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Duy Pham, Retail & Marketing Network Manager, Total Vietnam Limited, Master of Science in Management

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MR KONOSUKE MATSUSHITA’S LESSON #19:
"Rather than failing failure, it is more important to fear failing to face it squarely."

THE FORT, 12:00AM

ALRIGHT NEW RECRUITS YOUR JOB IS SIMPLE! YOU’LL BE ON GUARD DUTY FOR THE NIGHT, SO NO GOOFING OFF! I HAVE MY EYES ON YOU TWO!

YEAH, YEAH

Zzz...

YES MA’AM!

YES MA’AM!

STAY ALERT AND WATCH OUT FOR BAD GUYS!

THIS IS GOING TO BE EASY!

AN HOUR LATER 1:00AM

NO

Z

RESORTED BAD GUYS! I’M JUST GOING TO TAKE A NAP!

BAD GUYS!

DASH!

BEEP! BEEP! BEEP!

AH!

BAD GUYS!

AH!

BAD GUYS!

AH!

BAD GUYS!

HOW DID HE GET PAST US?

REC. 12/02/1802

REC. 12/02/1802
He was so quiet and fast! Where did he go?

He has to catch him before Madame finds out!

Look! He went into her office!

Ugh! We are so fired cause we weren't doing our duty!

Hurray! We have to save her from the bad guys!

Charge!

Sorry, madam, a bad guy got past us and came in here. He was so fast and silent we couldn't detect him!

What is the meaning of this?!

I am here to save you... now, what's all this?

BANG! BANG!

Check out those cameras and LCD screens.

I knew you two would go off. I was watching you from the new Panasonic security cameras I've installed. And then did a better job of detecting the intruder!

Which was actually my cat!

Meow!

If you're a person who learns nothing from failure, you're unlikely to learn, no matter how many times you fail.

Yes, madam.

Thank you, madam.

I'll give you another chance! So don't go off again or you're fired!
## Coming-of-Age Movies

<table>
<thead>
<tr>
<th>Title</th>
<th>Overview</th>
</tr>
</thead>
<tbody>
<tr>
<td>Little Black Dress</td>
<td>A rich comedy depicting the ups and downs of life and friendship, the Little Black Dress follows four 24-year-old girls on their journey to discovering themselves, their friendship with each other, and their standings in life.</td>
</tr>
<tr>
<td>American Pie</td>
<td>With an entire series, American Pie is more than just a pop culture icon; it depicts the different stages of growing up from awkward first kisses and dates to retaining old friendships and finding new ones, this collection of movies covers every inch of growing up.</td>
</tr>
<tr>
<td>The Perks of Being a Wallflower</td>
<td>Focusing on the snappy and volatile changes that take place while growing up, The Perks of Being a Wallflower also highlights the darker side of transitioning from losing friends to personal boundaries.</td>
</tr>
<tr>
<td>The Breakfast Club</td>
<td>A hallmark coming-of-age movie, The Breakfast Club spotlights the angst and uncertainty that comes with growing up. Torn in with a mix of diverse characters, this timeless film is relatable to everyone.</td>
</tr>
<tr>
<td>The Art of Getting By</td>
<td>Growing up means feeling out of place most of the time, and The Art of Getting By deals with just that. Following the fatalistic George as he deals with changes in his family, friendship, and purpose in life, this film definitely teaches a thing or two about going with the flow.</td>
</tr>
<tr>
<td>Easy A</td>
<td>More than just a satire, Easy A covers the many topics that plague the youth. From camaraderie to upholding a reputation and choosing to be comfortable in their own skin, this flick handles it all and with a pinch of salt.</td>
</tr>
<tr>
<td>Adventureland</td>
<td>Dealing with the inevitable thought of what comes after university, Adventureland follows a college grad who decides to take a job at an amusement park because of the bleak job market. Confused by the path he’s been handed, this movie showcases the unconventional route some might have to take to find themselves.</td>
</tr>
<tr>
<td>Persepolis</td>
<td>An animated film that is set in the 70s in Iran, Persepolis is not the usual cookie cutter coming-of-age film. Following a young Iranian girl living out her growing years during the Islamic Revolution, this movie is a must-see for anyone looking for an eye-opening experience.</td>
</tr>
<tr>
<td>Juno</td>
<td>Not the conventional rite of passage flick - as it deals with a 16-year-old discovering that she’s pregnant. Juno is still a must-watch as it captures the light-hearted moments of growing up while focusing on the relations that are essential to keep you afloat during this befuddling phase.</td>
</tr>
<tr>
<td>Superbad</td>
<td>A laugh-out-loud comedy centred on the last weeks of high school for three best friends. Superbad may not look like your average coming-of-age film but it deals with the topics of letting go, growing up, and first loves.</td>
</tr>
</tbody>
</table>
Mixing Maestros

Cheryl Ann, 23
Closet/Aspiring DJ
Skill Level: Beginner/Novice

Cheryl Ann is a fresh-faced, bubbly girl who enjoys making music and remixing tracks in the comfort of her home. While still learning the basics, she hasn’t landed her first major gig yet but enjoys the process of music production.

Who are your musical influences?
I’m a big David Bowie and Ziggy Stardust and The Spiders from Mars fan. That explains my soundscaping interests. I’ve also closely followed bands like Radiohead, The Lost Prophets and The Killers.

What are some challenges you face when producing new music?
What irks me is technology that fails me when I need it the most. Especially when I’m in the middle of mixing tunes and my devices fail me. That’s the biggest let down for any artiste, I feel.

Any tips on how to handle such situations?
Having a set of quality equipment is really important for any DJ. I have a PDJ which is a Portable DJ that I bring along in my clutch that has never ‘lagged’ on me after playing it for 3 hours. It’s also great for house parties, I can just plug in a set of speakers and I can play my tracks smoothly for hours.

What type of music do you make?
I make bass-heavy electronic music called Dubstep. It’s a kind of music that has a lot of bass and half times. It’s really heavy and it makes the crowd go crazy! I’m also venturing into other electronic music genres like Electro/House/Trap.

What DJ equipment do you use?
I have two Vestax pdx-3000mkII turntables, and Pioneer DJM-909 mixers for use at home. I also use CDJs and other mixers depending on what the venue has to offer. I also use the PDJ to prepare my sets when I’m travelling due to its portability. The PDJ works pretty similar to the old-school DJ equipment, so it’s not too hard to get used to it. It is excellent for newcomers who wants to get into Djing, as it has a very intuitive software.

What do you see yourself as in 5 years’ time?
I’m going to be dishing out many more music productions and at the same time, create a brand for myself. I’m also looking at collaborations with many other artists or talents. Hopefully, I’ll be able to break into the international scene.

Making music is all about experimentation (and commitment!), but if you need help learning the basics, there are various DJ academies in Singapore that offer training such as E-TracX DJ Skool, Show Ning DJ Lab and Pop Trash.

Krickz, 20
Music Producer/ DJ
Skill Level: Intermediate/Expert

Tang Kif or also known as Krickz is a Singapore Polytechnic student majoring in Music and Audio Engineering. Producing music since 2011, he started as a music-lover, gaining tips from online blogs, peers and lecturers before he decided to kick-start his music career locally and internationally.
When in Taiwan, make like the Taiwanese do and forget about rigidly sticking to three meals a day. The cuisine, which in a mix of Minnan, Teochew and Hokkien influences, is so tasty that you simply have to prepare your tummy for round-the-clock snacking. To help you pick from the boundless variety, here are some authentic eats that are a must-try.

WANDER-FUL TAIWAN

TANTALIZING GOODIES

SWET-TOOTHED EATS

CROWN & FANCY
www.crownfancy.com

If you have a penchant for the sweet treats, then pay a visit to Crown & Fancy. Known for serving both traditional pastries and beautifully crafted cakes - like their Cream Puff (NT$50) and Sweet Choco Love (NT$50) - this dainty cafe also boasts a fine selection of coffee and tea, which includes the refreshing Currant Tea (NT$50) and Matcha Milk Tea (NT$50). Either way, Crown & Fancy is the ideal place to get that sugar fix.

AGNES B. CAFE L.P.G.
www.agnesb-лепаингрille.com/tw

The last thing one would expect from a fashion label is to have its own cafe, and that is how agnes b. sets itself apart from the rest. A getaway from the bustling city life of Taiwan's street markets, Agnes b. Cafe L.P.G. provides both a cozy ambience with a satisfying range of French gourment food and beverages.

For the sweet toothed, the cafe offers their signature Praline Collection (NT$450) - a classic box of 9 solid cubes of praline chocolates - which has layers of flavour like sesame dark chocolate, mango or matcha green tea, just to name a few. There's also Mini Cakes such as Chloé (NT$120), which is a soft, delicate hazelnut cake topped with a drizzle of chocolate and fresh berries on the side. Pair it with a tall cup of Cappuccino or Latte (NT$130).

E'Z CHOCOLAT
www.ez-choco.com.tw

With flavours ranging from Banana to Rose Raspberry and even Autumn Chestnut, E’z Chocolat’s macarons (NT$75 each) will not disappoint. Chewy in the centre with a crunchy shell, each macaron differs from the next with its variety of fruity and tea-infused flavours.

For conventional chocolate lovers, E’z Chocolat’s thick, frothy lattes and hot chocolate are perfect for Taiwan's chilly nights. Warm yourself up with a cup of steaming hot milk and a decadent ‘LA LA’ Chocolate Stick (NT$50/stick) that melts right into your drink as you stir.

MAHJONG SHAPED GOODIES

E’Z CHOCOLAT'S MAHJONG-SHAPED CHOCOLATE

Simply purchase something from E’z Chocolat, and you may find yourself walking away with complimentary packs of mahjong-shaped chocolates in your hands. They have a rich, aromatic savoury burst of cocoa with only the faintest hint of a bitter aftertaste.
CELEBRITY CAFES

THE INITIAL N CAR

MR. J FUJIWARA TOFU SHOP
www.mrj-tw.com

Opened just last year by Taiwanese singer-songwriter Jay Chou, Mr. J Fujiwara Tofu Shop is his third restaurant venture. Named after his movie, Initial D (in which he drove a car with the name “Fujiwara Tofu Shop”), the shop’s interior features posters of his Initial D tour, behind-the-scenes photographs, movie stills, and the ASEB that he drove in the movie. Like its name suggests, it’s a great place for getting tofu at moderate prices along with Japanese cuisine.

KIKI
www.kikik991.com

Kiki is renowned for its Taiwanese celebrity owners, including singer-actress Lin Chen Yu. With its stylish decor, Kiki is a great place to sit down with friends and have a meal—especially if they like spicy Sichuan cuisine. In fact, its extensive menu gives each dish a spiciness rating, ranging from one to five. Its popular house specials include Braised Chili Beef (NT$280) and Crispy Deep Fried Egg Tofu (NT$180).

C25 DEGREES CAFE
Anbo Road

Coffee lovers will enjoy C25 Degrees Cafe, opened by Taiwanese actress, singer and host Yu-Chen. The luxurious high-ceilinged cafe evokes a lively ambiance, which has glass windows spanning from floor to ceiling. Dig into its pan-fried foie gras beef burger (NT$470), or have a go at its savory fresh calamari with chili and lemon olive oil (NT$380).

TRADITIONAL TAIWANESE SNACKS

COFFIN BREAD

Though its name sounds right out of a world horror movie, Coffin Bread is anything but. This true blue Taiwanese night market snack is actually made out of a thick slice of bread, with an interior filled with thick shower of various ingredients, depending on where you go to have your fix.

AGEI

Agei is a local delicacy, unique to Tamsui, which is at the northern regions of Taipei. It consists of fried bean curd with vermicelli noodles as a filling. At street stalls in the area, it is served for about NT$35 with sweet and spicy sauce.

GARBAGE BAG MILK TEA

For a unique fix, walk along the streets of Liuliu Night Market in Kaohsiung City and you’ll find a stall selling milk tea in none other than a garbage-shaped bag at NT$35 each.

For more tantalising goodies, check out www.taiwan.net.tw

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http://www.facebook.com/TTBSIN

Hoola at Shida Night Market, Taipei
Nearest MRT: Taipower Building

Shida Night Market, a student-oriented market, is home to many small shops and eateries, making it great for tasting a little bit of everything. Walk along its streets and you’ll come across Hoola, a roadside stall selling Mahjong Cake (NT$50). Available in the assorted flavours of red bean, cream, radish and even tuna, among others, these cakes are placed in front of your eyes in a mahjong-shaped mould.
BEAUTY BOARD

There is no secret formula to looking good. You walk down the street and see that girl with radiant skin, silky locks and the perfect figure, besides the fact that she could have inherited her beauty genetically, behind-the-scenes was months of hard work to keep it up. Fear not, it is easier than it seems.

Besides heading to the salon for an expensive hair treatment, a more pocket-friendly solution can be found in your refrigerator. Although it is not fool-proof, natural remedies are definitely worth a try. Sounds egg-citing?

Tips & tricks to looking good!

HAIR

Volume Up

If you have too-straight or thin hair, opt for hair extensions that are braided or tied into your real hair to achieve a Korean or Japanese doll look. Hair extensions will help to add volume and length to your hair that you can curl, perm or dye according to your style.

Egg-citing!

If you have dry and limp hair, mix 1 egg yolk + tsp of honey + tsp of olive oil. Mix together and massage onto your hair for 20 minutes (no longer or it will start to cook!). Wash and shampoo. The vitamins and fatty acids in eggs will nourish your hair to help it shine.

For a deep conditioner: Beat 2 eggs and a tablespoon of honey. Set for 20 minutes and rinse.

Face

It isn’t difficult to have clear and good skin. The most important tip is always keep your face clean. The first thing you should do in the morning is to use a mild facial cleanser to wash your face (after brushing your teeth, of course)! Use facial tissues or cleansing water at least once to clear oils and dirt that traps in your skin throughout the day. It will help to prevent acne and freshen up!

SKIN

Homemade recipe

For brighter and glossy skin, try a mixture of ¼ cup oatmeal, ¼ cup warm water, 2 tbsp honey and 2 tbsp plain yogurt and apply on your face while it is still warm. Leave it on for 15 minutes then wash off thoroughly.

Masks

For radiant skin, the trick is to pamper yourself with a face mask every week. Be it from the local store or a homemade recipe, it locks in moisture and pumps in nutrients that your cleanser or moisturizer does not provide. Pop your mask in the fridge and leave it for 15 mins before you use it then enjoy an icy-cold treat!
WEIGHT

Having a healthy diet and regular exercise such as running or cycling will help in losing weight or toning your figure. It requires commitment and lots of determination to reach your goal, but you will have a sense of achievement once you fit into that dress you couldn’t wear a month ago!

Acupuncture

This traditional Chinese method uses thin hair-like needles that are inserted into particular spots of your body that helps to balance your “yin” and “yang.” By targeting those points, it releases endorphins - chemicals that help to control appetite if you tend to snack or overeat even when you are full. The frequency of treatment is different for each individual, depending on your condition. Accompanied with Tai-chi or yoga, you are on the road to weight loss.

Fun & Relaxed

Your journey to a healthier lifestyle doesn’t have to be tiresome and stressful. Long walks at the Botanical Gardens and Bukit Timah Nature Reserve can help in losing weight and relieving stress too. You may even see something interesting along the way! If you are with a group of friends, rent bikes and cycle at East Coast Park – you’re bound to lose tons of calories! A fun and easy exercise you can try is to hula-hoop – it is not strenuous, inexpensive and will help to tone your waist as you watch television.

TEETH

Poor dental hygiene can cause bad breath, cavities and even your teeth falling out. To prevent tooth decay, brush teeth twice daily and visit your dentist regularly.

Do-it-yourself

Having a smile makes you more approachable and always leaves a lasting impression. To keep your teeth glowing white, try rubbing the inside of orange peel or bay leaves onto your teeth, a traditional way of whitening without damaging your enamel.

Clear braces!

To get that perfect smile, invest in a pair of SimpliClear braces. They are virtually invisible (both the wires and the brackets are clear) and... wait for it... just as effective as metal braces!

SimpliClear archwires are specially designed to meet your unique treatment needs. It uses gentle forces to move your teeth comfortably and efficiently. That means less pain, more comfort = awesome!

You don’t have to restrict yourself because of your braces. The most beautiful thing a woman can have is a stunning smile, confidence in what you wear and just being yourself!

Joyce Ng, happy SimpliClear patient and founder of online retail store The Tinsel Rack.
Tips on Travelling Alone

Whether it's to gain a personal insight into the world or to ascertain your independence, there are many reasons to travel the world by yourself. Here are some tips for the first-time solo traveller.

**Dos:**

1. **Note the weather:**
   Lest you want to spend the entirety of your holiday battling heatwaves or braving the cold, we suggest that you check up on the weather during your travel period beforehand and note the temperature. You might book a beach resort in anticipation of watersports, but rainy weather will crush your spirits in no time. Generally, October to April is rainy season in Malaysia while for Thailand, November to February is the best time to visit as you'll have minimal rainfall to dampen your spirits. European destinations like London may be bearably cold in the day, but temperatures are likely to drop steeply at night and during winter the day is short, so it’s best to set off early in the day and head back to your lodgings as soon as night falls.

4. **Keep all your travel documents safely in one neat folder**
   Get those with segregated sections to organise the various travel documents - different sections can accommodate different types of travel essentials: maps, hotel confirmation, flight tickets, checklists. Make a photocopy of your passport just in case it goes missing.

5. **Stay in an interesting hostel**
   Travelling alone evokes a sense of freedom and adventure. Instead of a standard hotel, try getting a bed in a hostel in a central location. The backpacking craze has sparked off a new wave of hostels that cater well to single travellers - some even include perks such as guided tours, movie nights and bicycle rental to make solo travelling easier and more enjoyable.

6. **Keep expenses low**
   Taking the taxi might be an easy option overseas, but your expenses might skyrocket with no one to split the cost with. When in cities, try their public transport - trains are usually very efficient and affordable and you can get to your destination quickly without any worry for traffic congestion. Most tourist attractions and shopping centres are located within walking distance of train stations. For meals, street food makes for a tasty and affordable meal - a long queue is usually indicative of the food's tastiness and popularity with the locals.

7. **Take precautions**
   Many people might not think about health during their travels, but something as simple as carrying a mini first-aid kit means that you can get instant relief without having to worry about where to get help or relief.

**Dont’s:**

1. **Travel too late at night**
   Public transport usually operates till slightly before midnight so double check before you travel. Note the last attraction that you are visiting before you call it a night and book an accommodation that is walking distance from that spot to minimise any hassle and to stay safe.

2. **Succumb to touts**
   Do internet research on tourist hotspots and find out about the market price of goods and services.

3. **Ignore the dress code**
   Should you be heading to conservative countries such as Malaysia or UAE, be sure to avoid wearing revealing clothes. Some places might need you to wear covered shoes or you might be refused entry, so keep a tab on that.
Show us why you love SimpliClear® and you may win a set of completely clear braces worth more than $6,500.


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Or scan the QR code to enter:
Cheat Sheet
#22 Dating

TIPS FOR THE BOYS

Start smooth. Compliment her on how amazing she looks - don’t let her extra efforts of dolling up go unnoticed!

Be completely honest. Now, don’t tell her she looks “different” with all that makeup. Instead, tell her how nervous you were, or even, how you mustered the courage to ask her out! She’ll find it adorable, I promise.

Don’t be afraid to sweep her off her feet. By doing so, you’re given more opportunities to catch her when she falls!

One thing’s for sure: be polite. Go through what you want to say mentally before saying it!

Keep the conversation going! Silence is NOT golden - it makes you appear aloof. Ask her about her hobbies or favourite sports, but never touch on sensitive topics like past relationships.

Laugh. With him, at him, and even at yourself if you may think your laughter sounds a little too loud but honestly? Guys find it cute – even if you snort while doing so!

ETIQUETTE: How should you act?

There are three rules to being a gentleman:

Gentleman Rule #1: Open doors for her. Also, let her be seated first. It’ll definitely score you brownie points.

Gentleman Rule #2: Offer to pay for the bill and ask whether she wants dessert - don’t make yourself look like a scrooge.

Gentleman Rule #3: Always send your date home. If she refuses, send her home anyway

It’s cliché (but true) when they say “just be yourself.” Of course, there’s a limit to how “yourself” you can be.

Chew like you have a secret – never speak while eating, be quiet, and keep your mouth closed after taking a bite. How you get your dish can make a difference. If you can’t hold in that fork, close your eyes and pray that it’ll be silent.

If he treats you like a queen, don’t take his actions for granted. Always say thanks - a small gesture goes a long way!

TIPS FOR THE GIRLS

CONVERSATIONS: what do you say?

Being nervous can be very adorable!

A little thought goes a long way!

Laughing helps to break the ice!

DRESSING: What should you wear and NOT wear?

If there is one thing that ladies can’t get enough of, it’s shoes. We all know that Hawaiians are popular among dudes but... just don’t. Don’t even think about wearing slippers (unless you’re going to the beach).

Having said that we’re not trying to imply you have to wear a ton on the first date! Remember to dress to the venue - don’t overdress, nor underdress. A plain crew neck tee or a printed shirt from Topman to a café will do.

If you’re going to a restaurant, remember not to wear bermudas, or the dinner will be as if entering the Bermuda triangle - it’d disappear. If you’re going to bring her to the movies, bring along your hoodies. Just bear in mind that the person who is going to wear it in the cold cinema is not you – it’s her.

If you really want to capture his attention, it’s the P-word. Perfume. Don’t drench yourself in perfume though - keep it sweet and subtle.

Save the stilettos and your feet for another day!

Wear something comfortable - put those six-inch stilettos heels aside, ladies.

Just a spritz, not too much!

Dress simply, but smartly. If you’re going for that sleeveless dress, don’t forget to shave! Also, the less you reveal, the more they can wonder!
We kickstart our April edition by introducing our new blogger, Sharnaine Chan! Check out both our blogger girls’ takes on our question on social awkwardness — something all of us are familiar with.

Q: WHAT IS YOUR MOST AWKWARD SOCIAL MOMENT?

As I grow older, I learn how to classify people under different categories, and quite recently I added a new group called acquaintances to my mix.

Having met many of these acquaintances, my most awkward social moment has to be the time I met one of them on the train. Never having exchanged a conversation with her, our friendship was stemmed from the fact we were merely Facebook friends, which makes it more awkward as we already knew what was going on with each other through our daily updates. So instead of chatting to each other, we started bombarding each other with a series of questions. After she alighted, I realised that we knew everything about each other online, making me feel more aware about myself as well as how I present myself to others, be it virtually or literally.

OLIVIA KIM
> A GIRL IN HER 20S SEARCHING FOR HER PRIME TIME
WWW.OLLY-GOES-NAD.TUMBLR.COM
WWW.YOUTUBE.COM/OLLYGOESNAD

I was heading for a jog one evening and, while crossing the road, heard someone shouting “EN EH! Eh you!” repeatedly. Not wanting to be a busybody, I decided to ignore the shouts that seemed to grow louder and louder with more people stopping to see what was going on. When I crossed the road, I finally turned around to have a good look at the person shooting at the top of his lungs. Turns out it was a good friend of mine who was calling out to me. What made it worse was when he shouted “Are you deaf? I was calling out to you!” Talk about being spotted at my most unglamorous moment and while being stared at by multiple drivers!

SHARNNAINE CHAN
> LIVE IT ONCE AND LIVE IT RIGHT. EAT LIKE A KING, RUN LIKE AN ATHLETE, READ LIKE A BOOKWORM, SLEEP LIKE A SLOTH.
THEHUNGRYUNICORN.BLOGSPOT.SG
**SOUTH AUSTRALIA**

Rollin' in the Hills of Adelaide

**MCLAREN VALE**

A drive around the undulating hills and charming vineyards found in McLaren Vale nestled in the heart of the famous wine, olive and almond growing areas in McLaren Vale, another famous region beside Barossa Valley. Sample various wines at the Tintara Winery, which was famous for its Shiraz, and try some almonds and fresh olives on the Almond and Olive Train.

**KANGAROO ISLAND**

A popular weekend getaway for Australians is Kangaroo Island, the third least-polluted place in the world. Book a tour (AUD$288) or rent a car to explore the island.

Our first stop was Seal Bay where you can get real close to endangered Australian Sea Lions lazing in the sun and going for the occasional dip in the frigid ocean waters.

Somewhere near is the Hanson Bay Koala Walk where we tried to spot the ever elusive koalas nestled high up in the eucalypts. It was, however, much easier for us to get up close with roaming kangaroos and wallabies.

Kangaroo Island’s Flinders Chase National Park is home to iconic geological features. We had fun climbing up the granite outcrop to see the Remarkable Rocks’ intriguing natural wind-sculpted granite formations. Just down the coastline is the Cape du Couedic Lighthouse built in 1906; following the boardwalk led us to the breathtaking Admirals Arch, a spectacular natural arch formed by wave erosion. If you looked closely, you may spot a colony of New Zealand fur seals frolicking around it.

**RIDING ADELAIDE**

Up for an adventure? Rent free city bikes in one of the kiosks available and follow one of the many recommended cycling trails around the city and to the many beaches in Adelaide, like West Beach and Glenelg to enjoy the scenery and watch people riding the waves.

**VICTOR HARBOR**

We went to Goolwa where we boarded the Cockle Train, established in 1884, bound for Victor Harbor. Its nickname was given by fishermen because of the giant sized cockles which they sought after, was found along the shores of the beaches it passes. Victor Harbor, is a buzzing whaling town, from the Sunday market and tourists waiting to board the horse-drawn tram (AUD$5), which has been around since 1864 to ferry people to Granite Island, a rocky outcrop that offers a spectacular view of the ocean at the peak of the granite hill. Granite Island also houses a penguin population and do try catching the feeding sessions!
NORTH TERRACE

North Terrace Cultural Boulevard, where the museums and historical buildings are located, perfect for museum lovers and what more, all are free of charge. My favourite was the South Australian Museum, which houses also the Australian Aboriginal Cultures Gallery, home to the largest collection of Aboriginal artefacts in the Southern Hemisphere.

CENTRAL MARKET

Central Market, the oldest fresh produce market in Australia, with over 50 shops selling fruits, vegetables, poultry and dairy products, confectionery, artisan and organic products and many more. The store owners were more than happy to let us sample the freshness and goodness of the many locally-made products, which are sold at a lower cost than stores around the city. Located only beside the market is Chinatown where a variety of Asian products are sold.

RUNDLE MALL & HAIGH'S CHOCOLATES

Haigh's Chocolates marks the start of Rundle Mall, a vibrant pedestrian shopping street, which is also the retail epicentre of Adelaide, and boasts over 600 retail stores, 2 major department stores and 16 arcades. Popular local brands like Jurlique, Cotton On can be easily found and food courts selling affordable food are aplenty.

Catch the free city tram/bus conveniently to Australia’s famous Haigh’s Chocolates Visitor Centre where you can observe how chocolates are produced close up and try samples too!

HANNDORF

I love the small quaint town of Hahndorf, Australia’s oldest German settlement dating back to 1861! Explore the streets lined with shops selling all sorts of interesting trinkets, leather goods, German pastries and candies and a must-visit would be the Hahndorf Candle Barn which sells handcrafted scented candles and soap bars.

For more on South Australia, visit: http://sg.southaustralia.com BrillantAdelaideSouthAustralia.SG
PARALLELS DESKTOP 8
SOFTWARE FOR MAC USERS
$99

Parallels Desktop lets you run Windows virtually as an application while you are using a Mac and still have it run smoothly without a significant decrease in speed.

For novice users, it may be confusing at first but its ease of use and functionality should be factors to consider for those who are looking to get more out of their Mac. Manage your workspace by setting Exposure options for each application. It features Mac OS X keyboard shortcuts, and allows your sight to be shared between Windows and Mac. Its brilliant graphics capabilities are perfect for playing games or using 3D software for your classes.

FERRARI S100 EARPHONE
BY LOGIC3
$193.90

The Ferrari S100 earphones with its quality audio, enables you to fully enjoy good beats and heart-thumping music. Developed with the latest acoustic technology – and decked with a superior frequency range – these buds provide for a rich bass sound. Take your pick from any genre of music, and the buds will deliver dynamic sound directly into your ear. Coupled with its chic and sporty design that is inspired by the Scuderia Ferrari racing team, this pair of earphones is also noise-cancelling and comes with a variety of interchangeable ear buds for comfortable use.

THE GREAT GATSBY
(16 May 2013)
Cast: Leonardo DiCaprio, Tobey Maguire, Carey Mulligan

The all-time classic novel by F. Scott Fitzgerald is coming to the big screens. The story follows the journey of a young Yale graduate Nick Carraway (Tobey Maguire), as he moves to West Egg district near his distant cousin Daisy Buchanan (Carey Mulligan) and her husband, Tom Buchanan. Nick’s next-door neighbour is a mysterious millionaire named Jay Gatsby (Leonardo DiCaprio), Daisy’s ex-lover. Tragic events occur as Gatsby and Daisy’s long lost love rekindles. This story captures the disillusion of a society obsessed with wealth and status.

FAST AND FURIOUS 6
(23 May 2013)
Cast: Vin Diesel, Paul Walker, Dwayne Johnson

Laying low with the $100 million gained from their previous heist, the elite muscle car loving team is called to action this time round by Hobbs (Johnson) to take down a lethal ring of money-grubbing car thieves. A battle of the finest criminal outfits against a back alley team of deviants, this fight ends up hitting closer to home for Dom (Diesel) and Brian (Walker) as they discover that Letty (Rodriguez) is still alive.
20 Apr 2013 | 8.30pm
The Coliseum, Hard Rock Hotel
Tickets - $128-$228
U-KISS Collage Tour Concert

The 7-member KPop band U-KISS (comprising members Soohyun, Keysoon, Kiseop, Eli, AJ, Hoon, Kevin and Dongho) will be in Singapore for their first full-blown concert. There will be a fanmeet session at 5pm, followed by their performance, which will include hits like Neverland and Shut Up.

6-11 May 2013
Republic Polytechnic
Momentum 2013
Republic Poly’s Dance Festival

In its sixth year running, Republic Polytechnic’s dynamic Dance Festival “Momentum” is back with the theme of “Synchronicity”. Presenting how technology and modernity has seeped into several of our traditional cultures and beliefs - the festival will also boast an impressive lineup of exciting performances and workshops choreographed by some of the best dance talents in Singapore.

10 May 2013 | 7.30 pm
Esplanade Concert Hall
Tickets - $15-$72
The Grand Romantics (SSO)

Violinist Chloé Hanslip takes on Elgar’s passionate and gorgeous Violin Concerto in G minor, which has become one of his best-loved compositions. Following that is Richard Strauss’ most popular tone poem, Also Sprach Zarathustra which has been featured in the film “2001: A Space Odyssey”.

25 Apr 2013 | 8 pm
Hard Rock Hotel, Resorts World Singapore
Tickets - $88-$98
Cohed and Cambria

New York’s progressive rockers are back in Singapore for the second time with their own concert - previously opening for Slash, the head-banging act is here to perform tracks from their two-part album, The Afterman. Tagging along is Circa Survive, a Philadelphia rock band to promote their latest album, Violent Waves.

10 Apr - 4 May 2013 | 3pm, 8pm
Drama Centre Theatre
Tickets: $45-$75
The Importance of Being Earnest

Directed by Glen Goei, with an all-male cast that includes a few big international names and some of Singapore’s most acclaimed actors like Roshan Sethi, Ivan Heng and Chua Enlai, the play is a comedic spin on the trials of falling in love, hidden personalities and the quirks of high society.

26 Apr - 12 May 2013 | 3pm, 8pm
DBS Arts Centre
Tickets: $30-$50
Rabbit Hole

Written by David Lindsay-Abaire, this moving play showcases the emotional aftermath of a couple that is trying to come to terms with a recent tragedy. Played by veteran actors, Janice Koh and Adrian Pang - the Rabbit Hole is a great insight to the spectrum of emotions humanity deals with on a day-to-day basis.

24 May - 9 Jun 2013 | 2pm, 8pm
MasterCard Theatres,
Marina Bay Sands
Tickets: $85-$175
Dirty Dancing

For the first time in Singapore, the iconic story set in the summer 1963 between Baby and Johnny will be re-lived on stage. Featuring all the hit singles including, “Hungry Eyes”, “Time of My Life” and the iconic “Hey Baby”, this sensational musical will be a treat for any fan of the original movie as well as the songs.
BY GRACE YEOH

PASSION VS. PRACTICALITY

There is often a negative connotation that comes with being an idealist. It implies lofty dreams that are out of reach. Yet, we push for a holistic education in which we nurture good students to be better people through emphasising creativity and following their interests.

In a pragmatic society like Singapore, can one ever marry passion with practicality? Or are the two P’s destined to remain in an eternal dichotomy? In the constant battle of heart versus head, individualistic pursuits versus familial obligations, Campus sets out to discover which side often wins.

“I am very intrigued by filmmaking. However, as much as I’d like to make my passion my career, I’d probably pick a 9-to-5 job. I need the certainty of being able to receive a paycheck that can sustain me and the people I need to support.”

Ryan Paul Augustine Lim, 20, Ngee Ann Polytechnic

“Passion. When I look for a job, I look for one that complements what I am interested in. I look for a job that I find relevant to what I enjoy doing during my free time.”

Lee Hanjing, 20, National University of Singapore

“My idealism would go for passion, so I can say I have lived my life the best way possible, but my pragmatism would push me to choose practicality. I have a family to provide for, and I would not want to jeopardise that for the sake of selfishly chasing my dreams.”

Clarissa Sih, 20, Ngee Ann Polytechnic

“For me it’s all about practicality because my passion lies outside academic pursuits. It would be easier to get a job if I studied accounting. Then I can use the money to fuel my interests like diving, which isn’t a cheap hobby.”

Cheng Yuan Hong, 23, Nanyang Technological University

“I will start off by looking for a job that interests me. Pay is secondary but it should be realistic. Ultimately I can work for something that I like with a lower pay, but I cannot work for something I hate with a high pay.”

Tan Xiang Wei, 23, Nanyang Technological University

“My pushing factor is passion. I believe that if you do what you love, you will excel in it eventually. After all, quality of life can be defined in many ways. Working for something you are passionate about is what living means to me.”

Tok Pei Yi, 23, Singapore Management University

“While it might be possible to find a mix of practicality and passion, I say practicality rules the day. Silver spoons in mouths are of limited quantity and if you don’t have one, the next step is to aim to procure one. That said, if there isn’t the slightest configuration of passion in your bid for practicality, the latter won’t last.”

Tan Sze-Ern, 21, National University of Singapore

“The best scenario is a combination of both. However, if there is a job that I do not have passion for but pays well, I’d accept it because I want to provide for myself and my family.”

Charmaine Choy, 21, Republic Polytechnic
Fads That Keep Off the Fat

We've all gone through that phase in our lives where we'd stare at our naked bodies in front of the mirror and think something major needs to be done. Unfortunately, when we're all too lazy to go out for a run, instead, we resort to crazy diets as a way to shed off that spare tyre. If you think you've done the extreme, wait till you see some of these crazy diets that people have gone through. Warning – try them at your own risk!

The Japanese Banana Diet

**How it works:** According to the Japanese, consuming the fruit every morning will perk up your metabolism so much, it allows you to eat anything for lunch and dinner and still shed off a few pounds! Dieters are also to stop eating after 8pm and sleep by midnight. This diet was so popular in Japan in 2009, it even resulted in a shortage of the fruit! Even today, there are still websites entirely dedicated to this diet, and forums where users share their dieting experiences.

**Risks:** None

**Conclusion:** While the part that says you can eat anything for lunch and dinner sounds a little fishy, there's probably no harm trying out this diet. In reality, all you're eating is a healthy fruit, especially if you're bananas for bananas!

The Celery Diet

**How it works:** Believe it or not, there are foods that are “negative-calorie” foods, which born more calories digesting them than they actually contain. That is essentially the premise around the celery diet – which, surprise surprise – involves eating just celery. If you're one of the few people who love celery, this might be your dream come true.

**Risks:** A deep aversion to celery after the diet.

**Conclusion:** Truth be told, the difference in calories consumed and calories expended is so minute, you’d have to eat hundreds and thousands of celery stalks for it to happen! However, instead of simply eating them plain, nutritionists have suggested including this vegetable into your balanced diet plan instead, such as having celery with peanut butter as a snack. Now, that sounds like something less torturous.

The Tapeworm Diet

**How it works:** You ingest a tapeworm, for real. Technology is so advanced that they can even come in tablet form! Like a parasite, your new tummy buddy will share your food with you, making you absorb less calories. Eventually, the tapeworm is expelled from the body through bowel movements, but to make the process less gross (as if the diet isn’t already), people also take drugs designed to kill the tapeworm so that it’ll already be dead when removed from the body.

**Risks:** The tapeworm moving into other parts of your body (they are living things after all), vitamin deficiencies, abdominal pain, nausea, etc.

**Conclusion:** Needless to say, this is a high-risk procedure despite carrying several success stories. Even then, with its negative side effects outweighing the benefits, having a foot-long creepy-crawly in your stomach is probably not the smartest diet plan out there.

As cliché as it sounds, the most effective diet is still a balanced diet. Fad diets like these are ephemeral – they become really popular, only to fade into oblivion. If you’re aiming for long-term weight loss and the maintenance of it, just remember your 2 servings of fruits and vegetables, stay away from too much fatty meats, and always stay within your recommended calorie intake. I personally managed to lose weight by doing so and cutting out fast food and fizzy drinks, so you can try the same!
Students get bullied for the worst reasons. Some get bullied just because they’re different, or even just because they are good at their studies. You’d be surprised how many people have been bullied before. It’s happened to almost everyone at some point in their lives, whether it’s verbal, physical or cyber bullying.

**Verbal Bullying**

Megan*, a 16-year-old teenager admitted that she was bullied, and it was because of her teacher.

“It started when my teacher made me the butt of her jokes in math class. I knew I was slow in math, and she made it worse by bringing me to the centre of attention in class by making me answer a lot of questions that I would get wrong. It was really humiliating. My classmates made fun of me in class, and the teacher would never say anything about that.”

Research has shown that people choose to become bullies because they are or have previously been abused in their lives. Victims of bullying often lose their self-esteem, making them shrink into their own shells, so in order to regain their self-esteem, former victims tend to abuse others to feel in control.

* * her real name

**Cyber Bullying**

Believe it or not, Singapore is ranked as the nation with the second highest occurrence of cyber bullying (outside the United States), according to a study by Microsoft. China takes first rank, with Australia and Malaysia behind Singapore.

Contrary to popular belief, cyber bullying is one of the most debilitating forms of bullying. Cyber bullying happens in forms of emails, rumours-spreading and framing. It doesn’t happen only in chat rooms, it can also occur in apps like WhatsApp and social media sites like Facebook and Tumblr.

Bullies usually send threats through these mediums to intimidate their victims and affect them. This happens a lot locally, in secondary schools. One example is a bully creating a Facebook page simply to humiliate the victim. The case grows worse as more and more

schoolmates ‘like’ the page, and add wall posts, further bullying the victim. Just recently, a teen in Canada committed suicide when compromising photographs of her were circulated digitally amongst her peers.

The victims are psychologically affected but they tend to refrain from seeking help because they feel it’s ‘wimpy’ to have professional help for cyber bullying.

**Physical Bullying**

You may breathe a sigh of relief upon hearing that physical abuse in Singapore is nowhere as violent as the cases in America, where children are ruined up for being smart, gay, or simply different.

Closer to home, there are also well-documented bullying cases in Japan, which often end in suicide. A recent study by the Ministry of Education in Japan shows that there are more than 40,000 cases of violent bullying, majority of them occurring in primary schools.

**Getting Help**

If you’re a victim of any form of bullying, seek help through counselors, teachers and parents. You can also seek help online through the Coalition Against Bullying for Children & Youth at www.cabcy.com.
HUMAN TRAFFICKING: THE REALITY IN NUMBERS

BY PRABHU SILVAM

If you think growing up is a pain, think about the 4 million people trafficked against their will every year. Human trafficking one of the greatest calamities of the 21st century; contrary to popular media, men and boys are just as susceptible to exploitation as their female counterparts. Sex trafficking, forced labour and child labour form the entirety of human trafficking and this is the reality:

VICTIMS BY NUMBERS

There are at least

27 MILLION

slaves worldwide

Every year, 56% of global figures or

1.4 MILLION

people forced into labour are from Asia and the Pacific.

99% of victims are not rescued.

Every 30 SECONDS

only 1 trafficker is convicted.

For every 75,000 victims, someone falls prey to Human Trafficking.

THE COST OF HUMAN TRAFFICKING

Human trafficking is an annual

$31.6 BILLION

industry

30.6% of total revenue or

$9.7 BILLION

is generated in Asia and The Pacific alone.

In 1850, the cost of a slave (in today’s dollars) was

$40,000

In modern slavery, the price of a slave is

$30

The average “debt” incurred by human trafficking victims in SE Asia as forced upon by their captors, making it impossible to escape the debt bondage cycle.

US$50,000 DEBT

SEX INDUSTRY SLAVES

The average sex trafficking victim is forced to have sex up to

20 times/day

An estimated 2.5 million children, the majority of them girls, are sexually exploited in the multibillion dollar commercial sex industry.

In Asia, the average age of entry for a girl into prostitution is 13, for a boy 12.

FORCED LABOUR SLAVES

The owner of a brothel in Southeast Asia can buy a woman or child for as little as

US$50

13 are signed away to bonded labour at the age of 13

30 hours a day, 7 days a week and $0 in salary: the average workday for Cambodian and Burmese men duped into forced labour in Asia.

18-20

Pakistani child labourers are

Nothing hammers home about growing up more than watching your friends go through it. Take a look at Eugene Soh, Campus’ award-winning resident photographer as he takes on the issues that plague Singapore’s youth when deciding to start a family.

**THE NEW NORMAL: BABY BOOM?**

**PHOTOS BY EUGENE SOH**

1. **BABY BURDEN**
   Once described as a bundle of joy, the giant floating baby depicts two things — rising costs to raise one, and that babies are never known to keep still.

2. **MO MONEY MO PROBLEMS**
   Whoever said love doesn’t come with a price tag clearly has not stepped into a mall. The cost of raising a baby is a hefty, especially for the fashion-conscious.

3. **THE BRAINIAC TALE**
   Child prodigies are hard to come by, if you are looking to cultivate one, will it mean plenty of hours spent within Singapore’s rigid education system?

4. **THE DAILY SQUEEZE**
   Squeezing into an overcrowded cabin is the norm for everyone at the end of the day, so what’s it like having to squeeze another (albeit smaller) person in?

5. **CONSUMERISM AND HAPPINESS**
   From fashionistas wanting to match clothes with their darlings to primary school kids nagging for iPads, where do you draw the line with consumerism?

6. **IF MY FAMILY DID IT**
   Past generations have effortlessly pulled off raising kids — so why is the generation Y so apprehensive about having one?
By Marion Ang, Yoon Ji Seon & Prabhu Silvam

With bold prints, funky colours and solid prints, embrace your youth by daring to be different! Be it pairing your favourite graphic tees with the classic chino or frilly frocks with a leather satchel, the modern youth is increasingly more brand-conscious than ever. While finding your own individual style takes time to figure out, here are some picks for dressing up to the nines or kicking up a sweat on a weekend afternoon.

**UNIQLO UT 2013**

Brimming with graphics printed tees, casual-chic is made easy with Uniqlo's Graphic T-Shirts. Simply throw on chequered skirts, slim-fit trousers or a pair of cotton shorts for a fresh summer look that is great for Singapore's all-summer seasons. For the girls, pair them with bright neon accessories and a pop of colour with your bag or lippy and you're all ready for your shopping date!

**REEBOK SUBLITE SPRING-SUMMER 2013**

Win one!

Run in comfort with the new Reebok SubLite Duo running shoes. Built with the unique dual-density SubLite foam technology in the mid-sole, the SubLite Duo footwear provides maximum seamless support to secure your feet while running, with excellent breath-ability. Each shoe is moulded with a PU lightweight sockliner to provide stability so you're able to run longer distances in style.

**THE CAMBRIDGE SATCHEL COMPANY**

Win one!

Chic meets classy in The Cambridge Satchel Company's new line of colours that will make you feel like a Victorian poet while keeping you up to date with this season's trends. Made of calf leather, the bags can be worn slung across the body comfortably. The Classic 11” Satchels are roomy enough for daily essentials, while the 14” Satchels are perfect for a handheld tablet, a few books and even a make-up kit. Not forgetting the lads, the mixed-colour 15” Satchels are sturdy enough for a rugged day at work or long night in town.

Make Up For Ever's High Definition (HD) Collection can help you achieve a flawless look, just like the celebrities on the red carpet! The hot-selling HD Foundation ensures that you'll have a defined and slimmer face and are used by celebs who've filmed on HD television (which can pick out even the smallest facial bumps). This collection can complement your gorgeous little black dress and heels party look!
EVERY LAST MORSEL

EMICAKES

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HEART-SHAPED MARZIPAN THAT'S
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HEARTFELT MESSAGES. IT'S
AVAILABLE IN MAO SHAN WANG,
PREMIUM D24 DURIAN, OR PURE
ADDITION FLAVOURS. FOR MUMS
WHO LOVE DURIAN, THERE'S MAO
SHAN WANG WITH ITS SPICY
CREAM DESIGN AS WELL AS THE
PREMIUM D24, WHICH HAS 3
LAYERS OF VANILLA CHIFFON,
INTERSPERSED WITH THICK
PREMIUM D24 DURIAN CREAM.
PURE ADDITION IS A RICH
CHOCOLATE GANACHE-COVERED
CAKE WITH THREE LAYERS OF
MOIST CHOCOLATE CHIFFON,
PERFECT FOR CHOCOHOLIC MUMS.

BIBICO

THOSE WITH A TASTE FOR
KOREAN WILL PROBABLY
HAVE HEARD OF BIBICO,
WHICH SPECIALISES IN
HEALTHY KOREAN CUISINE
AND MANAGED BY KOREA'S
LARGEST FOOD & LIFESTYLE
COMPANY. THEIR SIGNATURE
BIBIMBA Dishes OFFER A
CHOICE OF 4 TYPES OF
5 TYPES OF TOPPINGS
AND 3 TYPES OF SOURCES.
THERE ARE ALSO POPULAR
STONE DISHES - LIKE
CHICKEN KIMCHI,
FRIED RICE AND HOT
STONE SOUP - AS WELL AS
MAINSTAYS LIKE BULGOO,
JEJU RAMEN AND A
RANGE OF STEWS. KOREAN
Liquor is also available.

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many more to create your own music on the go!

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Assignment overload? Relationship strained? Confused about what to wear or eat next? Or where you left your important term paper? School life is all about stress, but we all need a bit of an outlet - so here's a quick fix to your stressful problems!

**INSTRUCTIONS**

1. Cut out the illustration
2. Stick it on any unobstructed wall
3. When stressed, just whack your forehead to the red centre. Go on, give it all you’ve got.
4. When you wake up, you’ll be stress-free!

**Instant Stress Relief**
The full-time Master of Science (MSc) degree awarded by University College Dublin is a prestigious postgraduate award designed for managers and professionals who wish to advance in their education and careers in the areas of finance and management. University College Dublin is ranked highly as the top 1% of universities worldwide* and one of less than 25 schools in the world to hold the coveted triple crown accreditation from 3 centres of business and academic excellence.

This advancement opportunity is offered at Kaplan Higher Education Academy.

* Times Higher Education World University Ranking 2012/13

For more information, please scan the QR code.