

ISSUE 01



CAMPUS

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OUR FIRST ISSUE!



blogshops!
¿hablas español?
be a brewmaster

caf-fiend

Are you an addict?

have fun
down under

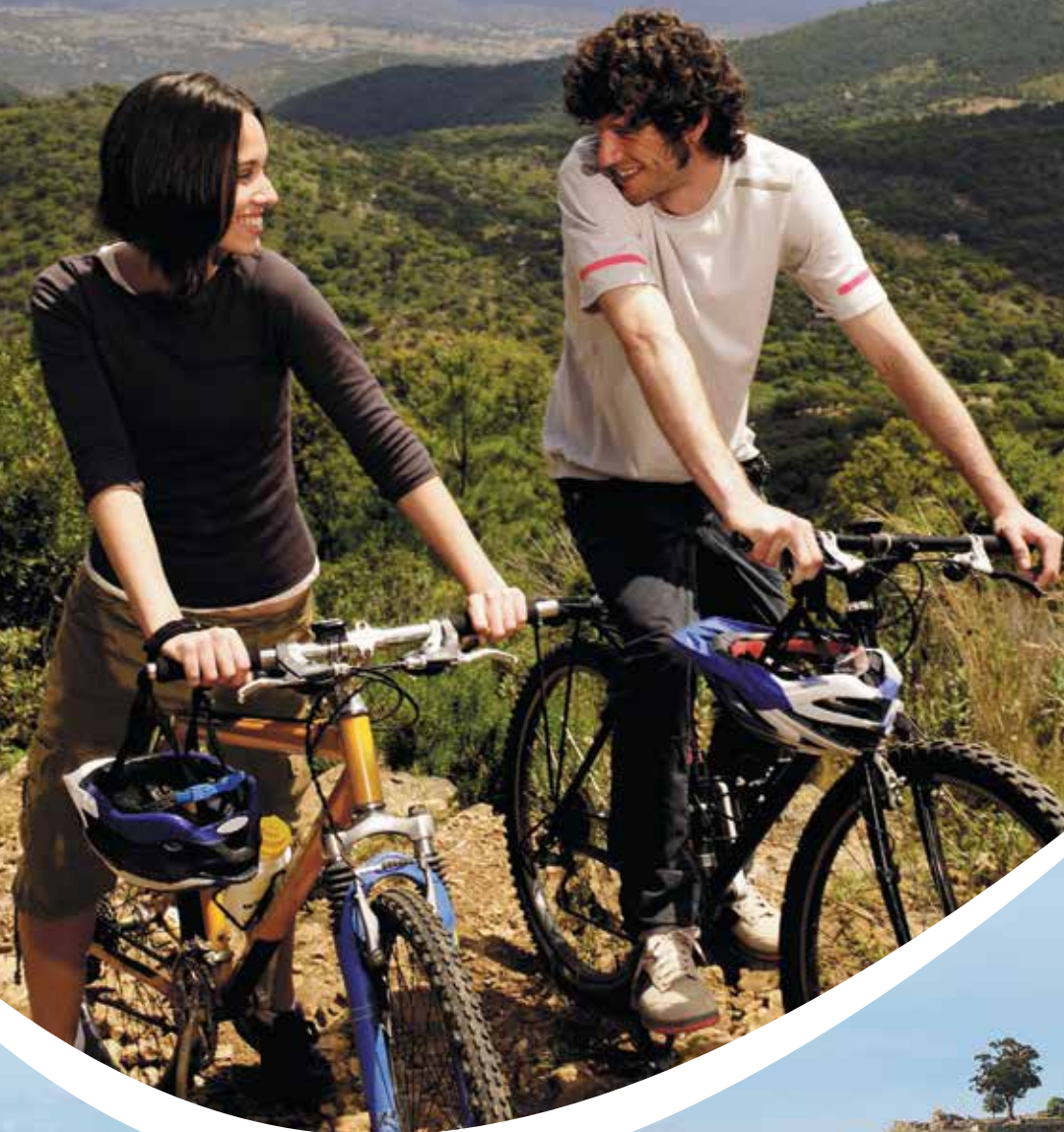
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Looking for interns:

* **Fine Arts:** To create layouts, covers and amusing caricatures of other colleagues

* **Graphic Design:** To assist in conceptualisation and layout for print and web

* **Web Design:** To help us develop, expand and enhance our site

* **Writing & Reporting:** To conceptualise, research and write original stories

* **Beverage Dispensing & Affiliated Services:** To operate complex, multi-function automated coffee dispenser, have a working knowledge of basic Italian (espresso, grande etc.), and remember which mug belongs to whom.

Fringe benefits include a shared table space, free Red Bull, pizza during deadlines, unlimited use of in-house exercise facilities (our office is a 3rd floor walk-up). We can accommodate flexible hours, since we're always working. You should be creative, confident, and able to take direction, but still develop your own voice within a piece of work. Our work environment is fast-paced. What we are is a goal-oriented team of chronic workaholics, looking for other like-minded, impressionable young talents, to mold into our own, twisted image. We are not hiring right now, so don't ask. But we are looking to nurture and develop future talent.

Anyone not put off by the above should email 75 words or less about themselves and what position they'd be keen to fill to interns@campus.com.sg.

Salamanca

Salamanca is the oldest university town in Spain, with heaps of fellow students from all around the world, who, like you, come here to speak Spanish and make new friends. Whether it's a coffee, or a cheeky chocolate con churros, look no further than the cheap and cheerful Delicatessen & Café, with its very sweet sangria at €2.50, which you can sip while the resident DJ spins. While for something more intimate, check out Cafe Regenta. When dancing the night away has built up your appetite, the bars are equalled in number by the restaurants, so you'll never get hungry.

To find the best tapas, simply look at the bar floor as you walk past – if it's littered with napkins and paper, it's actually a sign of its popularity. The dirtier the better! Try Bambú or Meson Cervantes for terrific tapas next to the Plaza Mayor. El Parque, near the Parque de la Alamedilla, is popular with the locals. If the parents are in town, spoil yourselves on their account with the Michelin star-awarded Chez Victor. The braver and more adventurous may wish to try some of the less conventional cuisine at Valencia, including encebollada (fried blood with onions)!



Barcelona

Barcelona is Spain's uber-stylish second city. Lying on the Med, it's sunny from spring to fall, while in winter, there's skiing just out of town. Add some sangria (a Barcelona original), and join a big fiesta like Catalonia's National Day (11 September) or Festes de la Mercè (24 September), and it's obvious why Barcelona's known as a party town.

The city's 3 most famous hoods are the medieval Cuitat Vella, Barri Gotic and Eixample, Barcelona's oh-so-trendy art deco heart. Between them, are the best cafes and nightlife amidst eye candy like Gaudi's masterpiece, La Sagrada Família. Just off Plaça Catalunya, Cafe Zurich and Els Quatre Gats are the city's reigning kings of coffee culture, where big names like Picasso drank. After a quick cuppa, locals chow down on churros (deep-fried, chocolate covered dough stick), a perfect pick-me-up. For lunch, it's pintxos, with hundreds of tasty types like olives stuffed with spicy roe paste.

Like Singaporeans, the Barcelonenses' other great love is shopping. Start at ultra chic Portal de l'Angel, before hitting the vintage racks at Els Encants, the city's big flea market (best buys on Fridays). It's definitely NOT touristy – it's the perfect place to put all your newly-learned Spanish to work.



We caught up with 3 lucky students who are on their way to Barcelona for a 5 month exchange programme:

CJ, Economic & Finance 3rd Year

CJ can't wait to get to the Nou Camp to watch some quality football and soak up the atmosphere: "I'm really attracted to Barcelona, as they have a great football club with fans from all over the world coming to watch the Champions of Europe play. The atmosphere on TV looks out of this world. I can't begin to imagine what 100,000 people all singing and dancing will feel like. I think my heart will skip a few beats from the adrenaline, especially if Barcelona scores a goal! I'm also looking forward to mixing with the locals and learning more of their culture, and I hope to travel as much as I can around Spain."

WH, Architecture 3rd Year

Having been born in Europe, WH feels a sense of interest in the continent and its culture. She loves food, so she is excited to learn that the Spanish also enjoy a late supper. "I have been told that food around Barcelona is authentic, tasty and inexpensive! Although I've never tasted Spanish food, I know that paella is a must-try. I've read that wine from Barcelona is cheap and good, but then, alcohol is cheap everywhere compared to Singapore, so that could make for some fun travels around Europe! My goal for the trip is to have a culinary learning adventure with lots of new friends."

SF, Architecture 3rd Year

SF is a fashionista, and is excited to go to Europe to experience its fashion and style culture. "I'm familiar with the lifestyle side of Spain. Since I work for a wine company, I know about things like sangria. Because of the global economic crisis, my budget for Spain has increased due to a fall in the Euro against the SGD. This means cheaper accommodation, food, but most importantly, clothes. I want to travel around Europe and Spain is the perfect base. I've heard that Spain is full of happy people – I think this is mainly thanks to the sunshine and wine! Barcelona Party City HERE I COME!!!"

*Salamanca

*Madrid

*Granada

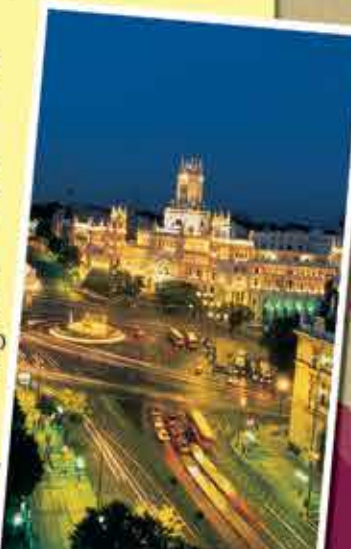
Barcelona*

Viva España!

Madrid

Spain's bustling capital, if it's new, fashionable and cutting-edge, it's here. Calle de la Cava Baja is the oldest part of town, the "original" Madrid. Over time, it became a mix of everyone from Arabia to Africa. Today, it's home to Madrid's best tapas bars, including the centuries' old La Taberna Almendro 13 (for cold soups, sausages, stuffed olives) and Juana La Loca (for pinchos – tapas on "toothpicks"). After a good feed, Madrid's Malasaña neighbourhood has the city's best nightlife. Around La Plaza del Dos de Mayo, dozens of bars and clubs specialise in punk rock and 80s kitsch, with La Via Lactea at Calle de Velarde being one of the best, spinning everything from vintage punk to hip-hop (€6 cover).

While the Brits have "Carwash". The Germans have Hasselhoff. Madrid's got Movida Madrileña, the "Madrid Groove". A local take on unadulterated, 80s hedonism, la Movida kicked off among Madrileño yuppies in the 80s, and just keeps reinventing itself. Madrileños love a party, but where do you go to just people-watch? You go to El Rastro. A Madrid institution, it's the weekly Sunday flea market near La Latina metro. Full of gypsy street performers, food and bohemian art, there's over 3,500 stalls with everything from old vinyls to Free-Tibet tees.



Fiestas, sangria, flamenco and partying till dawn – in Spain, you can live la vida loca. But don't just be satisfied with just dreaming of tasty tapas, going mad at fiestas and hanging among the beautiful denizens of Barcelona. If you're smart, Spain doesn't need to cost a bomb, and for all you Español virgins, you don't even need to speak any Spanish to enjoy yourself (although it helps when you can tell your cerveza from your cereza). Here's a quick guide to Spain's most happening cities for students and the top-value places to master the language.

LEARN SPANISH IN SPAIN!

Why study Spanish? Apart from the fact that it's the second most-widely spoken language in the world, most of us agree that it sounds totally sexy. Study at these cities:

Tandem, Madrid (www.tandem-madrid.com)

Rated one of the top schools in Spain, Tandem's a small, private institute headquartered in the heart of Madrid with branches in Cadiz, Granada, Malaga, San Sebastian and Valencia. A typical 10-week, 40 lesson course in preparation for the DELE (Diplomas de Español como Lengua Extranjera) costs €410.

Don Quixote: Barcelona & Salamanca (www.donquixote.org)

Well-known for training less language-savvy learners, Don Quijote has branches across Spain, and exchange programmes with other schools worldwide. Popular courses include Super-Intensive 35-lesson courses over one week from €285.

Universidad de Granada, Granada (www.ugr.es)

With more than 5,800 full-time foreign students on campus, it's one of Spain's most popular "learn Spanish" destinations in one of Spain's most happening student towns. One of Spain's most respected schools, it also offers classes from architecture to economics.

Colegio Delibes (www.colegiodelibes.com)

With max. 9 students per class, they are very hands-on. They allow students to begin and end at any time, with rolling enrollment to individually tailored programmes from 2 weeks to 6 months. Very focused on immersion, Delibes arranges homestays, and regularly takes students on foodie outings and fiestas.

CHEAP EATS

- 20% off Bourbon Cafe night club and El Parnassio Del Principe Cafe (Madrid)
- 10% Travel Bar and Hard Rock Cafe (Barcelona)

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If you're a student, get this for great discounts across Spain.

Dr. Travel

Dear Dr Travel,
I'm almost done with school and would like to let my hair down after all these years of studying. Where can I go for some sun, sand and sea? I don't want to have any worries and have more than a month to just chill. I would also like to stretch my dollar and I have about S\$1,500 to spare. Where can I go?

John Kumar, soon to be non-student

Hey John, hang loose buddy! You sound like me, 5 years back. Come to the home of the Full Moon Party, Koh Phangan, in the middle of the Gulf of Thailand and with plenty of accommodation; you would fit in there easily.

If you are under 26, then make use of your age and get a Blue Ticket from STA Travel. They have a great airfare flies you to the nearest airport to Koh Phangan, in neighbouring Koh Samui. You can get from Singa to Samui in under 2 hours and then a boat to Phang in 2 hours, compared to 36 hours multi bus and boat ride from Singapore to Koh Phangan. This Blue Ticket is also valid from a month to 12 months. This means, if you like Koh Phangan or Koh Samui and wish to stay for longer, just call them to get your return flight changed.

STA Travel also has plenty of island accommodation transfers from Koh Samui to Koh Phangan. Beach Bungalows from \$50 and transfers from \$86. Check accommodation listings by clicking "search now" : statravel.com.sg/hostels.htm



Dear Dr Travel,
I'm going to Australia for my undergraduate studies in January. I'll be living there for 3 years and most of my budget would be on living and education costs. However, I would like to explore various cities and towns in my own time. What is a good option that let's me travel during my weekends or holidays? Is there a pass that lets me do so?

Sammy Lee, student.

Sammy! Australia is HUGE and there's so much to see and do. In fact some travellers take years to just travel all over Australia :) Good on you for wanting to explore and with most of your time being spent at uni, I would suggest looking at getting a long distance bus pass such as the Greyhound Pass. This pass allows you the flexibility to travel as you please with a fixed itinerary. Greyhound Australia offers you total flexibility to over 1,100 destinations across Australia. Their Kilometre Pass allows you to hop-on/hop-off and make your own itinerary as-you-go for up to 12 months. Purchase a 'bank' of kilometres from 500kms to 1000kms and simply draw on the bank as

you travel around Australia. Use this in your free time, there is no rush and it's simply too easy to

So while you are based in Australia, you can exchange your kilometres whenever you want, for exciting experiences like skydiving, snorkelling or deep sea diving in Cairns, experience stunning Uluru, travel the Great Ocean Road or trek across the Nullarbor. You can choose between short bus trips like Byron Bay to Brisbane to medium trips or even the Kilometre pass. Prices start from just \$88! Furthermore, holders of an ISIC or YHA card get a concessionary rate.

Check out statravel.com.sg/Greyhound_Australia.htm for more information.

Our experts on all things travel will help you answer some of your burning questions about where to find amazing trips at great value, and what to do when you are on those adventures of a lifetime. No place is too remote and no adventure too daring for Dr Travel, so sit back, relax and absorb these words of wisdom.

Dear Dr. Travel,
My school mates and I are going to Madrid for our University exchange program. The program will be from September until December. As we will have classes 3/4 days a week, we would have some days off to explore Europe. What is the best way to get around?

Mark Chan, University Student.

ola Mark! Glad to hear you are heading to España for fiesta, eat choice mate. The most convenient, efficient and picturesque way of getting around Spain and Europe is to travel by train. With Eurail Pass, you can travel on trains throughout Europe. Just choose the countries you want to visit and the number of travel days you need. Take as many trains as you wish on each day. How cool is that? And by buying a Eurail pass, you save at least 30% compared to purchasing rail tickets while in Europe! This pass is ONLY available if you are not a citizen of a European country and have purchased it BEFORE arriving into Europe.

Rail travel is huge in Europe as all the major train stations are situated right in the heart of the city/town. This means that if you don't want to leave Madrid, all you need to do is get on a train and arrive, you are smack in the city. Getting OUT of the city 1/2 hour "suburban" town where the budget train is waiting to check in and flying, arrive in another city also in the outskirts, where you have to lug your stuff again.

Besides that, rail travel is really flexible; if you miss the train on your choice, you have other options available throughout the day. If you miss your budget flight, that's it; empty your wallet as you'd have to buy a brand new ticket.

For more information check out statravel.com.sg/eurail.htm



Hot or cold?

We've all had that sprained ankle after a hard game of football, or the aching back after a tough workout in the gym. But when do we use hot packs, and when do we use cold compresses?

After acute injuries such as sprains or falls, the body responds by increasing blood flow to the affected area. This has the benefit of bringing more of the blood cells required for healing. The disadvantage of this so-called "inflammatory response" is that the increase in blood flow results in swelling. Excessive swelling after injury can delay the return for normal joint movements, and hence hinder the recovery process.

As such, in the first 24-48 hours after an acute injury, ice and cold therapy should be used. The cold therapy reduces the excess blood flow, thus reducing the amount of swelling that occurs after injury. This helps the injured area recover faster.

For chronic injuries, or aches and pains after tough workouts, heat is the preferred treatment.

Many people assume that putting heat on an injury or sore muscle is more mind over matter, but it's not just a placebo effect. Water bottles or heating elements over 40°C actually activates your body's own internal 'heat receptors'. This in turn blocks the ability for damaged or dying cells to turn on their 'pain receptors'. Essentially by keeping the cell busy dealing with the increased heat, it can't cue your brain into it's being in pain. If you're camping or on the trail and not in peak condition, consider carrying a hot water bottle with you. It's simple to use, lightweight, safe, homeopathic and easily filled on the trail.

RICE

If you're suffering from an acute injury, think of RICE. No, not the stuff you eat with roast chicken or curry. Although, if you're thinking of food at this time, the injury's probably not a big deal. Here's what RICE stands for:

R : REST

I : ICE

C : COMPRESSION

E : ELEVATION

Rest the affected area. In cases where a fracture is suspected, the area should be immobilized either with a sling or a splint.

Ice, Compression and Elevation are all efforts to reduce the local blood flow to the injured area, thereby limiting the amount of swelling that occurs. Excessive swelling delays eventual healing and recovery.



What is a healthy exercise regime?

The American College of Sports Medicine and the American Heart Association released updated guidelines in 2007. The basic recommendations include both cardio and resistance training components of exercise. Healthy adults should aim to do:—
Moderately intense cardio 30 minutes a day, 5 days a week, or
Vigorously intense cardio 20 minutes a day, 3 days a week.
(Moderate—intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation.)

AND

8-10 strength/resistance training exercises, 8-12 reps each exercise, 3 days a week

SOME TIPS TO HELP MEET THESE GUIDELINES:

- * Do it in short bouts. Research shows that moderate—intensity physical activity can be accumulated throughout the day in 10-minute bouts, which can be just as effective as exercising for 30 minutes straight. This can be useful when trying to fit exercise into a busy schedule.
- * Mix it up. Combinations of moderate- and vigorous—intensity physical activity can be used to meet the guidelines. For example, you can walk briskly for 30 minutes twice per week and jog at a higher intensity on two other days.
- * Set your schedule. The key to maintaining your exercise regime is to aside specific days and times for exercise, making it just as much a regular part of your schedule as everything else.
- * The gym isn't a necessity. It doesn't take an expensive gym membership to get the daily recommended amount of physical activity. A pair of athletic shoes and a little motivation are all you need to live a more active, healthier life.
- * Make it a social affair. Take your makes, or girl/boyfriend with you during exercise to add some fun to your routine.



it's just a sprained ankle!

What's Up Doc?

From injuries to ailments and everything you want to know about your body but are too embarrassed to ask or too cheap to pay for answers, check in on the doc!

About the Doc...

Dr Lim Jit Kheng
Dr J K Lim is an orthopaedic surgeon at Mount Elizabeth Medical Center, Singapore. He specializes in sports injuries, and knee and shoulder problems. In addition to his orthopaedic surgery practice, he takes care of sports injuries for students of the Singapore Sports School and he has been the Team Physician for the Anglo-Chinese School (Independent) rugby team for the last 4 years. Sports-wise, Dr Lim is crazy about all kinds of board sports such as wakeboarding, wakesurfing, snowboarding, and windsurfing, and can't wait to try kiteboarding next. He is also a hardcore scuba diver and travels all over the world with his wife, Jeng, on diving trips.

Minimally Invasive Orthopaedic Surgery, Mount Elizabeth Medical Center #03-06. Tel 67378522, Web www.miortho.sg





campus life

10 Tips to Manage Your Money

If you've got money flowing in like nobody's business, then you can ignore this tip.

1. Once you find out how much your cashflow (allowance, part-time job etc.) will be, next set out your budget, including all the items you'll likely want or need to spend on like meals out, clubbing, taxi/mrt etc. Do this before you ever reach uni, and you'll already know how much financial free-play you have left over for impulse purchases.

2. If you're living at home, you'll save on some costs like food, but you'll also spend on others, like commuting. Living in a hostel will probably mean more cost - but as we all know, freedom comes at a price.

3. Even if you feel flush with cash initially, make it a habit to live frugally - not poorly mind you - but then when you do go clubbing or eat a good meal, you'll appreciate it for what it is.

4. Don't buy big stuff you don't need, even if you're comfortable with money at that moment. It's better to keep your assets liquid, since ultimately uni is about social experiences, and let's face it, in Singapore, socialising generally comes with a price tag.

5. Review your budget every month. How did you do? Recalculate things if they've changed, and if you seem to come up short on money, there's only 2 decisions to make - earn more or spend less.

6. Don't be ashamed to look for bargains, ask for discounts and find ways to save. If you have an ISIC card for instance, you can even use it in Singapore to get discounts at many places.

7. Club together with mates on the same course to buy all the main texts between you and share them on a rota basis.

8. Don't spend all your money on drinks. Try going to a friend's room, someone's house or get a cheap chalet at Pasir Ris. It's cheaper than going for dinner and drinks outside, and you'll have the same, or more fun, being able to relax and not worry how you'll pay for the taxi home after blowing all your money on booze.

9. Everything's an expense, even small things. Even if it's just \$5, it's money, and if you're on a \$500/month budget, it's 33% of your daily budget.

If you have any tips that you would like to share, why not get in touch with us through email at info@campus.com.sg

Some tips (some useful some not) and tidbits about everyday life in school. A wise man once said "advice is free, so if it's helpful we should share it. But don't complain if the advice turns out to be worthless - since I already told you - it's free."



Survival Tips for Living in Residence Halls:

1) Immediately buy a dark marker pen and write your name on any food you put in your shared fridge.

2) If you share a place in halls, make sure housemates pitch in and do their own washing up etc., and if they're too lazy to clean their own, keep your clean dishes locked away in your room.

3) Don't get a room near the main door, since party people and prats will make it their mission to wake you every-single-time-they-enter-or-exit-the-building, which will usually be around 4:30am.

4) Take pix of your room, as it is, when you move in. Note any damage and get photos of anything suspicious. This is good practice for moving into your own apartment later, since any landlord, including your school, will try and blame stained walls, broken wardrobe doors and cracked tiles on you. Save the hassle and your deposit.



old school brewery



1. Ye Olde Brew

Before beer came on taps, in bottles and cans, you should know that this bubbly brew can be traced back to almost 5,000 years in Mesopotamia, where daily rations of bread and beer were given to presumably happy workers. As with all things yeast and dough-related, beer brewing (like baking) took place at home.

When monks - who were probably bored of the oh-so-last-century communion wine - tried it, they loved it so much that they brewed large quantities of the stuff right in their monasteries (finally, a use for that large dungeon). It was pure liquid gold - especially when monks realised they could also use it as a form of payment.



2. Brewmaster (person in charge of beer production)

A great way to start is to have a degree in Fermentation Science - where instead of throwing your mouldy food away, you'd actually be studying them. If you've got a Chemistry/Biotechnology background, you're only 2.5 years of study away to earning your Brewmaster title (which is a Master's degree), and on your way to a full-time job at a major brewery. Finally, you can be a Master of something worth drinking to!



HOPS



BARLEY



4. Know the Brew

There are countless ways the beer in your glass can be produced. You can get them from huge breweries that produce enough beer to fill every swimming pool in Singapore to micro-breweries that produce a few dozen barrels a year. Then there are the different types of beer, from the light-coloured stuff (lager & pilsner) to the dark stuff (ale & stout), and every colour in between (thanks to experimental brewers who put stuff like cinnamon or strawberries in the vat). Not all beers are created equal, and neither are the associated hangovers.

5. makin' Dough

Rather than going skint for a pint, you actually get paid to drink. When we say 'paid', we mean an average salary globally of US\$128,402! Even measly Brewmasters earn US\$38,000.



Mmm...

3. Brewery Lingo:

Microbrewery: Also known as 'Craft Brewer', it's a fancy name for 'small brewery'.

Brewpub: A brewery which is also a restaurant or pub that sells the stuff they brew.

Contract Brewery: These companies create the marketing, distribution and sales for beer that they do not make themselves. We like to call them middlemen.

GRAINS

6. Born to Brew

Here's the lowdown: after you've gotten your degree in chemistry/biotechnology/fermentation science, you'll need to get rolling with a "Brewing" course, after which you'll need to go through an apprenticeship before you're considered a Brewmaster. Start here:

- The University of Ballarat, Victoria, Australia, has a Graduate Certificate in Brewing (SG\$9,500).

- The Siebel Institute (Chicago, Montreal, and Munich) has a 12 week course "WBA International Diploma in Brewing Technology", which include 2 practical lessons in Munich, costing (SG\$21,700).

- VLB Berlin has several options from a basic Certified Brewmaster Course (5-month programme, plus 3 months practical at a brewery, at SG\$26,400) to a Master's Degree (5-year programme).

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PCS / WT SERVICE INFORMATION

Level 1: PADI Open Water Course

Your first step is the Open Water Course, typically completed in between 3 and 7 days, it involves both short lectures on technique and practical skills with instructors, in the pool and in the ocean. You don't have to be like Jessica Alba or Matthew McConaughey to do it - as long as you are able to make it to early classes, and can swim, you can do it.

The PADI course entails some theoretical study - some schools offer lectures, but folks with the attention span of a goldfish will be bored to death. Here's a shortcut: read up on the dive manual at home, then take an hour to sit through the exam at the Dive Centre. It beats wasting up to 6 hours listening to (more) lectures.

In the Pool/Confined Water sessions, some dive centres use up to 5 pool sessions, but 2 sessions is enough if they're well run. After that, you're ready for the final open water session! This is where you'll find out if you're cut out for the open ocean: you'll either thrive amongst the tropical reef and schools of fish, or freak yourself out thinking about 10,000 Leagues Under The Sea. If you're the former, congratulations buddy, you'll be given the license to dive anywhere in the world!



DIVE IN...

PULAU AUR AND PULAU TIOMAN

You don't need to know much geography to know that Singapore's surrounded by thousands of islands, some of the ideal for diving. Most popular ones are Pulau Aur and Tioman, with good visibility and a big variety of marine critters like turtles, sharks, bumphead parrot fish and cuttlefish. If you time it right, prepare for sightings of whopping whale sharks and manta rays.

GREAT BARRIER REEF

This granddaddy of underwater ecosystems needs no introduction - if you don't know where it is, enroll in geography classes. In primary school. It's home to a myriad of dive sites that are suitable for everyone from virgin divers to old-timers, with thousands of reef residents including the Giant Potato Cod (some as big as cars!), rays and reef sharks. The most affordable way to see the GBF is on a live-a-board cruise.

ADVANCED DIVERS DESTINATIONS...

MALDIVES

Maldives has everything for dive-happy folks, from corals and crystal clear waters to great beaches and lots of little drinks in coconuts (after all, you can't stay underwater all the time). With its 26 atolls, you're almost guaranteed to have encounters with dolphins, whale sharks and manta rays.

SIPADAN

Mention Sipadan, and local divers salivate at the thought of huge numbers of sea turtles and sharks - especially the weird-looking hammerhead shark. It's not for the faint of heart, or newbie divers, but Sipadan's a firm favourite amongst experienced divers for its marine diversity and accessibility.



EXPLORE THE DEEP

(we're not talking the depths of your mind)

Everyone's learned in school that earth's 70% water, and that's where most of the unexplored regions of earth are. If you're curious to see critters beyond what you get at Underwater World, why not strap on that tank, and jump in the water.

Level 2: Advanced Open Water

If you're hooked, take the Advanced course, which involves 5 more dives. What are you paying for? For starters, you're allowed to dive at night, visit shipwrecks and dive deeper. As usual, it's more reading and completing homeworks - something you should already be used to.

Then, it's back to the water, this time at 30m. Some of the challenges in this section include navigating yourself with a compass and handling yourself underwater in the dark with a torch at night. It's a prerequisite if you wanna be an underwater shipwreck pirate (not really), but most do it for fun. Imagine seeing your favourite sushi menu swim by, lit by the light of your torch.

After that, you can choose 2 other kinds of dives - Drift Dives, Wreck Dives, Peak Performance Buoyancy - and complete your certification. It's the fastest 'advance study' program in your curriculum!



Rescue Diver

If you've seen The Guardian and want to be like Ashton Kutcher (or if you're just addicted to advancing), prepare for Rescue Diver sessions. For this segment, it helps to be like Ashton Kutcher... or Matthew McConaughey. That's because unlike just floating in the water, you'll learn how to - as the name of the course implies - save lives. Some folks buff up for this - it ain't easy if you're loaded with one too many late-night pratas.

The pool segment teaches you the basics, before you head for open water 'Rescue Scenarios', where you get to put those skills to practice in the ocean. Handle tired and unconscious divers! Pull your buddies to safety! You know the drill - with great strength, comes great responsibility.



Divemaster

If you think you're hot stuff in the water and think people will wanna learn off you, make some bucks by going for your Divemaster certification. This 3-month course (or a 1-week crash course) teaches all the water skills, stamina exercises, training exercises on problem-solving and organisational skills (which most of us lack in real life) you'll need.

The first step is (as usual) to expand your dive knowledge, and develop leadership skills on a professional level. In reality, you'll be supervising other divers, assisting senior instructors and basically be like Yoda. Heck, you can even get extra credits at certain universities and colleges if you're a Divemaster, and best of all, you can get an internship with reputable dive centres or resorts.

STUDENT DEAL

20% off all Dive Gear!

Scuba Diving International Course Promotions:

Learn to Dive Only SGD480
Become an Advanced Diver SGD450
Rescue Diver SGD450

Fun Dive Weekend Trip Promotions

Pulau Aur 6 Dives SGD280
Pulau Tioman 5 Dives SGD300
Pulau Redang 5 Dives SGD380

These promotions are only valid for current students, who must show a current and valid student card.

Planet Scuba, 02-36 Tanjong Pagar Plaza, Singapore 082001
Tel: 62277561, www.planetseuba.com.sg



caf-friend

Are you an addict?

In the year 1820, a German chemist, Friedlieb Ferdinand Runge isolated a drug in the coffee bean. This drug was named 'caffeine', which means something found in coffee.

We all know that caffeine keeps us awake, but do we really know what it does and how it does it?

The body has a natural sleeping pill, it is called adenosine and caffeine blocks its effects on our body.

A bit of side information but adenosine is composed of a molecule of adenine which is attached to a ribose sugar molecule. Yes, I got that off Wikipedia and I cannot believe I made it through

my tertiary education without it. Enough with the chemical mambo jambo, which incidentally happens at Zouk every Wednesday night. Also, if you truly understood that last sentence about adenosine, you are either majoring in health sciences or you really need to get laid, or a date, or a PS3.

This then results in that oh-so-familiar feeling, that buzz that we need to help get that extra few hours of mugging for the finals or to put on the finishing touches on our term papers due in 3 hours. In my case that buzz helped me get started to write that first paragraph of my term paper due in 3 hours.

Read the following bit of instructions and follow accordingly before picking up this amazing piece of work to continue reading.

1. Put super awesome magazine that you wrestled 4 other students for down.
2. Walk to the closest mirror
3. Stare into mirror for approximately 1 minute
4. Notice that new pimple on your forehead and the infinite blackheads on your nose
5. Notice overgrown nostril hair that is growing out of your... nostrils. Please trim it - plucking is an option but it is not recommended unless you have been trained to withstand copious amounts of pain
6. Walk back to seat and resume reading article

You just took a good long look at a caffeine junkie who is probably sleep deprived. So much for learning to say no. Still in denial??

Red Bull (Austria), Coke, Pepsi, Snapple, latte, 7-up, root beer, your cup of morning breakfast, jasmine or Darjeeling, chocolate milk, cream soda, hot cocoa, Mountain Dew.

Drink any of those by any chance? They ALL contain caffeine. Some more than others, but present nonetheless. That tiny little pick me up, that rush that makes your heart beat a little faster. One culprit. You are a junkie.

This one drug caused a, if I may, revolution of sorts. Party longer, study later into the night, get more work done in a day leading into increased efficiency, play more video games, watch more Heroes/Prison Break/that stupid show with Paris Hilton. This one drug made the world greedier. It made the world want to stay up and live more. It made the world "happen". "Happen" here refers to the slang term "happening" - I mean, it's obvious right?

Now that we've gotten past the gush of awareness, let us slump back into thought for a while. Let it sink in for a bit, how this substance, invisible to the naked eye, crept its way into all our lives. How without it, many of us would function no better than Forrest Gump with a concussion. How without it, we wouldn't be able to party until 5am and get up for our 8am lectures. If you signed up for 8am lectures, you deserve a slap on the back of the head.

What I am looking for now (now that caffeine has already done the deed, made all of us sign on the dotted line), is to find that new substance. To bring us from caffeine to caffine. That new enhancer that will spread its tentacles so vast in our society even newborns are found having trace elements in them from their mother. What this substance will do is still a mystery: smarter? Stronger? Hotter? Better looking? Smoother skin?

Your guess is as good as mine.

Those of you who haven't had your dose of caffeine need not read on, unless you're a health science major, or are sitting in the can with nothing better to do.

Here is perhaps a compelling reason for this addiction to coffee/Coke/energy drinks: technically called a "Niacin Flush", it's when parts of your skin feels abnormally warm, tingly and look flushed. Not quite the effects of a rough tumble in the sheets, but it's common when you have too much caffeine or it can be triggered by even small amounts if you've been off it for a while. When it does occur, it usually lasts a few minutes, which could explain why some people drink the stuff continuously.

the pros and cons of caffeine

PROS

1. It heightens your senses

Everyone knows it makes you more aware and it can increase your mental capacities, but it's a short term effect.

2. It protects against diabetes

It reduces obesity... only if it's caused by diabetes type 2, as drinking coffee reduces the risk of getting it. This is the type where the body tissues become resistant to insulin. Drinking coffee reduces the risk up to 50% (at 7 cups a day!), but try to stick to 3 a day max for your sanity.

3. It protects the brain

It's not a smart pill, but caffeine can protect the brain from diseases. Harvard School of Public Health found caffeine was effective for preventing Parkinson's disease, Alzheimer's and mild memory (and thinking) problems in older men when consumed in moderate quantities.

4. It contains antioxidants

It can protect you from free radicals (the element that ages you), as it's got antioxidants. More antioxidants, however, are found in decaf coffees.

5. It makes and keeps you awake

If you consider not sleeping a bonus, then caffeine's your friend. It postpones your sleep and rest habits momentarily by tricking your body into thinking it has.

CONS

1. It's addictive

The body gets used to caffeine through tolerance adaptation. Take large quantities (900 - 1200mg a day), and you'll be fully tolerant in as quick as 1 to 3 weeks. An average cup of kopi contains 135mg of caffeine, so that's 7 to 9 cups a day.

When you stop taking caffeine, you get withdrawal symptoms like headaches, irritability and inability to concentrate. But it'll fade in a few days - faster if you dope yourself with more caffeine.

2. It disrupts sleeping patterns

Too much caffeine causes sleeping disorders - some of them classified as psychiatric disorders.

3. It increases cholesterol

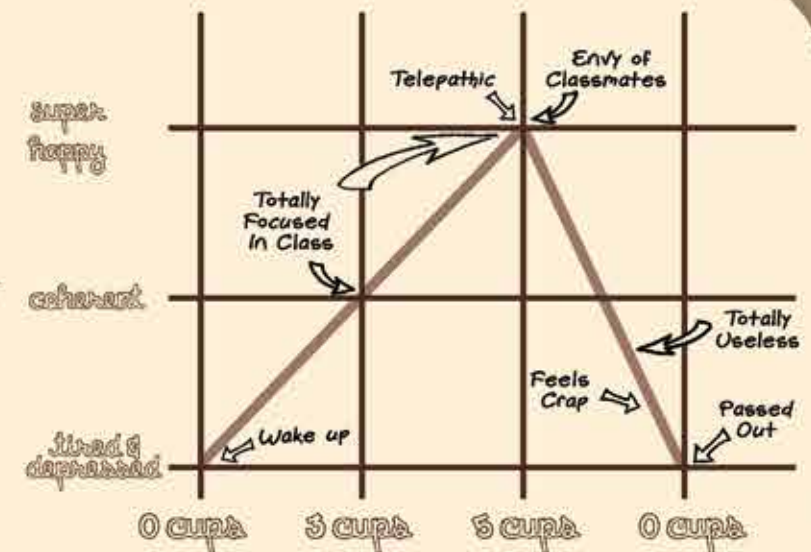
Don't worry - it's only if your coffee comes from a French Press (fancy name for coffee plungers). The coffee contains oils that increase LDL cholesterol levels.

4. It can cause headaches

If you consume around 500mg a day, you'll be prone to withdrawal symptoms (like headache) when you cut down the amount. Too much caffeine can lead to a phenomenon called 'rebound headaches' - if you're a headache sufferer, check your caffeine content. Even pain-relieving medication has caffeine!

5. It makes you lose calcium

For every 170g of caffeine consumptions, 5mg of calcium is lost. However, this loss can be overcome by adding 2 spoons of milk to make your espresso into latte.



cup - e - caffeine chart



caffeine comparison chart

(Don't take our word for it)

death by caffeine:

Still got too much time in your hands (or caffeine in your system)? If you want to while your time away fiddling with your laptop and learn some useless facts, check out www.energyfiend.com/death-by-caffeine. It'll calculate how much caffeinated stuff you can consume (depending on your body weight) before it'll be the death of you.

Here are some of the findings:

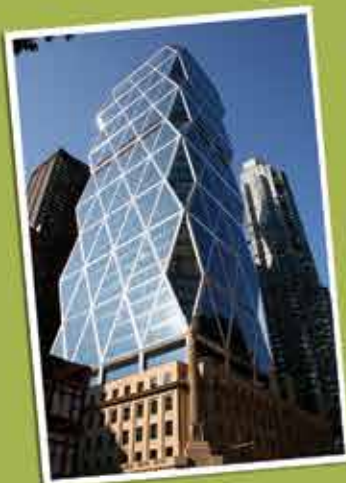
- Ben & Jerry's Coffee Ice Cream = 120 @ 55kg / = 150 @ 70kg
- Instant Coffee = 145 cups @ 55kg / = 185 @ 70kg
- Coke = 240 cans @ 55kg / = 305 cans @ 70kg

So you've managed to get into uni/poly, and are prepared to slog through the midnight oil to get through more years of education. After a few months, you learn how to do things at the very last minute, get away with cheap versions of everything, and you expect the rest of life to be this carefree. Until final year hits, and you start to panic, because you know that all too soon, you'll be spat out into the real world, and forced to forgo student-priced parties and that monthly stipend from your folks on clothes/video games/\$15 meals.

Welcome to the real world, amigo. Your life starts here.

The world outside school looks pretty gloomy. With the global recession, many companies are reporting weakest hiring plans to date. On a recent survey of local employers, JobStreet found that 43.5% of employers are not expected to hire in the foreseeable future, and 32% say job outlooks are expected to be worse. It's not just the older retrenched workers who are suffering – according to NTUC, more youths under 30 will be the ones to feel the pinch. Among the 55,800 unemployed in Singapore earlier this year, 31% (that's 16,740) are youths.

However, for eager folks – like Luke Skywalker and the rebels – there is hope. In this region, employment prospects in Singapore and Taiwan are pretty favourable in the third quarter (that's July to September), and the outlooks are considerably stronger than 3 months ago. While companies are anticipating hiring again, getting a job (or the one you want) is not a given.



Do you want a job?

This is your very first step at living on your own (we don't mean mooching off parents while you take 10 years to 'find the perfect job'). And it's the one task you can't put off till the very last minute. But, here are some tips to get you mentally prepared for that very first job:

WOULD I HIRE ME?

Thanks to several good years, a lot of graduates assumed they'd have their pick of jobs, and who could blame them. Then came the recession. Since this is an employer's market, take a look at a mirror and see if you've got that energy and eagerness that says you'd dropkick your best friend for a job. Rob Sparno, ex-Oracle staff, got rehired by being tenacious: he scheduled pep talks, did voluminous research and seven rounds of interviews before landing the job.

UNIQUELY ME

Who doesn't want a great job with short

hours and high pay? You're not the only one, so you've gotta show your potential employer that you're different from the rest – be active in clubs, excel in sports or have an interesting hobby (not stamp collecting). If you've worked with charities, it shows that you're not all about 'me, myself and I'.

BE CREATIVE

Don't just carpet bomb the companies you'd want to work for – nobody has the spare hour to listen to why they need to create a position for you. Do your research and find out exactly who's looking for what – trawl online, or use your superior skills at Twittering or Facebooking. Creativity and networking are essential assets. For example, Jamie Varon wanted to work for Twitter, and when the usual avenues didn't work, she set up a website twittershouldhireme.com. She posted her resume and blog tracking her requests, and was contacted by Twitter within 24 hours.

SOME STATISTICS

1. Industry with highest average salary: Gas, mining and oil, with salaries around \$173,000.
2. Industry with the smallest gap between top and bottom: Customer Service and Hospitality/F&B, with salaries averaging \$43,000 – \$144,000.
3. The highest income by top earners by industries: gas/mining/oil at \$200,200, architecture at \$173,000, while surprises include marketing (\$122,400), HR (\$120,000) and manufacturing (\$112,000), which beat legal (\$108,000).

Specialisations Employers Seek

In Singapore, sales, marketing and business development folks are coming up tops on employers' lists, as are customer service people. Those in computer and IT will also continue to be sought after, as well as engineers and folks who crunch numbers (accountants).

Recession-proof Industries

Still in doubt about your choice of major? Want to be in a safe industry? Or make big bucks when you get out? Here are some choice industries:

1. Mechanical Engineers

Of all the engineering jobs out there, with the rise of green energy and bio/nano-technology sectors, mechanical engineers continue to be in high demand. Average salary: \$100,800.

2. Technology Executives

In the next 5-10 years, telco, IT, mobile technology or basically anyone associated with Web 2.0, are set to boom. Average salary \$173,000.

3. Database Management

In a knowledge-economy, data and data management will continue to flourish, as companies seek to streamline and protect one of their most valuable assets. Average salary \$115,000.

4. Testing and QA

After all the recent product scares in China, product testing is in more demand than ever. It's an off-shoot industry that's open to anyone with basic mechanical aptitude, and willing to train and learn on-the-job.

5. Network/Systems Administrator

A fairly specialised job, but as companies' back-room IT needs become larger and more complex, it's becoming apparent that there's a shortage of capable administrators out there. Average salary \$100,800.

6. Accountants

Like other business fundamentals, accounting is a nearly bottomless industry for jobs. Starting wages vary greatly by company, experience and industry, but there are far less unemployed accountants than there are stock traders lately. Average salary \$72,020.



THE GOOD, THE BAD AND THE INTERVIEW

INTERVIEW SCENARIO 1

Employer: "You live in Choa Chu Kang. Do you have a problem to commuting to the CBD every day, and can you be on-time every morning?"

Your answer:

- A. If I'm not willing to ride an hour to work every day, then I don't deserve a good job.
B. Can I claim for some cab-fare if I'm late?
C. Can lah, besides, how late is considered late?
D. I think so.

If you've answered anything but A, you deserve a slap on the head. Bosses don't have time to care where you live, as long as you show up on time, and functional. Gone are the days when you can sneak into classes late and hope no one notices – skive often enough, and you're kicked out without a sleeping bag.

INTERVIEW SCENARIO 2

Say things are going real well, and you and your future boss are just about to wrap up the interview. What is your final parting question?

- A. What's the company's policy on taking MCs?
B. When do I start?
C. Is overtime mandatory?
D. Which way is the toilet?

If you answered A or C, you should know better than that. A job is a commitment and if a boss so much as sniffs that you're trying to weasel your way out of working, you won't inspire confidence. Besides, it's not like you can 'plan' to get sick or work overtime. Unless you're psychic.

GO AHEAD, BE A NERD

Be informed. Get a variety of news sources from the web, Wall Street Journal or Nat Geo. It might make you lose your street cred, but in the job market, it wins friends and influences people. Successful folks like Richard Branson and Li Ka Shing agree that "knowledge=power". They've built great businesses from scratch, not just with ideas (everyone has ideas), but by seeing how it all fit together. It's like the 'one ring to rule the world'.

SELL IT TO ME

Many people look down on sales jobs – usual excuses being shyness, fear of rejection or dealing with other people. All the bosses we met agree that there's no career where you don't need to sell people on you and your ideas. So, go work part-time in retail, advertising or even MLM and work on your people skills.

BE ROBUST

Being robust isn't about being Superman, who doesn't take MCs or is insanely strong. It's more like being the hard working Clark Kent, who is durable (takes criticisms and learns from them), optimistic (turning a problem into solutions) and never quits in the face of adversity. Whatever happens, don't cry home to mama.

BE A SPONGE BOB

Whether you're making coffee for customers or hawking clothes for your part-time job, learn about how the other departments work. The more you know about the company, the more can you see how what you do affects the rest and how this business of, er...business, works. This brings us back to that old chestnut, "knowledge=power". Here's a true story: when Naresh Goyal was an errand boy for an airline office, he always asked questions – from how accounts department worked to how to become a pilot. Seven years on, he founded Jet Airways, and is now a billionaire.

www.studyinaustralia.gov.au

Explore Australia. Discover yourself.



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Hey, mate!

Just say Australia and what comes to mind? Golden beaches, blue skies and clear waters for a start. There's also surfing, those unmistakable cork hats and of course, the infamous Outback.

For the quintessential Aussie beach experience, go no further than Sydney's Bondi Beach. With sand like powdered-sugar, sparkling turquoise waters and incredible waves for surfing and swimming, it's to die for. Or if being laid back's more your thing, just kick off your thongs and bask in the warmth of the sun – don't forget the sunscreen. You want to be glowing, not crispy. Here on Bondi Beach, good ol' people watching is almost a competitive sport. And remember boys, it's rude to stare. For all you water sports enthusiasts, Surfers Paradise in Gold Coast is truly a mecca. With some of the best waves in the world, you can surf like a pro. Or jump on a jet ski, if you've got a need for speed. For an extraordinary underwater experience, you can't miss the Great Barrier Reef just off the coast of Queensland. The unofficial address of all kinds of marine life, including many endangered species, it's the largest coral reef system in the world. Snorkeling and scuba diving are a must, but resist the urge to reach out and touch those box jellyfish. If you're lucky, perhaps you'll even spot some humpback whales in action.

For a different kind of natural beauty, head up north to Ayers Rock. We promise it'll knock your socks off. Also known by its Aboriginal name Uluru, this World Heritage sandstone formation in the Northern Territory is definitely worth the trip. Since you're there, explore Australia's largest national park. Located within the Alligators River Region, Kakadu has been

home to Aboriginal Australians for more than 50,000 years and boasts roaring waterfalls, lush rainforests and exotic wildlife. Getting the munchies from all that trekking? Join your seasoned Aboriginal guide for a snack of widgety grub, but remember to bite their heads off first. Those little buggers are fighters, and some have a mean bite. It may seem gross to a city kid, but don't knock it till you've tried it. Like any true Singaporean, just throw some chilli sauce on those juicy little guys and they're good to go. If that's not enough grub, deep-fried mars bars and a basket of fresh fish n' chips (with vinegar please) should do the trick. Then wash it all down with an ice cold beer, or three, while you watch a full-on Australian Football League game. Now that should really hit the spot.

If wine's more your poison, you're definitely in the right place. Australia makes some of the best in the world. Just visit the vineyards yourself in Adelaide Hills, Hunter Valley and Margaret River. After which perhaps it's time for some elevation. Just an hour's drive from Sydney, the Blue Mountains awaits – this is where you want to be for superb bushwalking trails and magnificent views.

Wherever you are in Australia, there's always a dazzling sunset to be enjoyed. Finally, back in Sydney, enjoy one of the most gorgeous from the Sydney Harbour Bridge while overlooking the Sydney Opera House. Perfection.



After breakfast, it's a drive to a secluded beach in La Perouse to walk and tan, and head to this excellent fish and chips store for a quick bite. It's time to hit the city for some shopping in the afternoon. Then it's off to Darling Harbour for more seafood at Nick's, and Star City to catch a musical with friends. As the night draws to a close, we snack on pies at Harry's de Wheels at Woolloomooloo. I escape the crowd with a friend to Mrs Quare's chair in Sydney's manic Gardens to see the amazing view of the Harbour.



Timothy Yang, 24 year old, 4th year Medicine, UNSW

Grab a beer, mate!



Party in Sydney!



So you want to party like a rock star? Well, you'll need to find yourself some ice cold beers and wicked company first! The rule of thumb: drink what the locals drink. When in NSW, grab you and your mates some 'Toohey's'. If in Queensland, it's got to be XXXX. Don't forget the other golden rule - everyone takes turns to "shout". We're not talking about yelling mind you, but that generous Australian spirit we know and love - every self-respecting man/woman "shouts" by buying everyone in their group a pint. Remember that the next time you're at Cookie or The Loft in Melbourne, visiting The Church in Perth, down in The Basement or just at Home in Sydney. Those rules apply to live music events like the Big Day Out, outdoor food festivals like Tastes of Gold Coast, world famous Mardi Gras and yes, you can bet it applies for Canberra's Santa Claus Pub Crawl and Sydney's Australian Beer Festival. Gather round guys and gals, it's our shout.

DREAM TRIP

Sheryl's

Gold Coast!

Nothing says excitement like a road trip to the Gold Coast! What could be more Australian than fun, sun and the beach? So off my friends and I go with a rental car stocked full of chips, lollies and soda. We're predicting the trip will take two days, with an overnight stay in New South Wales. At the first beach we stop at along the NSW coast, it feels great to sink our feet into the sand and let the ocean wash away the past semester's stress. When we arrive at Surfers Paradise in the Gold Coast, we're all anxious to begin our holiday in the sun. But first, a true-blue Aussie lunch of fish and chips by the beach is in order, before we spend the rest of the day frolicking in the salty water attempting to surf. Day four and five of the trip are spent going crazy at the theme parks.

This is the part I am most excited about - Rollercoasters galore! We're all sad to leave when we have to begin our drive home the following day, so we take our time on the inland route, stopping at small towns on the way where we meet friendly people with interesting stories. As we head back to Melbourne tanned and relaxed, we decide that trip must definitely be repeated again.



LEARN TO SURF

CHILL BY THE BEACH



Wake up at 10am. With a toasted crumpet in hand, I walk into the city. First stop, Myer on Bourke Street to ooh and ahh over the pretty window displays. Next, I stroll down to Flinders Lane to check out some of the little boutiques and cafes. There's a cupcake store on Degrauwes street that's simply irresistible. I walk along Swanston Street, trying to see the city the way tourists do. You never really pay attention to how intricately designed and carved the buildings in Melbourne are, until you slow down. Before I know it, it's dinner time and I meet fellow Singaporeans at Chinatown for a feast of roast duck BBQ pork.

Sheryl Boey, 20, 3rd year Media Communication / Environmental Studies, University of Melbourne



Cupcakes galore!

Veg out...

If parties aren't your scene, maybe some peace and quiet will do the trick. Kick back at a beach, enjoy some solitude on a mountain or take a drive along roads less travelled. If you're looking to relax, the Whitehaven Beach on Whitsundays is a great place to be. There are also beaches off-the-beaten-path, Hyams Beach in Jervis Bay (NSW), Four Mile Beach in Port Douglas (Queensland) and Cable Beach in Broome (WA). They offer all the beauty you'd expect, with more of the solitude than most Australian beaches. Feeling particularly brave? Head down to Samurai Beach in Port Stephens (NSW), North Swanbourne Beach in Perth or Pelican Point Beach in Lake Bonney (SA) for a 'clothing optional' experience. To escape the hustle and bustle of the city, driving on long roads is wonderfully relaxing, while hiking down a mountain gives you the calm you're craving. Kings Canyon in Watarrka (NT) is great for trekking, as is the Blue Mountains (NSW). It's stiff competition between Mount Meharry and Mount Ossa, Western Australia's and Tasmania's tallest peaks respectively. With so many tranquil options, you really are spoilt for choice.

DREAM TRIP

Gabriel's

On the Road

For me, my dream trip would be a road trip with no aim. Just driving around without planning beforehand and deciding where to go only on the day itself. I really just want to relax and take it easy, not rush around with some crazy itinerary. I'd take a nice slow drive, stopping whenever I see something that strikes me and snap away. Or when my friends want to check something out, like a cool looking shop or a candy store. I like travelling with my camera to find shots that aren't in any travel brochures - like little towns or obscure landmarks or historical features. Trying to find that perfect photo that's just that little bit different is strangely satisfying. I find the most beautiful things in utter randomness, and often when I least expect it. I'll keep driving till I get tired,

or until my travel companions decide they've had enough. Then, we'll stop by a motel and catch some zzz's. When we're well and rested the next day, we'll continue on our merry way.

COASTAL DRIVE



DREAM TRIP

Hit the Board!

For a country with so much beach culture, Australia hides some very decent skiing locations deep in the countryside. Thredbo, the Snowy Mountains and Perisher Blue have an amazing variety of trails and slopes. We set off from Sydney early in the morning by coach, a 10 to 12 hour drive. We head out for dinner before checking into the ski lodge for the night.

The next morning, we take the chairlifts and the gondolas to the top of the mountain. After studying the map, we pick out a route that brings us to the mountain-top rest centre and cafe for lunch. Skiing and snowboarding is much

tougher work than one might expect, and we're always famished by the time we leave the slopes for dinner, so the dinner buffet at the ski-lodge is always welcome. The days end early in winter, with the sun setting at 4 or 5pm, which gives us plenty of time to indulge in non-snow-related fun - like hitting the pubs and clubs or going dancing.

After a final afternoon on the slopes, we sadly return our snow equipment that we've grown quite attached to over the three days. On the bus back to Sydney, we turn towards the blazingly white snowfields reflected in the bus windows that recede into a distance with longing looks on our faces.

POWDER TIME



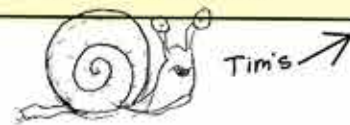
We got up early and took a bus to a wildlife park. We got to feed and pet kangaroos, see emus, wombats, crocodiles and of course, koalas. Finally, we got to ride on camels in the arid Outback. After that, we stopped at a chocolate factory in Margaret River. In the afternoon, we headed right to the beach, then popped back home for dinner. We finished the night by heading in to Perth on the train. We headed to some and clubs in Northridge where we met some fun Australians.

Gabriel, 22, 2nd year Outdoor Recreation, University of Notre Dame, V



Give it a burl!

For you brave souls, Aussie land is perfect for an escapade of epic proportions. Bungle Bungle Range in the Purnululu National Park (WA) makes for a ruggedly unique experience. Or explore Queensland's Daintree Rainforest, with its many different species of marsupials, reptiles and birds. The Great Ocean Walk (VIC) can be done as a short trek or an overnight camping hike. Of course, the iconic Uluru (NT) can't be missed. Skip over to Kangaroo Island (SA) and observe native Australian animals in their natural habitat. For a bushwalking wilderness adventure, conquer or be conquered by Tasmania's whopping 80km Overland Track. If bushwalks are not quite your cup of tea, try the deep sea. One of the 7 natural wonders of the world, Queensland's Great Barrier Reef is a diver's paradise. Surfers Paradise on the Gold Coast is its namesake, while Surfers Point in the heart of Margaret River (WA) has waves not for the faint hearted. If exploration's more your gig, there's the Shark Bay World Heritage Area, Ningaloo Reef and Carnarvon blowholes all on the Coral Coast (WA). Whatever thrills you, there's an adventure (or misadventure) to suit everyone.



University Profiles:

Here are some of the universities around Australia...

Western Australia Curtin University

Curtin may be one of Australia's youngest universities, but it is undoubtedly one of its brightest. Australia's very first university of technology is also Western Australia's largest and most culturally diverse university. Curtin aims to ensure that intercultural, international and indigenous awareness and study are a part of every course, for a well-rounded rich cultural experience. Globally reputed to be highly innovative with firmly focused research on solving real-world problems, most of the courses offered are officially recognised by industry. This strong emphasis on industry links translates into working closely with some of the biggest industry players in your area of interest, allowing you to establish important personal connections. Their main Bentley campus sits close to the heart of Perth. This stunning mix of modern buildings and original 1960s architecture, coupled with beautiful landscaped gardens, makes for a truly incredible college experience.



Queensland James Cook University, Queensland

Named after famous 18th century British explorer Captain James Cook, this same spirit of exploration is still alive and well at Australia's leading tropical research university. James Cook University (JCU) is ranked first in the world for coral reef ecology and attracts more than \$27 million in funding yearly. Ranked among the top 12 tourism education institutions worldwide, JCU's tourism programs are also recognised by the World Tourism Organisation with its emphasis on ecotourism. Their main campuses are located in Townsville and Cairns, so students can enjoy all the hustle and bustle of city life. For a change of scenery, World Heritage environments Great Barrier Reef and the rainforest of the Wet Tropics are right at your doorstep. Their courses are geared towards giving their grads the skills and qualifications they need in the global workforce, with many courses offering valuable work-placement opportunities.

Victoria Monash University, Melbourne

Monash University is Australia's largest university, with eight campuses and about 55,000 students. Its flagship campus, Clayton, is the original campus based in Melbourne, Victoria. The largest of all eight campuses, it even has its own suburb and postal code. Certainly, no one would argue about Melbourne as one of the world's most liveable cities. Internationally respected as a world class institution, this dynamic university is the proud pioneer of IVF technology and ranked in the top 20 universities in the world for biomedicine. With a higher staff-student ratio than the average Australian university, their teaching staff are recognised leaders, influential in their field of specialisation (members of the alumni occupy the four most senior judicial positions in the Victorian Court system). There are many course choices, so you can plan a study experience that suits you.

STUFF THAT YOU MAY OR MAY NOT KNOW

- ☺ Average cost of education (tuition fees & living costs) based on 2009 international student undergrad tuition fees: JCU from \$816,970 / year, Curtin from \$822,950 / year, Monash from \$824,230 / year
- ☺ According to the Mercer survey, Singapore's the 26th best city in the world to live. So just imagine what it would be like to live in Sydney, 10th best globally. Even Melbourne at 18 and Perth at 21 come in comfortably before Singapore, while London and New York lag behind at 38 and 49 respectively.
- ☺ Of bachelor degree graduates who were available for full-time employment in 2008, 85.2% were in full-time employment within four months of completing their degrees (up from 84.5 per cent in 2007);
- ☺ The median annual starting salary for new Australian resident bachelor degree graduates under 25 and in their first full-time employment in Australia was \$854,000 (up from \$851,940 in 2007).
- ☺ Overall satisfaction with courses as measured by the Course Experience Questionnaire (CEQ) remains at a high level, with 88.4% of graduates expressing broad satisfaction with their courses.
- ☺ For Mining Engineers, 100% of graduates had a full time job within 4 months of graduating.
- ☺ Highest Starting Salaries: Dentistry (\$83,700), Optometry (\$871,750), Engineering (\$864,580), Earth Sciences (\$859,760), Medicine (\$859,760)

Source: Graduate Careers Australia

Here's what they think...



Having studied at NUS, after graduation I'd been exposed to the idea of post-grad in Australia by friends who'd already done their undergrad in Melbourne and forced me to sit through their endless stories about the place. During my 1.5 years there pursuing my Masters of Arts in Communication, I got a lot more out of it the experience than I'd expected, especially when it came to "international exposure" to new ideas and people, and the demanding regime of giving presentations and defending your ideas in real-world scenarios. While lots of undergrads go directly into masters degrees, I felt it was good to have waited a year or two. The MA course work is very hands-on – the working experience gave me an advantage in tackling complex problems, and I could easily apply that experience to the more demanding, self-driven type of course work you find in most MA programmes. I use the skills I'd acquired, like editing for instance, on a daily basis. Ultimately the most valuable aspect of my extra education has proven to be the extensive professional network I'd inherited via alumni and fellow MA students, many of whom are now in top roles around the region.

Leong Pk Yin, Melbourne, MA of Arts in Communications, 1999-2000

I picked Curtin as it was nearer to Singapore than other cities, and it had a very strong lineup of marketing and advertising-related degree courses. I had a fairly good idea of what I wanted out of my 4 years before ever enrolling, and looking back, I'd rate the overall experience as an "8 out of 10". Probably Curtin's biggest strength was the emphasis on hands-on practicals. I strongly advise prospective students to take advantage of Curtin's great range of industrial attachments and internships during holidays. Curtin's big international student community meant I made loads of friends from all over the world, many of whom are still good mates today. I recommend fresh grads to try your luck at working in one of the big cities (Melbourne or Sydney), as they're great places to live, and offer dynamic employment prospects for someone with a solid education and a broad, international outlook. I've since expanded my job scope beyond my qualifications, since Curtin's very hands-on approach also taught me to think on my toes and be highly pragmatic, alongside learning core disciplines like marketing.

Jasmine Cheng, Curtin, 1998 - 2002



Have More Fun...in Adelaide and beyond!

by Sheila Lim

City Slickin'

Trundle around Rundle...

Rundle Street and Rundle Mall are famous among Adelaide's young people for street and vintage fashion @ Globalise, Rebel Sport and Dangerfield – perfect for both guys and girls, while girls can get made up for free at makeup heaven, David Jones... they're only too happy to oblige – perfect before a big night out :) If music's more your thing, there's heaps of vinyl albums and mixing-fodder for every wannabe DJ @ Big Star Records and B-Sharp. Finally, after a great night out, the best way to end a quiet weekend without ever needing to leave the lovely confines of Rundle is at the Rundle Street Market (opens only on Sundays). There's tonnes of vintage clothing stalls, interesting second-hand booths for old guitars, books and knick-knacks, and lots of local food stalls. Armed with a jam waffle, you're ready to walk up and down Rundle for a few hours, while you enjoy sounds of the Aboriginal dige quartet that performs live here.

Cheap, cheerful eats...

It's common for many pubs and cafes to have great little set meals like a simple pasta with chicken or grilled fish and a pint of beer for \$11-13.

Wine and ...dine?

The 2 things to indulge in KI are honey and local produce. KI is famous for its Ligurian Honey, as it is home to the world's oldest and purest bee sanctuary for Italian "Ligurian" bees, imported 125 years ago. It's rich and dark, and reckoned by experts to be the "most delicious amber honey in the world."

While on KI, you have to indulge in the local freshwater crayfish, Marron. You can catch it yourself at a farm, and have it cooked and eaten together with other local farm produce and wine for a well-deserved lunch break at its Andermel Marron Cafe.

At just \$45.50 for 500g, you can get Ligurian honey from Clifford Honey Farm and Island Beehive. Yummy!

Best experiences

For the best swimming on KI, just head to the tidal pool near Kingscote jetty. If you want to try sandboarding, grab a board and slide down at the Little Sahara dunes, west of Seal Bay. If you stay at KI's YHA in Penneshaw, it's near the Penguin Centre, with waddling penguins in the yard. The best way to experience the entire island (Australia's third largest) is on a rented scooter or car from Kingscote or Penneshaw. Leave yourself a few days, and keep the itinerary flexible.

#2: Desert Outback



When you think hitting the open road in South Australia, there's one trip that tops them all – the Stuart Highway. Running from Adelaide to the Outback, it passes some of Australia's most amazing places like Coober Pedy. World capital for opals, the town's really an underground destination, literally! Homes, hotels, restaurants and even churches are all built underground, sort of like Star Wars' Tatooine. It's only here that you can 'noodle' for your own opals (pay for gas!), play golf on a grassless turf, or play Mad Max in the desert on a 4WD.

#3: Eyre Peninsula

Baird Bay is famous for both playful sea lions and bottlenose dolphins. As they genuinely like people, they'll likely come and start swimming, sniffling and generally do water acrobatics around you. Due to their habits, sea lions tend to be morning critters, while dolphins do afternoons. This is one of only around 5 places worldwide you could ever do it, and all for just \$120. At Port Lincoln, you can actually swim with the area's famous huge (23kg) bluefin tuna and hand-feed them – it's a world first. It costs \$65 to do it with Adventure Bay Charters.



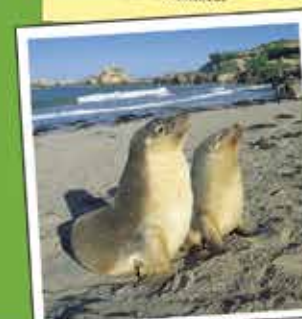
He's so cute!

Road Trippin'

#1: Kangaroo Island

Where the Wild Things Are!

Kangaroo Island, or just KI to locals, may just be THE best place on earth to hang out with Australia's best-known critters like kangaroos, bandicoots, echidnas, emus, koalas, platypus and wallabies. The entire island is a wildlife sanctuary that's unbounded by fences, meaning you can get real close to the wildlife. You could catch a koala napping on a tree, or wake up to a family of wallabies at your campsite. Closer to the shore, KI has a penguin colony at Kingscote, and you can catch the cute waddlers at sunset. At Seal Bay, take a guided beach walk and get so close to giant basking sea lions, you can see their whiskers.



Tree hugger
Sea Lions!



Wine Hoppin'

Just an hour out from Adelaide is Australia's BEST wine region, Barossa. The valley is vast, with 60+ world-class wineries that offer tastings, as well as everything from budget romantic getaways (perfect for aspiring Romeos on student budgets) to super-deluxe B&Bs. If you can't tell your shiraz from your merlot, head to Jacob's Creek's Vineyard Display, where you can learn about vine growing (and their 14 grape varieties). If you want to be an assistant winemaker, head to Penfold's, where you can actually make your own blend of wine and bottle it!



For more fun in Adelaide, South Australia, visit www.southaustralia.com or call 6333 1885.

It's like a full circle.

Young entrepreneurs, eager but lacking in funds, turn to the web to sell their products, creating this whole new phenomenon called "blogshops". Customers shop in the comfort of their home, with a few risks. In June, two people sought the collaboration of local fashion blogshops, now the unique collections of these blogshops snuggle blissfully in one cozy little physical store. Blogshop owners, store owners, customers... Everyone's happy.

Meet BOB, aptly called Best of Blogshops in full, the new kid in Far East Plaza.



empty store at Far East, and Hanice and Chuang Yang's parents were very supportive of their venture. Hanice revealed that the overhead costs total up to around S\$30,000, and they had to get a little loan from their parents (which they have returned by now).

The One Now and Possible Another...

Looking at the shop's popularity and the daily 4-figure sales, we have to admit, we wish we'd thought of this idea earlier. The crowd just keeps coming in, it was even tough for us to take a photo of Hanice and Chuang Yang in front of the shop without seeing random strangers in the background!

Of course, being first-time entrepreneurs and managing a retail store do come with problems. The difference between a blogshop and a physical store is you now have to deal with customers face-to-face. No hissy fits upon receiving a complaint email, before replying the customer after ten minutes with a smiley emoticon attached. You have to react, right on spot.

Also, dealing with so many blogshops means coping with fellow entrepreneurs of different personalities. Hanice reveals that she actually discovered someone badmouthing BOB and she eventually had to invite the one responsible to leave.

"To me, this is my own thing, and not just work."



Another minor problem is that Hanice gets frustrated when boyfriends of customers stand right in the middle of the shop, blocking the way of the staff and other customers. (Guys, stay out of Hanice's way!)

Hanice confesses that when all this pressure piles up, she sometimes has the urge to just close the store and take a three-minute breather. But everything becomes better when she sees people carrying paper bags with their store logo.

She says, "Since I am only going for university next year, this is my top priority now. Passion is what keeps me going. To me, this is my own thing, and not just work."

Hanice is unsure of when BOB will break profit, but with many other blogshops expressing interest, they plan to open their second outlet in August at Cathay Cineleisure. No fear, we can already hear the cash register ringing!

Avoid the crowds!

BOB opens from Monday to Friday, 12-10pm. New stock arrives every Saturday, so be there early, as half of the new stock usually disappears on the launch day. (We heard from Hanice that people go as early as 10am to queue!) The lull period is from 12-3pm, so take that time to slowly browse through the racks and not be human sardines.

Shop Address:

#04-52(A), Far East Plaza,
14 Scotts Rd
Tel: 6836 9648



GETTING ONLINE BACK ON-GROUND

BEST OF BLOGSHOPS BY AMY LIM
Model photos courtesy of Runway Bandits

Store owner Hanice Tsai (19), a graduate from Raffles Junior College, spares us some time on a busy Saturday evening to elaborate more on their big idea. Her partner, Ang Chuang Yang (19), works cheerfully in the constantly crowded store in front of us.



The Eureka Moment

Hanice grew up with blogshops, purchasing items online since she was 16. She reveals that she was on such a spree at one point, she had 54 unopened packages gathering dust at home! However, it was only till the end of May, when Chuang Yang saw those packages, that the big idea struck them.

Hanice explains, "With this store, we are not only appealing to the already existing online market, but the others who do not know of these perks you can get while shopping online, but instead in retail stores... We also want to overcome the social stigma of blogshops pieces being low quality products."

The 1-Month Mad Scramble

Honestly, we wouldn't advise anybody with a weak heart to follow BOB on this. From the day of conceptualisation to the grand opening, BOB only had one month. Why the rush? Hanice explains they originally wanted to open BOB in July, but decided on 20 June as it was the school holiday period where they can get more customers. Time was running against them, but thankfully, Lady Luck was on their side.

The blogshops were naturally enthusiastic. BOB emailed around 30 blogshops and had to resort to a first-come-first-served selection. There just so happened to be an



Runway Bandits

Runway Bandits started about a year back and is managed by Eil and Swee, two 20-year-old graduates from Singapore Polytechnic. According to them, their style ranges from the chic and comfortable of their Sartorial line (in-house designed and some runway-inspired) to the oh-so-80s vintage pieces of their Ann Ata line. In our opinion, their designs are more suitable for Hollywood-sassy chicks, even reflective from their choice of models, than for the kawaii-fashion inclined ladies.

At BOB, they take up two racks, the most out of the ten blogshops. The lovable Swee tells us, that they gained a whole new experience from contributing to BOB and it draws more publicity for them. Having to travel to BOB every week to deliver new stock? That's no big deal at all.

Check them out at www.runwaybandits.com



Their advice for young entrepreneurs:
**DREAM BIG AND BELIEVE IN
WHAT YOU WANT TO ACHIEVE.**

GRAB THEM BEFORE SOMEBODY ELSE DOES!

As Heidi Klum says, in fashion, one day you're in, the next day you're out. Stay IN with these hot sellers, available either in BOB or online. (Pictures are only for reference, the products might actually be sold out when this magazine goes to print.)

JACKETS:

Biker leather, smart blazer, cowboy denim... There's one for every occasion and every girl. (Guys, don't feel left out. Get your girlfriend one of those very hip boyfriend's jackets.)



STUDED EVERYTHING:

It seems like there's a rocker in you and me, judging from how fast these items are snatched up. For shoes, get the best of both worlds with them in gladiator style.



BASIC TANK TOPS:

Convenient for a sunny afternoon or layered wear in the air-conditioned lecture halls. Show a bit of your playful side, with tanks in strips, polka dots or even leopard prints. Rawr.



TIPS FOR FELLOW ASPIRING ENTREPRENEURS

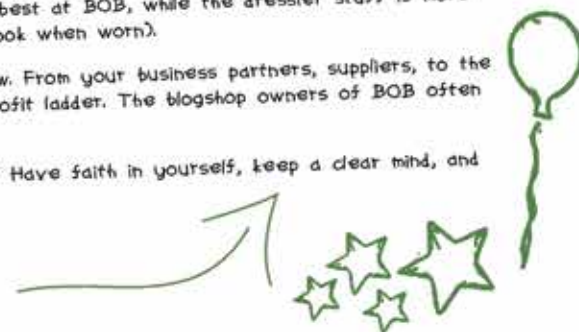
GET OFF YOUR COUCH! Nothing's going to be done if you just laze around and get mouldy. So get on your feet and walk around. The fresh air might hit you right where you need it.

KNOW THY ENEMIES... Survey the market before you jump in. If you know a competitor is selling a particular design, don't even think of bringing it in. To see someone else wearing the exact same top as you, that's one of the biggest fashion boo-boos.

AND THY CUSTOMERS... Cliche, but the customer is always right. Hanice tells us that friendship is a very important part of BOB. She exchanges contact numbers with customers and keeps them informed on new stocks. The customers' reaction also reflects what is most sellable. For example, basic items sell best at BOB, while the dressier stuff is more suitable for online sale (where models can enhance how the clothes will look when worn).

SEEK THE OPINIONS OF OTHERS! A business is never a one-man show. From your business partners, suppliers, to the customers, you never know whose opinion will push you a step up the profit ladder. The blogshop owners of BOB often visit their supplier together, and discuss who is selling what.

NEVER GIVE UP! Hey, who said entrepreneurship is all easy and dandy? Have faith in yourself, keep a clear mind, and you may be the next BOB.



WANTED

Have you got any mates that are completely beyond hope when it comes to style? Stuck in the nineties looking like Nirvana, or sporting a mullet and aspiring to be Colin Farrell in Miami Vice? Maybe you know someone whose wardrobe looks more suited to Orchard Towers than Orchard Road? Or someone Beng beyond hope?

Maybe its your boyfriend or even your girlfriend....

PLAIN?



DATED?



BORING?



NERDY?



WTH?



WELL NOW IS YOUR CHANCE TO NAME SHAME AND UPDATE UR MATE!!!

Simply send us a picture of your mate, with a 100 word description of why they are in dire need of an image overhaul. We will select one lucky winner to get a full makeover, plus feature them in a special section dedicated to how we got rid of their dated dos and how we pimped their looks up for this century.

Sabo your friends today, and let them know what a great mate you've been by fixing them up.

Please send all photos and descriptions to contest@campus.com.sg. Only winners will be notified.

LOVE/hate

BY GAN PHUA BENG



We all Love and we admit it. A lot of us are hypocrites because we Hate and we hate with a passion but will never admit it.

You love to know the truth but when you hear it, you smack yourself on the head and hate yourself for being a nosy parker.

You love that your girlfriend dotes on you and treats you like a king (or for most of us it works that way anyways, not like the sick few masochists out there) but hate it when she smothers you and doesn't give you time alone.

You love that new Transformer movie but hate that after waiting a full year and a half for the sequel, at the end of the movie you realize you just got conned into waiting another year and a half for the next sequel.

You get the point. We are here to bitch.

We are also here to commend and express gratitude for the few things, people, places, products that just get it right.

Since this is the first of many propaganda refuting, idea expressing, stress relieving, pent up frustration releasing, mind liberating articles, I am going to do everyone a favour and just skim the top of the infinite things that are just oh so oxymoronic. Hang on to your panties, or socks, for those of you who refuse to listen to your girlfriends to wear their panties.

You put on your swanky new pair of skinny jeans – that tight fitting plaid top from Top Man – and throw on a jacket. You think you look really pimp. You rock up to the hottest new joint whose old entrance looked like you were walking into the mouth of a middle aged woman who made the fatal mistake of too much botox and Chanel. Your drinks take half an hour to get to you and every time you look, the bartenders are chatting up girls.

On the flip side, whack on your slackest pair of walk shorts and that trusty Oakley t-shirt that has been with you on many a third world country travels and back, swagger up to Ice Cold Beer and get ready to experience (as the name suggests) the coldest beer in town. Why I love this place is, I am a multi orgasmic person by nature, so after the first hit from the beer, I get it off again with the chicken wings and if I can still stand after that, the pizza! No razzle dazzle, no ritz and frazzle, this place just got things going right. This is can only be described by that 4 letter word.

THE LIST

What the world pays for stuff - you'd be surprised.

	LONDON	Sydney	New York City	Tokyo	Singapore
A can of coke	\$1.50	\$1.50	\$2.20	\$2.50	\$1
A loaf of bread	\$1.90	\$2.90	\$4.30	\$2.30	\$1.60
A meal at a cheap restaurant	\$28.40	\$35.30	\$16.20	\$13.40	\$8
One-day hostel stay (min)	\$16.60	\$11.80	\$17.30	\$27.40	\$12
Bus fare (one way, min)	\$2.40	\$2.20	\$3.20	\$3	\$1 (\$0.69 with card)
Average annual tuition fee for a 3-4 year course	Imperial College London - \$42,903	University of Sydney - \$23,598	New York University - \$55,845	The University of Tokyo (public) - \$8553 Waseda University (private) - \$18,577	National University of Singapore - \$6,733 (local), \$7,194 (international)
Monthly rent for dorm room (min)	\$515.60	\$556.10	\$1,192.00	\$71.40	\$200
Metro/subway fare (one way, min)	\$9.50 within Zone 1 (\$3.80 with card)	\$3.80	\$3.20	\$2.40	\$1 (\$0.68 sgd with card)
Doctor visit	Free (provided by the NHS)	\$58.90	\$144	\$21.60	\$20
Movie ticket	\$23.70	\$15.30	\$14.40	\$27.40	\$8

*all converted to Singapore dollars
*all rounded up to one decimal place

HAPPENINGS

Singapore's a busy place. With loads of new events, concerts and parties coming your way 24-7, it's a full-time part-time job to keep up with them all. The Campus team has scoured Singapore to find you the most happening events over the next two months. So drop the PSP controller, put away the iPod, and get out there.

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31					1
2	3	4	5	6	7	8
National Day @ the Floating Platform and various clubs RAVE-O-LUTION @ The Butter Factory	Nine Inch Nails - Live in Singapore @ Fort Canning Park		Lady Gaga Live in Singapore @ Fort Canning Park	KEANE Perfect Symmetry Tour Asia 2009 @ Fort Canning Park	Singapore Toy, Games and Comic Convention @ Suntec (www.singaporetgcc.com)	
16	17	18	19	20	21	22
23	24	25	26	27	28	29
					Baybeats 2009, Venue: Esplanade Outdoor Theatre, Concourse A 3-day alt. rock fest!	

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	Jazz by the Beach, 5
6	7	8	9	10	11	every Saturday, Venue: Sentosa, Siloso Beach, 12
13	14	15	16	17	18	19
20	Public Holiday! Hari Raya Puasa	22	23	24	25	26
27	28	30				

INSTANT

STRESS

RELIEF

After having been through college/uni/poly life, we know what it's like to be stressed out: what to wear? What movie to watch? Which game to buy? Oh, and where the heck did I leave my term paper? We hear ya.



For instant stress relief, we recommend you:

1. Cut out the illustration below
2. Stick it on any unobstructed wall
3. When stressed, just whack your forehead to the red centre. Don't be afraid to give it all you've got.
4. When you wake up, you'll be stress-free!



BANG HEAD HERE

EXPAND

YOUR HORIZON



Outback? Check. Great Barrier Reef? Check. Legendary BBQs? Check.
More fun than you can shake a stick at? This is Australia.

Australia.com 