui Jie agree that one can get tired of this drink quite quickly. “I’m not sure if the flavours go well together,” says Rui Jie.

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**(50% SUGAR)**
**EACH-A-CUP**

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How do you identify a bubble tea (BBT) fan? By how many cups they drink a week or by their knowledge of each bubble tea outlet? Perhaps it is witnessing the lengths they go to for a cup. For second-year Nanyang Business School undergrad Mai Zhi Qi, it is all of these and more.

“My friends know I’m a huge bubble tea fan because whenever I hang out with them, I either have a cup in hand or I get them to queue up with me for a cup. Plus, I’m always posting about bubble tea on Instagram and got an almost perfect score in ‘bubble tea bingo’,” she says.

A fan of the drink since 2018, Zhi Qi says she didn’t get hooked right away. Instead, it only dawned on her that she had fallen in love with it when she realised she could “no longer live without it”, and found herself drinking up to two cups per day.

These days, her addiction to the pearly brew is much less pronounced. She gets by with one to four cups a week and will wait for the bubble tea queue to shorten before joining the line… unless her favourite drink is selling out, that is.

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Which is your favourite bubble tea joint? I’ve tried tea from around 20 chains. My favourite is a tie between LiHo and PlayMade.

If you could only drink two types of bubble tea for the rest of your life, what will they be? LiHo’s milk green tea with brown sugar pearls and PlayMade’s 5G milk tea with sesame pearls. At first, the sesame pearls tasted “weird”. Later, I realised I couldn’t stop thinking about them. Now I only order the sesame pearls.

How did you feel when you heard the bubble tea shops were closing during the circuit breaker? I went from being upset to being happy. I’m always posting about bubble tea on Instagram and I’m always posting about bubble tea on Instagram. Plus, I get them to queue up with me for a cup.

How does Zhi Qi feel about the situation today? Her addiction to bubble tea is much less pronounced. She gets by with one to four cups a week and will wait for the bubble tea queue to shorten before joining the line… unless her favourite drink is selling out, that is.

What’s the most you are willing to pay for bubble tea? I think the most I’ve paid for a cup is $8. It was from Machi Machi, apparently Jay Chou’s favourite BBT brand. I didn’t mind paying for it just once to try it out but I probably won’t drink it on a regular basis. I’d rather stick to my usual order, which is a lot cheaper and comes in a bigger cup too.

Have you ever not liked a cup of BBT? Yes! I don’t like brown sugar milk tea, even with my favourite brown sugar pearls in them. I find the drink too sweet and it comes with a fixed sugar level.

What’s your most memorable bubble tea story? When I was taking part in Mediacorp’s Star Search training, I was sent on a buying a cup of bubble tea at the nearest BBT shop. However, most days, the shop would be closed by the time our last class ended. Then one day, the training ended early so I ran as fast as I could to get a cup, but of all days, the shop had closed early. I never was a huge fan of that brand, but I was obsessed with getting a drink there just because it seemed like we were star-crossed lovers. This story has a good ending though – I eventually got my BBT fix, just once!
FAST FOOD
Tan Ching Yee tries out the affordable – and delicious – microwavable meals on campus that you can easily cook on the spot in-store and files her verdict

MENTAI CREAM BAKED PASTA
Fans of cod roe will like this mentaiko twist on the usual mac and cheese, which is creamy, flavourful and ready in minutes. The baked pasta comes with two crab sticks and a little garnish, making it pleasing to both the eye and the palette. There is also that satisfying cheese pull as you spoon out your first bite of pasta. But those who don’t like fish may not be able to stomach the smell of the mentaiko.

NASI LEMAK WITH SAMBAL TELUR
The whiff of coconut from the rice whets the appetite, and the ikan bilis (anchovies) adds a good crunch, making each bite even more savoury. The two eggs, which are coated with fried fishcake batter, add textural variety. While the sambal is spicy, it lacks the punch packed in traditional sambal. The seasoned nasi lemak lover may also find that this dish lacks the necessary layers of sweet and salty.

SHRIMP WONTON NOODLE WITH VEGETABLE
Noodles in soup with vegetables – this is as close to a balanced meal as you can get with ready meals. The clear broth, made from adding water to soup powder, has a hint of prawn flavour. The noodles are well-cut and firm to the bite. But the star in this bowl of noodle soup is the shrimp wonton. Each of the three wontons is wrapped in silky, delicate wonton skin, and comes with a generous portion of shrimp that is lightly seasoned with pepper. All in all, a very satisfying, wholesome meal.

SINGAPORE LAKSA
This vending machine meal hits all the classic, comfortingly creamy notes in a good bowl of laksa. Its broth is rich with coconut milk – you can smell it right away – and the tofu puff soaks up gravy like a delicious sponge. The dish does not taste “jelak” (overwhelmingly rich) thanks to the laksa beehoon, which does not turn soggy and has bite to it. Another delicious point – you can choose to dispense your laksa hot or frozen, which means you can decide to eat it on the spot or have it later.

LEMONGRASS CHICKEN WITH RICE
Who says convenience food can’t be made with quality ingredients? The slow-cooked chicken cubes in this Vietnamese dish are tender, and the chopped lemongrass in the gravy gives it a slightly sweet citrusy flavour. The moist and aromatic jasmine rice soaks up the gravy, which is actually closer to the consistency of a curry. This meal is a nice change from the usual ready meals, and is definitely worth a try.

BUTTER CHICKEN BIRYANI
This is one of 7-Eleven’s hot picks for a good reason. The curry and chicken are well-seasoned and complement each other well. The basmati rice, which is kept separate from the chicken and curry, is pleasantly fluffy, and acts as a great canvas for the richness of the butter chicken, giving the dish some balance. Overall, a fantastic choice for convenience food.

JAPCHAE
This instant version of the Korean sweet potato glass noodles is as close as you can get to the real thing, and it comes with the usual array of carrots, leafy greens and onions. The blend of soy sauce, sesame oil and spices provides a medley of flavours, which the silky smooth glass noodles soak up nicely. One thing to note though: the portion is smaller than what most would consider a meal, making it more suitable for those looking for a hearty snack.
Andrew Duffy lived for a month without leaving NTU and survived to tell the tale.

In 2016, I considered a HEY! story about spending an entire month within the confines of the campus. I rejected it as being unrealistic, impractical and probably unhealthy. A month on campus? Unthinkable!

In 2020, I spent an entire month on campus. This is the harrowing true story of how one man survived the “circuit breaker” on NTU.

The secret to (relative) sanity was to make a daily circuit of campus like a castaway patrolling the boundaries of a desert island looking for rescue. Trapped by the jungle on one side and the PIE on the other, it felt like JG Ballard’s novel Concrete Island where a man crashes his car onto a traffic island. Cut off from the world by the motorways surrounding it, the protagonist is stranded with a crazed former acrobat who scavenges car parts. Sadly, with only 5,000 people on campus instead of the usual 40,000, there wasn’t NTU’s usual full selection of ecclectics and giants, and very few acrobats. But even without their help, my daily circuit-breaker circuit taught me three lessons.

Lesson #1: Humanity rises and falls, but the 179 bus is eternal.
Nothing prepares you for the eerie sight of an empty 179. Followed by another. And another. And another, every three minutes. Imagine a Mad Max/Maze Runner/I Am Legend future where civilisation has collapsed and humanity is reduced to a few hundred, but the 179 rumbles on because SMRT didn’t send the memo.

Lesson #2: The edge of campus is dangerous. A sign at the entrance gives early warning that "NTU accepts no responsibility or liability whatsoever for loss or damage to personal life or property on its premises". Overkill, surely. What’s the worst that could happen? Simple: being shot, blown up, electrocuted, shot with arrows, or sneezed at.

The sign saying "When the red light flashes or the siren sounds, STOP ALL ACTIVITIES AND MOVE TO A SHELTERED AREA IMMEDIATELY" took me back to the happy days of my childhood, the Cold War and the four-minute warning before Russia launched nuclear missiles. If the lightning misses you, along Nanyang Crescent by the Sports & Recreation Centre, a sign warning "DANGER. Archery range. NO TRESPASSING" hangs on string along the edge of the range because, as everyone knows, a piece of string is the best defence against arrows. And the skull and crossbones opposite NIE proclaiming "Danger. Live Firing Area. Keep Clear" is surely uncommon in a university (well, most of them…).

Lesson #3: Survivors band together – at a social distance.
One neighbour arranged wine tasting; we left empty glasses outside our doors, they were mysteriously filled so we could all share the same bottle, and together we watched live-streaming experts telling us what they tasted like. Another cooked food and pushed dishes of it through the window grilles to our kitchens. Loaves of bread magically appeared.

So the lonely souls stranded on NTU after the iron gates of Changi clanged shut all survived a month of circuit breaker. Each evening, we left our homes to wander around this peaceful green oasis with birds, monkeys and wild boars running free, no traffic apart from the occasional Grab delivery. Friendly neighbours and a gentler rhythm of life. It’s going to be tough to return to old normal.
So, you are a bright-eyed freshman excited to find out what is in store for you. There is more to university life than heartbreaks, expanding waistlines, and a climb up the GPA ladder. Sergul Toh shares 10 things you need to know for the quintessential NTU experience.

1. **KNOW YOUR HALL HACK$**.
   
   If you are staying in hall, there are some things you can do to make your life easier. First and foremost, save your new $1 coins! They will come in handy when you want to do your laundry. Buying appliances off your seniors, such as routers and fridges, can also help you save quite a bit of money. To ensure you are not locked out of your room, make it a routine to validate your key fob – a weekly must-do for security purposes – whenever you come into hall, otherwise you will most probably forget to do so.

2. **TO PROF OR NOT.**
   
   You may have heard your seniors addressing some professors or lecturers by name. It’s best to listen out for their preference at your first lesson with them. If you are unsure, calling them “Prof” is a safe bet. Remember to be consistent in your emails too. If you are emailing a prof and a lecturer in the same email, address both of them by their titles (Prof or Ms/Mr).

3. **EMBRACE THE NTU T-SHIRT CULTURE.**
   
   The fashionistas – probably communication or business students – show up at the start of every semester. But when the workload hits them hard in the third week, they take the cue to and from Pioneer MRT station. Then there are the Campus Loop Express buses that only stop at selected stops. Remember to look up from your phone from time to time to make sure you’re on the right bus.

4. **CHANNEL YOUR INNER AUNTY.**
   
   It’s hard to keep up with your bubble tea addiction when a cup can cost as much as a meal. Luckily, LiHO periodically offers $2 bubble teas. The discounted flavours may not always be your cup of tea, but it’s still a steal. Look out for the occasional flash sales at the North Spine bakery in the evenings that will really bring out your inner aunty. Your matriculation card is also your ticket to steals and deals on campus – some F&B outlets, such as Mr Bean, offer student discounts as well.

5. **SUPPERS ARE A MUST.**
   
   In NTU, supper can be considered a religion, especially for those who live on campus (much to the dismay of the buttons on their jeans). Regular haunts near NTU include Ah Lian Bee Hoon and the S11 Eating House NTU students know fondly as the “extension kopitiam”. Ratchada Thai Food, a hidden gem nestled in Pioneer Junction, sells $1 Thai boat noodles. In a pinch, vending machines on campus dispense sandwiches, salads and ready meals. Some canteens such as Canteen 11 also have stalls that operate till late (for example, check out @hallxwaffleaunty on Instagram).

6. **SCAN THIS PAGE**
   
   for your chance to win an NTU hall Freshmen and seniors alike are welcome to try their luck in this HEY! giveaway.

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**HEY!**

INSIDER

Sergul Toh
OF COURSE, THERE ARE MANY OTHER THINGS TO DISCOVER AS YOU GO ALONG. AND EVEN IF THE JOURNEY ISN’T ALWAYS SMOOTH, YOU CAN BE SURE IT’D BE ONE TO REMEMBER.

Aside from oversleeping and missing your 10am lectures, running for the campus shuttle bus, and getting hopelessly lost looking for your classroom, your life at NTU is incomplete without staying up the whole night watching movies, playing games or having deep conversations in hall with your (fewer than five) friends. Academics aside, your buddies will be among your greatest takeaways from university.

YOUR HALL EXPERIENCE WILL BE PRICELESS.
You may be wondering if it’s still worth staying in hall since many of your classes are now held online, or if you only spend a few days in school. Yes, it’s still worth it. Though there are few hall activities during this period, the experience of being neighbours with your peers, having classes a few minutes away from “home”, and most importantly, living independently – these cannot be measured in dollars and cents.

NTU IS A UNIVERSITY OF FLAVOURS.
With 13 canteens and a wide variety of stylish cafes, fast food joints and excellent restaurants on campus, lunch (and dinner) breaks are certainly food for thought. Eat your heart out with each canteen’s claim to fame – here are some of my top picks.

A team of scientists at NTU have uncovered the secret behind the ubiquitous pollen, which could hold the key to a new class of flexible materials that are easy on both the pocket and the environment.

The team, which includes Prof Cho Nam-Joon, NTU President Prof Subra Suresh, Asst Prof Song Juha, and a group of research fellows and graduate students, recently found a way to turn sunflower pollen – described by scientists as the diamond of the plant kingdom for its indestructible traits – into a soft, flexible material.

With this new pollen material, the scientists made paper that can bend and curl in humidity, then un bend in the dry. This response to external stimuli holds promise for several practical uses, from the fabrication of artificial muscles used in soft robots, to essential components in energy generators and sensors, and even affordable biodegradable food packaging.

And all this from an unexpected discovery in a humble petri dish in the lab, says Prof Cho. “While we often think about how to do fancy science, it’s the little things like this that make us smile after a long day in the lab. You realise that science is not just about smarts and effort. Sometimes, it’s also about a bit of luck from the unexpected things around us,” he says.

Inspired by the change in flexibility in a pollen grain’s outer shell during natural processes like germination, the NTU team took a stab at remodelling the pollen’s entire wall structure to alter its material properties, using a method similar to conventional soap-making.

The resulting material can take on various forms, from gels to sheets of “pollen paper”. It does not trigger toxic reactions when exposed to body tissue, making it potentially useful as an ingredient in wound dressing, prosthetics and implantable electronics.

“From Velcro whose design is based on the gripping hooks of seeds, to the wings of airplanes, inspired by the mechanics of the flight of birds, scientists have been extracting design principles from nature and replicating them as products that benefit society. Our work with pollen is no different. It is an example of turning a time-tested idea in nature into a possible engineering solution,” says Prof Suresh.
10 WAYS TO NAB YOUR DREAM JOB ON LINKEDIN

Whether you want to make a splash in a particular industry or work for a top company, get closer to your goal with these tips from LinkedIn experts.

1. Ensure your LinkedIn profile is thorough and complete
2. Have a good profile photo
3. Don’t neglect the headline
4. It’s not what you know but who you know
5. Prepare an elevator pitch
6. A good mentor makes all the difference
7. Do your homework before you ask for a referral
8. Make use of job search alerts
9. Make your presence felt
10. Make your posts colourful

HEY! SCAN THIS PAGE for your chance to win a free LinkedIn Premium subscription

Chrystal Chan

1. Your LinkedIn profile is not your resume. Resumes should be sharp and succinct whereas your LinkedIn profile should be more detailed. Make sure it outlines your experience, skills, qualifications, certifications and passions, so you project your most complete self to your professional network.

2. Accounts with a profile photo get twice the views and nine times more connection requests. It’s best to include a recent well-lit photo. You don’t need fancy equipment to achieve a professionally taken shot – your phone’s portrait mode can do the trick. Remember to smile!

3. Your headline, that section under your name on LinkedIn, is important. It is one of the first things a recruiter sees when looking for candidates since the LinkedIn search algorithm highlights it. Use the headline to project your brand to your network. It should capture what you’re passionate about and what recruiters care about. You have 120 characters to make an impact – don’t waste the opportunity!

4. Reach out to as many people as you can to grow your network on LinkedIn. You never know how a connection to someone can help you land the job of your dreams. Fifty per cent of hires result from personal connections. Look for people you have things in common with, such as former schoolmates. Say you want to work in the United States; look for a Singaporean working there. And remember to follow the company pages of employers you are keen to work for.

5. Imagine you have 60 seconds to tell the CEO of a company about yourself. This is called an elevator pitch. Think about what you would say to leave a good impression on that person, then put that into the “About” section under your LinkedIn profile. A good summary has breadth and depth. It tells people what you do in a concise manner yet still showcases your personality.

6. Don’t be afraid to ask for help from someone who has been there, done that. Using LinkedIn’s Career Advice Hub, which matches you with people in your industry, you can find a willing mentor. Your mentor could help you grow in your career journey and offer specific advice that might be hard to find elsewhere.

7. Introduce yourself when you send a connection request using the “Ask for a referral” feature. To spark a conversation, tell the person how you came across his or her profile and briefly explain what you hope to achieve through the chat. For example, you can say you want to find out more about the culture of the company that the person works at, or that you’re aiming to gain industry knowledge. Be thoughtful when making your request and demonstrate that you’ve done your research on the person you’re messaging, the job role, or the company and industry.

8. Set your alerts to come in daily, notified only about jobs you want. Can be included to ensure you get notified only about jobs you want. Set your alerts to come in daily, weekly or monthly.

9. Hashtags are crucial – they can be included to ensure you get notified only about jobs you want. Use images whenever possible and upload your posts on weekdays when more people are on LinkedIn. Hashtags are crucial – they can be included to ensure you get notified only about jobs you want. Use images whenever possible and upload your posts on weekdays when more people are on LinkedIn. Hashtags are crucial – they can be included to ensure you get notified only about jobs you want. Use images whenever possible and upload your posts on weekdays when more people are on LinkedIn. Hashtags are crucial – they can be included to ensure you get notified only about jobs you want. Use images whenever possible and upload your posts on weekdays when more people are on LinkedIn. Hashtags are crucial – they can be included to ensure you get notified only about jobs you want. Use images whenever possible and upload your posts on weekdays when more people are on LinkedIn. 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10. Don’t share a post for the sake of it. Be thoughtful about what you post and aim to stand out. Use images whenever possible and upload your posts on weekdays when more people are on LinkedIn. Hashtags are crucial – they can be included to ensure you get noticed only about jobs you want. Set your alerts to come in daily, weekly or monthly.

Prepare an elevator pitch
Post frequently on LinkedIn, so you stay top-of-mind within your network. Share interesting articles that reinforce your passion or your personal brand. For example, if you are keen on business development, share news or commentaries related to that. Your posts can be used to seek ideas and suggestions from your network and also to inspire them with your unique point of view.

Make your posts colourful
Don’t share a post for the sake of it. Be thoughtful about what you post and aim to stand out. Use images whenever possible and upload your posts on weekdays when more people are on LinkedIn. Hashtags are crucial – they can be included to ensure you get noticed only about jobs you want. Set your alerts to come in daily, weekly or monthly.

The Experts

Aarti Thapar
Director of Customer Success for LinkedIn APAC

Adam Bawany
Senior Consultant of Sales Solutions for LinkedIn APAC

Feon Ang
Vice-President of Talent Solutions and Learning Solutions for LinkedIn APAC

Continuous Learning in School Alumni Association
SEE AND HEAR THE BIRDS

Birds from near and far flock to NTU, like these feathered friends in our midst photographed by faculty and students.

Topping the bill are these White-collared Kingfishers.

Dove at first sight. This lovey-dovey Zebra Dove duo had us h-all in awe with their love nest perched on a window hinge at a hall.

Feeling peckish. Can you give me a hen and guide me to some good grub?

Crash landing on you: If you are lucky, you may encounter an Oriental Pied Hornbill at #NTUsg.

Why isn’t the Zebra Dove using the zebra crossing?

Blue-tailed Bee-eater: “I’ll bee back.”

Heron time for a dip.

Why isn’t the Zebra Dove using the zebra crossing?

Flower of the flock: The Yellow-vented Bulbul.

Hide and tweet at Yunnan Garden: The Scaly-breasted Munia showing off its balancing skills.

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Flower of the flock: The Yellow-vented Bulbul.

Hide and tweet at Yunnan Garden: The Scaly-breasted Munia showing off its balancing skills.
After my exchange programme in Taipei was cut short amidst the global pandemic, I began to think about how I could make my time during the circuit breaker in Singapore a positive experience. The closure of many schools, institutions and community facilities worldwide made it almost impossible for learning and social connections to happen in ways familiar to us. But two things I did during this period of isolation — joining a virtual choir and attending a puppetry course over Zoom — helped me realise that the crisis could also be a chance to establish a new sense of community.

This time, however, the song’s theme of standing together resonated greatly with me, as the world continues to grapple with the immense uncertainties. Alongside other singers, I decided to show my support with my voice in such unprecedented times. It was definitely a strange experience — from “attending” sectional rehearsals and vocal technique demonstrations over YouTube livestreams, to learning the songs on our own using the guided tracks provided for each part. Singing a choral piece alone in a room made me feel vulnerable. There were no other singers around to help smoothen the rough edges in my raw voice.

This vulnerability was similar to what I experienced during my eight-week online puppetry summer term with the London-based Little Angel Theatre, led by award-winning puppetry artist and director Oliver Hyman. I would stay up late on Wednesdays to learn all about the principles of puppetry and basics of puppet manipulation, constructing a variety of different puppet forms, as well as to interact and exchange ideas with 15 of my coursemates who are based in the UK and US — all these, over Zoom. Without access to direct help from the instructor or one another, we definitely had our fair share of problems while building our puppets — after all, puppetry is essentially practical and hands-on in nature. But we explored new ways to connect, support and collaborate with one another. This experience made us more empathetic, resourceful and resilient as a community that takes support and collaborate with one another. This experience made us more empathetic, resourceful and resilient as a community that takes.

whilst my coursemates who were based in the UK and US — all these, over Zoom, or attending classes in a physical location, my experience with their virtual alternatives has shown me new and unexpected possibilities. In fact, when the virtual choir performance I was involved in debuted on 19 July on YouTube, I got emotional and choked up — this was the result of the unwavering support, encouragement and empathy of fellow singers. For some, the virtual choir piece was a reminder of how they have risen above the difficult times, and for others, a tribute to loved ones lost to COVID-19.

In most circumstances, I would not have been able to gather with over 17,000 singers to sing in the same space or travel over 6,000 miles to attend a puppetry course, but I was able to achieve both. Without a stage, or attending classes in a physical location, my experience with their virtual alternatives has shown me new and unexpected possibilities. In fact, when the virtual choir piece was a reminder of how they have risen above the difficult times, and for others, a tribute to loved ones lost to COVID-19.

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COMIC RELIEF

With pop culture references and its signature bare-skinned characters doing out financial advice, The Woke Salaryman (TWS) has been a sleeper hit with young people in Singapore and beyond. NTU grad and former HEY! student artist Goh Wei Choon, who is the co-founder and illustrator of TWS, outlines why the monochromatic comics strike a chord with youths.

How did TWS become so popular? Our readers are mostly young people who have just entered the workplace and are starting to think about their finances. We were lucky that our very first comic post for Father’s Day went viral, when Prime Minister Lee Hsien Loong shared it. The story by my co-founder, He Ruiming, about his father working through the 1997 Asian Financial Crisis, resonated with a lot of people.

As a visual storyteller, what are most of your days like? I spend the bulk of my time drawing. It’s quite labour intensive, especially for sequential storytelling, where you have to draw the same characters and concepts across time and situations. I’m grateful that I was able to quit my job and do TWS full-time. Before that, I would work from 9am to 6pm on weekdays, then go home and work on TWS until 2am.

What does your family think about your work? My parents are quite savvy and understand what I do though they can’t fathom how I can make money from it. My fiancée thinks I’m a workaholic but since I’ve gone full-time, I spend more time ‘decompressing’ after work. She works in the creative field too so she understands what I do down to a tee.

What’s a hot topic you hope to cover soon? I recently drafted a short comic about Internet gurus that offer ridiculous get-rich-quick schemes. Look out for that!

Who was your favourite NTU prof? There were many amazing profs at ADM, so this is very difficult to answer! My favourite profs were the ones who inspired and motivated us to want to learn more ourselves after each lesson. Prof Ishu Patel, a visiting professor, was really great like that. He had amazing industry insight and the most wonderful first-hand stories of legendary animators.

What’s your best memory of NTU? I enjoyed plugging away at my final-year project with my batchmates. We often stayed up overnight to watch football, play games, and complain about the imminent threat of failing the course and the impending horror of job hunting. I also loved hanging out at the sunken plaza of the ADM building. It’s where I met my fiancée and it’s just a super cool place to chill and take photos.

How did you discover your personal style? I like this one (below). It was an active departure into a style of art I wasn’t comfortable with or good at. I was more used to doing vector style illustrations back then. This style of drawing would become a staple for me. You can see that bold, ragged, dry brush style in TWS comics.

What inspires you? I recently drafted a short comic which was scheduled for June. I read a few books that have changed my life. Jordan Peterson’s 12 Rules for Life helped me put suffering into perspective and made me realise the steps I need to take to make my life more meaningful. Atomic Habits by James Clear has helped me deal with procrastination. What resonated with me was the importance of taking the first step. When I want to get started on work now, opening the working file is the trigger I need to get on with it.
Sergul Toh imagines what life will be like if we were banished to space in a post-pandemic world

It’s post-COVID-19, and the battle against the coronavirus is finally over – but so is our life on Earth. Our planet can no longer tolerate us, much like how we feel about our GPAs. Mankind is headed to the cosmos to look for a new home. Luckily for us, we no longer have to pay an astronomical fee to get to space. SpaceX has finally launched its reusable rockets. A one-way ticket to Mars now costs just ten times more than a first-class air ticket, and comes with a 50 per cent chance of crash-landing on a hunky alien soldier.

As our rocket skims the atmosphere, we see not just billowing clouds in the sky, but also the gaping hole we left in them. We are surrounded by stars, but thankfully not the kind you want to be with at 9am on iNTU at the start of every semester. Oh, and we are finally able to conclude our meaningful debate with the Flat Earthers as well. For the final time, the world is not flat!

For the foodies, there’s nothing like comfort food to keep them company in space. Yes, I’m talking about the ones who have guzzled instant noodles in lectures. Third-year communication student Yang Sheng Xiong plans to pack his favourite Krispy Kreme doughnuts and milkshakes, and make a business out of it in outer space. He even has a name for his new milkshake. No prizes for guessing what he’s naming it – “Milky Way”.

Third-year sociology student Foo Min Sheng prefers a different kind of creature comfort – he wants to bring his warm blanket, which will surely come in handy, since it is -273°C in space. For Zester Tay, a second-year business student, it would be his baby panda soft toy that he’s clutching into weightlessness. Kudos to Zester – a real man is not afraid to admit that he has a soft side.

The pragmatic ones know that people are the best investment, and strategise who to pick as their space buddy. The business students know this best, especially during group projects. Third-year communication student Shanna Ng will have her grandmother by her side. She is confident her grammie, equipped with post-World War II experience, will be able to help her tide through post-pandemic living. The zero gravity may also prove to be very beneficial for her joints.

As we begin our new life in space, many important uncertainties remain. Will I get another semester of unlimited S/U options? Can I go on exchange to Pluto if it is not a planet? Will our favourite bee hoon delivery from Earth take off in space?

One thing’s for sure: school will definitely be an out-of-this-world experience.
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