HEY!

AN AUGMENTED REALITY MAGAZINE

GRAD TO BE

THE GRADUATION + FRESHMAN ISSUE

HERE

HERE

GRAD

INSIDE: WIN
a waterproof JBL speaker (& other great prizes!)

VOL. 50 JUN - AUG '22

SCAN THIS COVER to hear what Class of 2022 graduate Regene has to say

WIN a waterproof JBL speaker (& other great prizes!)
Fatigue can get the best of us at times. Try as we might, makeup can only go so far in covering up traces of fatigue such as dark circles, puffy eyes and wrinkles.

Dark circles under the eyes can be made worse by factors such as genetics and allergies. Seeing your tired look, well-meaning friends may ask you if you are going through a rough patch.

Fortunately, help is at hand. Based on traditional Chinese medicine knowledge of meridians – channels in your body through which qi, or the body’s “vital energy”, flows – the Face Guasha and Eye Bojin treatment from Chrysalis Spa aims to unblock the meridians, promote blood circulation and dispel toxins to reduce eye puffiness and dark circles.

Chrysalis Spa is a one-stop spa haven established in 2001. You can rest easy in the knowledge that its therapists are professionals who are skilled in the art of massage, facial treatments and spa etiquette.

Enjoy the Face Guasha and Eye Bojin treatment at the promotional price of $68.

Visit the nearest Chrysalis Spa outlet for more information.

AMK Hub #03-26
Tel: 6481 9270

Eastpoint Mall #02-34
Tel: 6587 3310

Junction Point #03-04
Tel: 6265 8208

Pacific Plaza #03-13
Tel: 6284 9636

Westgate #B1-43
Tel: 6567 5393

ADVERTORIAL
THE NTU AR GUIDE
Open the app and scan items on the pages to interact with them and bring them to life.

PLACE 3D OBJECTS IN YOUR ENVIRONMENT
Put a new spin on things.

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

TAKE PART IN COMPETITIONS AND GIVEAWAYS
Take your photo and take your selfie with the object.

A child TV actress who made her screen debut at six, Regene picked up three Young Talent Awards in a row from the 2009 to 2011 Star Awards. She re-entered the industry when she started university and credits her NTU education for helping her in her showbiz career.

“I have met people from all walks of life in NTU and I tap into that when I need to play different characters. My courses and campus experience have also broadened my world view and taught me how to approach a situation from many perspectives to understand it.”

With her NTU communication degree, the silver screen might not be the ultimate goal for this golden girl. But we got her to play one last role on campus as a graduand to show the best ways to take graduation shots.

A refreshing app now available on App Store, Google Play & AppGallery.

Drag your finger near the object to swivel it.

Tap here to submit a contest entry.

University is only a few years but the people you meet will stay with you forever. Be open to new experiences and people, do things you’ve never thought of doing before, and your university life will be amazing.

– Regene’s advice to freshmen

The Hive

The sky’s the limit for you! What better way to express this than by reaching for the stars inside this NTU icon.

New flipped classrooms coming up

Everyone knows The Hive, NTU’s first hub for flipped classroom learning, where students absorb lesson content online and come to class ready for active discussions. The Arc was built as NTU’s second learning hub as more students took interdisciplinary courses using the flipped classroom pedagogy as part of a holistic education. In the new semester, cross-disciplinary modules, such as Sustainability and Science & Technology for Humanity, will be conducted at two new, large flipped classrooms at the Experimental Medicine Building. Each of these technology-enabled “ColLabs” can accommodate up to 210 students seated in clusters.

Yunnan Garden

How many universities have a waterfall on campus? Make a splash by posing next to the 5.6m-tall waterfall in Yunnan Garden. Here’s some sound advice: Switch to video mode to capture its roar.

– Tan Hui Qin

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Tan Hui Qin
For many of you, this is where it began, with the Freshmen Welcome Ceremony, and where it ends, with Convocation. Where better to immortalise your NTU memories than here?

What a ride university has been! Bid farewell with a little vignette into everyday campus life as you remember it.

Shhh… coming soon to a bus stop near you

We hope you like the strong, silent type… of buses! Transport giant ComfortDelGro will take over operation of the campus shuttle service this September, and will put a fleet of silent electric buses on NTU roads by the end of the year. At the same time, a new app that tracks NTU buses in real time will be launched so students and alumni alike can enjoy fuss-free travel while doing their part for the planet by taking electric bus rides.

Celebrate your red-letter day among a sea of red.

Mark the last time you make a run for the bus.
North Spine Plaza

Will you miss it? The almost-daily visits to Prime Supermarket, the buzz from the giant screens around, the familiar ding that tells you your bubble tea is ready, or the nature-inspired setting and statement pieces? Remind your future self of the sights, smells and sounds of this place with a quick shoot here.

Need a MAN in your life? The Media Art Nexus (MAN) digital wall sure is a photogenic partner.

HATS OFF TO YOU

Gather your friends and aim your mortarboards skywards with NTU’s mascot. The more the merrier!

A SIGN OF THINGS TO COME

Don’t scale the slope at the Pioneer entrance for a picture next to the NTU signboard. Instead of risking a tumble, use this.
When many of his peers might be refreshing their wardrobes with office wear, Sim Kai Xiong, 24, is stripping down to his tights and donning his gloves to wrestle, box and spar with some of the best fighters in the world looking to get a similar hit in.

Kai Xiong, who became a pro-mixed martial arts (MMA) fighter in 2019 before COVID-19 put a rude stop to his fledgling MMA career, is now dedicated to training full-time, after winning the biggest fight of his life to date: completing his degree.

The Sport Science & Management graduate also had a huge showing in April this year at the BRAVE Combat Federation fight in Incheon, South Korea, a huge regional pro MMA event where he knocked out South Korean fighter Chang Ho Lee and disrupted Chang’s six-win streak in the process.

“I felt this almost strange sense of destiny, that this was what I expected all my life,” says Kai Xiong. “It was finally my time and no one could take that away from me. It was the best I have ever felt. I was as ready as I was ever going to be, and when I stepped into the ring, I knew I wasn’t going to lose.”

Kai Xiong started entering amateur tournaments in 2014, and has spent the past eight years building up his skills and racking up competition experience. The decision to go pro came when he was serving his national service.

“You don’t know what you want until it’s gone,” he says. “When I couldn’t train, I had a major case of FOMO. That’s when I realised MMA was something I really wanted in my life.”
THE ART OF SURVIVING YOUR FIRST JOB

These fresh NTU grads who have already landed their first job share tips on how to quell those rookie jitters and thrive in your career.

**Try to separate your work and personal life. Do your best during office hours so that you avoid work spilling over into your personal time. In the same vein, don’t do anything that’s not work related during office hours. Extend the same courtesy to your co-workers and clients and avoid messaging them after working hours as it is their right to relax and unwind after a long day of work. It’s easy to preach about work-life balance but difficult to practise it. However, once you get a hold of it, it will benefit your mental and physical health.**

**MOHAMMED ADNAN AZAM**

As co-founder of CREaTORS, you can say ‘no’. It’s better to do that than to deliver subpar work. Share with your supervisor what you have on your plate and what your priorities are. You can also soften the blow by telling him or her when you can complete the work. Give a date that you can adhere to.

**LOO JUN XIAN**

Business analyst at McKinsey & Company

Always follow up! Much of your time in the workplace will be spent reaching out to your colleagues or clients for different things. People tend to say ‘yes’ and forget about it, so if you don’t hear from them for some time, drop a gentle reminder. Following up also demonstrates your interest in getting your work done.

**TAN YI KAI**

Product development engineer at Advanced Micro Devices (Singapore)

Don’t let the fear of making mistakes hold you back from thinking out of the box. In fact, you can learn the most through blunders. As you are a fresh graduate, your bosses will also be more willing to overlook any gaffes you make.

**NITHYA KRISHNAN**

Technology analyst at Credit Suisse

You can learn the most through mistakes. As you are a fresh graduate, your bosses will also be more willing to overlook any gaffes you make.

Don’t expect to know everything and don’t expect to be given learning material. Be your own teacher and scour information from sharing sites such as Wikipedia and YouTube to find your own answers and solutions.

**BERNADETTE TONG**

Management consulting analyst at Infosys Consulting

If you are unsure about anything, do not be afraid to clarify things with your colleagues or your boss. It’s always better to be safe than sorry, and this is especially crucial for doctors.

Don’t keep to yourself. Open up, be sociable and try to have good relationships with your colleagues. You don’t have to be best friends with everyone, but it is crucial to show that you can work well with others as a team player. At the same time, know your boundaries as you should keep a professional distance.

**NUR NADIRAH LIM**

Junior doctor

It’s okay to say something doesn’t work as long as you have made an informed decision after weighing everything else. As an intern, I had to go through some data sent by our partner in Luxembourg. My fellow interns and I spent two days trying to decipher the data, and it was especially challenging for me as I had no experience in the field. Eventually, we realised that the data was unusable and had to explain to our colleagues why we thought so, but not before we had evidence to back up our stand. In this case, we made sure not to proceed with a project that was based on incorrect data.
FRIENDSHIP IS MAGIC

Even the invisible hero needs their own team of friends along for the ride, and what better time to forge some new friendships than the present? Joining school clubs and hall activities is one of the best ways to bond. Take your pick, from outdoor activities like mountain biking or dragon boating, to interest clubs such as blockchain or food craft, and leadership opportunities. Only you will get to know other bright-eyed freshmen like you, you’ll also meet seniors who are able to give you great advice. Such opportunities are great for networking too, and who knows, you may even work on a fruitful collaboration.

SUppER IS THE MOST IMPORTANT MEAL OF ALL

Get ready to say goodbye to your lightest pair of jeans, because supper is too good to say no to. It’s a culture of its own. Popular spots around NTU include the S11 Eating House students fondly call the “extension.” If you’re looking for on-campus places, the automated, unmanned Cheers store at the South Spine and 7-Eleven at Hall 2 are some great choices that offer a variety from snacks and instant meals to drinks. But for those too lazy to travel, there are other ways for food to be served right to your hall doorstep. Some hall delivery options include the Radyl food truck (Gravyboat) for bee hoon, Sloppy B Burger, or the classic way of ordering on delivery apps. Want a better way to spend the night with your friends than a hearty chit-chat over a meal?

HANG ON TIGHT FOR YOUR CAMPUS RIDE

The campus buses students take most frequently are Campus Blue and Campus Red. (Now you know what “Let’s take red to North Spine!” means!) These Campus Loop buses circle the campus in opposite directions. The Campus Rider, on the other hand, takes us to the University Health Centre and passenger volume, plus offer wayfinding with a chatbot. There’ll also be quieter rides soon when the campus platforms. What a great place to reconnect with nature during a relaxing walk (and when you’re tired, the SRC’s office. Fitness corners are also available around campus such as at Garden, just hit the rubberised blue track nearby to clock those steps.

WORK IT

We’ve talked so much about food, and you might be starting to miss your pair of jeans. We’re here to help. There are still ways to burn those calories. NTU has plenty of recreational facilities on campus, with most of them clustered at the Sports & Recreation Centre (SRC). Running on the track, hitting the gym, going for a swim, or even giving the rock-climbing wall a shot – you’re free to do any fitness activity you enjoy, but note that some activities require booking in advance with SRC’s office. Fitness corners are also available around campus such as at Yunnan Garden, which is not just an iconic photo spot but also a great place to reconnect with nature during a relaxing walk (and when you’re tired, the pavilions make for great resting spots). If your hall isn’t near SRC or Yunnan Garden, just hit the rubberised blue track nearby to clock those steps.

JUICE UP AND SCORE DEALS

It’s a Singaporean thing to circle back to food — so let’s put it back on the agenda. NTU has a total of 16 food courts, but that’s not all. Cafes, fast food joints and restaurants are within reach when you’re tired of the “can” food. Keep an eye out for deals, such as $2 LiHO bubble tea, or the flash sales at the North Spine bakery and Cheers at the South Spine. With your matriculation card, you can also get 1-for-1 deals or discounts of up to 50% at some restaurants off campus. Since Milo is a popular comfort drink of students and a quick way to refuel on the move, here’s a quick Milo guide for you:

TO SKINNY OR NOT TO SKINNY, THAT IS THE QUESTION

Students flock to the Milo outlet at the University Health Centre (UHC), but for those too lazy to travel, there are some great choices that offer a variety from snacks and instant meals to drinks. But for those too lazy to travel, there are other ways for food to be served right to your hall doorstep. Some hall delivery options include the Radyl food truck (Gravyboat) for bee hoon, Sloppy B Burger, or the classic way of ordering on delivery apps. Want a better way to spend the night with your friends than a hearty chit-chat over a meal?

THERE'S A TEE FOR EVERYONE

Nothing screams NTU student more than a T-shirt with NTU printed in bold on the front. But it’s classic in its own unique way and comes in a wide variety of colours from darker shades like navy blue to pastel lavender. Students tend to dress in a more laidback style on campus, and the NTU tee is the perfect top to complete that fuss-free, easy look. Walk, don’t run, and find the one that fits you from the U-Shop at the North Spine Plaza or check out the school-exclusive editions that are up for sale at the start of every semester.

SUIT UP YOUR PHONE WITH THESE APPS

In this digital age, phone apps put everything into your pocket. Blackboard Learn places all your module-related information such as syllabus and assignment into your device. A new all-in-one app coming up in a few months will make navigating life on campus a cinch — by letting you stay on top of your study schedule, pay fees, access resources and connect with your peers and professors anytime. The NTU HEY! AR app brings augmented reality into this magazine so you can have 360° views of locations and a little fun with 3D objects, use Microsoft Teams to get a group meeting going on a whim, especially if you need to run through a plan or presentation with your classmates. On a smart cashless campus, use apps for cashless payment that is available as an option across the university, including at the unmanned Cheers.

GROCERIES ARE NO NEEDLESS TOO

Like most students, you’ll find yourself going on grocery runs for food. But sometimes, we run out of toiletries or stationery too. That’s when the grocery stores on campus come into the picture. The North Spine’s Prime Supermarket and Canteen 2’s Giant are there for all your needs. Bring your PAssion card or apply for a Prime Supermarket membership card to get discounts on your purchase. Don’t forget to bring your own bag when you go shopping – save the turtles, please!

TAKE THE LEAP

Starting a new adventure can be intimidating. But with so much to discover and explore, your journey will also be filled with an abundance of enriching experiences. Don’t be afraid to try new things, such as joining clubs, signing up for activities, trying out interesting modules (there’s even a yoga class) or applying for exchange in a country you’ve always wanted to visit. Shoot for the moon. With so many opportunities ahead of you, now’s the time to take the leap.
HEY! TIPS

MUST-HAVES IN HALL

Stock your new digs on campus with these essentials (beyond clothes and cutlery!)

HEY! AR SCAN THIS VISUAL for an interactive primer on decking your dorm

A SEA OF GOLD

Blood, sweat and tears – that’s par for the course in the world of sports. For these three NTU students and national athletes, it was all these and more in their journey towards Gold at the 2022 Southeast Asian (SEA) Games

Vivian Lim

As shared by seniors

Heard the deafening cheers from the crowd and know that my parents and teammates were watching me take the victory.

Jonathan Au,

Men’s Foil Individual and Men’s Foil Team

Fencing is more than just a sport to me. It is like physical chess as it requires a good mix of athleticism and mental strategy, and I truly enjoy it.

Chloe Ng

Women’s Foil Team

For me, sparring is the most exhausting, as there are continuous back-and-forth movements and you have to be quick on your feet even in a half-squat position. Imagine doing over 30 lunges in three minutes while wearing a heavy helmet!

Amanda Mak

Women’s 10m Air Pistol Team

I see the light go off when we scored the final point, but it was only when we went to shake our opponents’ hands that I finally understood that we had won the gold medal. I was overjoyed that we kept our title as reigning champions in the Women’s Foil Team category. Fencing might look deceptively less physical than other sports, but coordination exercises, footwork training and sparring all push us to our physical limits. For me, sparring is the most exhausting, as there are continuous back-and-forth movements and you have to be quick on your feet even in a half-squat position. Imagine doing over 30 lunges in three minutes while wearing a heavy helmet!

Chrystal Chan

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I've lost count of the number of times I broke down after a series of bad shots and even thought about giving up. However, this is all part and parcel of an athlete’s journey. I constantly remind myself of the reason I started on this path – to stand proudly on the international stage. To be honest, I didn't think I would do well at the SEA Games as I had trouble maintaining my scores in Singapore due to my workload. That's why I was in shock when I heard that our team had won the gold medal. I am honoured to be a part of this wonderful team.

PHOTO: SINGAPORE NATIONAL OLYMPIC COUNCIL

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PHOTO: SINGAPORE NATIONAL OLYMPIC COUNCIL
NOT SURE WHERE TO STUDY? LET YOUR PERSONALITY DECIDE

We are all wired to process information differently. Personality tools such as the popular Myers-Briggs Type Indicator give clues to our learning style based on our personality and can help us figure out the kind of learning environment we’ll thrive in.

Not all study spots are created equal. Our HEY! student writer susses out the best spots on campus for you based on your learning style:

INTJs enjoy structure but not a rigid routine where they are told exactly what to do, while INFJs and INTPs like to quietly analyse problems and have plenty of private time to process their learning. As a quiet, peaceful place conducive to study, the Lee Wee Nam Library at the North Spine would suit this group of independent learners.

With a penchant for thinking out of the box and a preference for a flexible classroom, these creative learners will feel right at home in an open environment like Yunnan Garden. Restless ESTPs who need to stretch their legs will appreciate the boardwalk by Nanyang Lake and the invigorating sounds of cascading water and wildlife as they plug into nature’s soundtrack in between tasks. On a balmy afternoon, the pavilions that are well spaced apart make great study spots for these learners and their study buddies, who can listen to lectures together or play music on a speaker as they revise their work without worrying about disturbing others.

Personalised learning tools like the Hey! student writer's four-letter test result. As extroverts, these learners like to think out loud with their peers to understand concepts better. They enjoy collaborating, including swapping ideas to come up with innovative projects and creative solutions. Vacant tutorial rooms at The Hive designed for interaction are ideal for these active learners. Each tutorial room has clusters of seats for at least 30 people and students get 24/7 access. The Hive’s rooftop garden is another great place for group discussions.

They absorb information better in a colourful environment with a friendly atmosphere. Nothing screams vibrancy more than the Student Activities Centre at the North Spine, where students can engage in recreational activities in between studying. Spontaneous and eschewing fixed routines, ESFPs, in particular, love stimulating spaces, while aesthetically-inclined ESFPs need regular breaks in a well-ventilated area, they draw both self-learners and small groups.

Energised by time spent alone, these introverted learners enjoy a structured yet open-ended learning environment, where they can have the freedom and privacy to study at their own pace. While they do enjoy group activities after warming up to their peers, they are not fond of group study as a general rule. The benches located at the South Spine on the way to Canteen B are a good compromise. Not usually crowded and in a well-ventilated area, they are ideal for these active learners.

In the Quiet Zone of the library on level 5, rows of window seats overlook the campus’ lush surroundings and parts of the Johor Strait for a refreshing change of scenery. Tucked at the end of this floor is Hygge, a space designed to encourage students to reflect, contemplate and relax.

The Lee Wee Nam Library is one of three campus libraries with height-adjustable tables.

INDEPENDENT LEARNERS (INFJ, INTJ and INTP)

CREATIVE LEARNERS (ESTP, ENTP and ISTJ)

FUN FACT

COLLABORATIVE LEARNERS (ESTJ, ENTJ, ESFJ, ENFJ and ENFP)

SELF-LEARNERS (ISTP, INFP and ISFJ)

FLEXIBLE LEARNERS (ISFP and ESP)

DON’T KNOW YOUR MYERS-BRIGGS TYPE?

Answer these questions to get your four-letter test result.

1. At social events, do you introduce yourself to new people (Extroverted), or mostly talk to the ones you already know (Introverted)?
2. Do you often ask what if (Judging), or do you prefer to be grounded in reality (Perceiving)?
3. When making big decisions, do you tend to follow your head (Thinking) or your heart (Feeling)?
4. Do you use organising tools like schedules and lists (Sensing), or keep things open-ended, spontaneous and flexible (Perceiving)?

HEY! TIPS

Joelynn Tan

Hey! Writer

Hey! Reader

Hey! Student

Hey! Writer

Hey! AR

Scan this visual to stand to win a waterproof and dust-proof JBL Charge 5 speaker (worth $279) that comes with a built-in power bank and delivers up to 20 hours of playtime in any weather.

HEY! WRITER

1. Do you use organising tools like schedules and lists (Sensing), or keep things open-ended, spontaneous and flexible (Perceiving)?
2. When making big decisions, do you tend to follow your head (Thinking) or your heart (Feeling)?
3. At social events, do you introduce yourself to new people (Extroverted), or mostly talk to the ones you already know (Introverted)?
4. Do you often ask what if (Judging), or do you prefer to be grounded in reality (Perceiving)?

Joelynn loves sunflowers and sunsets. When she is not writing, she is daydreaming about lying on the beach and looking at the stars.
FYI

SCENE

$1.1m raised, coz you care

The OneNTU community came together in heartwarming fashion during the We Belong campaign in the first quarter of this year. Students, alumni, faculty and staff contributed over 3,300 hours of volunteer activity and raised more than $1.1 million for various university causes over the course of the campaign’s three events – NTU Service Week, Best Foot Forward and Giving Day.

HEARD

Hey! 
SCENE

“Aim always excited to read HEY! stories. The HEY! AR app in combination with the content on student experiences is a breath of fresh air. I’ve been participating in HEY! surveys since Year 1 so it’s the most amazing feeling to actually win the grand prize! I’ve been considering buying a smartwatch to track my steps so the timing couldn’t be more perfect.”

– Nila Ravichandran, a third-year student from the School of Chemical & Biomedical Engineering, who won a Garmin smartwatch by taking part in the annual HEY! readership survey.

A wild puzzle

NTU research has found that this magnificent animal is endangered in some parts of the world due to deforestation. In the spirit of World Nature Conservation Day, celebrated annually on 24 July, spare a thought for the environment and remember to adopt sustainable habits and practices.

WIN! Snap a picture of the completed puzzle (tip: timing matters!), then tap “Enter Contest” to stand to win a Coffee Bean gift card when you send us the photo.

Space aces

Talk about saving the Earth. A team of first- to third-year business and engineering undergrads have created a machine learning software that is literally out of this world. Their international-award-winning artificial intelligence solution will be tested on the International Space Station to see how it can protect hardware on the space station from damage by predicting when radiation spikes will happen. Its mission will last three months and will be completed by the end of the year. Godspeed!

Hey! 
HEARD

Don’t diss your friend who communicates in memes just yet. Memes don’t deserve the bad rap they have, says a behavioural sciences expert in NTU. And criticisms about meme culture contributing to misinformation are not fair. In fact, due to their self-deprecating nature and relatability, they have been used in positive ways. Local government organisations, for instance, have used memes to convey public education messages. Even if they don’t help when used tactfully, we could all use a little laugh from time to time.

Hey! 
HEARD

It’s been three years since HEY! unleashed the world of augmented reality (AR) through print. Through the HEY! AR app, you, the readers, have brought to life dinosaurs and other animals, famous landmarks, global warming effects, NTU inventions and more. According to the most recent HEY! survey results, 84% of HEY! readers have used HEY! AR and 80% say they want even more. With 32 AR elements to discover in this issue alone, we hope to continue delighting you.

Hey! 
HEARD

NTU’s 10th satellite took to the skies last month, launching the university’s Student Satellite Series at the same time. Named “SS008-1”, the 1.7kg satellite is a joint effort involving more than 50 students over four years. It will spend six months in Earth’s orbit investigating the Sun-Earth connection and its impact on the climate. The Student Satellite Series aims to provide engineering undergrads with hands-on experience in building real satellites and prepare them for a career in Singapore’s emerging space industry.

Hey! 
HEARD

App-solutely fabulous

A slick new app arriving later this year will give you access to student services 24/7. View your timetable, DM groupmates and profs, receive notifications from NTU, and do much more in a snap. Watch this space for more news over the coming months.
NTU’s lush grounds and proximity to the Western Catchment forest make it home to not only students and faculty, but also creatures of all stripes and species. Nature experts from NTU share tips for our harmonious coexistence with the wildlife spotted here.

Almost 370 unique wildlife species have been documented on campus by student group Earthlink NTU since 2021. With this rich and priceless biodiversity in our midst, co-existing peacefully with nature’s bounty becomes more important than ever. “It’s been said that we can only protect what we love, and we can only love what we know,” says Dr Norman Lim, a field ecologist and lecturer at NTU’s National Institute of Education.

On what we can do as individuals to protect our natural heritage, he adds: “I feel that students will first have to know more about the wildlife that we have on campus, both in terms of understanding what wildlife is and also detailed information about particular species.”

ANIMAL ADVICE

NTU’s campus is a key ecological link between campus areas, and we can be proud of our identity as a campus in nature. — Dr Shawn Lum, tropical rainforest ecologist from the Asian School of the Environment

Tips

1. Do not approach, feed or touch any animal. Our wildlife is protected by law, and it is an offence to feed or harm them.
2. Interacting directly with these animals can habituate them to human presence and this could lead to unpleasant encounters,” says Li Si from Earthlink NTU.
3. If you see adult boars with piglets, ensure you leave them alone as the adults may get aggressive in an attempt to defend their young.
4. Do not corner or provoke any animal.
5. Be aware of wildlife when walking outside (instead of constantly looking down at your phone).
6. If you encounter a young bird seemingly stranded on the ground, leave it where it was found. “This is especially if you see a young chick has grown feathers. The chicks may seem vulnerable to threats from other wildlife if left on the ground, but it is actually learning how to fly. The parents are also likely to be nearby,” advises Vicky Chew from Earthlink NTU.
7. To better understand how you can co-exist with wildlife, attend talks and workshops such as those organised by Earthlink NTU, NParks, the Jane Goodall Institute (Singapore) and the Animal Concerns Research and Education Society, better known as ACRES.
8. Share your sightings with Earthlink NTU’s NTU Nature Watch Telegram group to help in wildlife monitoring efforts.

MONKEY SEE, MONKEY DO (NOTS)

With macaques sighted in the halls and canteens, NTU has replaced more than 1,200 rubbish bins with monkey-proof ones that have latches to prevent macaques from foraging for food. NTU’s security officers have also been trained to handle their presence. Two frequently seen macaques were relocated with the help of NParks. However, macaques are transient species, meaning the relocated macaques may return. With NTU’s proximity to the Western Catchment area, other macaques may also enter the campus. If you cross paths with a macaque, don’t smile at it to avoid being perceived as threatening, and hide any plastic bags you are carrying as macaques associate them with food.

Tips for hall residents:
1. Keep food out of sight by storing them in the cupboard, drawer or fridge.
2. Keep hall room doors and windows securely closed or locked at all times, especially when you are not in your room.
3. “Macaques on campus have the tendency to enter rooms with unlocked windows. Residents can avoid problems simply by closing their windows when outside for an extended time. This small lifestyle change can go a long way in allowing us and the animals on campus to co-exist,” says Li Si.
4. Double-knot garbage bags and dispose of them in the rubbish chute or in the animal-proof trash bins to make food waste less accessible.
5. Be present and on time to receive your deliveries, and do not leave them unattended.

YOU OTTER KNOW THIS

A pair of otters recently made our campus their home. Regularly spotted at the Crescent private and Yunnan Garden, they have been delighting nature-lovers with their antics. As cute as these otters are, here are some tips to follow so they can continue to have a splashing good time here.

1. Do not touch, chase or corner them.
2. Do not litter or leave sharp objects in the water. Clean and safe waterways filled with fish and aquatic life make good habitats for the otters to frollic and feed in.
3. Do not feed, bait, taunt or trap animals in or near the water.
4. Do not take a photo. Documenting wildlife in our natural habitat is about wildlife photography is about.

Information sources for this story include the campus housing advisory, National Parks Board (NParks) and Nature Photographic Society, Singapore.
FIND YOURSELF BOILING OVER WITH STRESS OR ANXIETY?

Don’t bottle it in and internalise it, says Ron Yap, 25, a graduating communication student and mental health advocate.

“In Singapore, the fast pace of life can sometimes make people feel like anxiety is the default state of mind. But if left unchecked, such mental health symptoms could spiral into a mental health condition,” he says, pointing to a recent national study that found that one in three youth in Singapore has reported internalising mental health symptoms such as sadness, anxiety and loneliness.

Ron would know. He spent half a decade struggling with symptoms of obsessive-compulsive disorder (OCD) thinking it was “normal”, before getting diagnosed three years ago.

OCD is a condition that features a pattern of unwanted thoughts and fears. The sufferer tries to manage this anxiety with compulsive rituals that offer temporary relief.

For Ron, his anxiety revolved around his poor social skills and his fear of doing badly in school. “I kept replaying social situations in my head, wondering whether I said or did the right thing or if I made any mistakes. It was quite paralysing,” he recounts.

Being an only child in a single-parent family, having lost his father to leukaemia at three, worsened the anxiety, he adds.

At the peak of his condition, he could visit the bathroom close to 20 times a night, even when he knew his bladder was empty. It was a balm that soothed his anxiety, even though it severely disrupted his sleep.

He did not seek help initially because he thought his struggles were “nothing”. “I thought everyone was anxious in their own way and had their own troubles,” he says.

It was only when he stumbled upon an Instagram post about OCD symptoms that he sought help. A visit to the psychiatrist led to his diagnosis, and he started medication and therapy to manage his condition.

Ron says OCD is a “paralysing” condition that can sometimes make people feel like they are on a downward spiral. “I was really lucky to be put with a group of people with whom I felt comfortable enough to open up to and not fear being judged. Their opinion of me didn’t change after they knew about my diagnosis. That made me feel safe and led me to find my confidence and self-worth.”

Ron’s classmate, Charlene Ho, says she was happy and relieved that he trusted her enough to share his diagnosis. “To me, he’s the same person, just that now I know another detail about his life.”

Learning about his diagnosis has taught him to be empathetic and understanding. “I have learnt to manage mental health conditions with more empathy and sensitivity, she adds.

Ron and his friends are a shining example of how to manage mental health conditions. “Our conversations about mental health helped me to cope during the more hectic times in university,” he says.

Against a backdrop of rising mental illnesses such as bipolar disorder, depression, alcohol abuse and obsessive-compulsive disorder, having such a support system in schools is crucial, points out Prof Kwok Kian Woon, NTU’s Associate Vice President (Wellbeing).

Ron says Mr Ethan Pang, Director of the University Wellbeing Office: “Community support is key to our wellbeing. We are social beings and our first port of call for help is often someone within our immediate circle of trusted friends or loved ones, as Ron has done. Everyone has a part to play. For this reason, we continue our preventive efforts to equip our OneNTU community with mental wellbeing literacy and support skills to build up our Peer Helping Programme.”

He adds: “As professional and confidential support is also available and we encourage students to seek help early at the University Counselling Centre, which is conveniently located above our campus medical centre. Where needed, students can be referred to in-house psychiatrists at the medical centre.”

In NTU’s supportive environment, Ron found his footing and started thriving academically, making it on the Dean’s List and winning the Koh Boon Hwee Scholars Award, which recognises exceptional achievements, leadership potential and in graduating students.

While his anxiety has lessened after two years of therapy, he is still grappling with OCD. “The underlying thoughts are still there. But there are moments when he would find himself overanalysing how he did in social situations, but he now recognises that there are more important things to focus on.

He still makes repeated trips to the bathroom at night, washes his face frequently, and checks his alarm repeatedly. He has been considering the idea of going for exposure and response prevention, a form of behavioural therapy that involves repeated exposure to fearful thoughts without giving in to the short-term relief delivered by compulsions.

Concedes that he does not want to risk the lack of a ‘normal’ life. “I am proud of myself. I went through those things and came out on top. But when people ask me whether this ordeal has made me stronger, I do wish I didn’t have to go through all this.”

“I decided to share my own story because it’s the one I’m most familiar with, and one that I feel is quite relatable among those who feel that their struggles with anxiety are not worth seeking help for,” says Ron.

“I hope that my story of seeking help inspires others to do the same. There is really no need to suffer in silence.”

To reach the University Counselling Centre, call 67904462.

NEW NTU FUND SHINES LIGHT ON MENTAL HEALTH

To help students cope with mental health challenges, NTU has launched a wellbeing fund.

Through the University Wellbeing Office, the NTU Wellbeing Fund will support psychological first aid training for all 34,000 students, as well as NTU employees. This type of first aid training will teach people how to provide practical first response to individuals who may require emotional support and help them become more receptive to professional assistance.

The Fund will also boost the Peer Helping Programme, in which student volunteers come together to lend a listening ear and raise awareness of the importance of mental wellbeing.

Through these initiatives, more students can gain vital life skills that will be valuable beyond their time in NTU as they continue to help those in need.
As part of our Advertising module, 15 of us went through 13 weeks of workshops, seminars and weekly advertising pitches to land ourselves a spot at the 69th Cannes Lions International Festival of Creativity. This is the largest gathering of professionals in the advertising and creative communications industry – often dubbed the “Oscars of creativity” – where the best of the best duke it out for a Grand Prix in different categories.

There, we celebrated three global wins. One group won the New Blood Pencil at the D&AD New Blood Awards, and another two teams were shortlisted in AKQA’s Future Lions challenge: with one team emerging among the top four winners for their clothing idea that lets the deaf experience music through vibrations in their clothes.

What’s the best part of the experience?

**Tang Yi Tings:** For me, it was hearing from the world’s top creatives, strategists and brands! The Cannes Lions Festival is an international convergence of the best ideas. It is such an amazing week for me to hang out and hear from the most talented creatives and brands.

**Ron Yap:** The honest, heart-to-heart conversations with industry giants gave me new perspectives on my future as a creative and creator.

**Jeanette Ooi:** The awards shows, You get goosebumps. To celebrate great creative work and to witness the impact achieved is truly inspiring, especially for us students. We saw how creativity has changed the world for the better.

**Networking is essential yet intimidating. How can young people handle themselves at an event like this one?**

**Kai Emmanuel Kuah:** Approaching strangers is never easy. The longer you contemplate your next move, the scarier it gets, so just do it! Chances are that when you approach them with a smile, they’ll return it. Staying humble and asking the right questions can also leave a great impression.

**Seth Low:** International competitions provide the luxury of tackling briefs without the barriers of implementation that come with working with clients, while allowing you to dream big. The biggest takeaway is that your idea can go beyond just something of your own, to one that can help someone who might need it. It is the sense that you can be a part of something bigger than yourself, and make an impact, that makes me feel honoured.

**Athena Tan:** Networking is a careful balance of conversation! My go-to networking tip is to maintain internal balance: remind yourself to smile and laugh, and remember that they’re human. Try complimenting their eyes or dress! It’s nice to show that extra love and care.

**Lim See Mun:** I sometimes think, “I’m just a student, why would industry leaders want to speak to me?” However, we all have something to bring to the table. We are the change the industry will face, so why would industry leaders want to speak to me?”

**Lim Yi Hui:** The chance to challenge myself. From learning Blender to pitching, this module has better prepared us for adland. Connecting with industry leaders is undoubtedly my most important takeaway. Seeing winning work is proof of the power of advertising, invigorating my ambition and hunger.

**Abner Chong:** I'm sure you're enjoying the Festival. What's the most interesting to you here?

**Keith Samson:** The experiential learning element is what I enjoy most. Whether it’s a chat with industry leaders or getting immersed in talks, the conference provides ample opportunity for students to integrate into the Cannes culture.

**Cheong Kai Xin:** Unexpectedly, talks from lesser-known brands and figures can sometimes be more impactful, so each day feels like a gamble! Personally, the best part is the friendly atmosphere that’s un-intimidating. My inner Singaporean is also having fun collecting the amazing variety of freebies and food here.

**Darryl Cheong:** None of us expected the win. Admittedly, it felt really good to be recognised with a pencil at the D&AD Awards. It feels like your work is valued by industry professionals outside school and it has opened doors for me now that I have graduated and am looking for a job.

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We have used our knowledge from making energy-efficient cars to build the NVF-1, which must be both fast and environmentally friendly. Most engines in commercial cars are about 20 per cent efficient, which means that only 20 per cent of the energy produced in fuel combustion is used to move the car. Our electric car will have a peak efficiency of 80 per cent.

We will be sending three teams to races next year. Two other teams are working on cars for the Shell Eco-Marathon, which prizes efficiency and pioneering technology.

Formula SAE is a global student competition organised by SAE International (formerly the Society of Automotive Engineers) that challenges varsity teams to design, build and test out small Formula-style race cars. Apart from speed, the cars are also evaluated based on safety, reliability and the teams’ problem-solving ability.

Imagine wearing an “acoustic” shirt. Its smart fabric “listens” to your heartbeat and accurately tracks them, so don’t fret if you leave your fitness tracker at home. Since your tee also functions like a microphone, you can take calls through it, hands-free. Another smart fabric from NTU converts your body movements into electricity to charge your phone while you are working out. So go on and wear your heart on your sleeve when your date calls you while you’re in the middle of a run!

Incorporated into your fitness tracker, NTU’s AI program sends you reminders to take mental health breaks from the daily grind of the semester. By analysing your sleep-wake cycle and physical activity levels, the program can detect if you are mentally tired after class or predict if you are at risk of depression.

Your smartwatch will alert you to get out of the sun before you suffer a painful sunburn, thanks to embedded sensors that detect harmful UV radiation in sunlight. Since your UV exposure is precisely monitored throughout the day, you’ll know exactly when to seek shade.
TOMORROWLAND
How made-in-NTU technologies are changing our future

Are you out of your mind? Cutting up your tablet’s battery could cause it to explode!

Paper-thin batteries

NOW
Scientists have found a way to print the cathode and anode – the positive and negative sides of a battery – on opposite sides of a piece of paper. The cellulose part of the battery is treated with a hydrogel and acts like a separator to prevent any short circuits. The result is a battery that is as thin as a strand of human hair, and which can be folded, cut, bent or twisted without any loss of performance.

FUTURE
Batteries will be more sustainable and modular. Imagine big sheets of batteries printed like newspapers and cut down to size to fit various electronic devices. The batteries can also be manufactured cheaply at room temperature without using harsh chemicals or additional packaging. This makes them non-toxic and a more environmentally friendly alternative to conventional lithium-ion batteries. Cheaper and greener batteries, anyone?

Rough roads won’t faze this bot

NOW
Engineers from Schaeffler are working with NTU scientists to develop new robots that could change the way cargo is delivered. Conventional four-wheeled robots face challenges going up high slopes or humps. Rough rides could also lead to damaged goods. Enter new robots with retractable legs on wheels, like dogs on roller skates, with the ability to go over humps and uneven ground while keeping their cargo flat and balanced.

FUTURE
With robo-delivery being the norm in future, expect to see humans using such smart, agile bots to transport cargo autonomously. Humans can beckon the bots to follow them from a distance, like how a dog would. Equipped with crane arms, the delivery bots can easily grasp and load objects on their own.

As clear as day

NOW
A new type of coating that can break down bacteria and dirt when exposed to sunlight could give traffic cameras clear vision for years. Developed by NTU scientists, this new coating for plastics comprises a double-layered silicon dioxide-titanium dioxide film that reacts with the ultraviolet rays in sunlight to break down organic residue. It is also able to spread water droplets more quickly, thus reducing fogging from condensation when water droplets on surfaces scatter light and reduce visibility.

FUTURE
With the new coating used in plastic lenses in spectacles, mobile cameras and webcams, cleaning your glasses and gadgets could be a thing of the past. And with the lens coating’s antimicrobial properties killing most bacteria and viruses, even the dreaded COVID-19 virus, there’s one less thing to worry about.
WEST SIDE, BEST SIDE
Take a walk on the wild – and wow – side

- Shine a light on culture. This learning hub hive always been in the spotlight.
- Getting more than a kick out of Taekwondo.
- I’m talon you, I really like it here.
- A lit art-ery on campus.

Don’t be afraid to make the first move.

Clockwise from top of the page: @ffixingmemories, @missduckygoesbirding, @zoe_ee_, @shirlyhamra and @hussainabid82

Moment in the sun.

Otterly in love with NTU.

Fall in love with this sight.

Clockwise from top of the page: @contemppinated, @ahruimalviya, @arnav____, @jin_fingers and @jin_fingers
A NOVEL EXPERIENCE AT THE VENICE BIENNALE

Leaf through this exhibition by a team of artists from NTU and discover the importance of books throughout history.

Nestled between the Luxembourg and Turkey pavilions at the Venice Biennale 2022, arguably the world’s most famous and prestigious art exhibition, is the Singapore pavilion.

As visitors step inside, a tranquil hush descends as they encounter a gently-curving wall made of paper. A single line of words leads them deeper into the paper maze.

Everything is a soft, soothing shade of white. Nothing here is yelling to be heard. Instead, according to Singaporean artist Shubigi Rao, visitors can feel the quiet comfort of being swaddled within the enveloping paper and remember the experiences of listening and reading.

"Together with the exhibition curator and designer, we wanted to recreate this intimacy through a life-size maze that leads you into a private space where you can pause and experience the work, or really, just stare at your phone if you want," the former NTU Artist-in-Residence adds.

Her ongoing decade-long work chronicling the history of book destruction and its impact on the future of knowledge is currently in its third iteration, and that guides the theme of the exhibition, "Pulp III: A Short Biography of the Banished Book". Stories told by librarians, authors, poets, booksellers and champions of open access knowledge are documented in Shubigi’s Biennale-commissioned tome and a 90-minute film, “Talking Leaves”, that visitors can watch at the end of the exhibition.

"In ‘Talking Leaves’, people speak on a range of issues, from smuggling volumes out of danger to preserving endangered languages and vanishing cultures, while sharing the sorrow of losing access to personal and collective pasts and histories," says Shubigi, who is the first woman to represent Singapore in a solo show at the Venice Biennale.

The pain of loss resonates deeply with Shubigi, who experienced a loss of her own as a child in New Delhi when her house was burgled. The thieves not only stole hundreds of books, but also vandalised whatever was left by ripping off the covers. It was a devastating blow, and one of the worst forms of loss her book-loving family ever experienced.

"The heart of the exhibition is the book. And that’s why copies of Pulp III: An Intimate Inventory of The Banished Book have been placed in the middle of the exhibition, allowing people to take a copy with them when they leave," says Prof Ute Meta Bauer from the School of Art, Design & Media, who curated the Singapore pavilion designed by her colleague at NTU’s art school, Assoc Prof Laura Miotto.

In this way, each book is a messenger, a time-traveller and the embodiment of our need to communicate.

Shubigi’s stance is clear: There is no one right viewpoint out there, a message she hopes visitors to the exhibition or readers of her book will take away.

"I hope they see that it is important to not replace the plurality of human experience with a singular narrative or ideology. I want people to see that there’s a massive world that exists outside of our largely single perspectives and to think beyond the convenient fictions that we’ve been taught and those we tell ourselves.”

Commissioned by the National Arts Council for the Singapore pavilion at the Venice Biennale 2022, Pulp III: An Intimate Inventory of The Banished Book will be in Singapore in 2023.

To read Pulp III and to find out more about the exhibition, visit https://pulp-iii.com.
GREAT WAYS TO MAKE FRIENDS AS A FRESHIE

1. SEARCH FOR OTTERS AT YUNNAN GARDEN
Shutterbugs unite! Hone your craft and deepen friendships by teaming up to spot campus wildlife.

2. JOIN A CLUB
Make your move. From sports (and esports) to volunteer societies and hobby groups, there’s a club for everyone in NTU.

3. INVITE YOUR HALLMATES FOR LUNCH
Long-lasting friendships often begin with informal meal invitations, especially in a food haven with more than 150 F&B outlets like NTU. After all, nothing brings people together like food does.

4. HIT THE GYM
Buddy up and break a sweat at the fully equipped gyms at North Hill or The Wave, or at Yunnan Garden’s fitness corner. With conversation topics like exercise techniques and health goals, you’ll never run out of things to talk about.

5. SHOP AT THE UNMANNED CHEERS
Need an activity to break the ice? Stocking up on snacks for study sessions works a treat.

6. HOST A GAMES NIGHT
Gather your hallmates for a crazy evening of pizza and board games. Who knows, it might become a regular event.

7. TEAM UP AT CAMPUS EVENTS
From TED talks to hall dance competitions, there’s always an event to attend with new pals. Here’s a tip: Tee off friendships and varsity life with NTU T-shirts and other goodies at HEY! roadshows. Get creative with augmented reality using the HEY! AR app and take home a sure-win prize!

8. GO ROBOT SPOTTING AT THE NORTH SPINE
They are among us! But don’t be a paranoid android; they’re here to help. Be the first among your new-found friends to spot an NTU robot on campus.

9. ASK FOR HELP
Can’t find the solution to a question? NTU’s flipped classrooms make it easy to turn to your course mates for help. Remember to return the favour.

TRUE LEADERSHIP IS INSPIRED BY TOMORROW.
FRESH FROM THE OCEAN

PREMIUM QUALITY

PILOT

Ocean Plastic
オーシャンプラスチック

BEGREEN
Positive with the Planet

Pilot Super Grip G
スーパーグリップ G

Made in Japan

*Made from plastic trash in the ocean + recycled plastic

(0.5mm) Blue Ink