

WHAT'S INSIDE HEY!

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HEY!



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TECHNOLOGICAL

UNIVERSITY

recycle it.

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and hold to take a

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3

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HEY!

AR

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to watch how to

maximise your AR

experience



<u>THE</u> <u>FUTURE</u> <u>ON A PLATE</u>

Using science and technology, NTU scientists are serving up tasty gastronomic delights that are both good for you and the environment. Best of all, these novel foods look and taste like the real thing

Meat or mushroom?

In the future, steak can be made from the same fungus that produces button mushrooms. The "meat" is produced by growing the fungus on food waste such as soybean skin, wheat stalk and leftover grains from brewing beer. The fungi-based meat has a "meaty" flavour, is more nutritious than other plant-based meats and reduces food waste at the same time.

Nourishing drink or fermented spent grain?

It's both! A drink made from spent grain. By fermenting the grain with bacteria used to make natto – a traditional Japanese dish made from soybeans

> HEY! AR SCAN THIS PAGE to feast your eyes on healthier treats made with microalgal oil

- NTU scientists found that they could potentially create a beverage rich in amino acids and antioxidants. Cheers to this piece of good news!

Mayonnaise or a brewing by-product?

If one of your guilty pleasures is fries dipped in mayonnaise, feast on this food innovation – a food emulsifier from spent grain that may replace eggs or dairy in condiments such as mayonnaise, salad dressing and whipped cream. When put to a taste test, mayonnaise prepared with the NTU plant-based emulsifier tasted exactly like store-bought mayonnaise. Plus, it's rich in proteins and antioxidants.

A little more of this, please

Next time, scream for ice-cream with less of a guilty conscience. That's because edible oil extracted from microscopic algae – that can't even be seen with the naked eye – may replace palm oil in food products. Compared to palm oil, microalgal oil contains more polyunsaturated fatty acids, which can help reduce "bad" cholesterol. The microalgaeproduced oil by NTU also contains fewer saturated fatty acids, which have been linked to heart disease and stroke.

ALL LEARNING POSSIBILITIES STARRT POSSIBILITIES HEGALEARNING

Floor space: 619 sqm

the state of the second

HEY! AR SCAN THIS VISUAL for a bird's eye view of active learning in a ColLAB

and an and a second second

Location: Experimental Medicine Building, level 5

CONDITION OF THE PARTY OF THE

minu

INTERDISCIPLINARY

COURSES

Today's mission

vission is to advise your client. Robolu on an award-winning idea on eldercare robots and secure funding successfully



our company has developed a product that helps with caring for the elderly, and you need to run a booth at a trade fair to explain to prospective customers – senior citizens - what's so special about it.

How should you design your booth? How should you pitch your product to the elderly? Are there safety issues and cultural sensitivities you need to consider?

Welcome to an Interdisciplinary Collaborative Core (ICC) curriculum lesson that NTU students are taking this semester in one of NTU's biggest flipped classrooms.

The "trade fair" was a class activity conducted in August this year for a module called Science and Technology for Humanity under the ICC that all NTU undergraduates take in their first two years.

During the activity, half the class designed and ran "booths" from their desks to promote their group's eldercare project. The other half roleplayed as senior citizens checking out the different projects. The roles were reversed later.

At the end of the exercise, Dr Jeremy Sng, one of the coordinators of the module, asked students to recommend booths they found memorable and explain what caught their eye. Students who ran these booths presented to the class after that.

"It created a very positive and encouraging climate in class," says Dr Sng, who is also a School of Social Sciences lecturer. "I saw how creative the students could be in developing and executing campaign ideas to engage the elderly or discuss solemn topics like advance care planning."

Class exercises like the "trade fair" would have been impossible to conduct when lessons were held in conventional classrooms.

But in two new learning studios, called the ICC ColLABs, that opened to students in the new academic year at the Experimental Medicine Building on the main NTU campus, such large-scale activities can be done. One of the ColLABs can hold about 170 students, while the other can fit up to 210. Currently, two ICC modules held in the ColLABs are capped at around 160 students per class.

Unlike lecture theatres, the classrooms are designed to split students into groups of up to six across 29 to 35 tables. Students work in the same group for the two ICC modules throughout the semester.

All ICC lessons are taught using the flipped classroom concept – students watch online lesson videos in their own time and then head to tutorial rooms and, for two modules, the ColLABs, where they take guizzes and work on group assignments that involve class presentations.



Living and Wellbeing module create a safe environment for discussions during lessons. Their approach to teaching is also interactive and emphasises reflective and introspective learning. The course materials have been relevant and practical, focusing on important yet often neglected topics such as self-care and practical ways to deal with stress. This makes every lesson exceptionally meaningful and memorable.

- Zachary Tio, second-year electrical and electronic engineering student

Announced in 2020 as part of NTU's strategic plan to transform education and innovation at the university, ICC aims to develop key transferable skills and prepare students to tackle complex global challenges. The curriculum does so

by helping them to make intellectual connections quickly and easily across disciplines, as well as acquire skills that can apply to any job. These include communication skills, collaboration abilities, career skills, digital fluency and ethical reasoning.

The first ICC classes began in 2021, with lessons covering topics like critical thinking and writing, ethics, navigating the digital world, innovative enterprise, sustainability and wellbeing.

NEW FEATURES

specially built for the interdisciplinary curriculum and sport features that make learning more engaging and interactive.

MIC, CAMERA,

Whenever a student switches on the microphone at his ColLAB table to present, one of several cameras fitted to the ceiling activates, and the audience can see a video feed of him and his team broadcast on several monitors on the classroom's walls.

This allows other students to put a face to the presenter and his group mates, which can help the students connect better with them.

While presenting to a large class with the mic and camera set-up was initially daunting, students HEY! spoke to say they have become accustomed to it. Some students added that being able to present from their desks helps the more reserved ones.

WHAT IS

For those who worry that

their class participation

grade for an ICC module will be affected if they don't

regularly get the chance to

their fears are unfounded.

present in such a large class,

The new ColLABs were

The ICC coordinators say class presentations are only one of several ways students are assessed. PRESENT!

"We also take into consideration the quality of their discussions during groupwork, their presentation to peers at the cluster level, and their work posted online. Students who don't get a chance to present in class won't be penalised,"

savs Dr Sng.

CONFIDENCE BUILDING

AUDIO SPEAKERS

"After a few sessions, you'll be acquainted with the people you meet every week. So, you'll be a lot more comfortable sharing your ideas and presenting to the whole class with over a hundred students compared to the first session when you might get intimidated by the camera and microphone."

- Ismath Sultana Binti Sirajudeen, second-year chemistry and biological chemistry student

HEY! 🔲 Don Tan

"Presenting at your table méans you don't have to stand in the centre or front of the room or stage. Having

to do so for presentations can be uncomfortable for people who are shy. When you're sitting with your peers, you'll be more confident to speak. So shy students can also present their ideas rather than have more confident students take over."

INSIDER

=⊐≫ Kenny Chee

- Justin Choo, second-year economics student

S 1. Cameras that can capture video feed of a Ż presenter when table microphone is on 2. Laptop, tablet and phone screen mirroring 5 to other monitors in the classroom 3. Touchscreen monitor that lets **A**N coordinators make real-time annotations on slides SĒ





5 MONITOR MIRRORVERSE Students can share

their laptop screens with others easily at the ColLABs, which helps those present follow class discussions and presentations.

During a group discussion, a student can share his computer screen with the adjustable monitor at his group's table using a wired connection.

With the press of a button, he can mirror his screen on the monitors at six to eight surrounding tables during discussions with nearby groups.

Pressing another button, his laptop screen can be broadcast to most of the monitors in the room for class presentations. Alternatively, students can also share the screen of their phones, tablets or computers with the whole class using Wi-Fi.

Students say being able to share their laptop screens with the 24-inch table monitors is useful. In the past, many of them showed slides on their smaller laptop screens directly to peers during discussions, which made it harder to see the slides being presented.



Laptop screens can be shared with a button press.



SOUND MASKING

A little-known feature of the ColLABs is that module coordinators can pipe ambient background sound through the classrooms' speakers during lessons. The inconspicuous sound can be easily mistaken for the hum of an air-conditioner.

The purpose of the ambient sound is to help mask the chatter of people in other groups during discussions. It does so by making their speech harder to make out and thus less distracting. This can help students focus more on their own group exchanges since a class can have over 100 people.

SCREEN SHARING

"You can go over to another group and share your computer's screen on that group's table monitor easily. Everyone can just focus on one screen and follow what you're talking about, which helps intergroup discussions go smoothly."

- Bryan Oh, second-year business and computer science student

NEW SKILLS. NEW PERSPECTIVES

ICC coordinators aim to encourage learning behaviours that give students a leg up when they enter the working world.

For instance, Dr Sng says that when designing and executing class activities, his main aim is to inculcate soft skills.

RELEVANT SKILLS

"In this era of information explosion where attention is a scarce commodity. being able to present and communicate one's ideas effectively will stand students in good stead regardless of their future career paths."

- Dr Jeremy Sng, ICC coordinator and School of Social Sciences lecturer





"Even as a humanities student, I felt I could be better in my communication and presentation skills. Presenting my findings in the ICC classes was good practice that helped me to do well in an interview for an internship.

- Sherryl Vania, second-year linguistics and multilingual studies student



"Each ICC module that l've taken has broadened my horizons and allowed me to

think critically. For instance, in one module, I was able to analyse underlying developments that might not be obvious. After taking another module, I now place more significance on wellbeing, both physical and mental. For example, I'm trying hard to ensure that I have healthier sleeping habits."

- Joe Goh, second-year electrical and electronic engineering student

For students unsure why they should even pick up knowledge outside their areas of study, ICC instructors say that interdisciplinary skills are now vital.

Dr Le Chencheng, a coordinator for the Sustainability: Society, Economy and Environment ICC module, held in the ColLABs, says that current global challenges, such as ageing populations and climate change, require complex analyses integrating interdisciplinary concepts from both the humanities and technological fields to tackle.



environment, you need both STEM (science, engineering and mathematics) and non-STEM skills. Employers

are also looking for people with diverse skills. For example, scientists increasingly need to have a business mindset, while non-STEM practitioners need technical knowledge and mathematical literacy."

- Dr Le Chencheng, ICC coordinator and Asian School of the Environment lecturer

students to think about ethical issues like whether it's okay to grow human meat, as well as technological aspects like

the feasibility of growing fish meat since this can already be done with chicken meat.

People need to be able to work in teams comprising members from different disciplines like sales and engineering as well, adds Dr Le, who is an Asian School of the Environment lecturer.

In line with this, ICC instructors encourage students to learn how to apply both the sciences and the arts to consider issues and solve problems.

For instance, when discussing

about meat grown from cells

in laboratories, Dr Le gets

HEY! INSIDER

🖘 Kenny Chee 📑 Don Tan

Students sharing project ideas with other groups.



Some students are worried that the large class sizes of the ColLABs might mean instructors don't have as much time to engage with students as before when lessons were conducted in smaller tutorial rooms.

To try and mitigate this, there are four instructors in each ColLAB lesson, with each assigned to mentor and advise a cluster of students. With no more than 160 students per ColLAB class, this translates to about 40 students per instructor. Tutorial classes for some non-ICC courses can be larger, with up to 50 students in a class.

"ICC instructors are still able to give their attention to the students," says Dr Sng. "In fact, because we use a flipped



"When our group worked on a project to encourage healthy living

healthy living and wondered how intuitive our app solution would be, the engineering students provided perspectives that I feel I wouldn't have been able to see on my own, such as on the app's user interface."

- Germaine Wong, second-year communication student

"Some ICC modules had fewer opportunities for us to apply some of the technical skills taught in class. But I

like the more structured courses, such as the one on ethics – we could apply what we learnt in our assignments."

- Brvan Oh

classroom concept, we have more time to walk around and listen in or nudge students' discussions."

He adds: "Students are also free to approach us if they have questions. The class feels less formal than a regular classroom so it has encouraged students to speak up and raise questions as well."

A larger class also means more perspectives can be shared during presentations, which adds to the learning experience.

Says economics student Justin Choo: "The ColLAB hosts about four times the number of students compared with a regular tutorial classroom. So, there are a lot more views and ideas from different students." Wellbeing course helped him through rough patch

Second-year economics major Justin Choo had a tough time adjusting to student life in his first year. But the Healthy Living and Wellbeing ICC course he took at NTU in his first semester last year was a lifesaver. Here's what he says about the module:

"Starting university felt like the toughest time for me. There were a lot of things going on, both personally and academically.

I had just completed my fulltime National Service one to two weeks earlier and had to adapt from being a soldier to being a student.

I also switched disciplines – I applied for economics at NTU instead of following up on my polytechnic studies in environmental and water technology.

It was quite stressful. I wasn't enjoying my meals and I wasn't mindful of my own emotions.

However, the Healthy Living and Wellbeing course I attended, taught by Assoc Prof Andy Ho from the School of Social Sciences, really resonated with me. His lesson on understanding stress and fostering selfcare was truly impactful and made me more aware of what I was going through. Even though he was speaking in a pre-recorded lesson video, it felt like he was talking directly to me.

Assoc Prof Ho's meditation and mindfulness training has been very useful for students like me who are adjusting to changes. It can help us calm our minds and focus on the here and now instead of being bogged down by unconstructive thoughts. His lessons really made my day and I'm certain that they will translate to lifelong practices for me."

WHY WE ARE A

HK SCAN THIS VISUAL to plant your

HEY

own tree



It was all hands on deck as the NTU Board Chair, professors and students turned out in full force to plant 100 trees on campus. Led by student environmental club Earthlink NTU, eight species of rare native trees, including the critically endangered *Palaquium gutta* and the paper bark tree, which is presumed to be nationally extinct in the wild, were planted along Nanyang Avenue. Apart from contributing to climate resilience and liveability, this also supported NParks' nationwide initiative to plant a million trees by 2030.

NTU Board Chair Ms Goh Swee Chen (right) with Assoc Prof Valerie Du Toit-Low, Deputy – Associate Provost (Residential Education).

Signs of caring for the environment are everywhere at NTU, even on campus roads

HEY! EXPLORE

➡ Derek Rodriguez







The verdict is out. Yunnan Garden has been given the seal of approval by otters. These discerning animals have been spotted frolicking in the water and on walking paths next to long-tailed macagues. With more than 80 species of trees, picturesque wetlands, a cascading waterfall and thematic trails in the garden, we'd live there too if we could.



FELLED TREES **BECOME WORKS OF ART**

If you've used a bench at the Experimental Medicine Building or at the College of Humanities, Arts & Social Sciences building, you might have sat on an old campus tree. Trees felled to make way for new buildings on campus were upcycled and transformed into useable art pieces, including chairs and tables. Nothing was discarded, not even leftover scraps, which were turned into items like stationery and jewellery boxes



We have animal crossing signs so that you watch out for wildlife in NTU not just with your cameras, but when you drive too. Our 200-hectare campus is a treasure trove of rare species of birds and mammals like the critically endangered Sunda pangolin. Some exciting sightings in recent years include a showdown between a king cobra and a reticulated python, and appearances by a barred eagle-owl, which was followed by throngs of bird-watchers with mega telephoto lens. The calls of the spotted wood owl are regularly heard on campus.

WE GIVE LEFTOVERS I A DO-OVER

Labs in NTU are cooking up a storm with discarded food such as the shell of crustaceans and fruit peel waste. Through organic processes, food waste that usually ends up in the bin like prawn shells, orange peels, durian husks and seeds, and grape skins are converted to useful products such as food stabilisers. food packaging and antibacterial bandages.

SCAN THIS PHOTO to watch rubbish being turned into useful stuff



WE OFTEN TALK ABOUT SUSTAINABILITY IN CLASS

Conversations in class between bright young minds sometimes end up as innovations that transform the world. Talking about environmental sustainability - one of humanity's grand challenges – and finding solutions to it is essential to our survival. From the start of their studies, NTU undergrads take sustainability courses as part of the interdisciplinary common core curriculum. NTU also offers 200 electives related to sustainability and has launched minors in topics such as environmental management and environmental history, as well as a PhD programme in artificial intelligence and sustainability.

WE WILL BE ROLLING OUT A FLEET OF ELECTRIC BUSES

There's no point keeping this hush-hush anymore! From this month, a fleet of silent electric buses will progressively roll out on NTU roads to ply the green, red, blue and brown routes. At the same time, the Smart Mobility Experience Centre in the North Spine will open their doors to visitors interested to learn more about the future of smart transport that is also kinder on the environment. Meanwhile. download the NTU Omnibus app on your phones to keep track of shuttle bus locations and occupancy rates.



WE HAVE MAPPED BOLD GOALS FOR THE NEXT 15 YEARS

We don't just talk the talk. We walk the walk. Underlining our commitment to going green is a plan to reduce 50% of our net energy utilisation, water usage and waste generation by 2026, compared to the levels of 2011. We want to achieve carbon neutrality by 2035 and reduce gross carbon emissions intensity by at least 50% from 2019. Be part of the campus' eco movement!



Navigate your way on the go

HEY! EXPLORE

➡> Derek Rodriguez

SCAN THIS PHOTO to see how you can ride with the NTU Omnibus app

HEY!

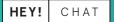
OUR TRASH IS TURNED INTO TREASURE

On this campus, we don't let our garbage go to waste. All trash is sent to our waste-toenergy research facility, where solid waste is converted to slag and metals, which are used as construction materials, as well as fuel gas. You can do your part too by discarding your electronic waste in the e-waste recycling bins, your used pens in the Save That Pen bins, and excess food in the Food Bank bins on campus.



OUR BUILDINGS ARE CERTIFIED GREEN

With our striking architectural pieces, we've been in international lists of the most beautiful universities. But it is beauty with substance as 97% of our building projects are Green Mark Platinum certified too. And if you've had lunch at the South Spine, you would have noticed the nearly completed new kid on the block that is going to be the new home of the Nanyang Business School, amongst others. At 40,000 sqm, this will be Asia's largest wooden building and is being built with mass engineered timber from renewable forests.



LET'S TALK ABOUT **ONENTU CORE VALUES**

Final-year communication student Nicki Chan speaks to Assoc Prof Victor Yeo, Associate Provost (Student Life), and gets to the heart of what makes us a united NTU community



Arror Prof Victor Yes

14



Good morning, Prof Yeo! 10:55 AM

Assoc Prof Victor Yeo Always happy to speak to students like you! 😊 10:56 AM

> Recently, I spotted a video about NTU's core values on our campus TV screens and after talking to my friends, I realised not many of them are aware of these values. 11:03 AM



Why does NTU need to adopt core values, and what do the values do for me as a student?

Assoc Prof Victor Yeo

We've found that values are at the heart of the community. NTU's six core values - Integrity, Care, Respect, Impact, Service and Partnership - are important common values that we can cultivate, demonstrate and uphold, and identify with as OneNTU. 11:10 AM

It is our hope that the entire NTU community can internalise these values and exhibit them, such as in how we live, learn, work and play here at NTU as well as in our interactions with others. 11:12 AM

> That's something I aspire to do as well. 👍 The six values align with who I want to be as a person. 11:46 AM

Are there any plans for activities or initiatives that will help with building a positive OneNTU culture grounded in these values? 11:48 AM 🗸

For example, how would you help students resonate with these values and find a sense of community even though everyone has different interests and priorities? 11:50 AM

Assoc Prof Victor Yeo Great question! 12:04 PM

For a start, we could ask students to think about which OneNTU core values their planned activities reflect or can build on when they put in their proposals. The idea is to think more intentionally about how our activities contribute towards building the OneNTU community, bearing in mind that not all activities need to focus on all of the values. 12:06 PM

For example, when the Welfare Services Club runs their Social Impact Week, they can focus on values such as Care, Partnership, Impact and Service. The NTU Sports Club can focus on Integrity, Respect and Partnership and so on. 12:07 PM

CAC can emphasise Partnership, Impact and Service 12:07 PM

The idea really is to get all of us to think about why we are doing what we are doing - and how it can contribute towards instilling any one or more of the OneNTU values for ourselves and our community. 12:09 PM

> That sounds like a great approach! As we're often busy with schoolwork and CCA, it can be easy to lose sight of the important things. It's nice to have that community building vision that we can ground ourselves in.

> > :20 PM

Assoc Prof Victor Yeo

We are also looking at events where the entire NTU community can get together to demonstrate what it means to be "OneNTU". A pilot of sorts was when the University Advancement Office worked with students and alumni to launch our inaugural Service Week earlier this vear to help the less fortunate.

I look forward to seeing what other events you have in store for us! 🙂 Thinking about how the values can feature in our student life, I am in two dance clubs in NTU, and I've realised that values such as Care and Respect are really integral in fostering close ties amongst the dance crew. 2:48 PM

Assoc Prof Victor Yeo Would love to hear more 2:52 PM

I'm the dance captain of Tanjong Hall dance crew, Royals! My main job is to lead practices and rehearsals for performances. 2:55 PM



This is me with my crew backstage after one of our performances 🗼 2:56 PM

Assoc Prof Victor Yeo

That's nice. How do you think values like Care and Respect can be reflected in the dance groups that you are in? You're a good example of how students are integral to cultivating the OneNTU values through their activities! 😊 3:04 PM

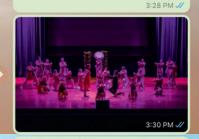
> Dance relies heavily on teamwork. If one member is down and can't perform, we won't be able to find a replacement easily because only that person would be familiar with the routines and formations. 3:14 PM

> This is why all members of our crew are equally important regardless of dance ability and experience. We always dedicate extra time to coaching members who are unable to catch up, and we encourage those with more experience to do so as well 3:18 PM

As a crew that welcomes dancers regardless of ability, we need to provide a safe space for our members to learn even if they are absolute beginners at dancing. Values like Care and Respect would be important in establishing a supportive and wholesome environment for all dancers. If we respect one another's efforts and show care without judgment, we can all learn a lot and grow closer in the process! 3:21 PM

Assoc Prof Victor Yeo I totally agree. This is the right approach to team-building! 3:24 PM

We've been able to put on successful performances despite having a large number of beginners in our crew because we already place a lot of emphasis on mutual respect and encouragement. In that way we have managed to forge our own community and culture that still goes strong years later, even as seniors leave and new people join!



Here's our performance at this year's Hall Olympiad closing ceremony that I am especially proud of. A lot of hard work and effort went into making this work together. Through preparing for this, I grew very close to the crew and found a strong sense of belonging to this family 🕹 🏌

3:31 PM https://youtu.be/CMAVbxBDhu0

3:33 PM 🗸

3:34 PM

. I believe a number of the OneNTU core values, including Care, Respect, Impact and Partnership, have played a big part in helping us form such a tight-knit community and I'm really thankful for that!

Assoc Prof Victor Yeo

Thanks for taking the time to share your thoughts so clearly and comprehensively. This is exactly what we would like our student leaders and students to think about as they go about their daily activities on campus! 👍 😊 3:40 PM



The next step is to share these thoughts with your dance team so that they can be proud of what they are achieving together! It's really great to see and hear about all of these wonderful activities that students are leading and participating in! These are what make NTU a vibrant campus. Keep up the great work! 👏 🍋 3:45 PM

Thanks, Prof! I will certainly do that 3:47 PM + 000



WHAT'S THE SHAPE **OF YOUR HEART?**

Communication student Ashley Thor depicts the OneNTU Core Values in these characters she conceptualised that HEY! helped turn into lively toons. See yourself in any - or all - of them? Scan for a bonus playlist

PAGE PAGE Hogerinto

Urated Spotify

NTU newbies get their first introduction to NTU's core values - Integrity, Care, Respect, Impact, Service and Partnership – at the Freshmen Welcome Ceremony. But what do these values really mean to the average student? Here's my take as an undergraduate.

Integrity At first glance, Integrity looks like your

typical teacher's pet. But behind that uptight demeanour is someone who's just looking out for its friends. Integrity believes that by maintaining the highest ethical standards, we can build a trusted and reliable community.

Respect is wise and mature - someone you can always go to for good advice. The "oldest sibling" of the group, Respect aims to create an inclusive space for all, ensuring no one is left behind. Respect has no tolerance for discrimination, and upholds the belief that diversity enables us to

Respect

achieve more.

Impact

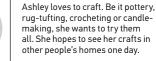
Impact believes the world is its oyster. Curious and agile, Impact is a pioneer, always finding ways to leave its mark on the world. Its passion for learning is what keeps it motivated to try new things and overcome every challenge.

Care

Those who have come across Care will say it has a heart of gold - you can trust Care to be ready with a hug whenever you need one. Committed to the welfare of the community and Earth, Care practises empathy and compassion towards all. By spreading love through acts of kindness, Care makes the world a happier place.

Service

"From little seeds grow mighty trees." Guided by its sense of purpose. Service strives to be a positive force of change in the world. Service believes doing a little to help serve the needs of those around us can go a long way.



STUDEN WRITER

rug-tufting, crocheting or candlemaking, she wants to try them all. She hopes to see her crafts in other people's homes one day.

Toon in and tune in!

Partnership

A builder at heart,

always looking for

create - and what

than with friends,

Partnership values collaboration and teamwork, believing the best outcomes stem from bringing together different

perspectives and

talents.

old and new?

better way to do that

Partnership is

fun ways to

HEY! INSIDER

↓ CS4090 Go-Far students in Berlin ≡⊐⇒ IsabelKua

REPORTING ON REFUGEES IN BE BE

After two years of being grounded, journalism module Go-Far took off again - this time to Germany, where NTU's budding reporters tackled the issues of migrants and refugees against the backdrop of an ongoing war



A daily ritual in Berlin was meeting for dinner after spending the entire day on assignments, before a debrief back at the hotel. PHOTO: ISABEL KUA

Final-year student Macarius Chia was on a bus for a photo assignment in Berlin when he met a Ukrainian refugee. The mother of two had just left her elder daughter, aged 14, and was now heading back to Chernivtsi, a city in western Ukraine, to be with her toddler.

Macarius said the woman was distraught that her family had to be split up and that she teared up as she shared her story with him.

"Being on that bus made me realise how real the situation was. This was not another school project."



IMMIGRATION

=ARRIVED =

Goh Ruoxue (right) unearthed the stories of second-generation Turkish immigrants (from left) Yusuf Getin, owner of a packaging company, and Ali Gürsel, who runs a nut roastery in Kreuzberg, Berlin,

Macarius was one of 14 journalism students from the

journalism course called Go-Far (Going Overseas For

and migrants in Germany, the country with the highest

The journalism module gives students a real-world feel for the work reporters and visual journalists do. They spent

pitching their articles to the media at home and overseas.

South China Morning Post have published the students' work.

SCAN THIS PHOTO

SCAN THIS PHOTO

to join Helene Tian on a train ride to Warsaw, Poland,

for an overnight stay with a Ukrainian family residing with a Polish family

So far, media outlets like The Straits Times, TODAY and

almost two weeks in the German capital and are now

number of them in the European Union.

Student-reporter

included the trials

and tribulations of

reporting - stories

dying, cold calling

newsmakers and

sleepless nights -

but I wouldn't have

had it any other

overseas was a

first for all the

students, who

and cultural

of refugees

countries.

in their home

had to work with

language barriers

differences, as well

as the sensitivities

escaping hardships

way."

Reporting

Brandon Chia,

25, says: "The

experience

Wee Kim Wee School of Communication & Information on

Advanced Reporting). The team, led by NTU tutors Hedwig

Alfred and Samuel He, set out to get the stories of refugees

assignment overseas as part of the hands-on advanced

Brandon Chia interviewing Anastasia Pasechnik (far right), Artistic Director of the Ukrainian Cultural Community in Berlin.

SCAN THIS PHOTO PHOTO: SAMUEL HE

"I'm grateful that I was able to interact with refugees from the more marginalised communities to learn about the issues they face that may not be widely known," says Chelsea Ong, 22.

For visuals editor Lim Li Ting, 22, the challenges of operating in another country hit home immediately. "When you're reporting at home, you have contacts because you live here. In Berlin, we knew nobody and it felt like we were starting from scratch," she says.

Another first was working with translators. "I had to make a conscious effort to be part of the conversation. even when the newsmaker and translators were speaking and I had no idea what they were saying," she adds.

With the Russia-Ukraine war still making global headlines, some students focused on Ukrainian refugees, while others interviewed refugees from Syria, Turkey and Afghanistan who had arrived years earlier.

Kolette Lim, 22, worked on a photo essay about Sonnenallee, a street where refugees from the Middle East typically live, work and congregate. "It was really hard because I don't speak Arabic. I had to pull out my phone many times to use Google Translate," she says.

But after six visits to the area, Kolette built a rapport with many of the residents. "People started to recognise me and would wave. Some store owners came out to say 'hi'."

During the trip, the class had nightly debriefs with the tutors, where they discussed their work progress and planned the next steps for the following day. The two tutors also regularly joined different students on their assignments.

Before heading to Berlin, the students organised a week of intensive lessons and talks by guest speakers such as veteran Singapore diplomat Bilahari Kausikan, Reuters photojournalists Edgar Su and Fabrizio Bensch, and volunteers in Berlin.



SCAN THIS PHOTO see the making of Macarius Chia's photo essay that features Shirley Apthorp, a Berliner who volunteers to sew guilts that are donated to Ukrainian children

Overseas modules, such as Go-Far, give students opportunities to respond to real-time experiences in environments outside the comfort of the traditional classrooms, says Prof May Lwin, Chair of NTU's communication school.

"The school's experiences in pioneering numerous overseas practicums have shown that students also gain character-building traits such as boldness, confidence, intercultural connectivity and compassion," she adds.

The capstone journalism module began in 2005 following the Aceh tsunami and has since taken students to countries such as Iran, Nepal, Bangladesh, Timor-Leste, Bhutan and Estonia. Due to pandemic travel restrictions. students from the past two batches had to hone their iournalistic skills in Singapore, reporting on migrant workers and the football scene. The trip was supported by the Wee Kim Wee Legacy Fund.

18

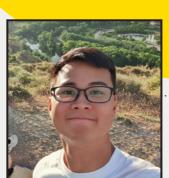




"TAKING A GAP YEAR IS AN ENRICHING AND MEANINGFUL WAY FOR STUDENTS TO EXPAND THEIR SKILLS, EXPERIENCE DIFFERENT CULTURES OR PURSUE INTERESTS AND PASSIONS BEYOND THE CLASSROOM. OVER THE PAST 10 YEARS, STUDENTS HAVE EMBARKED ON GAP YEARS TO START THEIR OWN BUSINESSES, TAKE UP NON-CREDIT BEARING INTERNSHIPS TO EXPLORE CAREER OPTIONS, VOLUNTEER THEIR TIME TO SUPPORT SOCIAL CAUSES THEY BELIEVE IN OR TRAIN FOR MAJOR SPORTING COMPETITIONS. NTU STUDENTS ARE ALLOWED TO TAKE UP TO THREE GAP

> YEARS OVER THE ENTIRE DURATION OF THEIR STUDIES. SOME TAKE A SEMESTER'S LEAVE. EITHER WAY, STUDENTS GAIN IN TERMS OF THEIR OVERALL DEVELOPMENT."

PROF GAN CHEE LIP Associate Provost (Undergraduate Education) Taking a gap year, or leave of absence, from university might seem like a major decision that requires careful consideration. These three NTU students tell us why they have absolutely no regrets taking that leap of faith



HAN GUANG School of Mechanical & Aerospace Engineering

"I TOOK TWO YEARS OFF UNIVERSITY TO TEACH ENGLISH IN SPAIN"

How did your Spanish interlude come about? I've been in La Rioja, a part of Spain known for its wineries and idyllic countryside, teaching English to Spanish students. I got this stint under the Language and Culture Assistant Programme. I first found out about this programme set up by the Spanish government during my second year in NTU when it was newly offered to Singaporeans. The opportunity couldn't have come at a better time for me.

Do you have to be fluent in Spanish to teach in Spain? Fortunately, that's not necessary! In fact, it is better if you are not proficient in Spanish as the students will learn faster if they are taught in simple English rather than in Spanish. Before I left Singapore, I was at Spanish Level 2 proficiency. Once I reached La Rioja, I realised the people here speak a regional slang that is different from what I had learnt in class. It was as if I had zero knowledge of the language apart from basic grammar rules.

Gap year or gap semester?

I have been here since September last year and will be continuing my studies in the new academic year in 2023. That means I'm taking two years off!

What made you take the leap?

I wanted to learn more about the world and its culture and people. For some time, I felt like I hadn't grown enough as a person, living too comfortably in Singapore. I wanted to leave familiar territory and come back with a brand new perspective on life, and apply this way of thinking to everything I do.

How did your parents react to your decision?

My parents were very supportive. My dad immediately suggested I do this programme for two years instead of one, as he understood the value of such exposure. My mum was also glad for me to do this, but she thought one year was sufficient as she wanted me to graduate earlier.

Did you share your mum's concerns about graduating later than your classmates?

It was not a concern until my mum brought it up! Personally, I see no merit in graduating at the same time as my peers, or even earlier. Everyone is on a different timeline. My female classmates from junior college are already ahead of me by two years. Also, I feel that the things I've learnt through this programme, such as work ethic, will be more valuable than graduating on time.





Describe a day in your life in La Rioja.

My day begins at dawn – at 7am sharp. As the school I teach at is a 20-minute drive away, I try to carpool with the other teachers. We're in school by 8am. When lessons end around 2.30pm, I may go for coffee with some of the teachers or plan my lessons for the next week. I also use the break time to hang out with my students or play basketball with them. In the evenings, I give extra tutoring classes to help with my expenses. After that, I either make my own dinner at home – I love to cook – or go for dinner with my colleagues at Calle Laurel, a street in La Rioja famous for its selection of bars and pinchos, the Spanish version of finger food.

Has it been worth it?

Undoubtedly. I've opened my mind to a world beyond Singapore, where we can be so focused on accomplishments and the daily grind that we forget to look inside ourselves. In Spain, everyone asks "How are you?" as a greeting. I started to examine myself more and this changed my outlook on life. I realised I've taken a lot back home for granted, such as how efficient the bureaucracy is in Singapore and how good the quality of life is there. I probably wouldn't have appreciated all this had I not come here. I feel more well-rounded as a person now. There are some things you just can't learn in the classroom.





ANDY KWEK Nanyang Business School

"I REPRESENTED SINGAPORE IN BADMINTON IN EIGHT COUNTRIES DURING MY GAP YEAR"

Tell us about your gap year.

I chased a shuttlecock around and got better at doing that. During those eight months, I also travelled to Sweden, Estonia, Ukraine, South Korea, France, Italy, Denmark and Philippines and took part in badminton competitions in these countries.

Why did you decide to take a gap year?

I couldn't compete professionally for two years due to the pandemic. So I was excited when I heard about the chance to take part in three back-to-back badminton competitions in Europe. I also wanted to participate in the Southeast Asian (SEA) Games, which would take

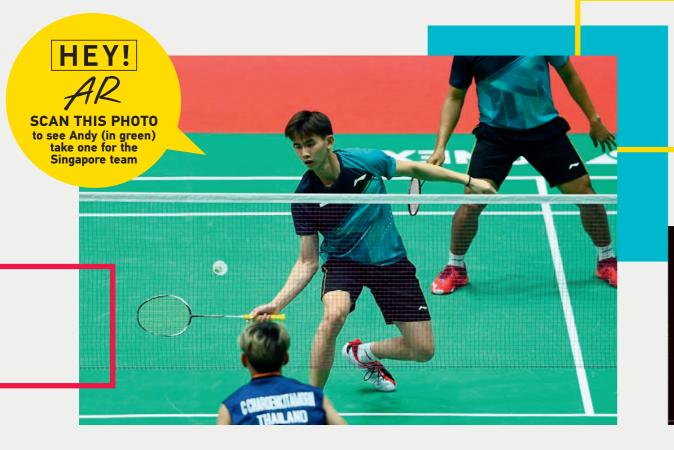
place around the same time as my exams, and had hoped to avoid a situation where I try to do well in both and end up doing well in neither. After speaking to my school, I decided to take a leave of absence during my second year in NTU.

No rearets?

None at all. In fact, the gap year was a boon for my badminton career. Not only did I win the Swedish Open. I was also the runner-up at the Estonian Open. I also won bronze medals at the SEA Games, Badminton Asia Team Championships and Commonwealth Games, plus qualified for the Thomas Cup Final and Asian Games. And, of course, it was great making many international friends.

Do you have any advice for juniors considering a gap vear?

Go for it if it's an opportunity to do something you're truly passionate about. You will not regret it because nothing beats real-world experience. The application process is pretty hassle-free - you just need to fill out an online form.





LIM YAN LING Lee Kong Chian School of Medicine

"I DANCED MY HEART OUT BEFORE MEDICAL SCHOOL"

What influenced your decision to start a gap year two months into medical school?

I have been, and still am, in love with dance, especially breaking. I know it is something I want to do for as long as I can. I felt I needed to reach a certain level of expertise before plunging headfirst into school. Otherwise, it would be hard to dedicate hours of practice after becoming a fully fledged doctor.

Aren't you able to dance on weekends?

I can, but I know that progress will be slow. Even if I practise two days a week, the intensity of that training would be too low. I wanted to use the gap year to go all out. Breaking will make its Olympic debut in 2024, so I told myself there's no better time than the present to hone my skills.

Describe your gap year in one word.

Amazing - to say the least. I achieved all that I wanted to and much more. I improved significantly in breaking and managed to overcome mental blocks that prevented me from performing certain moves, like handstands. I even got to take part in a theatre production.

Apart from getting better at dance, how else did vou benefit from the gap year?

I had been working hard to gualify for medical school and needed a good break. When I was not breaking, I used my time wisely to recuperate and was able to clear my sleep debt. I also managed to re-evaluate my priorities and I am now certain that I want to keep dancing, even as a full-time doctor.

Did your parents raise any objections about your plan to take time off from school?

Not at all! They helped me list down some pros and cons, but told me that they would support whatever decision I made. I'm extremely thankful to have such supportive parents.

How does it feel to be back in school?

I've had to restart my first year and so far I'm managing all right! I still haven't stopped dancing so that's the only tiring part – having to do my projects on top of dance.



SCAN THIS PHOTO to watch Yan Ling hold her own on the dance floor

HEY! PEOPLE ➡→ Chrystal Chan



ALL YOU NEED TO KNOW BEFORE GOING ON EXCHANGE

So you just got accepted to go on an exchange programme. Several months of pure bliss, exploring a new country and culture. But what happens between now and then?



Applying for a visa, buying air tickets and securing accommodation - the thought of having to settle such administrative matters might be enough to thwart your excitement. Read on for HEY! student writer Erin's tips on preparing for your study-abroad programme, so you can let loose and enjoy when the day comes.

HEY!

AR

DO THESE BEFORE YOUR TRIP

LIST THE ADMINISTRATIVE MATTERS YOU NEED TO SETTLE.

And don't hold them off – remember, the earlier you clear these tasks, the less stress you'll bear in the days leading up to your departure. A task to get out of the way is getting your visa, as it can take months to process. To expedite this, fulfil your host university's requirements quickly to get your acceptance letter, which is usually needed when applying for a visa. Other things on your list might include buying travel tickets, course matching, or even something as simple as making a visit to the dentist.

TIP 2 ADD A PACKING LIST.

Believe it or not, it is never too early to start packing. With a list, you know what you need to start sourcing for. When looking for affordable necessities, Shopee or Lazada is your best friend. Just remember to allocate ample time for delivery, and you are good to go.



TIP 3 DON'T OVERPACK.

It's easy to fall into the trap of overpacking. But ask yourself if you would be able to buy the item at your destination or if the item is taking up too much of your limited luggage space (Singapore Airlines, for instance, has a limit of 32kg for a single checkedin bag). Things such as tissues, bedding and even cutlery can be easily purchased later. (I say this as a pot I brought from Singapore is sitting in the corner of my room in Sweden, untouched. Now I know.)

TIP 4

FIGURE OUT WHAT PAYMENT METHOD YOU WILL USE OVERSEAS.

Is the country you are visiting cash-free? The last thing you want to do is to incur extra costs on bank fees when you use your credit card. A suggestion is to apply for a travel card like YouTrip or Revolut, which lets you exchange currencies without fees. And even if you plan to use electronic payment methods, bring some hard cash as you never know when it might come in handy.

TIP 5 RESEARCH YOUR DESTINATION.

Be it cultural differences or unique traditions, it is good to be aware lest you unknowingly commit a cultural faux pas. It's also helpful to learn some basic phrases such as "hello" or "where is..." if the language of instruction in your destination is foreign to you. (On my second day in Sweden, I ended up in a men's restroom because I didn't understand the toilet signs!)

TIP 6

FINALLY, REMEMBER THAT SAFETY IS YOUR NUMBER ONE PRIORITY.

We often take Singapore's safety for granted. Try not to let your guard down when travelling overseas, especially if you are alone. When searching for accommodation, don't compromise on safety by choosing an apartment with cheap rent in a dodgy location. I decided to stay in university accommodation as it was affordable and in a safe area. You might also consider purchasing selfprotection gear like a personal alarm or learning some basic self-defence moves. Your loved ones at home will have peace of mind knowing that you are watching out for your own safety in a foreign country.



DO THESE WHEN YOU REACH YOUR EXCHANGE DESTINATION

TIP 1

FIRST THINGS FIRST, INFORM YOUR FAMILY AND FRIENDS THAT YOU HAVE ARRIVED.

To keep in constant contact with your loved ones, look into getting a SIM card. Having a local number would also be useful for your time there. Most airports have kiosks where you would be able to purchase such cards but remember to do a guick Google search on which telecom brands offer the best deals (to get more bang for your buck).

When you arrive, the hustle and bustle of an unfamiliar city might just be enough to overwhelm you. Go at your own pace to process everything - it does get better over time - and follow these tips.

Supper with friends.

TIP 2

NEXT. FIGURE OUT HOW TO GET TO YOUR ACCOMMODATION.

The transport system in a foreign country might appear confusing and different from the one we are used to, especially if everything is in a foreign language. Don't be afraid to ask around for help. Try to look confident and aware of where you are heading, and resist the urge to plug your earphones in. The last thing you want is to appear unaware and lost, which might make you a target of crime.

TIP 3

TRY TO ARRIVE AT YOUR DESTINATION EARLIER IN THE DAY, SO YOU CAN TAKE YOUR TIME TO SETTLE IN.

If you had made the wise decision of not overpacking, you would probably need to head to the local supermarket to buy some necessities. For this reason, it is a good idea to arrive during the day to ensure sufficient time to settle in and find your way around before it gets dark.



AFTER SETTLING IN, FIGURE OUT AN EFFICIENT AND AFFORDABLE WAY TO GET AROUND.

Some European cities are rather bike-friendly, which makes purchasing a second-hand bicycle a good option. If not, look into getting monthly transport passes to reduce your expenditure.

TIP 5 LASTLY, TRACK YOUR EXPENSES REGULARLY.

The cost of living might be higher than in Singapore, especially in North America or certain European countries (I spend about S\$250 a week in Sweden). A tip is to whip up your own meals instead of eating out. Strike the right balance between affordability and safety with regard to your accommodation. Renting an apartment is a great option if you can find trustworthy housemates to split the rent with. If not, many universities offer student accommodation at a lower price point. Take your pick wisely! And be disciplined when tracking such costs on a spreadsheet or an app – your bank account will thank you for it.

And there you have it! With these tips, you are more than ready to conquer your semester abroad.

My host university. Ö ÖREBRO UNIVERS.

QUICK TIPS ON COPING WITH HOMESICKNESS

It is natural to miss home, especially in the first few weeks. Your loved ones are far away, nobody speaks Singlish, and all you want to do is to enjoy a cup of kopi peng. Here are some quick tips I learnt that helped me cope with my homesickness – and might help you too.

TIP 1: BRING PHOTOGRAPHS OF YOUR FAMILY AND FRIENDS. Having physical photos on your walls can add a homely vibe to your otherwise bare and foreign accommodation. It also allows you to reminisce precious moments spent with

TIP 2: LEARN SOME RECIPES BEFORE

your loved ones.

YOU LEAVE. Learn to cook your favourite local dishes and recreate them when you're missing home. Or pack some Singaporean snacks or drinks in your luggage. After all, you can always count on a warm cup of Milo to cheer you up.

TIP 3: CALL YOUR LOVED ONES OFTEN.

Make an effort to schedule these calls. With time zone differences, this can be challenging. But being able to hear their voices and see their faces can bring you just a bit closer to home.

TIP 4: REACH OUT FOR HELP. If

your homesickness affects your mental wellbeing, remember that most universities offer counselling services for students. No matter what, talk to someone - don't suffer in silence.

TIP 5: REMEMBER THAT IT IS ONLY

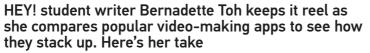
TEMPORARY. Your exchange semester is only a couple of months long. Before you know it, you'll be back in Singapore, wishing to travel back in time. So keep yourself busy by filling your days with new experiences, and you'll think of home a little less.

Budget-friendly home cooking reminds me of



Erin loves getting lost in a book. Her ideal mornings are spent walking to the nearest bakery to enjoy fresh bread.

VIDEO-EDITING APPS FOR BOTH SCHOOL AND LIFE





TIPS TO

VIDEOS

EDIT YOUR

LIKE A DRO

Videos are a big part of our lives now, and I'm not just talking about TikTok. Around us, everything is incorporating moving pictures in an effort to stay relevant. Scrolling through our social media feed, we find travel vlogs and fun compilations that add pizzazz to our friends' Instagram.

You have probably been asked at least once to create a video for a class assignment, and for some of you, filming and editing your own can seem like a formidable task.

The plus side to all this? With the rising demand for videomaking by the average content creator, apps and platforms have come up with ways to make filming and editing userfriendly for all.

Having tried and tested some of them, here are my picks for the ones that you can use to spice up both your social media and your school work (for free, of course!).

#1 TIKTOK

Many people love TikTok's in-app editing function because it's easy to use and features many special effects that can quickly snazz up your video. With an enormous music and sound library, and endless filters (a top favourite is the green screen filter), TikTok as a video editing platform is to die for.

PROS: Easy to use, special effects, sound library, filters.

CONS: Time limit on videos, only vertical videos, app watermark present.

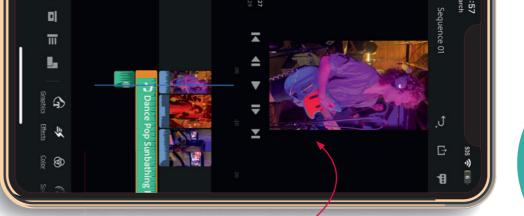
#2 CAPCUT

Just like TikTok's editing feature, CapCut has all the good stuff like lots of free music and special effects. Unlike some video editing applications, CapCut makes it easy to achieve quality videos even without much video-making expertise. It's no wonder it has become a go-to video editor app for many.

PROS: Easy to use, special effects and stickers, impressive sound library, trending filters.

CONS: Not suitable for large video footage.

- Colour filters help give different quality clips a more consistent theme.
- Mix and match footage edited in multiple apps to achieve your objectives. For example, if you like the templates in Promeo but prefer the filters in CapCut, export your work from Promeo, then edit further in CapCut.

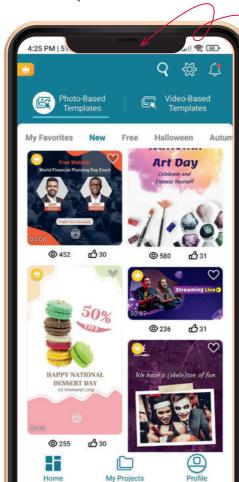


#3 PREMIERE RUSH

A personal favourite, Premiere Rush is the free mobile version of Adobe Premiere Pro. Packed with almost all the key features of an industry-grade video editor, Premiere Rush allows users to edit multiple audio tracks in a single video, add colour to clips, and edit in various video frame sizes. The app also exports in high-definition settings, so your final product stays high quality.

PROS: Free reign over editing, no app watermark.

CONS: Beginners might find the learning curve steep, limited sound library.



#4 IMOVIE

Sorry, Android users, you'll have to sit this one out. iMovie is a great video editor app for beginners with a simple interface that offers drag-and-drop ease. It offers lots of versatility when it comes to splicing a video and timing your clips to a sick beat.

PROS: Easy to use, no app watermark.

CONS: Only for Apple users, limited sound library, takes up phone space.

#5 PROMEO

Promeo is one of the few video editor apps that come with thousands of ready-to-use templates, featuring timeless styles that are perfect for videos that aren't meant for social media. With an inbuilt library of stock media, you can easily access other free videos, photos and music to mix up for your final video.

PROS: Templates, stock media, no app watermark.

CONS: Limited video editing functions.

Male florist

AJ Chonmabhum Taengtoempha

THE FINAL VERDICT

Everyone has their own preference when it comes to deciding which video editor app to opt for. Or perhaps you can work with a few faves. To jazz up your social, TikTok and CapCut may be preferred over others for their diversity in music library and special effects. For a cleaner and more professional aesthetic, Promeo and iMovie do the trick well. Regardless, video editing is a useful skill these days, and a handy video editing app is the secret to wowing both your followers and your professors.

HEY!

SCAN THIS PHOTO to watch a video I made

using Premiere Rush for a school assignment that incorporates multiple audio tracks



Bernadette loves storytelling, from books to films to documentaries. She is currently on exchange in Austin, Texas.

- If you use TikTok to edit, there are dots on the audio track to help you sync your clips to the beat.
- Add colourful text and graphics to give your video a pop of colour.
- Add motion effects such as zoom-in and zoom-out for seamless transitions.

SCENE HEARD



"To me, volunteerism is not about grand gestures. and often, the simplest things can go a very long way. Choosing to lend a helping hand to others less fortunate than me can be very rewarding. especially when you see how your efforts. combined with those of others, are making a significant impact on the community."

- John Chow (left), a third-year student from the School of Humanities, who volunteered in various activities to spread awareness of NTU's We Belong campaign as part of the Student Philanthropic Initiative





RISKY **BUSINESS**

Take a bow, Ritik **Bhatia and Aishik** Naga. The pair of NTU student programmers from the College of Engineering have potentially saved lives in the future with an AIpowered disaster management system. Their solution placed first in a Microsoft competition, winning them a cool US\$6.000. More interestingly, it has been earmarked for real world use, having been picked up for pilot runs by state and national disaster management authorities in India.

BILLION-DOLLAR

BALANCING

While you're figuring out how much

you've spent on online shopping this

crunching numbers to a multibillion-

dollar equation. Online retailers like

on shipping in 2018, sometimes hold

orders and combine them into a single

shipment. But deciding how long to wait

is a surprisingly complex mathematical

problem. One thing's for sure, you can

count on the NTU team to crack the

code of a new order fulfilment model

that satisfies both you and retailers.

from NTU. What a showing!

Amazon, who spent about US\$30 billion

month. NTU mathematicians are

ACT



iet off to Dublin in November for the awards ceremony. They were also among 12 regional winners and 44 highly commended students

A HACKATHON WIN AND **TRIP TO AMAZON HQ**

As NTU students, opportunities to take flight are around every corner. Snagging seats on a plane to Seattle was a team of undergrads who beat 70 other local students in a hackathon organised by Carro and Amazon. Their prize: A trip to the Emerald City, where they visited key Amazon facilities and received training from Amazon Web Services.





RAPID LAND SINKING

Many densely populated coastal cities around the world are at risk of losing literal ground and NTU scientists have taken steps to find out how the land lies. Using satellite images of 48 cities from 2014 to 2020, the researchers have discovered that the fastest velocities of sinking land are concentrated in Asia, with Tianjin,

Chittagong, Yangon, Ho Chi Minh City and Jakarta among those with the highest rates. With this data now available, researchers hope the communities and policymakers in these areas rise to the occasion and act before they get in deep water.





HEY!

AR

SCAN THIS PHOTO

to explore one of

corners

Chill out zone

Don't let the upcoming exams stress vou out. Instead, you can drop by the Hygge space on Level 5 of the Lee Wee Nam Library for a brand new relaxing experience after A Familiar Forest, Aimed at providing relief from mental fatigue and restoring focus, Fascinature's darkened, hushed space is a respite from the daily grind with photographic scenes of clouds and forests and plenty of bean bags. You can even "escape" from your assignments by strapping on a pair of VR goggles to transport yourself into another world. What a wonderful joint effort for wellness by NTU staff. alumni and students.



TRAVELLING IN ECO STYLE

Fascinature's cosv Keep your eves peeled for the brand new NTU buses that are hitting the road very soon. Drawing inspiration from NTU landmarks, your greener rides will sport some exciting livery. Can we just say that it looks electric?







NOW

NTU scientists have created a coating to prevent wood from going up in flames. Almost transparent, the coating does not conceal the natural beauty of the woodgrain and works by forming a protective layer of char that keeps the wood from catching fire when exposed to high heat.

FUTURE

With timber being the only carbon-negative construction material – since it comes from sustainable forests that extract carbon dioxide from the air – building structures out of timber will help to combat global warming and climate change. One of the biggest drawbacks of wood is its flammability. Thanks to NTU's new fireproof coating, buildings at higher risk of fire, such as petrol kiosks or even power stations, can be constructed out of wood.



HEY!

Robots at your service

NOW

New types of robots are being developed to help humans do a variety of tasks. Over at NTU's new Centre for Advanced Robotics Technology Innovation, these robots being developed can "work" in manufacturing plants to help factory workers or act as social companions to the elderly to aid them in their daily lives.

FUTURE

From robo-dogs that can carry packages to your doorstep to robo-chefs that can prepare sumptuous meals for your family, robots may become integral members of every family. They will get better in their interactions, easing the load on caregivers or the elderly who live alone. As our population ages, they can take over monotonous, repetitive and strenuous jobs, freeing up time for the rest of us to lead more fulfilling lives, especially in our twilight years.

Turning pee into cement

NOW

Eco-friendly cement from trash? Yes, it's possible. Combining urea extracted from urine with bacteria and industrial sludge waste, NTU's scientists have found a way to make biocement as a sustainable alternative to conventional cement that can "glue" ingredients like soil and gravel together.

FUTURE

Down the road, expect to see construction waste reused to make strong and durable biocement for hardening soil and sand along coastlines to stop erosion and landslides or reduce water seepage. Biocement could also be used in the preservation of ancient structures and monuments since it is colourless. One novel use is in the prevention of dust and wind erosion in the desert.





Take a leaf and gaze up every now and then.

> Are you ready for the next tectonic shift?





On cloud nine from my cosy room.

35

WHAT DOES YOUR NTU COFFEE ORDER SAY ABOUT YOU?

Heads up, your choice of morning brew on campus might spill the beans on vour auirks

Canteen A dispenser coffee

Who needs sleep? Definitely not you. Yesterday's all-nighter is a distant memory, thanks to this sugar-laden bitter brown potion.

Instant coffee from Prime

A big believer in doing things yourself, you think the result is all the more sweeter if you go through the grind. On a related note, friends quietly call you the king of DI-why.

Quad Café custom order

More than caffeine, you crave familiarity. And nothing perks you up more than the friendly auntie spotting you in the queue and making your Kopi C Kosong Peng before you reach the counter.



SCAN THIS PAGE to win your choice of drink from Connect71 and a book on us

Local brew from the Student Services Centre cafe

An explorer at heart, there's nothing that thrills you more than finding secret gems tucked away in inconspicuous corners. Oh sorry, you wanted us to delete this?

Starbucks seasonal coffee \$\$\$\$

You're not like the other hipsters that hang out here. Sure, you wear vintage T-shirts and glasses even though your eyesight is perfect but only because it's cool and, like, what's wrong with being fashionable?

Venture Drive Coffee's filtered concoction at the North Spine \$\$\$

You live in the moment, taking in the smells and sights around you as your filter coffee is prepared. Though it won't be long before you find out you prefer being punched in the face by their espressos.

Koufu kopi at the South Spine

You tell your friends you like the coffee here. But the truth is, you are in love with the doughnuts at the neighbouring stall and at the nearby Cheers.

Coffee from Connect71 at the **NTU Innovation Centre**

Satisfaction is more a journey than a destination for you. The scenic detour is just part of the experience, as is the blissful bounty at the end. And as much as you appreciate a delicious coffee and good food, you never miss an opportunity to sit back and indulge in a good read.





. Study with friends Find a solid group of besties who can

motivate you and give you emotional support in stressful times. Use the Pomodoro technique together - working in focused, 25-minute intervals - during these group study sessions. Life's much better with friends around

 Pool resources with pals Have no time to practise every essay question? Work with friends! Creating a shared Google drive to share resources is more efficient than completing things alone. Divide the workload among different people by getting each schoolmate to work on a certain number of topics or questions – eventually, you'll have access

to sample responses from everyone.





HEY!

∈ Eunice Sng

TIPS

📼 Vivian Lim

in your own words. By explaining things aloud, you'll be prompted to plug the gaps in your own learning. Cite examples and create connections between concepts, just like any teacher would do. You can also guiz your friends to further consolidate the content.

7. Give your study area a makeover

Snazz things up with motivational posters or small shelves to keep your items organised. You can also decorate your desk with objects of a similar colour palette – colours like green and blue have been shown in scientific studies to improve focus and efficiency. Whether at home or in hall, opt for a personalised and tidy workspace that complements your studying habits.

Eat brain foods

You are what you eat. To fuel your study sessions, try including leafy greens, fatty fish, berries and walnuts into your diet. Research suggests these foods slow memory decline by repairing brain cells, thus boosting your thinking abilities while keeping your energy levels up throughout the day.

7. Take regular breaks We aren't robots.

Studying for long hours without rest will only decrease your productivity. Take a power nap, stretch your body or stroll through a nearby park to recharge before jumping back into work.



CSI on lesson content

Always dig deeper and investigate every detail. Say you're studying a topic, actively find something in what you've read that confuses you or prompts further discussion. The answers you get will be useful in helping you "connect the dots", especially in this age of interdisciplinary studies.

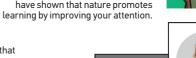
With exams just around the corner, be calm and take things one step at a time with these tips from a fellow student

6. Use mnemonic techniques Learn by processing what you have read and injecting your unique take on the topic. This can be creating cute drawings to represent certain content or arranging

information into striking flow charts. Enterprising souls can even venture into creating short poems to aid memory

7. Choose an aesthetic study spot

For some, studying at visually appealing places is a great motivation booster. If staying at home dulls your mood, bring your laptop to a pretty café nearby and sip on some latte. Or head to the Yunnan Garden pavilion for a change of scenery. After all, studies have shown that nature promotes



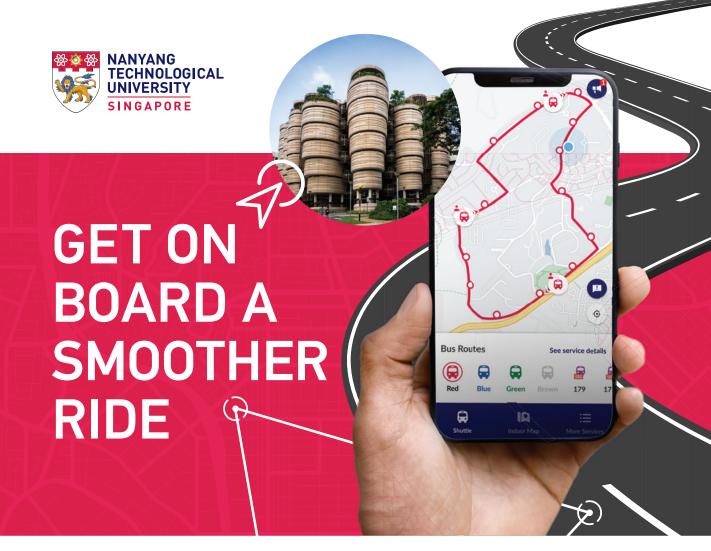
Eunice loves burning vanilla-scented candles and discovering the latest cultural events. When she is not busy chasing deadlines, you will find her curled up in bed with a fantasy novel.

Slap on some music Soothing music – like lo-fi or jazz – can alleviate anxiety, improving your concentration and mental stamina. Curate a playlist with your favourite instrumental tunes and press play when poring through lecture notes. Noise-cancelling headphones may help cancel out distracting sounds from your environment.

Red, Orange, Yellow Green, Blue, Indigo, ROY 6 BIV

WAYS TO UP YOUR STUDY GAME





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