

ISSUE 32

# CAMPUS

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artwork by Princess Danielle C. So

INCLUDES HEALTH SCIENCE SPECIAL



COMMON  
THREAD

X

COVERME  
CAMPUS 2014

# Selfie Style Story

cover model search

Be our next cover model and  
win goodies worth over \$600!

## STAGE 1

Submit a full-body  
**#ootd** photo of yourself  
and a short write-up  
describing your Selfie  
Style Story: What's  
your personal style, why  
you like taking OOTDs,  
and why you think your  
OOTD deserves to be  
chosen.

Entries close: 2 Nov



Enter now



## STAGE 2

**Style Challenge:** The top 6  
finalists will receive one item  
from multi-label boutique  
CommonThread, which they  
will have to style their own  
outfit around.

## STAGE 3

**Photoshoot:** The top 6 will  
undergo hair & makeup  
sessions, and provided apparel  
from CommonThread (worth  
\$50), for a professional  
photoshoot to be in our next  
issue spread!

Photoshoot: 14 Nov

The cover model winners (1  
guy, 1 gal) will be determined  
by public voting. Winners will  
also receive items (min. value  
\$150) from our title sponsor,  
CommonThread.

Voting period: 16 - 23 Nov

Or submit your entry at



campus.singapore

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Tell your Style Story

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 [campus.singapore](https://www.facebook.com/campus.singapore)

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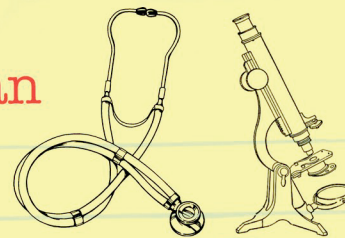
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## CRIME SCENE INVESTIGATORS NEEDED We Need You Right Now

There have been disturbing and unexplainable paranormal activities at Downtown East. Find out more about one of the five suspects and come forward as a Crime Scene Investigator now to solve the mystery case.

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Chief Investigator

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## DOORS TO 'HELL' OWEEEN



I KNOW WHO  
KILLED YOU  
THIS HALLOWEEN

Crime Scene  
Begonia Pavilion  
@ Downtown East  
31 Oct ~ 2 Nov 2014

Organised by:



Communities involved:



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# WANDER-FUL TAIWAN

## THE SURREAL DEAL

### 野柳地質公園

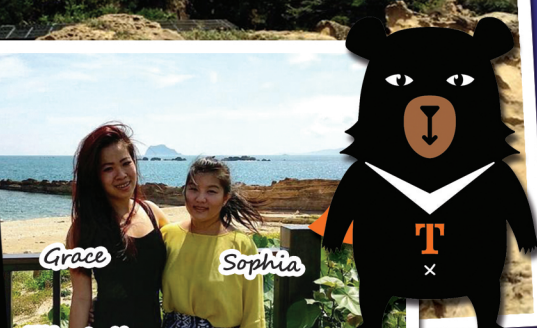
#### YEH LIU GEO PARK

Located an hour's ride from Taipei City, on a cape on the north coast of Taiwan, is a natural - yet oddly surreal - geological wonder. The Yeh Liu Geo Park is known for its artistic rock formations eroded by water, wind, and rocks over time. One of the most famous rock sculptures is the "Queens Head", which at a certain angle looks like an Egyptian Queen's side profile.

Other rock formations to look out for include the Dragon's Head Rock, Elephant Rock, Fairy's Shoe Rock, and The Cute Princess.



The Queen's head



Grace

Sophia

Last month, we sent the winner of our Travel2Taiwan contest - Grace Aik - and her friend Sophia to Taipei to report on the 'Real' and 'Surreal' aspects of this bustling city. From wacky food items to awkward hotel experiences, here's what Grace has to say about 'Surreal Taiwan'.

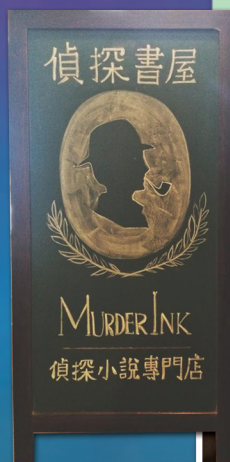
### 偵探書屋

#### MURDER INK BOOKSTORE

Tucked away in a corner on Nanjing Rd is Taiwan's first detective novel bookstore that caters to this specific genre - from crime thrillers to detective mysteries, and historical spy novels. Both new and second-hand books (in Chinese, English, and Japanese) are available for purchase or perusal.

Occasionally, the store plays hosts to local writers who share their stories related to the world of fictional crime.

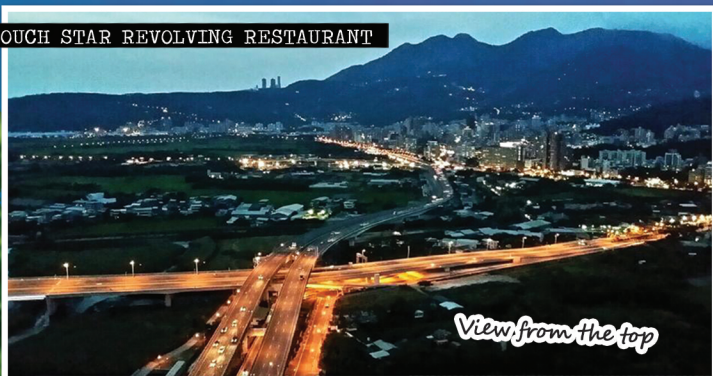
There is a small selection of drinks and snacks available, as well as seating areas to enjoy a good read in a surreal setting reminiscent of the movie set of Sherlock Holmes.



The kind of place for mystery buffs



### TOUCH STAR REVOLVING RESTAURANT

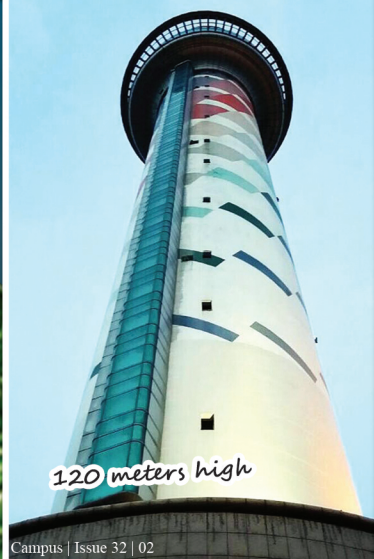


View from the top

### TOUCH STAR REVOLVING RESTAURANT

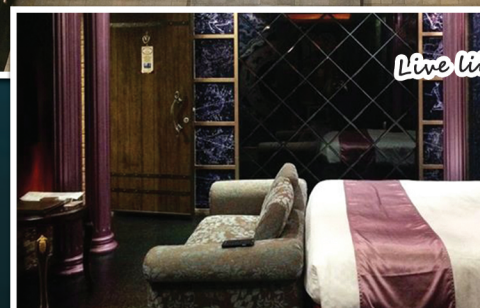
Oddly located at the top of an old waste incinerator 120m up in the air is a revolving restaurant with a breathtaking view of the city. The seating arrangement allow all diners to face the glass windows as they dined. It takes 90 minutes for the restaurant to make one full circle, so you get to enjoy the ever-shifting cityscape throughout your meal without getting dizzy.

Their set menu ranges from NT \$680 to \$1,380, and come with 5 mini starters, a drink and dessert. We tried the 'Pan Roast Matsuzaka Pig' and the 'Crisp Marinade Chicken Leg'. A satisfying meal from start to finish, I would definitely recommend this place to anyone looking for a unique night out!



120 meters high

### SATO CASTLE MOTEL



Live life



## 便所主題餐廳

### MODERN TOILET RESTAURANT

As the story goes, one of the co-owners was struck by inspiration for this restaurant idea when he was - yup - sitting on a toilet. What started out as a humble novelty ice cream shop quickly turned into a full-fledged restaurant offering a surreal dining experience.

Having a meal while sitting on a toilet bowl with a bathroom sink as your table may not sound like the most appetising activity in the world, but after you've overcome the mental barrier, you begin to enjoy the experience of eating out of a toilet bowl with ice cream that bears a resemblance to a well-shaped number 2.

The food is decent, and the experience slightly disorientating, but overall, you do it just for giggles. Currently, there are 12 locations in Taiwan and Hong Kong.



## A PIECE OF GAYKE



## 大雕燒

### A PIECE OF GAYKE

Taiwan is home to a number of wacky food inventions, amongst them a phallic-shaped hotdog waffle. Made of egg cake batter, this male genitalia-shaped delight has a German sausage in the middle. Choose from a variety of toppings and flavours for your eating pleasure.

It's tastier than expected, and provides a very awkward eating experience. Rumor has it that it was made so that scorned girlfriends could buy them to chew off their anger.



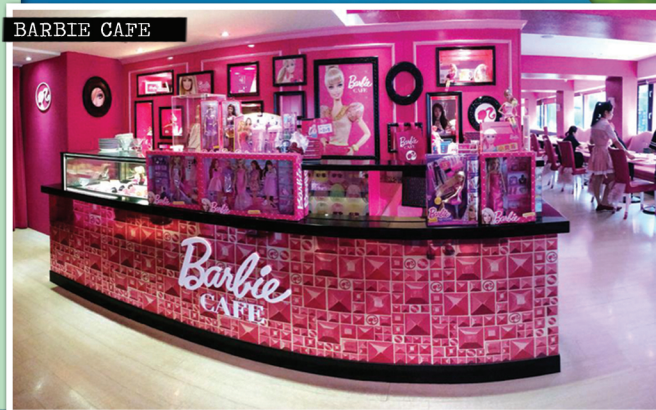
## BARBIE CAFE

From the outside, you can already tell that you'll be greeted by a lot of pink. We were greeted by the sight of pink everything - pink chairs, pink tables, pink placemats, and waitresses dressed in pink. The food and desserts are also crafted to suit the overall theme.

Their set lunch menu has a very decent selection; both Sophia and I were pleasantly surprised to find that the food was delicious!

The entire time we were there, we only spotted one male (a reluctant accompanying boyfriend) patron. It takes a real man to brave this café on their own. Challenge accepted, anyone?

## BARBIE CAFE



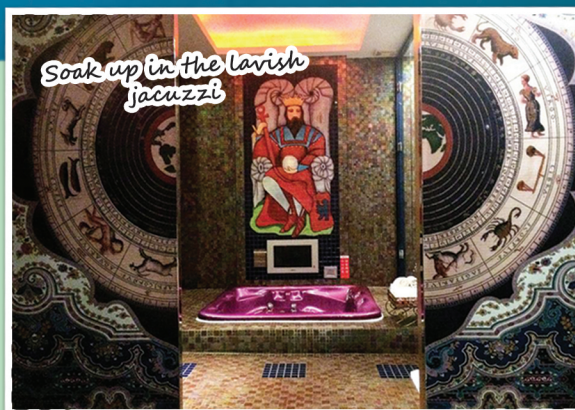
## 歡迎蒞臨莎多堡奇幻世界

### SATO CASTLE MOTEL

Step into this fantasy-themed motel and you'll be transported back to medieval times with armoured knights and torch-lit hallways. Each of the surreal 51 rooms transports you to a different world, from Princess Castles, to Pirate Bays, to ancient Egypt, to a Mafia Den, and even a Man U themed-room!

You can check into a new room - which comes in 3 sizes: Castle, Queen, and King - each night. All are spacious and lavishly decorated. The shower room doubles up as a sauna steam room, while the jacuzzi bathtub - with a mini TV that screens adult movies - makes for an awkward yet relaxing activity. This is, after all, a "love motel".

The hotel is a mere 5mins walk from Jiannan station. Drivers can also park their cars in a private garage right in front of the rooms. This was definitely the most memorable hotel I've stayed in by far!



For more tours, check out  
[www.taiwan.net.tw](http://www.taiwan.net.tw)



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# Cheat Sheet

By Nicole Hilary Teo

## #32 Travel tips

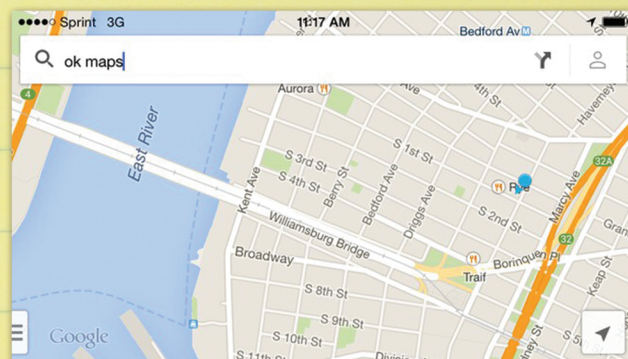
Love to travel? Here are some tips to enhance your travel experiences!

### TRAVELLER REVIEW SITES

While traveller review sites are helpful when it comes to planning for a trip, they are not entirely dependable. Some mindsets will be different from your own, and some negative reviews you read may be the result of a singular unpleasant experience. Try to look for posts with a larger pool of contributors - their overall ratings tend to be more reliable. Try to look for user-posted photographs as well, as they add further reliability to the review.

### BE OPEN-MINDED

When you travel, it's highly probable that you'll come across a variety of lifestyles that are different from your own. Embrace these differences and see them as learning opportunities. Also, sometimes things don't go according to plan, so take this chance to explore things you didn't plan on. Always remember that a smile gets you further than an angry tantrum.



### SNEAKY SALES TACTICS

Use your browser in 'Incognito' mode (or 'New Private Window') or clear your cookies when you're browsing for plane tickets! Some travel websites have the tendency to increase their prices the second time you visit, as they know that you're more likely to purchase the tickets this time.

### GETTING AROUND

Google maps are great, especially if you're in unfamiliar territory. You can use Google maps offline - just type "OK Maps" in the Search field to save the portion of the map you're viewing onto your device. You can then access the map - and zoom in for greater detail - without data connection.

### PACKING ISSUES

You'll have to leave some things behind when you pack for a trip. If you're not sure about packing something, chances are you don't need it. You can also buy certain items at your destination country. Packing some waterproof bags can be handy to keep dirty laundry and/or any liquids you bring back.



### STAY HEALTHY

Travel may be adventurous, but there is always a chance you'll run into some health issues that could prevent you from doing what you planned, so packing the right medication (like charcoal pills, painkillers, etc) is better than suffering or consulting a foreign doctor. Obviously travel insurance is useful, even if you're not planning on roughing it.

### IMPORTANT DOCUMENTS

Keep both digital and physical copies of important documents, such as your passport and visas, with you in case of any emergency. Remember to take note of important phone numbers as well. Better safe than sorry!





By Cheryl Tan Kay Yin

# Five Private Islands: Getaways Near Singapore

Instead of the usual shopping and city destinations for your next trip, here are 5 nearby private islands you can try. The usual beach activities apply, but the seclusion these islands offer take you miles away from the madding crowd.



## Nikoi Island

Located 85km (2 hours) away from Singapore, getting to this private island involves a ferry to Bintan, and a taxi to the private launch, and finally a boat to reach Nikoi. Each of the 15 stilted beach houses can accommodate two to six people. The island is a sea turtle conservation area and emphasises environmental conservation and sustainable living, thus the houses have no air conditioning, and instead rely on sea breezes and double-vaulted roofs and fans to circulate air. There is no lack of things to do both in the day and night. The variety of watersports on offer include fishing, diving, kayaking, windsurfing, paddle-boarding and snorkelling. For terrestrial lovers, there is an abundance of hiking trails and rock climbing sites available too.



## Pulau Tengah

Batu Batu on Pulau Tengah (Johor, Malaysia) is a private island resort set amongst coconut groves, rocky outcrops and eight white sand beaches. There are 20 one-bedroom and 2 two-bedroom villas constructed in the style of a Malay kampung.

Activities abound on this island; snorkel or dive amongst colourful coral reefs, and kayak or walk around its 3km perimeter. For dinner, there is an open-air restaurant facing the sea where you can watch the setting sun.

Accommodation is RM230 per adult and includes 3 meals a day, starting with the first meal served after you arrive at the resort. To get there, take a 20 minute ride (RM55 for adults for a single boat trip) in the resort's speedboat from Mersing Jetty to Batu Batu.



## Pulau Pangkil Kecil

Pangkil lies off the coast of Pulau Bintan, it has nine individual houses ('Driftwood Palaces'), all of which have unobstructed sea views and Wifi access. However, it can only be rented out as a whole. For 3D2N, it can cost between \$2600 to \$6,900 for 1 to 10 people depending on the season. The accommodation cost covers just about everything, including three meals per day (6 meals for a 3D2N weekend) and full use of all the facilities (pool, kayak, sailing, volleyball). Land transport across Bintan (from Tanjung Pinang) and the Pangkil launch from the port of Kijang to the island is covered as well. They also provide massages, fishing trips, and excursions to nearby islands at an extra cost.

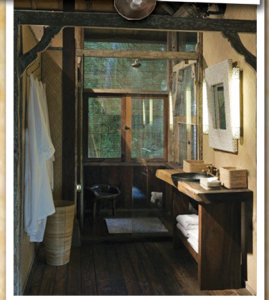


## Pulau Joyo

Located in Indonesia's Riau archipelago, Pulau Joyo is a luxury resort with 6 "palaces".

A plethora of activities is on offer, from a traditional massage at the spa to a half-day trip on the air-conditioned Hang Tuah, a 140-foot yacht with modern amenities.

Water lovers can snorkel off the eastern tip of the island which is famous for its marine life. In the evenings, enjoy the sunset and dine beneath the stars while lounging on the beach with some wine. From the Bintan Resorts Ferry Terminal, guests are transferred to Sungeinam jetty by car, before catching a speedy Pattimura ferry to Joyo island. It costs \$350++ per night per adult and includes all daily meals, all transfers from Tanjung Pinang ferry terminal, unlimited snorkelling and kayaking, and other facilities.



## Pulau Sugi

Located 3 hours from Singapore, Telunas Resorts on Pulau Sugi is situated within a cove, surrounded by a variety of plants and wildlife including hawks, eagles, kingfishers, and Grey-back monkeys, just to name a few. It has over-the-water chalets and villas at two locations: Beach Resort (from \$135 per room) and the new Private Island (from \$225 per room), with the former catered for groups, and the latter for couples (constructed in 2014). To get there, take the ferry from Harbourfront Singapore to Sekupang (Batam) and then another boat to Pulau Sugi; the total travel time is just over 3 hours. Meals at Telunas Island are a mandatory additional charge at \$50 (Beach Resort) and \$85 (Private Island) per adult per night nett, and transport is at \$85.





# Blast

from the

# PAST

Thank you all  
for submitting  
your old and  
new photos!

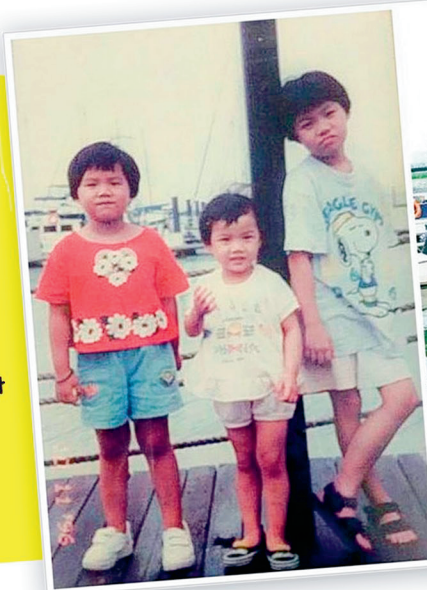
Vote  
Now!

meet the 5 finalists!

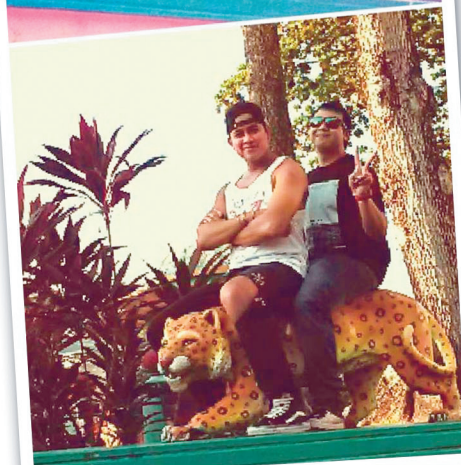
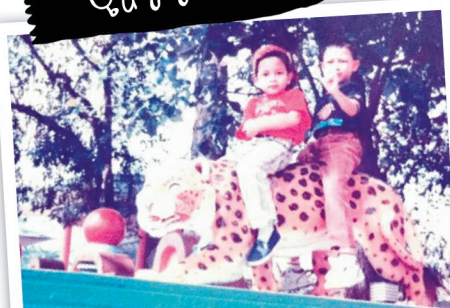
#blastfromthepastSG

all the funny, touching and nostalgic photos we've received reminds us of how far we've all come. vote for your favourite entry and help them win either an iPad mini, a staycation or a \$100 Cathay e-pass!

Seventeen years ago, our parents brought us - the three little girls - to Punggol Marina Country Club every weekend to relax. We swam, we ate, we played and we had a lot of fun together. Now, as grown-ups, we went back to reminisce about our memories, and of course, to enjoy the nice, fresh seafood with a sunset view right in front of us. We're happy that although Punggol has changed so much, this club has not been replaced.



Qayyum



The old photo is of me and my cousin at Haw Par Villa a long time ago. Did you know that Haw Par Villa was built way back in 1937 and was originally called Tiger Balm Gardens? We are still best buddies today, and that is a friendship that money can't buy.

Joycelyn



Supported by nexus



vote for your favourite entry  
to win yourself a cathay e-pass!

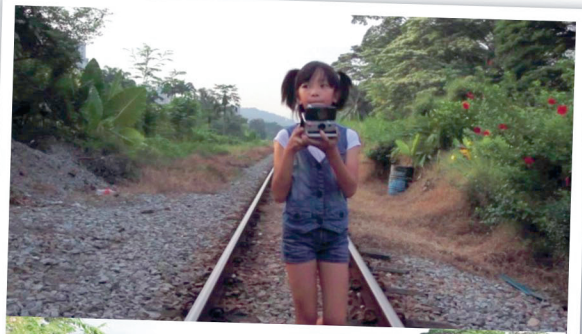


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The old photo was taken a good 18 years ago! My younger brother was so cute and I was still in primary school. Although we're way older now - I am no longer in school, and my brother is serving the nation - nothing has changed between all of us. My grandma who took care of all of us since we were babies still loves us dearly. I'm really proud of my brother and the soldier he has become. Although times have changed, the family love and bond between all of us remains strong and evident.

Kareen



matthew



Ten years ago, before she left for the States, we had our last outing at the train tracks of Bukit Timah. I didn't know when she would be back so I made sure I photographed her to remember her as I had a crush on her. Today, she is back. The tracks are gone. But the feeling stays the same. (Seven years after the first photo was taken, trains coming down from Malaysia stopped at Woodlands instead of Tanjong Pagar.)

Exactly 20 years ago, our fashion sense was still very much dictated by our parents (which explains our long faces). We knew little about the weddings that we attended together or the significance of it. We only understood the hassle of it, whining when it was way past bedtime. Now, having grown bigger, taller, older and wiser (well, maybe not) we not only understand the meaning of the union but embrace and grace the occasion as a big happy family. Nothing sticks closer than family, no joy could be greater.



leslie

head here  
to vote:



campus.singapore

or scan





# TRAVEL APP-VENTURES

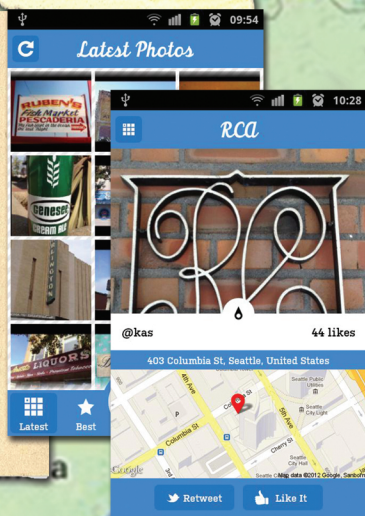
BY CHARISSA PANG

We've done away with parchment maps in exchange for Google maps. We've picked up a few handy words from language books, albeit with the wrong pronunciations at times, but we inject an awry smile together with it anyway. We've done our homework, but we continue to be surprised beyond borders. So before you scoot off, check out these free and exciting travel apps that would definitely add to your serendipitous travels!

## FONTLY

For the photography aficionado or one who loves all things peculiar

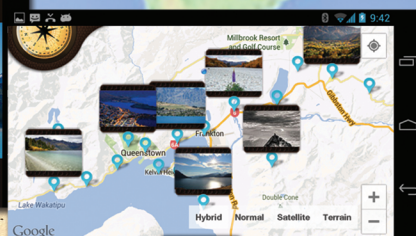
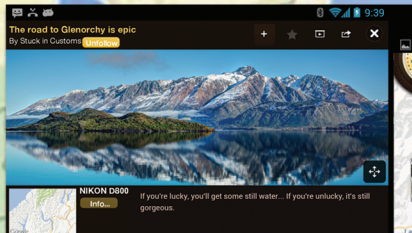
Are you one for hidden finds and vintage signs? Join the community at Fontly and unearth the captured gems of others. Scour the world's quirkiest signage designs because if you can't travel on foot, you can always travel in abstract. Be amazed by the hidden everyday signs near you, and be wildly amused by the signs you walk right by! It works like Instagram and geotags images, so it's not difficult to get used to it.



## POSTCARD ON THE RUN

For the sentimental, on-the-go (and maybe, eleventh-hour) traveller

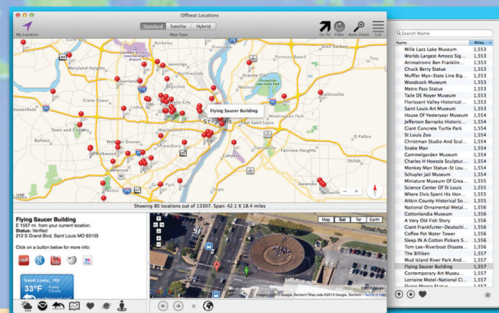
Everyone loves that little surprise in the mailbox, and Postcard on the Run makes this magic happen by crafting heartfelt messages to be printed on real postcards and sent directly to any postal address in the world - could snail mail get any better? Sign off in your squiggly signature, or choose a scent for your card with Smell Mail. I sense fascination, but wait till you hear about its new installation - video!



## STUCK ON EARTH

For the time-pressed wanderlust

Harbouring that strong, innate desire to see the world is your only obligation to this app. Stuck on Earth shares the dreams and pains of the modern-day explorer, photographer or daydreamer - you just can't get enough time, or faster wireless connection during your travels! But this scouting buddy recommends the best photogenic locations from its algorithmic combination and crowdsourcing. Even better, selected places join you offline if you hit that "download all" button. I'm all in on this.



## OFFBEAT LOCATIONS

For the explorer, Instagram trend-setter

So your friends made it to the Niagara Falls before you did, and a handful took that mandatory jump shot at the Grand Canyon. Now that it's finally your turn to jet off, what else is there to see? Veer off the tourist track and take the roads less travelled - to unique (and still, worldly) sights like the world's largest lemon in San Diego, or to the glow-in-the-dark Kiss Mini Golf in Las Vegas. Well, how about that?

## SWACKETT

For the weather-dresser

Ever hit the beach, only to seek shelter soon after arriving? Yeah, that's a bummer... But you're in luck, because Swackett has engaged its sassy 'peeps' to brighten your day! These 'peeps' will suggest your weather-friendly getup in a refreshingly fun and digestible (aka visual) way. It even has little 'peeps' tidbits and games. This is your excuse to skip that dreary weather news and still be able to enjoy your trip.







BY SAMANTHA LEE

# ITALY IN A CONE

Italy is the birthplace of our favourite gelato but with thousands of gelaterias all over the country, it's almost impossible for you to try them all. So here's an inside scoop on some of the best in the country!

## ROME

### PALAZZO DEL FREDDO GIOVANNI FASSI

Price: from €1.60

Fassi is probably the oldest gelateria in Rome. Through 5 generations of ice cream making, the gelateria has served some famous characters in history, including Adolf Hitler. During WWII, gelatos were produced for the American troops. Try their zabione - a custard-like dessert made with sugar, eggs and wine. Besides the usual cup and cone, they also offer gelato served in a brioche.



### GELATERIA GIOLITTI

Price: from €2.50

A century later, Giolitti is not only a crowd favourite but has also attracted the likes of politicians and celebrities, like Obama, Justin Timberlake, and the late Pope John Paul II. Each cone is served with bountiful scoops of gelato, dolloped with freshly whipped cream. Pistachio is their signature flavour but you should also try their nocciola and stracciatella. Giolitti opens till 1.30am daily.



## FLORENCE



### GELATERIA SANTA TRINITA

Price: from €1

Located at the beautiful Ponte Santa Trinita, this gelateria offers a "1 Euro" cone which serves up a scoop of your favourite flavour - a perfect pick-

me-up. Pair up their creamy and rich chocolate with a fruity sorbet. Besides gelato, the shop also sells Italian specialities such as homemade biscotti, balsamic vinegar and local wine.



### GELATERIA DE' NERI

Price: from €1.80

Served semifreddo (ie softer), gelatos here are creamy and smooth. There are a total of six serving sizes - from two scoops at €1.80 to the

family-size at €7.50. They offer interesting flavours such as chocolate with hot chili, gorgonzola (blue cheese) and rice. The ricotta e fiche is their crowd favourite, and to beat the summer heat, try their Moscato Strawberry granita.

## MILAN

### CIOCCOLATI ITALIANI

Price: from €2.50

Nestled behind Galleria Vittorio Emanuele II, this crowded store has an average waiting time of around 30 minutes. Before scooping the gelato, they fill up the cone with your choice of hot melted chocolate - dark, milk or white. The gelato is then topped with a waffle. You might want to try the bourbon coffee and yoghurt flavours.



### AMORINO

Price: from €2.50

A relative new-comer, est. 2002, it has since expanded all over Europe and America. Their ingredients sourced worldwide from the best Indian Alphonso mangoes, Camarosa strawberries and coconuts from Sri Lanka.

A key feature that sets it apart is their rose-shaped gelatos. On a quieter day, you can even request for each petal to be of a different flavour!



## SORRENTO



### RAKI

Price: from €2

Raki pledges to make seriously good gelato. They skilfully combine the usual ingredients to create the most unusual, unique and creative flavours - pine and honey, almond and laurel, pineapple

and basil. All flavours are seasonal as the owner refuses to produce any if the ingredients aren't sourced from the right places.



### GELATERIA DAVID

Price: from €3

Gelateria David challenges the definition of desserts with their line of salty gelato. You can expect flavours like tomato & basil,

melon & ham, parmesan cheese, and even curry. You'd be surprised at how (oddly) tasty they are. Marco the chef also gives a 45-minute gelato-making lesson at only €7, which includes a free €3 cone of gelato.



# FIVE SIGNS THAT YOUR HOTEL ROOM IS

BY SHARON MAGDALENE

It's the Travel Issue. It's also the right-before-Halloween issue. What do you get when you combine them together? Haunted hotel rooms.

# HAUNTED

So how can you tell if your hotel room is haunted? There's the obvious signs, like taking a shower and finding "Go Away" written in the steam on the bathroom mirror, or having objects fly around the room. But what if you're not dealing with a classic, Hollywood (or Japanese, Korean or Thai) horror film-type haunting? Here are 5 other signs you probably have an unwanted guest sharing your room.

## FIRST SIGN: MESSY BED

When you return to your hotel room after a long day of shopping and eating, you realise the bed's not been made. In the bathroom, however, all your towels and toiletries have been replaced. The room's obviously been cleaned, only the bed's messy. That's probably because there's a ghost using it. Anecdotal evidence seems to show that this happens more in twin rooms, and rooms on even floors. Another common occurrence is that your bed shakes every time you try to sleep. Why? If you believe in ghosts, there's a chance someone, somewhere never really checked out of that room.



a gateway to the underworld on its 6th floor (6 is an unlucky number in Thai). Be especially worried if you get random knocks on your door, since there's probably a very good reason for an empty floor in a busy hotel.

## FOURTH SIGN: FUNNY SMELLS

Paranormal experts say that it's often smells (from bad ones like rotting meat to good ones like perfume), which indicate a ghostly presence. So if you're in a room and suddenly get a fleeting whiff of something - whether it's cheap perfume, or strong demonic sulfur - you may be dealing with a haunting. Or you probably just booked a lousy hotel.



## SECOND SIGN: THE ROOM'S ONLY PARTIALLY NEW

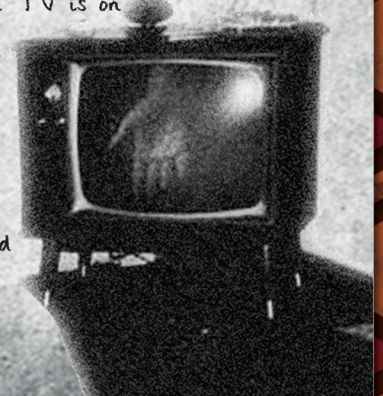
You check in with high hopes, but then arrive at your room, which looks... tired. A single wall, usually behind the bed, has just been freshly painted. The brand new curtains don't quite match the carpet, or even each other. Randomly upgraded rooms are sometimes a sign that some major cleaning had to be done there. And whenever that cleaning involves a biohazard like blood, it's often easier to remove that part and replace it, than to clean it.

## THIRD SIGN: AN EMPTY FLOOR

Ever go into a hotel, and wonder why you seem to be the only guest on that floor? We're not saying all hotels with empty floors are haunted. Some are just overpriced. Others hide a dark past, like a triple murder which took place in one well-known KL hotel. Or like the Bangkok hotel that's rumoured to have

## FIFTH SIGN: TV OR LIGHTS WITH A MIND OF THEIR OWN

You've just arrived after a long trip, and need a shower in order to start feeling human again. After you finish, you realise the TV is on (but you didn't turn it on). And it's on a channel you would never watch (bad), or it's all random static (worse). That's a very likely sign your room is haunted. Same thing with lights turning on randomly. Don't believe it? Ask around. Guaranteed one of your friends, or relatives has had this happen. TVs don't just turn themselves on. It's haunted.





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# okinawa food diary

by Boon Kai  
& Keith Chu

Follow Boon Kai and Keith's foodie journey through sunny Okinawa during their recent trip courtesy of Follow Me Japan (Prime Travel).



Boon Kai

Keith

Meet Boon Kai (winner of our recent Campus Cookout II) and Keith (a fellow competitor). These chefs-in-training spent 5 days in Okinawa (Japan), courtesy of Follow Me Japan, to check out some of this prefecture's foodie offerings.

## classic food

While you can find typical Japanese fare here, Okinawa is famous for its unique – and sometimes strange – food! They eat raw mutton, pigs' ears, fermented tofu, and even coral fish.

BUT, not all is strange. We got to try out their signature foods like *goya* (bittergourd), *umibudou* ('sea grapes' which taste like caviar), pickled onions, and *rafute* (stewed pork belly).

Here's our healthy meal – *umibudou*, and *goya champuru* (fried bittergourd with egg and meat) which is full of vitamin C.



For dessert, they usually take a lump of locally-made brown sugar (*kokutou*)!



## seafood

Lobster

Everybody knows Japan is famous for sashimi, right? Well, in Okinawa you can get fish that you can't get elsewhere, including colourful coral fish, and massive *kajiki* (marlin). Of course, the usual sashimi apply, including this giant lobster!



We're learning to slice sashimi at a local class! This was on a tiny island called Minami Daito. We had to take a small plane to get there.

## street food

As foodies, we naturally went to wet markets and food streets. You can eat an entire meal while you're exploring!



## meat

Who doesn't like a bit of BBQ meat? We couldn't help but go a little overboard with the platefuls of *wagyu* (Japanese beef). There was also *kurobuta* on the menu. The serving was huge!



## drink

Okinawa produces Orion (beer) and *awamori* (rice liquor), but for those who don't drink, there's *ukon* (turmeric) tea which supposedly cures hangovers, and a local favourite, *shikuasa* (lime) juice!



## ...drink glass

Here's Keith (trying) to blow his own glass drinkware at Mori no Garasu-kan's workshop. Ryukyu glassware has vivid colours, and they're produced from unwanted soft drink bottles!





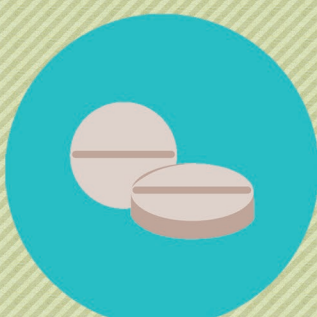
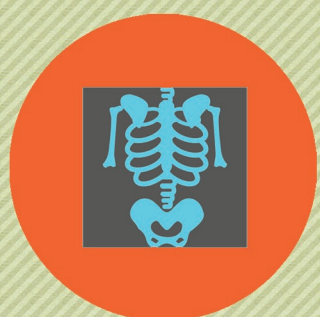
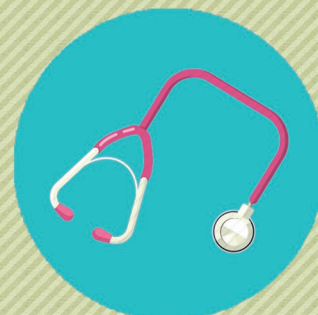
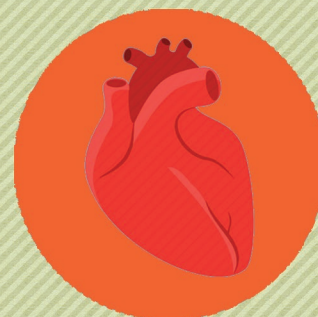
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# CAMPUS

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## THE HEALTH SCIENCE SPECIAL



# ALLIED HEALTHCARE PROFESSIONALS: JOBS THAT DON'T REQUIRE MEDICAL SCHOOL

Most people (or is it only parents?) think that being in the healthcare industry is either glamorous (if you're a doctor) or thankless (if you're a member of the cleaning staff). However, the reality is that you don't need to go to medical school to get into a healthcare job. Allied Healthcare professionals work alongside medical doctors, armed with specialised expertise in various disciplines.

According to the Ministry of Manpower (MOM), these are Singapore's most in-demand healthcare jobs that don't require you to attend medical school:

## MEDICAL/LAB TECHNOLOGIST

Medical technologists (also known as laboratory technologists) are basically the healthcare industry's 'lab rats', as they principally work in the labs of hospitals and medical research institutions. Every time a nurse or doctor takes a sample from a patient to do tests for infections, diseases, cancer etc., it's the medical technologist that runs them. While medical technologists don't interact with patients, their role is crucial diagnosing and treating them.

To become a medical technologist, you need a diploma or degree in Biomedical Science, Life Science or a related scientific/medical discipline. Like nurses, medical technologists have the opportunity to become specialised in biomedical research, cardiac technology and phlebotomy, among other specialties.

**AVERAGE SALARY:** \$30,000 to \$96,000 annually

## OCCUPATIONAL THERAPIST

Occupational therapists play a crucial part in a patient's physical (and psychological) recovery after undergoing a traumatic experience such as accidents or illnesses. This requires therapists to create therapy programmes

tailored to a patient's lifestyle and preferences, adjusting treatment based on the patient's recovery process. Treatment often involves helping patients relearn basic skills (bathing, dressing, personal hygiene), along with key activities (communication, personal health management, social participation, etc.), and other essential tasks.

To become an occupational therapist, you need a diploma or degree in occupational therapy. Occupational therapists can work in a variety of specialties such as cardiac, oncology, orthopaedic, psychosocial and paediatric rehabilitation among others.

**AVERAGE SALARY:** \$36,000 to \$54,000 annually

## PHARMACIST

Pharmacists are another unsung, but incredibly important part of the healthcare profession. That's because they are the ones to ensure patients receive the correct types and dosages of medicines to meet their specific needs. Not only that, pharmacists must also be capable administrators in monitoring the medicine supply chain and supervising the production and preparation of medicines before they are supplied to patients.

To become a pharmacist, you must earn a degree in pharmacy, go through 12 months of pre-registration training with a Singapore Pharmacy Council (SPC)-approved training

institution, and complete the SPC competency examination to become a registered pharmacist. Currently, only NUS offers the programme in Singapore, or you can attend a university overseas that's SPC-recognised. Pharmacists can pursue specialisations in either community pharmacies, clinical or research roles.

**AVERAGE SALARY:** \$36,000 to \$80,000 annually

## DIAGNOSTIC RADIOGRAPHER

Diagnostic radiographers specialise in working with medical radiation equipment to produce radiographic images that help doctors diagnose and treat injuries and illnesses. To do this, diagnostic radiographers use various equipment including X-ray, computerised tomography (CT), magnetic resonance imaging (MRI) and ultrasound imaging devices.

To become a diagnostic radiographer, you need a diploma or degree in diagnostic radiography. In Singapore, Nanyang Polytechnic offers a diagnostic radiography diploma programme, while only overseas universities offer degree programmes. Diagnostic radiographers can pursue several different specialisations such as dental imaging, fluoroscopy, mammography, nuclear medicine and vascular radiology.

**AVERAGE SALARY:** \$36,000 to \$80,000 annually





## MEDICAL SOCIAL WORKER

Medical social workers play an important role in healthcare, providing interventions that help patients and their families adjust to the impact of life changes caused by injury or illness. Injury or the diagnosis of a major illness can often lead to disruptions in finances, lifestyle, employment and even personal relationships. And medical social workers help patients and their families cope with these crises by providing psychosocial assessments, family mediation, counselling and financial assessments on behalf of patients. To become a medical social worker, you must earn a degree in social work, which is available locally and overseas. Medical social workers can work in a variety of specialised disciplines including community advocacy, individual psychotherapy, case management, geriatrics, trauma work, research and teaching among others.

**AVERAGE SALARY:** \$36,000 to \$70,000 annually

## RADIATION THERAPIST

Radiation therapists use advanced medical equipment to deliver the right dose of radiation to treat cancer patients. They work closely with oncologists before therapy to develop treatment plans for every patient, utilising diagnostic imaging to locate cancers and deliver pinpoint-accurate radiation treatment – giving patients the maximum benefit of treatment with the least amount of side-effects.

To become a radiation therapist, you must earn a diploma or degree in radiation therapy. In Singapore, Nanyang Polytechnic offers a diploma course in radiation therapy, with various overseas universities offering degrees. Radiation therapists can specialise in a variety of areas including radiation treatment simulation, dosimetry, immobilisation device fabrication, disease-specific radiation therapy and image-guided radiation therapy.

**AVERAGE SALARY:** \$36,000 to \$72,000 annually

# Here is a glimpse at the wide scope of Allied Healthcare professionals:

## PSYCHOLOGISTS

use therapy, not medication, to help people cope with psychiatric conditions, and assess their mental state by observing and talking to people.

## OPTOMETRISTS

check eyes for diseases and abnormal movements, as well as test your vision to ensure you have proper prescription for spectacles and contact lenses.

## ORTHOPTISTS

assess eye disorders like misalignment of the eyes, or movement disorders, and treat with eye exercises, patching, or recommend surgery by ophthalmologists.

## AUDIOLOGISTS

deal with hearing problems by selecting suitable hearing devices, and give proper care and advice.

## SPEECH THERAPISTS

aim to improve speech and swallowing functions by assessing and offering therapy programmes for patients with disorders.

## RESPIRATORY THERAPISTS

provide relief for those with cardio-pulmonary or lung disorders by helping them use ventilators and monitoring their breathing.

## DIETITIANS

manage dietary intakes of patients to ensure optimal nutrition, as well as help people with food-based problems like eating disorders, kidney diseases or diabetes.

## PODIATRISTS

deal with leg and feet problems, ranging from ingrown toenails to corns, deformities and development problems in children's feet.

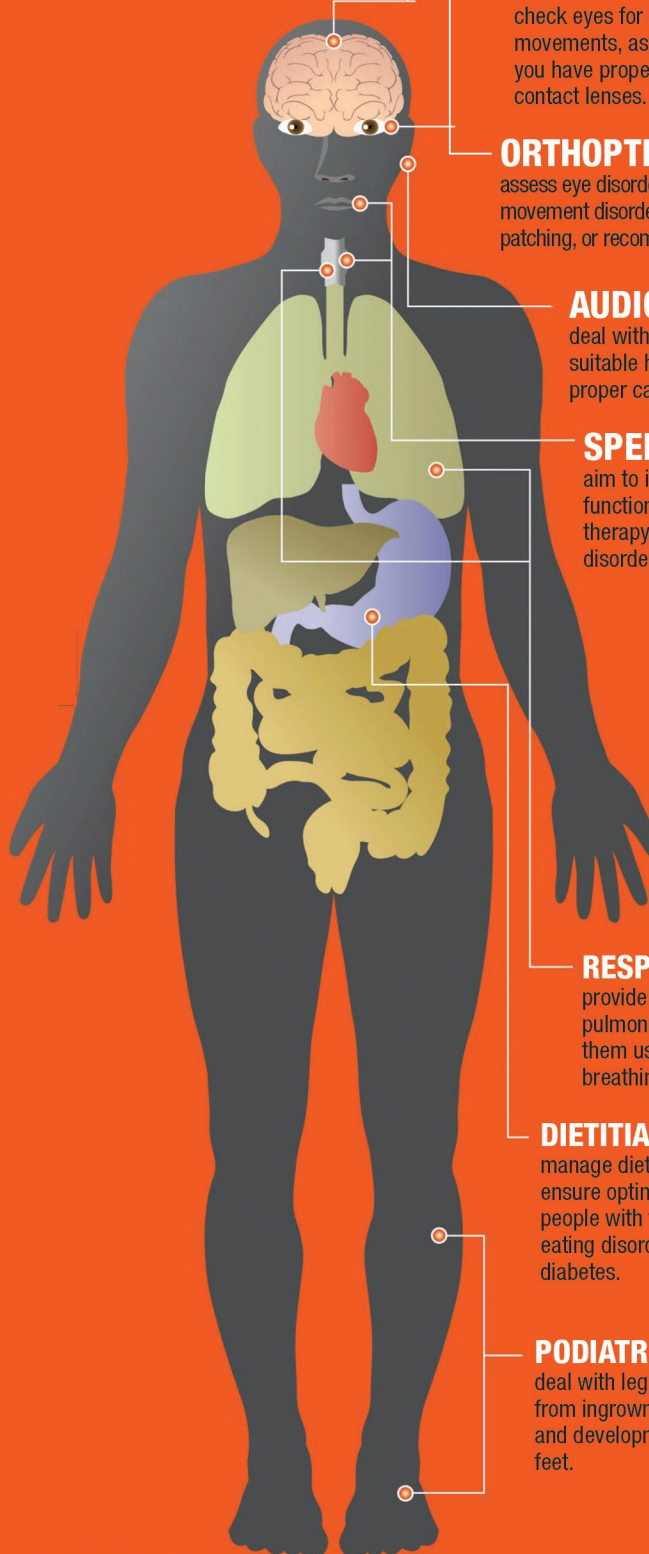


Illustration from Singhealth



# WET. WILD & WOOLLY

## A Peek at Veterinary Science

Growing up, who didn't want to spend our days playing with puppies and healing sick kittens? Veterinary Medicine is a highly competitive field which many students are considering these days, however, the road to being a veterinarian is anything but easy.



### HOW DO YOU BECOME A VETERINARIAN?

No Singapore university offers veterinary courses, so you must obtain a degree from a foreign institution (in Australia, the USA, South Africa, etc.), recognised by the Royal College of Veterinary Surgeons (RCVS) or American Veterinary Medical Association (AVMA). The academic prerequisites for such programmes are demanding, including a "pre-veterinary" diploma, degree and/or professional animal care experience. Once accepted, students undergo rigorous training for 5-8 years before graduating.

### WHERE CAN VETERINARIANS WORK?

While many veterinarians work in private clinics caring for pets owned by Singapore's general public, the reality is that veterinarians can work in many capacities other than just being a pet GP.

While qualified veterinarians can also work overseas, in national parks, animal shelters, livestock farms, or theme parks, here are some other career paths veterinarians can follow locally:

- **THE AGRI-FOOD & VETERINARY AUTHORITY (AVA):**

The AVA is Singapore's largest employer of veterinarians, handling a variety of duties including managing and administering animal health programmes to prevent diseases, and investigating animal cruelty cases.

- **THE SINGAPORE UNIFORMED FORCES:**

Singapore's military and police units often employ dogs, which are cared for by the organisation's veterinary staff.

- **PHARMACEUTICAL COMPANIES:** Veterinarians are often employed at pharmaceutical organisations involved in the research, development and testing of medicine for animals.

- **ZOOLOGICAL ORGANISATIONS:** Organisations such as the Singapore Zoo and Jurong Bird Park need veterinarians round the clock to care for their animals.

- **EQUINE ORGANISATIONS:** Organisations that house and care for horses such as the Singapore Turf Club, Singapore Polo Club and private riding establishments keep veterinarians on staff.

### THE PROS

- **High Salary:** Veterinarians working in Singapore can easily earn more than \$90,000 a year, especially if you choose to work for a global multinational corporation involved in pharmaceutical research or fast-moving consumer goods (FMCG).

- **Animal Interaction:** Being able to interact with pets ranging from cute puppies at a private clinic to elephants at the zoo is often a rewarding dream job for animal lovers.

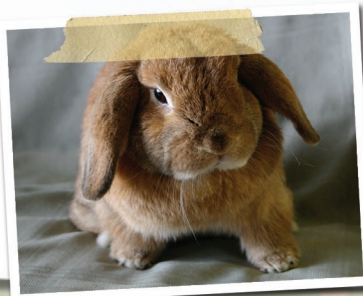
- **Helping Pet Owners:** Helping to cure sick and injured pets on a daily basis so you can see happy families go home with healthy pets is powerful motivation.

### THE CONS

- **Veterinary School:** Not only is gaining admission to veterinary school exceedingly difficult, but the 4-year veterinary science programme is very rigorous because you'll need to learn about many different animal species. Then there's the tuition, which can easily reach \$50,000 per year. However, scholarships for studies abroad may be obtained from the Agri-Food & Veterinary Authority (AVA).

- **Dealing with Sick and Injured Animals:** You'll encounter very sick, grievously injured animals on a daily basis. And you may have to put down animals that are too sick or injured to treat. If you're an animal lover, it might be too much for you.

- **Dealing with Difficult Pet Owners:** Some pet owners can be very difficult or even blatantly disrespectful. So maintaining a high level of customer service can bring added stress to an already stressful job.



### SOMETHING ELSE TO CONSIDER

Some people feel, for the amount of effort and time to matriculate in veterinary medicine, it's less prestigious and financially rewarding than pursuing a MD degree. This is obviously totally subjective, as it depends on the individual, rather than the profession.







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# YOU DON'T NEED TO BE A DOCTOR TO BE IN HEALTHCARE

## MEDICAL/DENTAL CLINIC ASSISTANT

Medical/dental clinic assistants are the glue that keeps every medical office together. That's because they are often a patient's first and last point of contact during each visit, managing daily tasks including answering patient enquiries, registering patients, preparing medications, dispensing medications, collecting payments and managing appointments. You'd also take part in assisting doctors/dentists with preparing and sterilising medical instruments. Being a clinic assistant doesn't require you to have advanced medical knowledge, a degree or years of experience, hence it's one of the easiest roles to get into, but you'll need to be computer literate, service-oriented, organised, maintain flexible work hours (including working on holidays and weekends) and be able to work well under pressure.

**AVERAGE SALARY:** \$18,000 to \$45,000 annually.

## BIOMEDICAL ENGINEER

Biomedical engineers are the brains behind the design, installation, evaluation and adjustment of important medical systems, treatments and products such as pharmaceutical drugs, artificial organs, prosthetic limbs and diagnostic imaging equipment such as MRIs and EEGs. They also work closely with chemists and medical/life scientists to research the biological systems of humans and animals from an engineering approach to design solutions to medical problems. Biomedical engineering is a healthcare profession that requires routine assessment, maintenance, research and development and procurement of medical technology and equipment. The nature of their work results in a variety of workplace settings ranging from hospitals to research laboratories and commercial offices.

**AVERAGE SALARY:** \$24,000 to \$60,000 annually.

## MEDICAL DEVICE OR PHARMACEUTICAL SALES

No matter how revolutionary or incredible a piece of medical equipment (like surgical instruments, implantable devices and diagnostic equipment) or pharmaceutical drug (like a new antibiotic or vaccine) may be, unless there's someone to sell them, they'll never end up being used on patients. Like any other sales job (you don't need a specific degree), it's a demanding profession and requires keen knowledge of the products you're selling, excellent communication skills and the ability to build relationships. Successful salespeople get to travel a lot to meet with a variety of healthcare professionals around the region (or the world), including anaesthesiologists, surgeons, doctors and hospital administrative staff to pitch the benefits of whatever they're selling.

**AVERAGE SALARY:** \$24,000 to \$60,000+ annually, depending on their level of experience, salary package and types of medical devices being sold.







Healthcare is big business globally. In Singapore it's expected to boom with annual healthcare spending already reaching SGD\$16 billion by 2015. And with the nation's population ageing rapidly and medical tourism growing by about 8% annually, Singapore's demand for healthcare jobs will only increase. Thankfully, there are plenty of decent paying healthcare jobs available that don't require you to provide clinical treatment or care to patients (even if the job is in a clinic).

## MEDICAL TRANSCRIPTIONIST

Medical transcriptionists do exactly what the job title states – they listen to recordings of healthcare professionals and convert the audio into written reports. Not only does it take a keen sense of hearing to become a good medical transcriptionist, but it also takes an understanding of the medical terminology used by healthcare professionals. Other skills needed to be a medical transcriptionist include fine grammar, excellent word processing skills and good time management. Medical transcriptionists can work in hospitals, clinics, transcription service companies or from home as freelancers.

**AVERAGE SALARY:** \$24,000 to \$30,000 annually.

## MEDICAL/SCIENTIFIC WRITER

Medical writers (also known as scientific writers) have one key function – to write complex medical and scientific content in a manner that's understandable to target audiences, from the general public to medical professionals. Medical writers don't have to come from a medical or scientific background, but they must be able to work with medical and scientific experts on a regular basis and be able to digest and transform intricate technical concepts into something even the layperson can understand. The content that a medical writer is expected to create includes clinical study reports, medical case studies and marketing collaterals on medication. As for employment, medical writers often work with contract research organisations, pharmaceutical companies, hospitals, and medical communications companies.

**AVERAGE SALARY:** \$32,000 to \$66,000 annually.

## HOSPITAL MANAGEMENT

Behind every doctor, nurse or technician at a hospital, there's a team of non-medical staff that oversee operations in specific departments, such as human resources, data services, billing or food services. The jobscope for professional hospital administrators differs from other similarly-sized organisations, hence the need for specialised skills and education. Most behind-the-scene staff come from hospitality, management or healthcare backgrounds, and a degree in Healthcare & Hospital Management – which covers business administration, healthcare regulations, finance, economics, HR and strategic planning – is an ideal route into the industry. To succeed in this field, you'll need to be service-oriented and have the capacity to handle the highly-charged atmosphere of a hospital, but there is a big demand for trained and experienced staff in Singapore and around the world.

**AVERAGE SALARY:** \$32,000 to \$72,000 annually.



Characters by  
VECTOR OPEN STOCK



BY NINA GAN

# DOES THIS SMELL FUNNY?

## STRANGE FIELDS OF MEDICAL SCIENCE

If you're ever boggled by the long list of specialists at a hospital, then you'll know that the human body is something that can never be fully understood by just one doctor. Here are some very specific - but (maybe) slightly gross - areas in health science that doctors and scientists actually study, and without which we would never truly understand the inner workings of our body.

### FART EXPERT

You'd be forgiven for thinking that the study of farts would be some sort of teenage prank, but Dr. Michael Levitt actually specialises in the underappreciated science of flatus. Let's face it: we all do it. Some more so than others. Every time we eat, gases are produced - when we chew or when the bacteria in our gut releases them - and sometimes it exits the southern route.

Dr. Levitt's invented a Mylar suit specifically to trap and analyse the composition of gases that give a fart its 'aroma' (sulfur is the stink culprit). Gas is also dangerous - in the early days of colonoscopies, hydrogen in the colon was known to explode internally. Its potential explosive danger was also a concern for NASA, who hired the gas guru himself to analyse the fart outputs of its astronauts (apparently astronaut meals made them gassy). NASA's even gone as far as selecting individuals who were genetically predisposed to fart less than others - individuals who, say, weren't lactose or bean-intolerant for space missions.

Farts are no laughing matter; a prolonged stinky fart can indicate health problems like infections and food intolerance. Just something to think about the next time you pass gas.

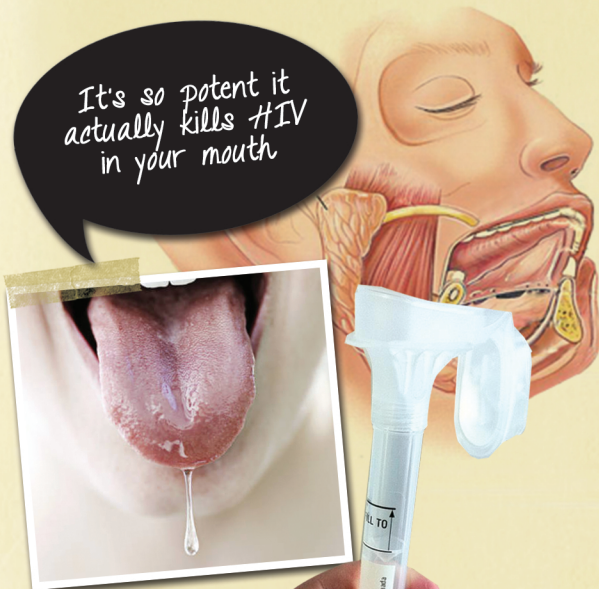


### SALIVA STUDY

While not a subject of polite talk, our saliva is a hot scientific topic. Just Google 'saliva expert', and you'll find countless 'spit camps' and experts specialising in it.

Among this bodily fluid's vast number of protein species is its cool germ-fighting strain that protects you from infections. It's so potent it actually kills HIV in your mouth, along with new strains of bird- and swine flu! The composition of your saliva changes with age, which explains why older adults are better able to fight off flu than younger people. Your saliva's anti-bacterial property also protects you from tooth decay, plus the compound histatin helps heal wounds quickly (so start licking!).

You can also use your drool as a non-invasive way to test for disease pathogens in your body (it sure beats drawing blood) and to gather your DNA data (ala CSI). Now that you know how amazing your spit is, it feels a shame to waste it, no?





## BODY ODOUR RESEARCH

Let's not point any fingers, but some people stink. Literally. That's because our armpits have two types of bacteria, one of which converts our sweat into a pungent odour that sustains an \$18 billion deodorant industry. According to Chris Callewaert (or Dr. Armpit to you), prolonged use of deodorants actually increases the dominance of the stinky bacteria. And even if you use deodorant (gentlemen), women can still detect your body odour better than men can (sorry guys!).

However, some people contain a gene that doesn't make their armpits stink (to find out if you're one of them, check your earwax). This is due to a variant of the ABCG11 gene which is apparent in most East Asians who - thankfully - lack a chemical to make BO. In comparison, 98% of Europeans have the smelly-armpit variant.

More than smelly underarms, human scent is made up of an array of volatile organic compounds (VOC) which can be used to diagnose diseases and disorders, and reveal the state of your well-being (you smell different when stressed and when you're attracted to someone else). In an EU-funded project, VOC profiles are even being used to help find trapped humans in disaster zones.



98% of Europeans have the smelly-armpit variant



Earwax can also be used to detect urine diseases



## EAR WAX EXPERT

There's plenty of gold to be found in your ear. Earwax (cerumen) is another hot topic amongst scientists, because its compounds can tell you about your ethnicity. If you're of East Asian descent, chances are your earwax is drier and not so yellow, while Caucasian and African earwax is traditionally thicker and darker in colour. Plus, the thicker/yellower the earwax, the stinkier it is. All earwax smells the same, just at a different intensity. According to earwax expert George Preti from the Monell Center, it's all genetic.

Studies have even linked earwax to body odour - the thicker and darker the ear gold, the stinkier the armpit. This is due to the same gene that affects our body odour (the variant of the ABCG11 gene).

Earwax can also be used to detect urine diseases (like maple syrup urine disease, which sounds sweet but is actually a deadly metabolic condition), and maybe even chart a person's life the way tree rings do - if they have enough earwax.

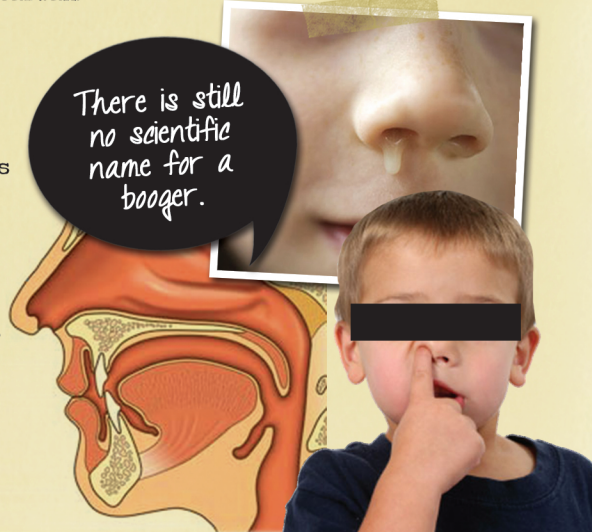
## SNOT SCIENCE

Snot and boogers may sound disgusting, but nasal mucus is vital for good health. This water-based liquid protects your lungs by ferrying pathogens directly to your stomach (meaning you're always swallowing your snot - up to a pint a day). Don't worry - its antiseptic enzymes kill bacteria.

You can also tell what's happening to your body by the colour of your snot; yellow or green means it's trying to get rid of a virus or bacteria; red or brown means a tiny blood vessel in your nose burst; and grey represents the particles in the air you're trapping, especially if you're a smoker or in a polluted area. Scott Napper of the University of Saskatchewan even suggested that eating your own snot exposes your body to the germs trapped inside the liquid to help you build immunity.

A study's also shown that snot helps us smell by conducting particles into the nasal lining, and a compound of mucus - mucin - is so good at destroying biofilms (a thin layer of bacteria) that researchers at MIT recommend that it be used to coat medical equipment. Ironically, after all this high praise, there is still no scientific name for a 'booger'.

There is still no scientific name for a booger.



The next time you pass gas or drool, just think about how amazing the body is at doing what it does. And remember the poor souls whose jobs were to evaluate the odour-emissions during these experiments in the name of science.



# DEALING WITH DEATH

## MORBID BUT INTERESTING CAREER CHOICES

It's often said that the only two things in life you can count on are death and taxes. So you might as well have a steady job to pay those taxes before you have to experience life's 'other' certainty. That is unless your job deals directly with death. In that case, you're given the opportunity to experience both, at the same time.

In Singapore, there are plenty of jobs that deal with death, but they're not always the most sought-after careers. Here are just a few morbidly interesting career choices out there:

## CORONER

Contrary to popular belief, coroners don't conduct autopsies. They may not even come from medical backgrounds - coroners can come from legal or law enforcement backgrounds. The coroner in Singapore is a District Judge of State Courts whose job is to **INVESTIGATE** causes of death that are 'unnatural' and call for autopsies and criminal investigations.

While a coroner's job scope may seem similar to a forensic pathologist, in Singapore a coroner is engaged if a doctor cannot determine the cause of death, or believes that death was caused by an **UNNATURAL EVENT**. That's when they call the coroner to examine the deceased's body and determine if an autopsy is necessary. If needed, the coroner will then authorise a forensic pathologist to conduct an autopsy to determine whether the death was unnatural and warrants a police investigation.

## FORENSIC PATHOLOGIST

If you've ever watched CSI, you're probably familiar with the role of a forensic pathologist. However, their role often gets confused with that of a coroner's, who don't conduct autopsies or require medical backgrounds. Forensic pathologists, on the other hand must, be medical experts who can distinguish between natural and unnatural deaths resulting from **FOUL PLAY** or medical negligence.

Forensic pathologists are often called to crime scenes to investigate the causes of unnatural deaths such as homicides, and at the request of the coroner, who decides which cases require **AUTOPSIES**. It's certainly not a job for the faint of heart, as autopsies can be gruesome affairs. However, the role forensic pathologists play in court cases is crucial, as it's often their objective testimony that sheds light on what really happened to the deceased.





# MORTICIAN



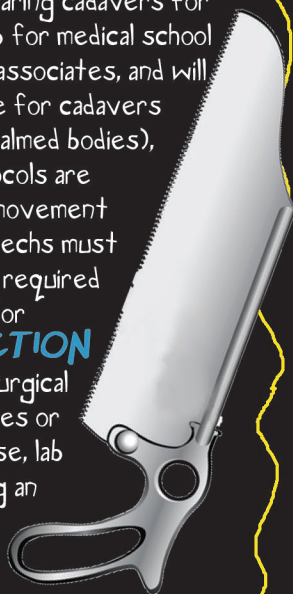
The roles of morticians and funeral directors are often interchangeable, as many of their duties are the same. The main difference is that funeral directors own or manage a funeral business while a mortician handles the body of the deceased in preparation for a **FUNERAL**.

The duties of a mortician can vary according to the wishes of the deceased's family (ie burial or cremation). In the event of a burial, the mortician is responsible for **EMBALMING, DRESSING, CASKETING** and applying any cosmetics to the body to enhance their loved one's appearance. A mortician's duties can also involve transporting the deceased to the cemetery. In the event of a cremation, the mortician is responsible for the cremation of the deceased and gathering the ashes for their family.

# CADAVER LABORATORY TECHNICIAN

Perhaps the only job here that doesn't deal with any member of a deceased family or the law, a cadaver lab technician works with human **CADAVERS** for the sole purpose of medical education or research. As with many lab techs, a bachelor's degree is a prerequisite, and excellent organisational skills are essential.

Their tasks would include preparing cadavers for a **HUMAN ANATOMY** lab for medical school class dissections or research associates, and will be required to catalog and care for cadavers (as there is a shelf life of embalmed bodies), by making sure adequate protocols are observed during storage and movement from refrigerated areas. Lab techs must not be squeamish, as they'll be required to assist course instructors (or researchers) with the **DISSECTION** of cadavers with the use of surgical saws, and help open body cavities or prepare body tissues. Of course, lab techs can work up to becoming an anatomy professor, with a minimum of a PhD.



# ESTATE PLANNER



Estate planners represent the least morbid profession on this list. Then again, many consider it morbid talking about what they want done with their assets when they die - but it's a financial necessity. They are a specialised type of **FINANCIAL PLANNER** who advises clients - typically high net-worth individuals (HNWIs) - on how their assets will be distributed (and debts settled), upon their deaths.

According to Forbes, one in 30 Singaporeans is a millionaire, and that number is expected to increase so there's obviously a need, particularly for HNWIs with numerous investments and business interests. Because without one, there's likely to be **LEGAL BATTLES** over who gets what. Estate planners need to be knowledgeable about will creation and appointing an executor who will administer the deceased's estate; depending on their assets, an estate planner may also establish a trust to ensure things are divided up amicably amongst the beneficiaries.

# MEDICAL ILLUSTRATOR

If you fancy yourself an artist and a medical educator, then being a medical illustrator ticks both fields. You'll need a very strong background in the sciences, and be an excellent **DRAFTSMAN**. Those in science or fine arts undergraduate degrees can obtain a degree in medical illustration. Most medical illustrators have a Master's degree (only 5 schools in the US have this 2-year accredited programme!).

Medical illustrators need to visually illuminate their subject matter (in 2D and 3D) by referring to cadavers or surgeries (not all their subjects are dead). They will need a **KEEN EYE**, and a bit of imagination to present a cleaned-up abstraction of what is in front of them - when viewing a surgery, a well-trained illustrator can see through the blood, fat and other matter obscuring the body part. While it's not an easy profession, a medical illustrator can earn \$100,000 - \$300,000 a year.







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CAMPUS.SINGAPORE

## PRODUCTIONS

24-26 Oct 2014  
3pm & 8pm  
Esplanade Theatre  
Tickets: from \$28

### The Merry Widow

Franz Lehar's *The Merry Widow* tells the tale of a rich widow and the comical antics as her countrymen as they try to find her a 'right' new spouse, to keep her (and her fortune) from emigrating abroad. Rounding up the stellar cast are NAFA graduates, soprano Su Yi Wen and tenor Raymond Lee.

21 Nov - 13 Dec 2014  
2.30pm & 7.30pm  
Victoria Theatre  
Tickets: from \$45

### Monkey Goes West

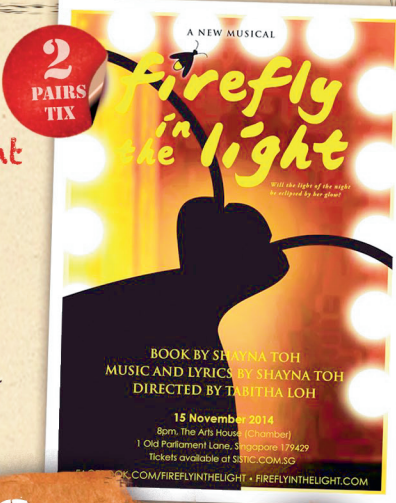
In its 11th edition, WILD RICE brings back its creative reimagining of the legendary "Journey To The West", set right here in sunny Singapore - with young orphan Ah Tang joining a band of adventurers (including the famous Monkey King), as they journey "west" from Haw Par Villa to Jurong West.



15 Nov 2014 | 8pm  
The Arts House (Chamber)  
Tickets: from \$15

### Firefly in the Light

Written by 17-year old JC student, Shayna Toh, it's the story of childhood friends Wendy and Jake's parallel journeys, as they search for love and success, finding themselves along the way. Accompanied by upbeat original songs and ballads, it's a one-night only event.



## GIGS

31 Oct - 1 Nov 2014  
8pm  
Marina Bay Sands:  
MasterCard Theatres  
Tickets: from \$55

### QUEEN - It's A Kinda Magic

QUEEN is here for 2 nights only at Marina Bay Sands, with *It's A Kinda Magic*. The much-loved, long-running tribute show and full concert experience recreates the band's famous 1986 world tour, featuring 20 of their greatest hits like "We Will Rock You" and "Bohemian Rhapsody", including Freddie Mercury's (played by Giles Taylor) flamboyant solos and Brian May's (Richie Baker) rocking riffs.



## MOVIES

**FATAL FRAME (JPN)**  
(23 Octber, 2014)  
Cast: Ayami Nakajo and  
Aoi Morikawa

Adapted from Tecmo's popular horror game series, *Fatal Frame* (aka *Zero*) tells the story of supernatural deaths at a creepy girls' school. Instead of running for their lives, they can only be saved by the cryptic Camera Obscura - a mysterious supernatural device that takes ghostly pictures of the tormenting spirits in the final moment before they strike - hence the "Fatal Frame".



28 Nov 2014 | 7.30pm  
Esplanade Concert Hall  
Tickets: \$20-98

### SSO GALA: Cho-Liang Lin

The Singapore Symphony Orchestra's Artist-in-Residence Cho-Liang Lin returns to perform Brahms' Concerto in D, one of the greatest of violin concertos, requiring formidable technique from the soloist. Distinguished conductor John Nelson will also conduct Dvořák's Seventh Symphony, a dramatic masterpiece which the composer said was inspired by "Love, God and my Fatherland".

3  
PAIRS  
TIX







by Prabhu Silvam

# The rise and rise of *airbnb*

There's an old saying that the world is your oyster, but let's face it – oysters are expensive. However, with a blizzard of budget carriers taking the travel world by storm, exotic and faraway lands can be an inexpensive commute away.

Accommodation, on the other hand, has an often higher price tag. Cue Airbnb, which for many has quickly become their accommodation gopher, tour manager and cash maximiser all rolled into one.

According to Airbnb, they're "a community marketplace where guests can book spaces from hosts, connecting people who have space to spare with those who are looking for a place to stay." What it actually means: If you're willing to try something new, that's NOT a hotel, you could save some moolah.

Here's 5 tips to keep in mind the next time you make your AirBnb booking :

## This is not a hotel.

With fancy snaps of immaculate white linen beds and cosy, well laid-out rooms, it's sometimes easy to forget that they're actual apartments people live in. Respect your host and their willingness to share their personal home space with a complete stranger, albeit a paying one. Most hosts take it upon themselves and go out of their way to help wherever they can, but don't expect this across the board. It's always good to clarify the do's and don'ts on the first day to ensure an amicable experience for both parties.

## Be yourself.

Airbnb is a fresh, new-age community that banks on a "what-you-see-is-what-you-get" ideology to connect like-minded folks around the world. User profiles help hosts and renters to match budgets, demands and

personalities to their own. Someone who prefers a quiet ambience isn't likely to stay at a fraternity house, the same way a party fanatic won't be happy bunking with a priest.

## I Spy.

Hosts are rated on their accommodations and given reviews after each stay – keeping the market competitive and ideally maintaining a level of quality control. Always read and re-read consumer reviews; there are more than enough urban legends of wide-eyed tourists turning up at their host's place only to find out that they've just paid \$180 to stay in a broom cabinet. Do ample research and gather enough positive reviews before you make the plunge.

## No money, No Honey.

When you rent a place via Airbnb, you pay through the website and your host receives the full payment 24 hours after the check-in date. This ensures that no party ends up on the losing end where finance is concerned. If your host demands payment before the check-in date or pressures you to pay via other mediums (cheque, bank transfer etc.), find yourself a new host.

## Safehouse.

If you've checked into a dungeonesque setting that screams "you can check in any time you like, but you can never leave", you might be in dire straits. Keep a lookout for obvious red flags when you check-in and if something seems amiss, it's always better to cancel your arrangement than regret it later. Airbnb's cancellation policy allows you to cancel 5 hours into your check-in, so you can always pack up and leave without wasting a cent. And of course, always leave your host's contact information with someone in case of emergencies.



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# Land of High Passes: by Abigail Chua

# LADAKH



Diskit told me that she had never seen a sunset before. It took me a while to understand, but it was as she said. Hemmed in her mountainous homeland, she had never seen the sun set behind a horizon. As the sun cast its slanted gold sheen upon the faces of mountains, there was an assuring calmness, and her voice revealed no sign of discontent.

The small plane that brought us into Leh from Delhi coasted over mountain cliffs, dipping at angles I didn't know were allowed. Looking out through the icy plane windows, I felt the anticipation like a weight on my chest. The mountains loomed below me, and I felt so very small.

I was part of a group of university students who initiated this expedition under the National Youth Council's Youth Expedition Project to Students' Educational and Cultural Movement of Ladakh (SECMOL), located in the village of Phey. There were 15 of us, and the months before were a flurry of sponsorship requests, fundraising and planning. Finally we were here, at the northern tip of India, after multiple ordeals, delayed flights and sleepless plane rides.

Rinpoche Terminal was a stark contrast even to Delhi Airport, and to many on board the flight the relief on their faces revealed their happiness to be home. With our massive rucksacks in tow, we headed for Leh.

Upon arrival at the guesthouse, we were served steaming masala chai (a heady combination of spice and milk) in little ceramic cups. Jetlagged, we were mostly just grateful for the chance to finally offload our packs.



Looking out from the guesthouse, we now understood why Ladakh is known as the 'land of high passes'. Situated in India's Jammu & Kashmir state, and averaging 3,600m asl, the looming Himalayas frame the horizon. The thought of being so high up was hard to comprehend, and we could feel the displacement work its way into our bodies. Initial altitude sickness got the better of us, but it's amazing what you can adapt to in a short time, as the air we breathed felt less thin by the day.

Discovering the city of Leh was a real learning process as it was so different from anywhere I had ever been. Street signs and posters in Ladakhi (and English) were all hand-painted. Although historic, there were multiple internet cafes packed with tourists. Restaurants served Ladakhi-Tibetan food, which included little momos (small tasty dumplings) and, bizarrely, Italian, Western and Chinese food.

After settling in, we embarked on a road trip that would take 6 hours each way, to tranquil Pangong Lake. Our driver had a playlist on loop, which much to our amusement included the Black Eyed Peas' My Humps. Signs were painted on the sides of cliffs to remind cars to drive safely through the high mountain passes. My personal favourite: 'Beep beep! Don't sleep!'



After one week of acclimatisation, our jeep drove into SECMOL in Phey, which was founded in 1988 by a group of young Ladakhis with the aim to reform the educational system in Ladakh. We were there to help conduct activities for their annual summer Youth Camp, organised for locals who study outside of Ladakh. We planned ukulele classes using around 30 ukuleles from sponsors, as well as handicraft sessions.

Students appeared wide eyed in excitement at our arrival, and waves and grins all around proved that the simplest hello can be a smile. The weather in Ladakh is unforgiving; the sun blazes in the day, as clouds and rain are uncommon at such high altitudes. As such, Ladakhis often have a sprinkling of freckles, and the sun makes their skin glow all the more.

Apart from the music and handicraft sessions, we held conversation classes on an almost daily basis between volunteers and the students to build up their confidence in English, as apart from English, they were required to learn Urdu. Given the vast diversity of India, the textbooks, which mostly come from Delhi, talked about coconut trees and monsoon rains, resulting in a huge disconnect for local Ladakhis.

In the conversation classes, there was a lot of interest on the students' part about social and environmental issues. Ladakhi girls couldn't wrap their minds around how girls in Singapore could remain single, or unmarried, especially if they weren't nuns. The origins of NEWater also understandably caused quite a stir.

For our 2 week stint at SECMOL, we stayed on campus. A typical day started at 8am, with local students awake by 6am. The whole school would come to life with the buzz of each one attending to their tasks before breakfast. Political democracy was practiced on campus, with students voting each other into leadership positions; the environment leader spearheaded SECMOL's green initiatives like their water and food store being heated via solar power, as well as growing their own crops and rearing cows for dairy. Trash is sorted out daily into respective bins, and the campus rooms are insulated to trap the sun's heat to keep it warm at night.



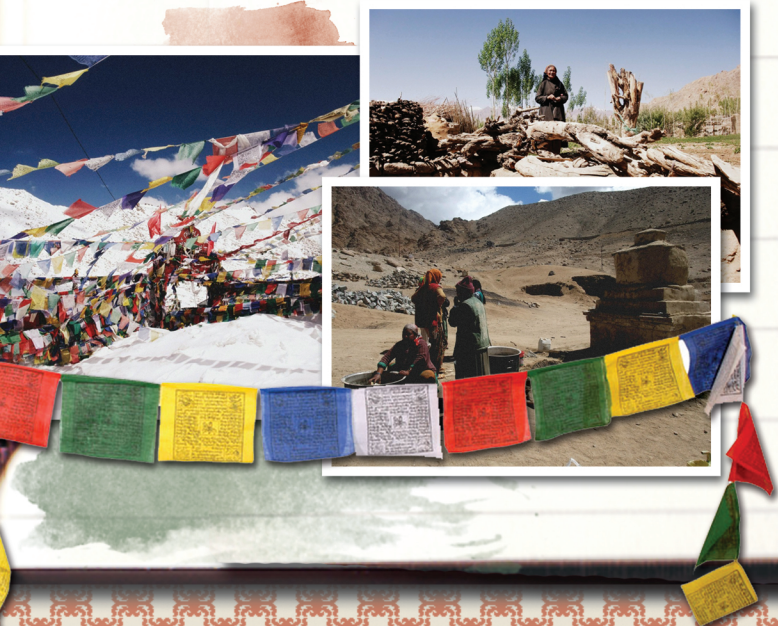
During one handicraft session, we brought along t-shirts and paint, much to the excitement of the students. Filled with enthusiasm, with the paint freely at their disposal, the students wielded their brushes. Perhaps some things don't really differ across cultures, as girls drew flowers, portraits and wanted to give their shirts away, to sisters and mothers. Bob Marley was a recurring motif amongst boys, as well as, unsurprisingly, Che Guevara.

In a place so distant from the rest of the world, the nights amplified the feeling of being – being present, being away from home, and being in the experience. The cold was biting at night as temperatures went down to  $-10^{\circ}\text{C}$ . Some nights we stayed up late, wrapped in wool blankets, watching the stars shoot across the sky as we huddled on the rooftop of SECMOL. Students would come and go, teaching us songs, as the notes of Ladakhi folk music lingered in the air. These were the darkest nights I had ever seen, with no other lights for miles around apart from the stars.

Multicoloured prayer flags are plentiful in Ladakh, hung at every mountain pass to deliver mantras wherever the wind goes. Ladakhi people find their spiritual identity in Tibetan Buddhism, manifested in the forms of stupas and mani walls where prayers and mantras are etched into stone.

In retrospect, I realised perhaps every person approaches a mountain alone. There is an almost innate awe that results in an angled head and an upward gaze. Mountains are created over thousands of years, and watching my friends amble towards the lake and the nearby mountains, there was a deep poignancy in that image itself. I felt like my presence there was so very easily forgotten, but it meant the world to me; to each one his own journey to take.

Her name was Diskit, and she told me that she had never seen the sun set before. We were sitting in the lawn just across from the main school building, and all I could think about was how to make a million suns set for her.





# INTERNATIONAL CONS AND SCAMS:

## WHAT YOU NEED TO KNOW

BY SHARON MAGDALENE

As young travellers, we're often too entranced by the sights, sounds and commotion of a buzzing new city to take notice of those footsteps treading just beside us. Amazing places that attract tourists also tend to attract an array of (very skilled) scam-artists: we're talking professionals who earn their living off cheating you.

Since coming from safe Singapore, it's often hard to re-wire our thinking overseas, so here is a quick list of some common scams around the world:



### DROPPED MONEY

You see someone drop money - a large wad. You helpfully return it. They duly count it and claim some is missing. You end up in a long, loud argument with them demanding you pay the missing sum, banking on the fact you'd rather pay a small amount to escape the situation.

### FREEBIE SCAM



Any random person who offers you a freebie is probably faking it. From a string bracelet, to a banana or a pretty flower, they'll demand money for it once it's in your possession. Politely decline free stuff and tell them you're not interested in buying. Don't be kiasu. You don't need an extra banana or flower anyway.

### PIGEON POO SCAM

This scam involves someone inconspicuously spraying paint or milk, or worse, real poo onto your clothes. Then a kind local will offer to help clean you up. The aim here is for you to drop your guard to clean the stain, while that "helpful" someone gets his or her hands into your pockets.

### FAKE-POLICE SCAM



Under the guise of being plainclothes officers, they conduct random checks on bags, documents, and wallets, claiming to look for counterfeit bills. No legitimate officer would do this, so be polite, but before handing over anything, loudly ask to be taken to the police station in person. Draw attention to your situation, and they'll probably disappear when locals start noticing.

### UNEXPECTED DINNER COMPANIONS



Meeting new people is great, but beware when you make a "new friend" in a crowded restaurant - especially if they make a point of waving and saying goodbye. When you leave, the restaurant sticks you with your friend's large bill. What can you say? The restaurant won't take no for an answer, probably because they're also in on it.

### ANYTHING GAMBLING-RELATED



Anyone you gamble with - whether it's a find-the-ball-under-a-shell game or playing cards - is not taking chances with you. Logic says they would be out of business if they didn't win, so even if you win the first round, beware. You will lose in the end.

Conmen are constantly refining their tactics, so these are just some of the many, many scams out there. While you needn't be constantly paranoid during your travels, you do need to just be on your guard. Unless you're a psychic, you'll never truly know their motivations.



BY ADITI SHIVA

# Should I Stay or Should I Go?

## MAJOR FESTIVALS IN SINGAPORE & BEYOND

As a die-hard comic and indie music fan, until recently I envied overseas audiences in places like the US. With their long-established, world-class outdoor music festivals and huge fandom events, they always seemed to have it so much better than us here in Singapore.

That's why, while attending university there, I made sure to fulfil two long-time dreams: attending a big comic convention, and a major outdoor music festival.

Here's a quick look at how they compared with our own local incarnations.

### COMIC BOOK AFFAIRS

The inaugural Singapore Toy, Games and Comics Convention (STGCC) in 2008 was a modest, free event at Suntec. It was a small, friendly event and I recall nervously approaching an accomplished local artist for an autograph. He even took the time to add a little doodle to his book I'd purchased — maybe as there was no one else at his booth. By contrast, New York Comic Con (NYCC) was a vastly different experience thanks to the sheer volume of attendees, the A-list guests and, above all, the endless queueing for panel sessions. It felt exciting just to be there; I even sighted Stan Lee himself. Needless to say, a pretty huge contrast to 2008's humble STGCC.

That was then. By now, STGCC is a ticketed 2-day affair held at glitzy MBS, bringing in internationally acclaimed comic creators, toy designers and professional cosplayers as headliners.

### CONCLUSION

Both NYCC's and STGCC's Artist Alleys are where you'll find indie creators, as well as get to talk with established figures too about their work. At NYCC I picked up a book of Octopus Pie comics, sold to me by creator Meredith Gran herself. While at recent STGCCs, I've discovered so many exciting Southeast Asian talents. And while STGCC's much-improved offerings are attracting larger crowds annually, unlike NYCC, you can still get front-row seats at panels, making STGCC nearly as good, and much closer, if what you're seeking is less huge event, and a more fan-driven experience.

### MUSIC FESTIVALS

If NYCC is a fall institution, music festivals are a summer staple in the USA. A few years ago, I went with 2 friends to the annual Bonnaroo Music Festival, a four-day event held on a farm in Tennessee.

While we couldn't beat the crowds in time for headliners like Stevie Wonder or Jay-Z, we enjoyed sets by diverse acts like Mumford and Sons, Thievery Corporation and Kid Cudi. Starting and ending with a 39-hour bus ride, and replete with a silent disco, drum circles and morning yoga sessions, Bonnaroo was memorable, surreal and exhausting. Temps hit 40°C, and the porta-potties shared by 80,000 festival-goers didn't flush (in the name of eco-friendliness). Top tip: If you prioritise hygiene and physical comfort, attend festivals with accessible non-camping options, like Chicago's *Lollapalooza*.

In contrast, at *Hostess Club Weekender's* first show in Singapore this February, we lay on the grass and enjoyed indie acts Buke and Gase, Asgeir, King Krule and Mogwai, one after another on a single stage, swaying, singing and slow dancing with the 3,000-strong crowd as The National closed out the evening. Better still, less than 2 hours after their encore, I was already piecing together the festival's setlist from the comfort of my room.

### CONCLUSION

For such convenience, local music festivals are the way to go. Admittedly, there's been some high-profile cancellations on short notice like last year's *I World Music Festival*, and the second *Hostess Club* event meant for this June, but there are so many options; there is *ZoukOut*, *Camp Symmetry* and *St Jerome's Laneway Festival*, which, encouragingly, included local band The Observatory in its lineup this year.







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TRAVELOGUE

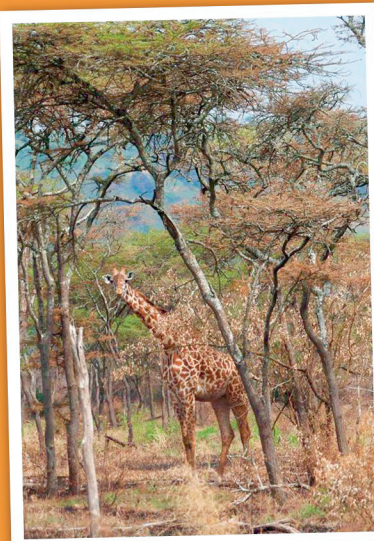
by  
Chester Chew  
& Eugene Soh

# FEEL & FILM RWANDA



Meet Chester Chew and Eugene Soh, the 2 winners of our Feel & Film Rwanda project, a 10-day journey around the small African nation of Rwanda. Their mission: to tell Rwanda's story, shooting a personal travelogue-style movie about this fast-developing country. The full 20-minute movie of their experiences will be released via Campus' Vimeo channel (link on our Facebook page) in mid November, 2014.

During their time in the "Land of a Thousand Hills", they trekked for mountain gorillas, went on a safari, visited countless villages, ate lots of fries... and went clubbing. Here's a quick overview of their adventure:



Beautiful giraffe in the acacia trees

Zebra crossing!

## SAFARI

We also went for a classic safari game drive at Akagera National Park, where we saw elephants, giraffes, zebra, antelopes, hippos, baboons, buffalos and more, from the comfort of a jeep. Even more interesting, half the safari guides are female! At the lodge, we encountered some olive baboons, and a 3-armed vervet monkey.



This guy sat down a few metres from us, and then loudly FARTED for a good 10 seconds! And yes, it was stinky...

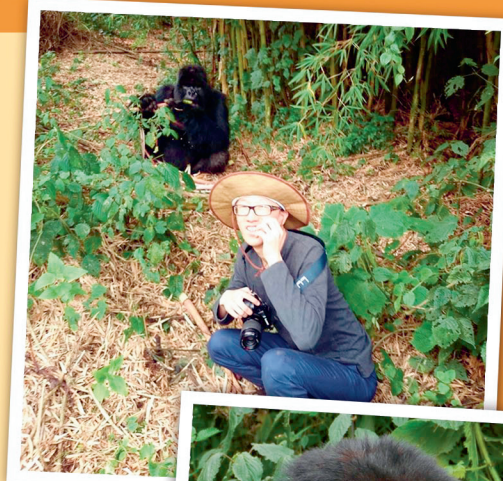


FACT: Gorillas love eating bamboo, and they can get drunk from it!

## GORILLAS

We got to see mountain gorillas - one of the rarest and most amazing animals on earth! It took 4.5 hours of return trekking through bushes, mud trails and stinging nettles, but seeing that first gorilla charge through the bamboo groves towards us was probably the most exhilarating things that's ever happened! The park guides really know their gorillas - they even hacked fresh paths so that we could get right inside a gorilla den, and we got really up close to the 20-member "Amahoro" family group. Of course, we saw gorillas of all ages eating, lazing, charging, and thumping their chests. It was definitely an experience of a lifetime - and the best part is that at Volcanoes National Park (where we went), you are guaranteed to meet these amazing creatures.

We hiked through freshly-hacked jungle paths



We were this close!



Meet Ubumwe, the lead silverback of the group. He's nice.



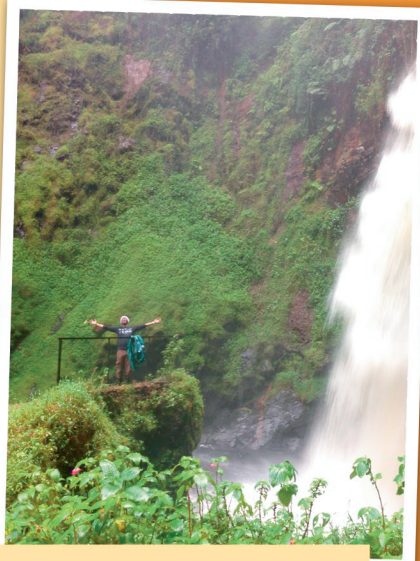




## VISITING THE "LOST WORLD"

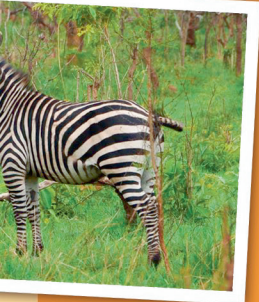
The Kameranzovu waterfall in Nyungwe National Park is one of the largest waterfalls in central Africa, and the 1.5-hour trek to the base of the falls was like a trip into a Hollywood movie set of some lost world, complete with misty jungle and moss-draped vines.

Our friend Joseph at the falls



## CLUBBING

Surprisingly, Kigali has a scene with K Club, the city's most fashionable nightclub, and Top Tower, a club overlooking the entire city. The music's a fun mix of reggae, afro-beat and house, and with extremely cheap entry and drinks, it was quite happening. Top tip: clubs don't get going until 1am.



## FOOD

Like Singaporeans, Rwandans love chilli sauce - theirs is 'pili-pili' (or peri-peri), which you can request for at any restaurant. We tried their national dish, brochette (similar to satay) with fish, lamb and beef versions. They eat rabbits here, and if you're up for a challenge, you should try their 'roadrunner' BBQ chicken: it's chewy, but it's a lot of fun trying to tear it apart. And almost no meal is complete without "chips" (fries).

Rwanda also grows some of the world's best coffee, and the interesting thing is they sweeten it with locally-made honey! They even have their own, trendy chain of local cafes - Bourbon Coffee - with iced lattes and free wifi.



Akabanga is Eugene's favourite pili-pili sauce



Hanging out at Bourbon Coffee

Trendy?

BBQ Chicken - don't the bones look weird?



## ABOUT RWANDA

Rwanda's come a long way over the past 20 years. In many ways, Rwanda is similar to Singapore: both are tiny, Rwanda's RDB is modelled on Singapore's EDB, and its airport was managed by Changi.

### It's Clean

Rwanda's super clean! That's because Rwandans actually get together one Saturday every month for an *Umuganda* - where everyone regardless of class comes out to do a joint-project, like building a new school or cleaning up a messy street. They've also banned plastic bags (you'll only find paper bags or little cloth bags) and they prefer using recycled glass bottles to plastic ones.

### It's Safe

They take security seriously: everywhere you go (roads, towns and some buildings) you'll see armed, uniformed personnel at the ready to uphold the law, meaning it's safe to walk alone at night, and no one speeds on the roads! But just because they look fierce (they've got machine guns), it doesn't mean they're not friendly.

### Gender Equality

Gender equality is really strong here: more than half of their parliament is made up of women - that's the most of any country in the world! And, it's not uncommon to see female soldiers on patrol, or female park guides.

## ABOUT THE WINNERS

Chester Chew graduated from NAFA in 2014, with a diploma in Design and Media (Video Production). When not shooting videos, Chester often plays football.

Eugene Soh graduated from NTU in 2013, with a BA in Interactive Media. His well-known work - *The Last Kopitiam* - was his first collaboration with Campus in 2011, followed by *The Birth of Venus* and *A Sunday Afternoon on the Island of Singapore*.





# SEX MUSEUMS AROUND THE WORLD

BY NINA GAN

It's official. We have hit rock bottom in terms of reproduction.

While Singapore is billed as one of the best countries in the world to have a kid in terms of education and health, it's not exactly high on the list of inspiring places to 'get it on'. If you're feeling at a loss, maybe all you need to do is visit one of these 'educational' museums.

Needless to say, you'll need to be at least 18 (and not a prude, and ideally married or planning to, or just really, really curious), to visit these places.



## 1. MUSEUM OF SEX, NYC (USA)

Located on the famous Fifth Avenue, you're not looking for Saks, but MoSex. In addition to thousands of erotic artifacts and an art collection, this museum engages visitors through interactive displays including an adult-themed bouncy castle and a climbing wall studded with, erm, rude shapes. There's an aphrodisiac-themed cafe, and the shop has some creative gifts... all in the name of sex education.

## 2. LOVE LAND, JEJU (KOREA)

Located on an island popular with honeymooners, the aptly-named Love Land is not just a museum – it's an outdoor theme park that sprawls with plenty of salacious sculptures that visitors often (hilariously) pose with. Initially made with the intention of giving newlyweds a crash course on intercourse, the park features hands-on displays and sex-ed films. Even the cheeky restrooms are naughtily-themed.

## 3. SEX MACHINE MUSEUM, PRAGUE (CZECH REPUBLIC)

The very specific collection at the Sex Machine Museum has over 200 tantalising 'tools' (many accompanied by dummies) that were used in boudoirs around the

world over the ages. You'll find palanquins, harnesses, chastity belts, and strange vibrating things. It's definitely an eye-opener to the history of titillation, and if the tools don't keep you entertained, the collection of antique videos will.

## 4. ATAMI ADULT MUSEUM, SHIZUOKA (JAPAN)

In the prosperous 80s, Japan was awash with 'hihokan' (sex museums) which populated hot spring resorts. Thanks to their gaudy and downright silly displays – from phallic sculptures and rude carnival games to mannequins doing all manner of acts – many have deservedly since closed down. Atami is one Japan's last hihokan, and it feels more like you're visiting for the retro aspect (think Haw Par Villa with a Japanese bent) than anything.

## 5. MUSEUM OF EROTICISM, PARIS (FRANCE)

This Museum of Eroticism houses 5 floors of erotic art and antiquities from around the world, including Aztec fertility dolls, Nepalese temple carvings and Japanese woodblocks. One floor is dedicated to 'maison closes' (legal brothels of the 19th and 20th centuries), and short black-and-white films are also screened on

the premises. There's also a revolving collection of modern art, and all the displays are tastefully – rather than racily – done.

## 6. ICELANDIC PHALLOLOGICAL MUSEUM, REYKJAVIK (ICELAND)

While not a sex museum per se, this Phallogological Museum houses the world's largest collection of penises and penile parts. It boasts a collection of 280 specimens taken from all manner of animals, from the largest (blue whale) to the smallest (hamster), and preserved in all manner of ways, from pickled to dried and embalmed. It claims to also have penises of trolls and elves. Curious?

## 7. RED LIGHT SECRETS, AMSTERDAM (NETHERLANDS)

Housed in a former brothel, Red Light Secrets is a museum for anyone interested to know what goes on behind the scenes of Amsterdam's famous red light district. You'll learn what it feels like to actually 'sit in a window' (there are 290 'Red Light Windows' in Amsterdam), see the different 'working rooms', and hear first-hand accounts about the trade. It's near the Sex Museum, but this one is more educational rather than titillating.



# STRESS

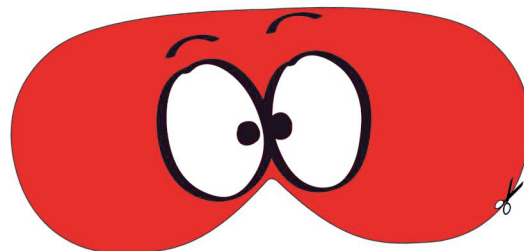
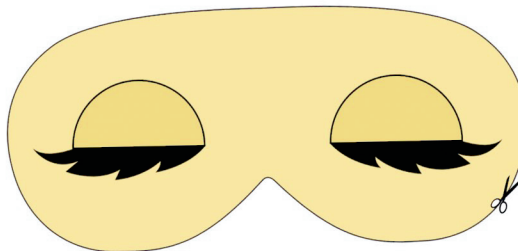
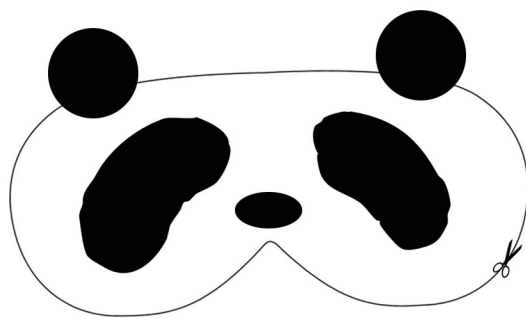
# RELIEF

Sleeping masks are useful for blocking out bright lights when you're trying to get some shuteye; they're especially useful when you're travelling (and need sleep to recharge), or... when you're trying to sleep in class (but we didn't tell you that). So, here's a template for your very own sleeping mask so that if you're caught sleeping, you can at least be assured that you're doing it in style\*.

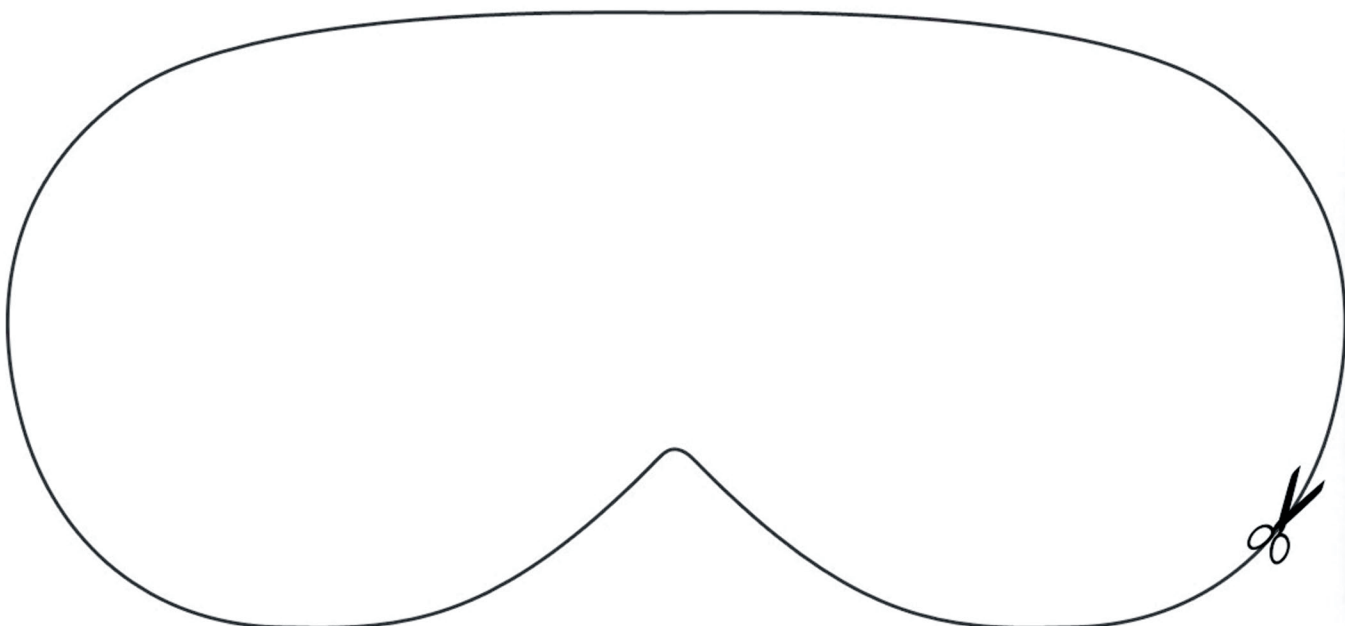
\* if you're good at it

## HOW TO GET STARTED

1. Cut out the template on 2 pieces of felt or cloth. You can use paper if you're the type that likes feeling uncomfortable
2. Grab yourself some elastic long enough to wrap your face. You can use a thick rubber band if that's all you can find, but it'll pull hair. We warned you.
3. Decorate or design your mask.
- 4 Place the elastic ends on both ends of the mask. Then you can use fabric glue or (if you can) sew the 2 pieces of felt/cloth or paper together.
4. Voila, you have a sleeping mask.



Here are  
some  
templates



ADJUST THIS TEMPLATE TO THE WIDTH OF YOUR FACE.



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