

ISSUE 02

CAMPUS

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ASIAN INDIE ROCK AUSSIE SOUND FEST OKULE-HEY!

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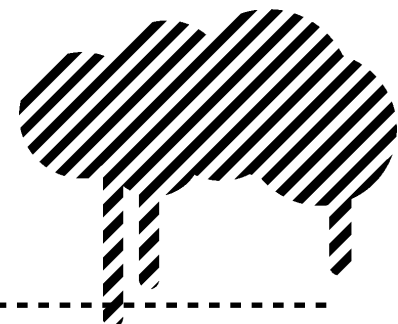
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Looking for interns:

* **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 campusinterns@gmail.com.

SOUNDWAVE, NATIONAL

Like all of Australia's most valuable resources, the Soundwave Festival began underground in Western Australia. It started off life as Gravity Soundwave, the live music soundtrack to Perth's old Gravity Games (think a water-sports version of X-games). Bringing in great, off-beat international acts, nature took its course, with the Soundwave speeding off into the distance, leaving Gravity to do what it does best, which is fall. Since then, Soundwave's never looked back. Today, it's Australia's biggest international rock festival, pulling everybody from The Offspring to NIN, with dozens of punk, hardcore metal and alt bands. It's an all-ages event. For anyone young enough to consider headlining rock gods Faith No More to be "classic rock", there's My Chemical Romance and Paramore. If Western Australia seems just a little too far to go for a great festival, no worries mate. Soundwave rumbles its way around Oz, hitting Brisbane (20 Feb), Sydney (21 Feb), Melbourne (26 Feb), Adelaide (27 Feb) and back home to Perth (1 Mar) over a fortnight from late February to early March. There's a few local additions to the lineup in each city, with tickets on sale at www.soundwavefestival.com.



SOUNDWAVE



© Soundwave Festival

BIG DAY OUT, NATIONAL

After the dust's settled from the holiday festival binge of Falls and Pyramid, the BDO arrives just in time to pick up your shattered pieces, with a fresh round of huge international acts. From Nirvana and later Foo Fighters, to Blink-182, Rage Against the Machine, Black Eyed Peas and Jet, it's always been one of the hottest tickets in town with BDO 2010 kicking off in Auckland (15/1), before quickly having the good sense to pack up and shift to the mainland, starting with Gold Coast (17/1), Sydney (22&23/1), Melbourne (26/1), Adelaide (29/1) and Perth (31/1). With tickets starting from A\$140.00, this year's no different with headliners like Lily Allen and Groove Armada. For more information, visit www.bigdayout.com.



HOMEBAKE MUSIC & ARTS FESTIVAL, SYDNEY

Right in the heart of downtown Sydney at the Domain (Sydney's green urban playground), Homebake - like the name implies - is a 100% homegrown event and Oz's biggest showcase of Aussie and Kiwi Talent. Acts include everything from hip hop, dance, electronic, country rock, punk and more, featuring artists like Crowded House to Nick Cave and Toni Collette & The Finish and more. As well as honouring home-grown artists who've scored international success, it also focuses on the arts, with fashion and film components. Held every year in December, tickets sell out fast, with the full 20,000 usually going in a few hours. For more information visit www.homebake.com.au/2009.



© Homebake Music & Arts Festival

FALLS FEST, TASMANIA

Held in Lorne (Victoria) for 17 years as well as Marrion Bay (Tasmania) for the last 7 years, Falls has been serving up Oz's most eclectic mix of alt, country, electronic, rock, roots and turntablists, with everything from original pre-Nirvana indie acts like Mudhoney or Veruca Salt, all the way up to the Hilltop Hoods, which before you ask, is Australia's top hip-hop outfit, straight off the mean streets of... Adelaide. No, seriously... Adelaide. This makes for a diverse crowd, from b-boys to families to rastafarians. Running over 4 days (Lorne) and 3 days (Marrion Bay), most people make a holiday of it; camping, BBQing and hedonising their way through the long Christmas-New Year's holiday. With ice cold brew on tap, and lots of new friends to be made, it's like a big, adults-only outward bound excursion, minus the sobriety and 6am starts. If you're afraid you're missing some of the action and can't be 2 places at once, fear not, since Falls acts move between venues, with top acts playing the 30th in one place and the 31st in the other. You can get single- and multi-day passes, with camping space limited. For more, check <http://www.fallsfestival.com.au>.



© Pyramid Rock Festival

THE PYRAMID ROCK FESTIVAL, MELBOURNE

Held at quiet little Philip Island, 150km from downtown Melbourne, the Pyramid Festival is the other main NYE alternative to Falls Fest. Held over 3 days and 2 stages, there's a mix of great lesser-known international acts and small, home-grown bands ranging from alt rock to punk, with jam sessions and electronica taking over after hours. Pyramid's known for a lot of great, below-the-radar bands, like Canadian rapper turned experimental blues man, Buck 65, or dub-roots acts like New Zealand's Fat Freddy's Drop. On the local side, homegrown act, The Cat Empire - Melbourne's answer to the Mighty Mighty Bosstones - usually steals the show. Running the same time as the Falls Festival, Pyramid's more of an up-on-your-feet-for-a-full-48-hours-now-pass-the-Red Bull kinda event with most of the acts being more show stoppers than radio darlings. This gives the event a decidedly underground feel. This year's event runs from Tuesday 29 December and culminates in a massive NYE party on 31 December, with all-access 3-day passes (including camping fees) from A\$250. For more information, visit www.thepyriderockfestival.com.

ALISSIE'S SOUND FEST

With its prolific history of classic Aussie "Pub Rock", where legendary bands like AC/DC and INXS honed their skills on the sticky carpets of local watering holes across the country, it's no surprise Australia's in love with its live music. Most of the best concerts are held during the summer months (November-March) when hundreds of bands across dozens of major events lead Aussies like the pied piper, away from their beloved beach and into stadiums and big empty fields from Perth to Tasmania. Ranging from all-local events to huge, world-class international festivals, there's something for everyone, especially when ticket prices often work out to a few dollars per band at some of the bigger events. Here's some of the best of Australia's festivals.

CHEAP EATS

Hard Rock Cafe: \$20.00 AUD food & beverage
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If you're a student, get this for great discounts across Australia.

'Dr Travel'

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,
In spite of the economic climate, I would still like to travel for about 2 months after graduating but I would also like to get more value from my trip. Are there any ways I could supplement my travel by working during my travels? What are the options available?

Sophie Kong

Dear Dr Travel
I read about train travel on the Eurail Pass in the last edition of Campus. However, I would like to get around Europe without getting lost at train stations and being permanently attached to a city map. I would also like to travel without noisy monkeys (ie drunk college kids on big tour bus) for the duration of my trip. Do you have any suggestions?

Tony Sim

Hey Sophie,

Glad to hear that you're thinking of taking a gap break. That's a brilliant idea, as the possibilities are endless! Whether you're travelling before or after uni, or just taking some time out from the rat race, you're bound to have a trip of a lifetime.

You can get value out of your trip by learning new skills and improving on your career opportunities. As long as your trip is well-structured, such an experience will look great on your CV as most employers look for a broad range of experience during recruitment.

By going on a working holiday, you will show that you have a global perspective and might also possess positive traits such as self-management, foreign language skills and a positive attitude to work.

The key to how your gap break will be viewed (either by your school or future employer) is HOW you spend it. If you spend 2 months getting toasted in the sun and downing shots every night, no one will think your trip has much value. But if you can list some of your accomplishments on your CV (maybe an Eco Volunteer trip in Australia or an Internship in China), this will definitely stand you out from the rest of the job hungry graduates.

STA Travel have been working with students and gappers for 30 years so they know their shizzle.

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

Hello Tony,

Sounds like you know what you want from your trip buddy. I understand your point about being your own "travel guide" when travelling by rail. I have also endured tough days travelling with lager louts on package tours where you just can't choose your travel partners or get off whenever you want. For something in between, I recommend travelling with STA Travel's Busabout Explorer which offers a Hop-on Hop-off style travel network within 31 cities in the following 9 countries: Spain, France, Belgium, Netherlands, Germany, Czech Republic, Austria, Switzerland and Italy. This style of travel, designed for backpackers and independent travelers, allows you to travel at your own pace - you can change your travel days as long as you like! Every time you travel, you are guaranteed a comfy coach complete with reclining seats, on-board movies and even power points to charge all your gadgets. This bus also has an on-board bus guide so you can ask all about your next destination: where to go, what to see, where to stay etc.

Click on statravel.com.sg/uktours.htm for more info.

Aloha Sharon!

Well done on taking the first step in travelling beyond the common and BORING. Adventure Holidays will take you on unforgettable journeys throughout the world. Some will provide serenity and peace in exotic locations, while others will take your breath away - literally, in some cases!

STA Travel's preferred partner GAP Adventures bursts the tourist bubble and shows you the real world and gives you an authentic experience. GAP also gives great value for money by keeping group sizes small (average of 12 per group) and sticking to small-scale accommodations and grassroots style of travel.

On such adventure trips, prepare for a great cross-section of culture! One day you might be cycling along rice fields, and the next you might be in an air-conditioned van. Whatever the method, you can be sure it will be more than just getting from A to B. The same applies for the accommodation too. Whatever and wherever it is, your nights stay will reflect the local flavour. Rooms are based on same-sex twin-share, so even if you travel alone, you don't have to pay extra!

Click on statravel.com.sg/gap.htm to start looking at the thousands of experiences that you can enjoy even while on an Adventure holiday.

Dear Dr Travel,
I have been travelling for as long as I can remember. I have decided to break my comfort zone and go on an adventure holiday just so that I can tell my children and my children's children that I'm no chicken when it comes to travel. Can you help point me in the right direction but bear in mind that it is my first time on an adventure holiday?

Sharon Gomez

Dublin Institute Of Technology

European University Association and International Association of Universities member

Located in the heart of Ireland's vibrant capital city, Dublin Institute of Technology (DIT) is a publicly funded institution with over 120 years experience providing education to the highest levels. DIT was recently ranked in the top fifty teaching institutions in the THES-QS World Top Universities rankings.

DIT is Ireland's largest higher educational institution with more than 20,000 students from over 85 countries, including China. DIT offers an extensive range of undergraduate programmes at Certificate, Diploma and Degree levels and Postgraduate programmes at Diploma, Masters and Doctoral levels.



World Class Education in the heart of Ireland's capital city!



The Facilities

DIT offers over 300 different programmes across its six faculties

- Applied Arts, Built Environment, Business, Engineering, Science and Tourism & Food.

Programmes range from accounting to architecture, chemistry to computer sciences and tourism to telecommunications.

DIT also offers a diverse range of specialised programmes such as Optometry, Human Nutrition, Transport & Logistics, Environmental Health, and Tourism Marketing.

Career-Focused Programmes

DIT prides itself on strong links with industry. DIT's programmes are career-focused, and because of their high standard, graduates are highly regarded by employers. DIT focuses on one-to-one contact between staff and students. We also boast an excellent student-staff ratio with average class sizes of 35 students.

Research

There are numerous exciting postgraduate research opportunities available across the six

faculties at DIT. Research students not only develop expertise in their area but numerous transferable skills which are highly sought by employers. Research students may also participate in DIT's Transferable Skills Training Programme and its new English Tutorial programme.

Interested candidates should formulate a short proposal on their research topic and then complete the International Postgraduate Research Application Form. International Applicants may apply for the Institutional Scholarship programme which provides €5,500 per annum towards the International tuition fee of €12,000.

Dublin City - Our Campus

DIT's six city centre locations provide students with easy access to a wealth of amenities, entertainment venues, and cultural attractions. Dublin is a friendly and exciting city with a student population of over 50,000. Dublin is also EU headquarters for many global ICT, financial & pharmaceutical companies.

Internationally Recognised Awards

DIT confers its own awards at Certificate,

Diploma, Degree, Masters and PhD levels. The awards are recognised worldwide and our Bachelors of Engineering (BE) awards have full professional recognition under the Washington Accord.

State of the Art Facilities

DIT provides students with world class learning facilities. Students have access to a library collection of more than 200,000 items, classrooms equipped with advanced technology, student counselling and support services, and excellent leisure facilities.

Student Services

Of course college is not only about studying! DIT offers a thriving social and recreational scene with a wide range of clubs and societies for you to join. Everything from the sporting to the social and cultural through to the curious is available.



International Student Office | Dublin Institute of Technology

143-149, Rathmines Road | Rathmines | Dublin 6, Ireland

Telephone: +353 1 402 7501/3435 | Fax: +353-1-402-7533 | Email: international@dit.ie

www.dit.ie

DIT is an equal opportunities institution and welcomes applications from students with disabilities

ON THE FLY

STORY BY COPERNICUS CHUA

Kiteboarding, kitesurfing, flysurfing are all different names for the same wonderful sport. If you haven't already seen it by now, I do implore you to crawl out from under that rock you are hiding under or that couch that you have been vegetating in for far too long. In any case, just for the uninitiated few, kiteboarding is a combination of surfing, wakeboarding and stunt kite flying rolled into one.



There are 3 essential pieces of equipment that without which you are better off sitting on the beach with your Speedos and suntan oil.

1. A kite - a big kite. In this part of the world where winds are generally lighter, the more common kite sizes are from 10 to 14 sq.m.

2. A harness. There are 2 main types. The seat harness, typically used for beginners although many proficient kitesurfers have a preference for seat harnesses due to the high comfort level they provide. A seat harness is fitted snugly around your groin area with the harness hook at your belly button. The waist harness, as its name suggests, mainly provides support to your spine and back and is attached around your waist.

3. A board. There are different shapes and sizes, catering to the rider's level. If you are a beginner, opt for the slightly larger board. The general guide is, if you are an averaged sized individual (for guys 175cm and about 70kg), your board should be about 135-140cm in length and about 40cm in width. Additionally, you'll need...

4. A really good pair of sunglasses. Your kite is in the sky above your head, and coincidentally, the sun is in the same place. Especially for a beginner, you will be looking at your kite quite a bit. I've once had a student who managed to sunburn his eyes. It was not a pleasant sight. I recommend the Oakley water jackets. A super snug fit with incredible lenses for protection.

5. Optional equipment for beginners include helmets and lifevests. Make sure your instructors provide them for you. If they don't, go to another school.

To get into the sport of kitesurfing, lessons are available locally or you could pop right into Bali, Vietnam or Thailand for a short holiday cum learning session. Watch the seasons. We are in Asia, and the winds around us are not very consistent. The best times to go would be during the southwest monsoon. There are IKO (International Kiteboarding Organisation)-affiliated schools with qualified instructors. There are instructors who are not IKO-certified who will lure you with cheaper lesson fees, but my suggestion is to stick with the qualified instructors. Kiteboarding can be dangerous and even life threatening if not done properly.

I'm not going to sugar coat this and tell you it is an easy sport to get into. It takes commitment. It is both expensive and hard to do. Your initial lessons will be 2-3 days and it will take another month or two after with constant practice to ride at the most basic level. The learning curve gets a lot steeper from there. In Singapore, most people in the sport ride for leisure cruising up and down and doing simple jumps. There are individuals who do try to push the envelope and represent Singapore in overseas competitions.

Our kiter featured in the photos is Aaron Yang and he has been to several competitions in the region, including Japan, South Korea and Malaysia. He has also ridden in places like Egypt, Australia, Indonesia and a whole host of other locales. "I love the sport!! I make it a point to try and ride in a new place everytime I get a chance. Competitions drive me to continue to progress in the sport and to keep it interesting. It never ends! You can do the same trick 10 different ways. After you've got that dialed, you throw in the style and harder parts on the board to grab. Landing a new trick gives me mix of euphoria and adrenaline. It gives my life meaning."

Some of the other good places to ride around the region are Vietnam, New Zealand, China and Taiwan. There are a whole host of options available and all you have to do is Google it.

Aaron is a qualified IKO instructor, but that is not his full time job. He teaches for a pro shop, Constant Wind, located in Tanah Merah. About turning his love for the sport into a career: "I teach to promote the sport so more people will learn

how awesome it is. I don't, however, believe in turning this into a full-time career. When my love and work mix, it normally doesn't mix too well. I've got friends who do it excellently - I figure I'm just not one of those people. Kite shops have been springing up all over the region due to the growing popularity of the sport. Considering the career options, you can either be the owner of a pro shop if you have the capital lying around or an instructor (which personally is more fun). Either way, don't expect an annual profit of millions. If you want to get into the industry, you got to love it and not need the money. Insane, I know."

If this article hasn't already gotten you itching to give kiteboarding a shot, go check out www.cabrinhakites.com for a look at some videos and what some of the equipment looks like. Kiting is a way of life and because I do it personally, I can tell you it is wildly addictive and surprisingly spiritual, there's just something about being out on the water alone that sets everything right and brings you at peace with yourself and your surroundings. OOhhhmm!



ODOUR TESTER

Ever been told you have canine like smelling senses? Well, if you were worried your odd talent wouldn't be lucrative, look no further because we have found you a career - odour tester! According to burtmakesmoney.com, a chemistry background is a must, of course, along with a passion for smelling funky things. The best part? You can earn about US\$55 an hour sniffing underarms to test the effectiveness of deodorants! This is one career that definitely does not smell like roses!



PROFESSIONAL FACEBOOKER

Also known as social media strategist... that's what they're putting on their resumé anyway. These people get paid by companies to create, monitor, and drive traffic from networking sites such as Facebook, Myspace, and Twitter to build up a brand's online presence. Ever wonder why someone commented a hundred times that they loved Kleenex and posted tons of photos of them enjoying blowing into the soft, lush tissue? Yeah, they were probably paid to do that or at least given some free Kleenex.



CORPORATE BANK ROBBER

No, we're not recommending that you join a bank robbing gang, but, if you happen to have a knack for swiping things at your local shopping centre, you just might be able to qualify for a career as a corporate bank robber. Large banks actually hire people to try to hack into their computer systems, break into vaults, and cash fake cheques. Frank Abagnale, characterized in the movie *Catch Me If You Can*, made a living from cashing fraudulent cheques. When he was finally caught, he spent a few years in prison then was released on the condition that he would help banks against criminals like himself. If you're into that, go for it!



YOUR ADVANTAGE

In today's global economy, many people are going overseas for work. A lot of employers from the US and Europe look to Asia for those with engineering and IT backgrounds, but for the rest of you who just want to experience life abroad, you can try these:

TOUR GUIDE

If you've got a passion for travel and love to share your experience with everyone (including those who don't want you to), then you may just be the right person to be a tour guide overseas. Lots of cities around the world have foreign visitors - most who don't speak English. If you're perfectly bilingual, say in Chinese and English, you can base yourself overseas and head tour groups from China or Taiwan.

ENGLISH TEACHER

This might not be a job that you'd like to do full time, but it definitely allows you to travel to places like Japan, Korea, Russia and China to teach English as a foreign language. Of course, you'd need some basic teaching qualifications - like TEFL, which is a intensive 4-week program - before you proceed.



Hello!
how are you?

Off the Beaten (Career) Track

WEIRD JOBS

College graduation marks a huge turning point in your life. The biggest change you'll have to come to accept is the entrance into the full-time working force. Sound exciting? Actually, it can be. If you're not looking forward to a morning to dusk cubicle job, then maybe something more quirky might be right for you. They may not all be long-term careers, and some might not even have a decent pay. Check out the off-the-wall career choices below (yep, people actually do these things) for some ideas to spark your imagination and maybe...just maybe...help you look forward to working after (or during) college.

ORIGAMIST

So, you think you have a knack for folding stuff out of paper? Take a crack at being a professional origamist - it's more than folding paper cranes. Gone are the days of trial and error: these days, origami foldings can be mapped by using complex mathematics, and it's not all for art's sake either. For example, the 'Miura map fold' (which compacts an enormous piece of sheet into a tiny package) is currently used to deploy large solar panels for space satellites. In the future, you may see 'origami airplanes' that can shuttle astronauts to and from space. If you think it's all child's play, think again. Scientists and mathematicians are evolving this ancient art, which is highly sought after by space agencies.

COMPUTER GAME TESTER

If you've been told off countless times for hogging the PS3/Wii/XBox/PC, you probably would've acquired the finely-honed skills required to be a Game Tester. According to www.gamingjobsonline.com, a Game Tester not only gets brand new products that none of your classmates will ever see before the next semester, you might also be invited to game shows worldwide and acquire cheats, and get paid! The job is available locally but you'll need to have a degree in computer science.



MOLECULAR MIXOLOGIST

For those who don't know, a mixologist is a sort of bartender who specialises in creating drinks. A molecular mixologist takes it one step further by working with the physical property of the drink; mixing foams, gels and mist into something drinkable. Any chemistry major will know that drinks are made up of molecules: much like in a lab, mixologists will 'invent' new things by experimenting with these molecules.



FILM CLASSIFIER

A moviegoer's dream job. How would you like to be paid for watching films all day? In order to make films 'safer' for the general audience, all incoming movies have to be filtered for media content and standards, and rated accordingly into R21, M18 and so on. Not only will you get to see everything that comes in, you'll watch it before anyone else. Catch is, you need to possess at least a diploma in Mass Comm, Media or Humanities.



BRAND AMBASSADOR

Think you're the life of your campus? If you're the 'it' guy/gal, brands will give you their stuff just to strut it around campus (and maybe pay you a fee). Brand ambassadors are used by a wide variety of companies - from Red Bull to Etnusais and Sony - and are a pretty common sight on campuses around the world. You may have to beat other students to get the position - just don't expect to get paid the same amount as celebrities do!



PARANORMAL INVESTIGATOR

If you have no fear of the supernatural and love to explore the unexplained, then being a paranormal investigator is for you! You can be a local Ghostbuster, and help the Singapore Paranormal Investigators debunk myths and ghost stories. Head into the field as a driver, photographer or a spiritual medium (if you have the third eye). You have to keep your wits about you - this job is only voluntary and there's no pay involved. Boo!



ASIAN INDIE ROCK

CONTRIBUTED BY KELLY MORSE, SARAH KATE SMITH

Green Day. Simple Plan. Linkin Park. Sound like a dream lineup for a college indie rock fest? Hell, yeah! What about West Grand Boulevard, The Stewarts or My Little Airport? Drawing a blank?

While they're not the pop sensation many beloved American Indie bands are, Asian Indie bands are making their waves around the region. Asian pop music is no stranger to local music fans, with boy bands like Korean sensation DBSK, Taiwanese heartthrobs Fahrenheit and Japanese group Arashi getting a decent market share of rabid fangirls. But get together a bunch of talented guys and make them actually write and play their own music? Suddenly they're about as popular as a college kid from the Chess Club with Star Trek posters on his dorm room wall.

Is this because there is a severe lack in good talent? Is it because we don't know where to find them? Or do we only tune into what everyone else thinks is 'cool'? Like a sleeping giant, Asia has definitely risen to the rock challenge. We look at 3 Asian cities for a diverse answer to the Asian indie rock music scene. From the well-established indie rock scene of Japan to the burgeoning phenomenon in Hong Kong to our own shores in Singapore, hear what some of these fresh artists have to say.



The Stewarts



Dark the Giant

Japan

Singapore's had a fiery love affair with J-Rock for a number of years. Mainly thanks to anime soundtracks, movies and pop culture, there are a few names that stick out, like Asian Kungfu Generation (Ajikan), Bump of Chicken and Ellegarden (which recently disbanded). Lots of indie rock acts are 'accidentally' introduced to us via pop culture, like animes and movies, or if you're sitting around in a Japanese restaurant.

Bands that want to make it big start underground and work their way up through Tokyo and Osaka's bustling 'live house' (underground rock club) scene. Thanks to decades of making music, there are more live houses in Tokyo than cinemas in Singapore, ranging from huge venues that house thousands of people to 2-speaker holes-in-the-wall, located mainly in shopping districts. The venues vary in personality: some are dive houses that attract a younger crowd (ie. Cyclone), while some showcase international acts as well (ie. La Mama). Shows usually start in the early evenings and wrap up before the last trains operate (with enough time for you to grab supper and mingle with the band).

With thousands of successful bands, there are thousands more trying to hit big time. For these live house bands,

most play 4 or 5 shows a week for little money, while holding down 9-5 jobs. While competition amongst local Tokyo indie rock bands is fierce, some bands see it as a 'hobby'. "In a way, there's no competition in Tokyo. The problem is that people have less aspirations. Everybody is just really busy enjoying music in their own way. Rockers are lazy I guess, so very few push through all the barriers to make it a career," said college student Keisuke Takayanagi, lead singer from Dark the Giant.

Everyone admits that so many local bands makes standing out difficult. Guitar player and vocalist Ushio, of The Stewarts, whose inspiration came from the wave of 90s J-rock that mixed the popular Tokyo-style melodies of the time, overlaid with heavy, old school British and American punk rock rhythms, says, "We manage to be different from the crowd by emphasizing the melody and making riffs bizarre. Since there are too many bands in Tokyo, it's tough to rise up." The Stewarts are seeing some success, as they are signed by a small label. Still, each member has a 9-5 job to supplement their gigs.

All-girl groups like Shonen Knife, Cibo Matto and The Noodles have also given Japan a distinctive girl rock indie culture that started in the 1980s. All-girl bands are now recognised through annual

festivals like "Rock Chick" and have cracked into the mainstream, including Mass of the Fermenting Dregs and Bo-peep, with the most popular being the 5,6,7,8's (best known for their cameo in Kill Bill Vol. 1).

Aside from making their sounds more 'unique', most bands use the internet to market themselves. "Without a label backing you, the internet's the next best way to promote your own music, after all, you can only play so many live shows per week," said Ushio. Although band websites have helped to widen the popularity of these acts, most fail to get any international attention. One main reason is that the sites are usually in Japanese, making it difficult for foreigners to find info or samples of music.

Luckily for them, live houses are still a huge part of Japan's nightlife scene, and indie bands will continue to be exposed to the mainstream market. It remains to be seen how long it takes them to find success—the way Ellegarden or Ajikan did—but with over 300 live houses in Tokyo alone, and 5-6 bands playing nightly at each venue, you get the idea of the scale of this indie culture.

Blacks



Hong Kong

The Hong Kong indie rock scene keeps getting better and better. Today, there are more bands, more shows and more venues that offer a variety of options for indie rock concert enthusiasts than a decade ago. You can find rockers bangin' out a beat everywhere from clubs like The Underground and Backstage to youth centres.

Chris B., organizer, stage manager and MC for The Underground and The Global Battle of the Bands (GBOB), in addition to formerly being involved in 7 bands and currently continuing to perform in 3 of them, lives and breathes indie rock. Over the years, she has seen first hand how the rock scene has evolved into what it is today.

"When we first started The Underground, there was maybe only one [indie rock event] a night," said Chris B. The Underground, which was created in 2004, is a club that provides a platform for unsigned bands. Bands that play at The Underground receive a review, a video copy of their live performance, and photographs, which all help to promote the bands.

Furthermore, competitions like Global Battle of the Bands and Asian Beat have spawned a competitive spirit among local bands. These competitions are a great place for local artists to break into the wider music scene. Chris B. said that a judge from Time magazine came up to her after a show and said, "My God, are all the bands in Hong Kong this good?"

It's not just local musicians and friends of the bands that are attending the shows. People from all different backgrounds are coming to the events and seem to be blown away by the quality of talent. It doesn't matter if it's in Cantonese, English or a mix of both, the audience seem to speak one language: the head bob.

My Little Airport, a Hong Kong indie rock band formed about 5 years ago, are not only players but also fans of the local music scene. Lam Ah P, songwriter for the band, said he supports other Hong Kong bands by purchasing local music and simply "buying the CDs I love." Although the scene has definitely gained momentum, Ah P said bands still can't make a career out of being an indie rocker.

Although Cantopop (and fashion) rules the airwaves locally, indie rock bands aren't part of the glitterati. Lead singer of indie band Innisfallen, Eric, apologised for the band 'not being attractive' and for 'not having hair on their chests'. Since debuting in 2005 with only 100 pieces of promotional CD, Innisfallen is today a success story, with a critically-acclaimed album 'REAL usion' and another one on the way.

Similar to other rock scenes around South East Asia, the internet has been a driving factor in expanding the local music scene. "Before the internet, if you didn't know [about these bands], you just didn't know," said Chris B. These bands may be small fries, but some operate like the pros: they have websites with live videos, band bios, merchandise and their own CDs (which you can also get at local record stores like Monitor Records).

Although the Hong Kong's indie rock scene hasn't quite gained the level of popularity as its martial arts prowess, indie rockers aren't going away without a fight.

West Grand Boulevard



Singapore

Erik Evangelista, who started the local band West Grand Boulevard (WGB) about 4 1/2 years ago, said the indie rock scene is not big, but it's growing. "A lot of local talent has been understated," said Evangelista, but a few bands, like Electrico and The Great Spy Experiment, have been able to compete with popular foreign acts. "There are lots of great singers and bands out there in our local music scene," said Aza Talib from The Marilyns, a local alternative pop band formed in 1996.

So where do these bands break into the masses? Public platforms like the annual "Baybeats" and the TV show "Live 'n' Loaded" provide local bands a chance to be heard. But still, these musicians are not receiving a lot of local support. There is currently no permanent live stage for any local bands to perform – a handful do get to play at sporadic 'band contests' at places like the Youth Park, and at other locations populated by youth shoppers. For anyone willing to give them a listen, there currently isn't a venue for anyone in Singapore to catch live original rock performances. Sure, there are plenty of live music

venues, but they all prefer to host cover bands.

So what's preventing locals from jumping on the indie rock 'band' wagon? Well, several reasons could be to blame.

First, as with any music genre, you'll find some groups you love and some that sound like rhythmic scratching on a chalk board (ouch, my ears are bleeding). "Good bands are offset by bad bands," said Evangelista. A few bad local bands who are receiving a lot of attention are giving the rest of the scene a poor reputation.

Also, many Singaporeans listen only to top 40 and are not getting much exposure to the local music scene. One reason the music hasn't struck a chord with local music fans, according to Evangelista, is that many Singaporeans seem to adopt a kiasu attitude towards music, and stick to what is popular (ie. safe) and are not open to exploring new types of music.

Possibly another reason why the scene isn't flourishing is because most folks don't want to pay for indie rock concerts and band paraphernalia. "To show support for local acts, we must be willing to support

them financially...buy their albums...go for their gigs," said Talib. He continued to explain how Singaporeans, in general, are naturally attracted to the word "FREE." Can we blame them?

And finally, maybe, just maybe, the indie rock scene may not be as big here as it is in other countries because frankly, Singapore is a small island. Because of its small size, it almost makes sense that the indie rock scene would be small as well.

Although Singapore has yet to witness the masses tuning to indie rock, local bands still have a decent following. When West Grand Boulevard first started, they paid for everything out of pocket, but today they are able to pay for their band expenses such as recording and competition fees. They still don't turn a profit, but they continue to keep playing and producing music because that's what they love to do. "You can't put a price to passion," said Evangelista.

So while the venues at local indie rock concerts may not yet be packed like a mega mall during an end-of-season sale, there seems to still be hope for the future indie rock scene in Singapore.



Tacit Closet



Pleasure Garden



Tacit Closet

Photos in Hong Kong by www.undergroundhk.com

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Cheat Sheet

#2: Biology

1. What is Biology?

Unless you haven't been through the school system to come to this point in your life, you should know that biology is the study of living things. And no, we're not talking about sitting in a park and watching grass grow. Biology isn't just about botany (study of plants), zoology (study of animals) and microbiology (study of really, really tiny organisms, like Jessica Simpson's brain): modern biologists are expanding beyond stuff like how your food becomes your body's energy, or how your DNA from your folks shaped the person you are today. Here's a short snapshot of the basics of biology; and some of the things biologists do. Just so you don't look like an idiot if someone asks you about it.

2. Types of Biology

Because it's impossible to learn everything about every living thing on earth, biology is classified into many different branches. Some folks deal with macroscopic stuff (things you can see with the naked eye) and others in microscopic stuff, examining the structure, function, growth, evolution, origin, distribution and classification of all living things, including poo (somebody has to do it!). These days, biologists have a diverse field of study, ranging from your average Ecology and Marine Biology to more specialised fields of Mycology (the study of fungi) to Cryobiology (the study of deep-freezing humans) and Astrobiology (the study of life outside earth). There's no limit to being a nerd.

Of course, these areas of science are seeing a crossover. For instance, you may be studying an itty bitty molecule in a mouse (biochemistry), but in the process discover why something makes it tick (molecular biology), and then end up making the mouse as bald as your granpa (genetics).

4. Makin' dough

How do biologists make money? There are 2 basic paths:

INDUSTRIAL: Heard of the term 'knowledge=power'? Well, that knowledge has commercial value, especially towards applied research. For instance, companies want folks who can give them bigger apples, or the next best thing to Viagra, or... you get the picture.

ACADEMIC: Let's face it, there's a lot in the world that we don't know. And who knows when the next surprising or unexpected thing will be uncovered? This need is recognised by many governments, foundations and even industries - so you don't have to be 50 and still stuck in school to do it.

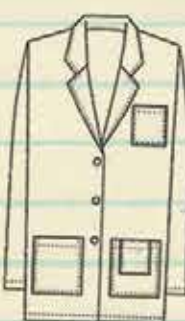
Let's say, if you're a primatologist, and you take the Academic route, you'll most likely be studying chimps for 20 years like Jane Goodall did, and if you chose the Industrial route, you'd most probably be working at a zoo being a 'chimp pimp'.

Here's a sample of how a career in academic research goes:

Graduate school
Masters degree: Lasts 1-2 years, and you either have to pay for it yourself or get paid about \$20,000 a year.



Hair → No Hair



Wear a lab coat!

3. So you wanna be a biologist - what kind of job is it?

Many biologists work in research and development. There are 2 basic types of biology:

BASIC: Anyone working to extend the present knowledge on any topic, and focuses on understanding a phenomena that has no immediate application. Think of it as scratching an itch.

APPLIED: Using the knowledge from research and tailor it to solve practical problems, like world hunger. Or how to make yourself invincible.

The essential difference lies in their intentions. Basic research might discover 'what determines the size of an apple' and the applied research will go on to resolve 'how to make bigger apples'. Now swap apples for boobs and you'll find more folks applying for Biology lessons.



PhD: Lasts between 3 and 7 years under the guidance of a Principal Investigator (PI), where you're supported by either scholarships or salary from \$20,000-50,000 a year.

Post-graduate engagement (post-Doc)
You're still working under a PI, but have a high level of independence because you're working to take his/her job. Contracts last up to 4 years, averaging \$70,000 a year.

Principal Investigator

A fully independent researcher who can boss academic employees around. The number of these positions is very limited, where engagement depends on your research achievements. Salaries go into six (occasionally seven) digits!

Then follows a list of academic and managing titles (Associate Professor, Full-Time Professor, Dean, etc) that essentially makes wearing an elbow patch and tweed jacket mandatory, but they're still essentially researchers.



Ireland!



The Emerald Isle, the Land of Saints and Scholars, the Celtic Tiger. Ireland goes by many names but what's it really like to be one of the lucky few who "Go Green", living and studying in Ireland?

Ireland's long been renowned as a place of learning, way back to when 7th century monks from across Europe came to study at its ancient schools. Over the next 1,300 years, Ireland quietly set about producing learned folks, some of which you may have heard of, like Oscar Wilde and WB Yeats. Fast forward to the 21st century, and education's still a hallmark, with the Irish always ranking high in any international academic league table. In summary, from ancient monasteries to modern, cutting-edge institutions, Ireland's all about innovation, entrepreneurship and academic excellence.

That's all well and good, but what does it all mean to you? Well, with the likes of Google, Dell, Microsoft, Intel and Pfizer setting up their European bases in Ireland, it's a pretty good indicator that big, innovative companies want Irish grads.

Now, with the academics covered, let's confront some common misconceptions. Irish folk speak English, but spend some time with them over a pint at a pub, and you'll understand them completely. With communication sorted, next is the weather. It often rains in Ireland. That's why it's one of the cleanest, greenest countries on earth. Buy an umbrella, and get over it. Finally, U2 is Irish, and no, you're unlikely to bump into them in the pub. You will however bump into virtually everyone else in Ireland there, since the pub is a social institution akin to Singapore's kopitiam (except their Guinness is from the tap, of course, and not the tin). There's nowhere more convivial on earth than an Irish pub. So go ahead, don't be shy.

Next, there are lots of clichés about Ireland, and all the best ones seem to be true. The Irish love their socialising. You're as likely to make new friends at an Irish pub as you are to get soaked in a summer rainstorm - which unfortunately is pretty likely, but then that's just yet another reason to stay inside that cozy pub. While there, you'll be awash in the Irish love of slugging, which before you ask is Ireland's unique version of joking around between friends. Next to dominating the European music scene, it's practically a national pastime. In pubs, you'll likely see something known as Guinness. Do not be alarmed. It's meant to be black and they say nothing tastes quite like Guinness straight from the tap. Then there's the 100+ varieties of Irish whiskey, which are capable of breathing life into even the most drab individual. In the most extreme cases, just add caffeine and you get Irish Coffee.

As for the aforementioned dominance of music, there's U2, Westlife, The Corrs et al. Ironically, Ireland's favourite song (especially at Christmas) is 'A Fairy Tale of New York'. But that somehow neatly sums up the beauty of Ireland. All the clichés fit together perfectly. Guinness's icon is a toucan. Their favourite song is about New York. They like whiskey with coffee. They're one of the most traditional, yet diverse countries on earth, attracting people from every single corner of the planet. They're hardworking, but love to party.

So come for the fresh air, the outdoor life and some of the best (and coldest) surfing on earth. Come for the tasty food, the friendly people and the Irish charm that's famous the world over. And come for the great music, art and literature. Yes, the education's world-class, but then so is the social life, cultural experiences and green, clean environment.



Addicted to Craic!

The Irish are famous for their friendliness and their love of 'craic' (pron. 'crack') - an everyday word in Ireland for fun, entertainment and great company. Add to that their deep (and sometimes quirky) traditions, and it's no surprise that they'll find any excuse to have a huge party at any time of the year. Musicians and even tone-deaf music lovers can get their feet tapping in the countless music festivals that Ireland is known for, including the Celtic Music Festival, Cork Jazz Festival and Fleadh Cheol na hEireann. Culture vultures can indulge in the many arts and theatre performances at the Dublin Fringe Festival. Then there are food festivals, sporting events and matchmaking festivals that ensure that there's never a dull moment. It's a great way to experience Ireland's fascinating history and vibrant contemporary culture, infused with a heavy dose of 'craic'.



MY PERFECT DAY

"My perfect day would involve the Festival In Tralee every year. The streets are teeming with people, performers are there to entertain you and the music goes on all day as you meet new and friendly people in each place that you visit. The afternoon sees everyone go to the Lastowel races for a flutter on the horses and all the excitement of race day. Later that evening, everyone gets really dressed up and heads to the big tent for the Rose of Tralee, where there is a famous fashion/beauty contest, traditional Irish music and dance and an awards ceremony that is broadcast on national television that goes late into the night. This is only one of Ireland's many, many festivals that take place all year, but by far is my most favourite."



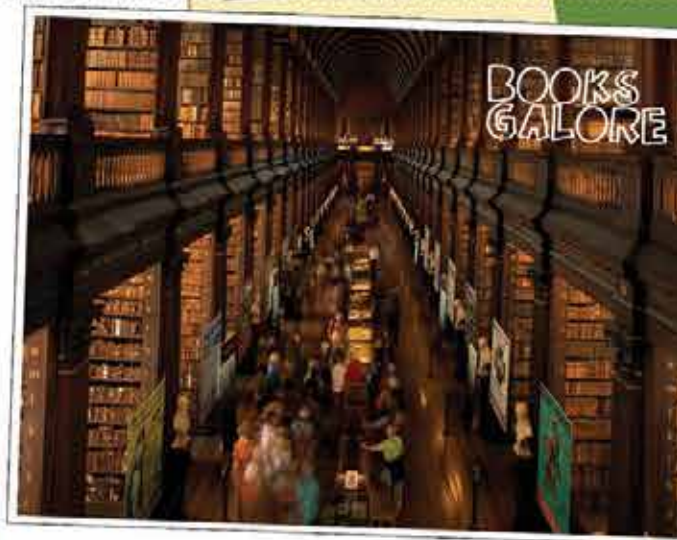
Lydia Leonard, BA in Arts,
National University of Ireland, Galway



MY PERFECT DAY

"College days are so much fun, and to pick one would be difficult. In between classes, I try to keep myself as active as possible in various different societies and committees. I always try in the morning to meet some of my friends from the DUIS (Dublin University International Student Society) and go for coffee and talk about weekend plans, nights out. I usually hear some good stories about their exploits in the days before. After some studying in library, I will usually try to attend an event - a wine reception perhaps - by the law society where we get to intermingle with prominent lawyers, judges and prosecutors. After I am called for a hearty dinner in the Dining Hall by the College Bell Tower, I enter the Debating Chamber of the College Historical Society (the oldest college society in the world) and listen to and debate with famous luminaries from all walks of life. In the past they have included the likes of John McCain, John Kerry, Al Pacino and Desmond Tutu. At the end of the evening we find a cosy pub in the city centre for a quiet drink, a good chat and a great time."

Anni Dai, Law,
Dublin University



Old School

Ireland has a long tradition of education - what started out as a centre for monastic studies in the Middle Ages has evolved into one of the most renowned educational centres for nanotechnology and science in the world today. Part of what makes Ireland unique is its history: the entire island is dotted with ancient landmarks, castles and cities, each with their own unique stories and traditions that date back thousands of years. If you're expecting to study in a building much like Hogwarts, you won't be disappointed: some of Ireland's universities date back to the 16th century! Add to that a Gaelic culture and distinctive icons like Celtic crosses and shamrocks, and you'll soon realise why this country's inspired so much creativity - whether it's in the ramblings of prolific writers like Oscar Wilde and WB Yeats or in the frontiers of science and research.

SURF'S UP



In the Boondocks

Craggy cliffs. Winding rivers. Mystical mountains. Rolling greenery. Mighty castles. You'll be forgiven if you think this sounds like a landscape out of an epic movie. Ireland is well-known for its scenic beauty, and in recent years, has become a haven for outdoor enthusiasts. If you're itching to hike, paddle, cycle or swim, there is no shortage of dramatic places to do them in. Choose from the 1,500kms of varied coastline to surf, kayak or just to watch friendly seals. Pick from the country's extensive flowing rivers to paddle on, or its many lakes to park your barn and fish from. Head to Ireland's dramatically airy peaks that have been shaped by glaciers to experience solitude and feel your lungs burn. Or you can crawl on your hands and knees in Ireland's cave system. Whatever you decide to do, it sure beats skiving due to hangovers.



MY PERFECT DAY

"Mayo is a hub for adventure activities, and my perfect outdoor day occurred 6 weeks ago when it had been raining for the past week non-stop, which had resulted in the rivers swelling to bursting point. I took a class of students down the Upper Clynagh which was pumping. After an eventful and exciting river run, the sun began to split the stones and my girlfriend was off work, so we drove to Achil where we got into our wetsuits and swam with some curious seals. As the sun set on the mountains behind us, we sat on the sand dunes looking towards the Atlantic Ocean and towards the stars. A typical perfect day."



Alan Judge, Health Sciences,
University of Limerick

MY PERFECT DAY

"My perfect day is starting at the Pavilion Bar on a sunny afternoon, with friends amongst the thousands of students that sit out and relax on the grass during the day. There is a cricket match on, but people only watch when there is the occasional streaker. Afterwards, it's a short walk to the International Club where comedy is on 7 nights a week, with some of the best national and international comedians. While there, we are told about Glen Hansard playing a small intimate gig at the Sugar Club, so rock up to listen to the tunes. The night is completed at Cúbar, where the music's good, the atmosphere's cool and the people happy."

Conan O'Brien, Business Economics
and Social Science, Trinity College



Hangin' with Mates

With 40% of Ireland's population under the age of 25, Ireland is one of the most exciting places in the world to be a student. The Irish are renowned for their hospitality, which greatly contributes to the ease of anyone adapting into student life in Ireland. Add to that the fact that Irish campuses are now very multicultural, with students from many backgrounds and nationalities. There's no excuse to hole yourself up in your dorm room. There are many ways to get to know people: join the many clubs and societies (they cater to virtually any interest and obsessions) or take it out of school and socialise the Irish way - with a pint of Guinness, Kilkenny's or Murphy's. Campus bars often take on a mythic quality, where many stories are told and friends made over a game of pool.



DRINK UP



Ireland Profile:

Here are some of the top regions around Ireland...

Galway: Culture Capital

This fastest-growing city in Ireland (and its fifth largest) is well-known for its 'Irishness'. Nicknamed 'Ireland's Cultural Heart', it is renowned for its village-like atmosphere and an absolutely phenomenal live-music scene that attracts traditional and contemporary musicians (and artists) from around the world. It has a reputation amongst Irish cities for its association with the Irish language, music, song and dance which is kept alive in pubs and by street performers. Perhaps the most enticing aspect of Galway is its scenery - from the fabled Connemara coastline to the rocky Aran islands, the county's wild landscapes and thriving tradition have been claiming the hearts of visitors for centuries. Another perk is that Galway is claimed to be the safest city in Ireland.

Galway boasts a vibrant student scene, split between its two educational centres: National University of Ireland, Galway and the Galway-Mayo Institute of Technology. Established in 1849, NUI Galway is the city's biggest educational institute with approximately 15,000 students spread across its 5 colleges (Arts, Business, Engineering, Medicine and Science). Galway-Mayo has centres throughout County Galway and County Mayo, and offers a variety of courses from business to science and agriculture.



Dublin: Hedonistic Capital

As a historical and contemporary cultural centre for Ireland, Dublin is ranked amongst the top 25 cities in the world. Heritage and hedonism live side by side here, reflected in its grand old architecture and the infamous sociability of its denizens. With around half the population under 25 years old, Dublin knows how to have fun: from the legendary nightlife to its sensational music and arts scene, it's no surprise that this multicultural melting pot was recently voted as the friendliest city in Europe.

Today, it is a centre of education, the arts, economy and capital city of Ireland. It's the birthplace of world-famous icons, from literary geniuses like George Bernard Shaw and Oscar Wilde to famous actors like Colin Farrell and Gabriel Byrne, and let's not forget music icons like U2 and Snow Patrol. Dublin's been the country's premier educational centre since the University of Dublin (and Trinity College) was established here in 1592. Today, there are several other notable universities in the city, including The National University of Ireland's Dublin seat (University College Dublin, the largest in Ireland), Dublin City University, Dublin Institute of Technology and the Dublin Business School. Renowned for innovation and frontier science, Dublin will be European Capital of Science in 2012.



Cork: Rebel City

The seaport city of Cork is the second largest city in Ireland, and its third most populous city. The city has been gaining cultural diversity for many years from all over Europe and the rest of the world. With its burgeoning arts, music and restaurant scene, there is a rivalry between Cork and Dublin (like Manchester and London or Osaka and Tokyo). Corkonians generally view themselves as different to the rest of Ireland and half-jokingly refer to themselves as 'The Rebels' from the 'People's Republic of Cork'. While craic, agus and ceol (laughter and music) are central to Corkonians, it is also Ireland's IT centre. Cork City is also the heart of industry in southern Ireland, with pharmaceuticals as its biggest industry - perhaps it's not surprising that Cork's most famous product is Viagra.

As an important educational centre in Ireland, Cork attracts a large community of students from abroad. The two renowned centres of education are the prestigious University College Cork (ranked 226th amongst the world's top universities last year), and Cork Institute of Technology, which apart from offering courses in technology, also includes the Cork School of Music, the Crawford College of Art and Design and The National Maritime College of Ireland (Ireland's only college for Nautical Studies).



STUFF THAT YOU MAY OR MAY NOT KNOW

- ♣ 89% of PhD graduates were employed nine months after graduation
- ♣ The most common salary band for graduates with an Ordinary Bachelor Degree in 2007 was \$554,000 to \$566,000.
- ♣ Over 94% of veterinary graduates reported earnings in excess of \$566,000.
- ♣ In 2005, Ireland was ranked the best place to live in the world, according to a 'quality of life' assessment by the Economist magazine.
- ♣ Nine of the top ten global pharmaceutical companies are located in Ireland.
- ♣ 3 Irish universities are within the top 3% of worldwide universities
- ♣ Ireland's education is ranked as the 20th best among participating countries in science, being statistically significantly higher than the OECD average.
- ♣ Under the National Development Programme, the Irish government has committed €6 billion to develop research capacity in key areas; much of that funding will go to the education institutions.



Here's What They Think...

The greatest thing about Ireland has got to be its people. The first day on campus I got invited to someone's house for dinner, and the hospitality never stopped! The Irish people are the warmest people I've met. Their culture revolves around conversations, jokes and stories in the pub. You don't have to drink that "huge" pint of Guinness - but you must definitely buy a pint - nobody will fault you if you milk that one pint for the rest of the evening, as long as you put in an effort to get to know them in their environment. The more time you spend with them, the easier it will be to understand their unique turns of phrases, which make listening to an Irish person so enjoyable.

The only important thing to remember is to avoid the 'foreign student syndrome'. Sure, it's the first time you've been away from home. Sure, you miss Singaporean food. Sure, the Irish accent can take a bit to get used to and to understand. But you have to try! And try hard! Don't get stuck into a rut of hanging out with your Asian friends/classmates. Don't say "I don't like to drink or go to the pub" - I'd rather have Singapore night with my friends and cook Hainanese Chicken Rice. Once the locals feel that you're more interested in hanging out with 'your own crowd', it's really difficult to break out of that mold. Make sure you get a car and get around. The Emerald Isle has some stunning places to visit. Make sure you do the Ring of Kerry, Galway, the Cliffs of Moher and Giant's Causeway!

Dr Lim Jit Kheng, Medical School 1989-1994
Trinity College Dublin

Being a student in DIT means that you are right in the heart of Dublin, which has an exciting nightlife to rival anything in Europe. The 4 years that I have been in DIT have been the best of my life, and that has been due to the amount of opportunities to get involved in well...just about everything! From sport to charity work, music to debating, everything is covered, and I was amazed by the amount of different clubs, societies and activities which go along with being a student in Dublin. My perfect day in Dublin would be meeting up with friends in the morning, talking about the Premier League games from the day before. Then it's off to training to play GAA for the morning and then afterwards off to Croke Park to watch the Dubs play in the Championship in front of 80,000 people in one of the Europe's biggest stadia. And the best thing about the game? Whether win or lose, we will be in the pub afterwards debating why we should have won, who played well and how we would have managed the team. The night always end well though - with some trad music and a sing-song.

Ed Morse, Electronic Engineering,
Dublin Institute of Technology

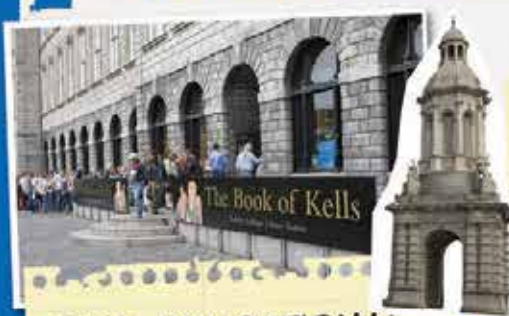


DECLARE YOUR GENIUS!

Irish literary genius Oscar Wilde was passing through customs once, and was asked if he had anything to declare, whereupon he uttered the legendary words "I have nothing to declare but my genius." The fact is, whether it's the 16th century or the 21st century, Trinity graduates have always had a lot to declare. Trinity is one of the oldest schools in the world, and ranks in the top 0.001% of all universities globally. It's named #1 globally in nanotechnology, and has an impressive list of Nobel Prize-winning alumni. You get the picture; there's a lot to talk about at Trinity.

Famous Trinity grads who went on to declare their own genius in everything - from literature and law to politics and sports - include Irish president Mary McAleese, India's most influential educator, Sir Hari Singh Gour, and Nobel Prize winner Samuel Beckett and Bram Stoker, to name just a few. Heck, your favourite doctor is probably a Trinity grad!

The important question is, if someone asked you right now, what would you declare? That you're clever? Creative? Driven to change the world? Maybe, just maybe, you might find the answers beyond Trinity's hallowed doors.



RICH EDUCATIONAL HISTORY:

1. Founded in 1592 by Queen Elizabeth I, Trinity is Ireland's oldest and most prestigious university. It is one of the seven ancient universities in the English speaking world and the only one outside the United Kingdom.
2. Trinity's home to the Book of Kells - a huge, lavishly decorated religious tome dating back to 800AD and arguably the most remarkable book in existence. And what better place to house it than in Trinity's academic library - one of the finest in Europe - with over 4.5 million books, ancient manuscripts and historic maps, and a collection that's growing by 100,000 books per year.
3. Established in 1770, Trinity College's Historic Society is the oldest undergraduate student group in the world. For over 200 years, "The Hist", as it's known, has been the debating ground where Trinity students hone their skills in critical reasoning, articulation and communication, with the help of visiting guests like Al Pacino, Desmond Tutu and Edward Kennedy.

WHAT YOU'LL FIND ON-CAMPUS:

1. Trinity's 47 acre campus lies in the heart of downtown Dublin, one of the world's most pedestrian-friendly cities. Forming its own, self-contained world, the schools ancient cobblestone paths, public lawns and historic architecture make it one of Ireland's most iconic sites.
2. Despite its historic structure, Trinity's home to state-of-the-art libraries, research centres, laboratories, IT and sports facilities, making it a perfect balance of architectural beauty and cutting-edge practicality.
3. Trinity students have the option of joining any of its 94 student societies covering a broad range of interests - these are funded within the College and constitute the most dynamic and active set of university student societies in the country. Students can get active in the college's new Sports Centre, with its large swimming pool and climbing wall, or off-campus in further playing fields, including the College's own boathouse where you can canoe or sail.



FRONTIERS OF SCIENCE AND BEYOND:

1. Trinity comprises three academic faculties: Engineering, Mathematics and Science; Health Sciences; Arts Humanities and Social Sciences, with undergraduate and postgraduate programmes in dozens of disciplines including engineering, business, pharmacy and computer science.
2. Trinity's renowned for research in diverse fields including cancer, genetics, globalisation, neuroscience, immunology and infection, communications and intelligent systems, and nano and materials science, with leading programmes like immunology ranked second worldwide, while its Centre for Research on Adaptive Nanostructures and Nanodevices is a global leader in nanoscience. As a premier research institution, Trinity attracts leading specialists from around the world who take an active, hands-on approach with their students.
3. As one of the world's fastest-growing industries (especially in Singapore), it's pretty impressive that nearly 100% of Pharmacy grads from Trinity secure high-quality jobs in the industry, with a prestigious Trinity degree being seamlessly recognised by the Singapore Pharmacy Council, allowing you to practice right here at home in Singapore.

IF YOU'RE READY TO DECLARE YOUR GENIUS, VISIT WWW.TCD.IE



TRINITY COLLEGE DUBLIN
COLÁISTE NA TRÍONÓIDE, BAILE ÁTHA CLIATH

THE
UNIVERSITY
OF DUBLIN



Jason Mraz. Colbie Caillat. Elvis Presley. George Harrison. They have something else in common besides having names with two words. All four of them are fans of the ukulele. Uku-what? It's that cute guitar-like instrument often associated with Hawaiian music. (Please refer to the sidebar for more information.)

Some may not even be able to correctly pronounce the name, but Simon and Glyn, two local enthusiasts of the instrument, have taken a leap of faith in setting up a ukulele store, Ukulele Movement, right here on our sunny island. CAMPUS visited their home office one afternoon and was mightily impressed not just by the cozy atmosphere, but the glitter in their eyes when talking about the ukulele (also abbreviated as the uke).

"She got obsessed with it"

Call it fate, but it was love at first listen, when a friend introduced Hawaiian musician Israel Kamakawiwo'ole's rendition of "Over the Rainbow" to them last year. In Simon's words, Glyn "got obsessed with it". Being the good guy he was, Simon trawled the Web to find a uke for her as a Christmas present.

It was also then that he discovered there was a uke revival in the United States and United Kingdom, which has yet to reach Southeast Asia. The availability of ukes in

Singapore was pathetic, for lack of a milder word. Determined to spread the happy word about ukes, after Simon and Glyn got hold of their first uke in November, they decided in December to set up Singapore's first uke retail store and registered their company in January 2009.

"Instinctively, it felt right"

Why the rush? Simon and Glyn explained that they have always thought of going into business (Simon was an art director and Glyn a marketing manager, before both ventured into trading), but it never materialised. She was the dreamer, and he the practicalist, shooting down her ideas time after time. However, this time, both thought "instinctively, it felt right".

Setting up a store in a handful of months is still a crazy act though, no matter what your gut says. Glyn explained, "If you like it so much, you will try to make it work. Later, you may not have the drive anymore."

They tested the waters by importing 20 ukes in February and it sold out quickly; they imported 40 more and the response was just as good. That boosted their confidence on the uke market in this region.

There was the issue of shop location. Naturally, they wanted to rent a shop in town, but the monthly rent was simply too much to bear. Luckily for them, their nice little

apartment in Little India was under-utilised and thus became their home office. Previously, they only and thus became their home office. Previously, they only welcomed customers on an appointment basis, but from June this year, they officially opened their doors to everyone.



With only 12 pieces made per year, the GString C1-Sun is the proud piece in Ukulele Movement, with a hefty price tag of \$52,380. But of course, for beginners, you can invest in entry range ukes ranging from \$599 to \$5600. Be warned that poorly made ukes are not that easy to play and may sound like a toy rather than an instrument (resulting in more ear-aches than anything).



"We shouldn't stereotype our customers"

Ukulele Movement has close to 1,000 members in their Facebook group, with customers ranging from primary kids to retirees. In fact, you may find a uke player in the most unexpected person ever.

Glyn told us how they had a customer who looks just like "a typical uncle at a coffee shop", and even spoke Hokkien to them! However, he was surprisingly a music enthusiast.

"It was definitely an eye-opener for us, and taught us that we shouldn't stereotype."

When CAMPUS was there, a group of Thai customers was there looking through the collection of ukes. One of them was buying a uke for his brother back home.

Glyn told us that they actually have customers from all over Asia, and the community is actively connected through the Internet. Having no stores specializing in ukes in their hometown, there are fans who will specially drop by Singapore to get their ukes.

The community is also an exceptionally friendly bunch. Glyn remembered there was once she casually asked a New Zealand customer about a particular uke book, and when the Kiwi went back, she sent the book over as a present.

When asked why the community behaves this way, Glyn shrugged, saying this is just "the way it is". She explained that the uke is a tool to promote social bonding, and it produces a "happy sound" that makes it more approachable.

Uku-what?

The ukulele (variantly spelled ukelele in the UK), also abbreviated as the uke, is a subset of the guitar family of instruments, generally with four courses of strings. Ukuleles commonly come in four sizes: soprano, concert, tenor and baritone.

Developed in the 1880s, the ukulele is based on a small guitar-like instrument, the machete, introduced to the Hawaiian Islands by Portuguese immigrants. It gained great popularity elsewhere in the United States during the early 20th century, and from there spread internationally.

According to Queen Lili'uokalani, the last Hawaiian monarch, the name means "the gift that came here", from the Hawaiian words uku (gift or reward) and lele (to come). It is pronounced as "oo-koo-ley-ley" in true Hawaiian style.

Ukulele virtuosos past and present that you can Youtube about: Ernest Ka'ai, Israel Kamakawiwo'ole, Jake Shimabukuro and James Hill.

Source: Wikipedia

Want to Win One of These Ukes?



See next page.

"This has overtaken our lives"

Simon and Glyn admitted, that their little enterprise has indeed taken over their lives. However, they have never looked back. Even though they may not be earning as much as before, the uke has added more colour into their lives.

"It's a compromise but it's definitely more fulfilling. We don't need to go into the office and bear with the boss. We believe that it will pay off in the long term."

As of now, their main obstacle is the lack of awareness. When nobody even knows what a uke is, it's hard to convince them to pick it up.

Ukelele Movement has taken to organising jamming sessions, public performances and contests to create hype for the uke. They also hope to persuade schools to incorporate the uke into their music lessons, to replace the common recorder.

Indeed, there's a steep hill to climb, which is undoubtedly daunting to many. However, Simon and Glyn felt that this is the modern revival of the uke.

Glyn added with a smile, "Looks like it is here to stay."

You can visit their website (<http://www.ukulelemovement.com>) or drop by their home office for more information. Beware though, that a step inside their office and a pluck on the uke may get you addicted on the seemingly innocent instrument.

Ukulele Movement took a huge risk in inviting renowned Canadian uke player James Hill and his partner, cellist Anne Davison, to Singapore for a showcase in May, knowing that the local community was small. However, a satisfying number of 400 attended the concert held at DBS Auditorium. Currently, Ukulele Movement is working with James to import his uke education course into Singapore, though this may be tough since many lazy learners are unwilling to commit to the year-long course.



Win Yourself a Makala Soprano Ukulele

This is a good entry level uke for anyone to start learning on - PLUS it will come pre-strung with Aquila strings and we'll throw in a gigbag!

To win, simply fill in this form and send it to:
11 Mohamed Sultan Road #03-01 Singapore 239010.
Send it to us before November 30, 2009.

Name:
Email:
HP No:
Name of Uni/Poly/School:
Majoring in:
Why should you win this (in 1 sentence)?
.....



Makala Soprano retails for SGD99 (with deluxe gigbag), and total value with Aquila strings setup is SGD111.

Joint Supplements

The vitamin shops are full of supplements that are purported to keep joints healthy, and reduce the risk of arthritis. There are so many brands and so many different preparations. These supplements MUST be good for our joints... or are they?

Most often, the active ingredient of all of these products is glucosamine. Glucosamine has been shown in multiple well-conducted studies to be helpful for specific joint problems. In particular, the original research that made glucosamine famous was in patients who had x-ray proven arthritis in the knees. It was shown those patients taking glucosamine over an extended period of time had less pain, needed less painkillers, and were more active than patients taking placebo.

Those good results resulted in an explosion of interest by vitamin companies to produce products containing glucosamine. However, glucosamine has (to date) not been shown to grow back cartilage, prevent cartilage deterioration, or reduce the risk of arthritis developing. In particular, there have been no convincing research studies (read: non-industry funded) that have shown glucosamine's benefits in normal knees.

This isn't to say that you shouldn't be taking glucosamine supplements. They are in general, after all, safe and relatively harmless. Certainly if you've had some knee pain or knee injury, it would not be unreasonable to take it to help with cartilage nutrition for a few months. Just know what you're spending your money on!



"My Back is Killing Me!"

Some of us might not be strangers to back pain. For some, the back pain might just be a dull ache, while for others, it may have been a very severe and acute back pain that confines a person in bed for some days. In fact, we have about a 10% chance of having acute back pain some time in our lifetime.

Most of the time these episodes are due to "acute nonspecific muscular back pain". Maybe we lifted something heavy the wrong way, pulled a muscle, or were doing an intensive sport that we were not typically used to. Statistically, 70% of patients with this type of acute back pain will have no more symptoms within one month. And, 90% of all patients will be better in 3 months.

As such, the usual treatment is a short course of painkillers, an early return to work and activity over a few days to one week, and a referral to physiotherapy. At most, an x-ray is done to exclude major bony problems. Only if the back pain fails to resolve in 2-3 months, would a special scan (MRI) be required.

The main function of seeing a doctor would be to ensure that the pain is indeed due to a nonspecific muscular cause. Doctors are trained to look out for "red flags" which might indicate a more serious cause for the back pain. "Red flags" include:

1. Severe pain with no history of injury.
2. Recent loss of weight, fever, or other history of illness.
3. Non-mechanical pain, such as severe pain that occurs even at rest, or in bed.
4. Symptoms and signs of nerve entrapment such as pain or numbness radiating into the legs or feet.



What's Up Doc?

Muscle cramps

Muscle cramps are a common painful problem, both in people who exercise regularly, as well as young healthy non-athletes. They often affect the large muscles of the buttocks, thighs and calves, and may start at one area of the muscle and then appear to wander within the affected muscle. While they are most often associated with exercise, hot weather and dehydration, they can even occur at rest or while asleep.

Despite the fact that muscle cramps are so common, the origins and causes of these episodes are still poorly understood. Muscle cramps that occur during exercise are traditionally thought to be due to dehydration as well as electrolyte losses (mainly salt and water losses from sweat). Interestingly, one research study analysed ninety marathoners and could find no relationship between their hydration status, electrolyte losses and muscle cramps. Another proposed cause of muscle cramps is the fatigue or tiring of the specialised muscle cells that control and fine-tune muscle activity, resulting in uncontrolled painful muscle contractions.

The main methods of treating ongoing muscle cramps are stretching and replacement of fluids and electrolytes. The best ways to prevent cramps include ensuring adequate hydration before exercise, and staying well hydrated with frequent fluid intake during prolonged exercise. It is important to be conditioned for physical activity with regular exercise. A training period with sessions of gradually increasing intensity before athletic events is valuable in building up muscle endurance. Finally, adequate warm-up and stretching of muscle groups prone to cramping is also important.



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, 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.micortho.sg



Sound Style

Going for a quiet ukulele gathering by the beach? Head bangin' at a rock concert? Heading outdoors for an all-weekend music fest? Check out the threads some folks (from our office) wear to these shindigs.



This is the back of the tee.



Layer with bikini!



Bring the 80s back in zebra prints! Fierce.



Fun tees never die.



This is not a sack dress!



① Beachside Beats

Our interns are firm fans of beach parties - heck, we're on an island after all! Party to the thumping of DJ beats and hope they don't bring out the foam machine. And when you're on the beach, nothing's more practical than easy-peel-off clothes so you can jump into the oh-so-murky waters. Shoes optional.

Dude: T-shirt and shorts from Uniqlo.
Chick: Dress from Uniqlo.



A good excuse to not iron your pants.



② Indoor Concert

So you've got tickets to the next concert. It's indoors, so you've got a roof over your head and a sound assurance that you'll be stone deaf the next day. Stand out with loud prints and colours and maybe, just maybe, you'll get noticed. Just hope it's not by the bouncer.

Dude: T-shirt and jeans from Desigual.
Chick: Top from Bershka, bottom from Uniqlo.



Roll 'em up! Go barefoot!

③ Outdoor Festival

So you're attending an outdoor concert, but you're worried about the heat (who doesn't - it's Singapore after all). Ditch the heavy shirts for softer materials - who says you can't stand out in cotton? Hey girls, the 'Mori' (forest) Girl look is THE look this season in Japan, so grab your sack dresses and flats! It's cool and cute.

Dude: T-shirt from Pull and Bear, pants from Desigual.
Chick: Dress from Desigual.



Plaids, or checkers, or tartans. Call 'em what you like. We just love 'em!

Another F%\$king Day in Paradise

By Gan Phua Beng

The cloudless sky lets the sun brilliantly light up the quaint dusty streets. As you walk down these same streets, the fronts of your toes start getting caked in dust. Wood carvings, surf shops, more surf shops, a DVD shop chocked full of pirated DVDs, foot massage parlour, unofficial money changer who will probably rip more money off you than you are actually changing. You get the picture? Of course you do, who hasn't been to Bali. If you haven't, my heart is bleeding for you.

It is about 1300hrs and the clubs are still nursing their hangover from the previous night, the puke on the floor is just about dry and the security guard is taking his all day siesta on a random bench. The club is quiet, nothing is stirring, not even a mouse. The rats however are going insane. The "bomba," a popular drink in these parts is a lethal concoction of Red Bull, some lime and the all important mystery alcohol that will hopefully get you laid, is served in a jar. I look over to the bar to where the jars are all sparkling clean and turned over and ready for the night, when my eye caught some movement in the jars.

A rat was crawling around the inside of one of the jars and licking the remains of the previous night's debauchery like it was the cream on an Oreo. For all of you who drank out of those jars before, can you feel it? That tingle running all the way up the back of your spine? That oh-so-familiar tingle when you just saw the Indian prata man wipe his whole forehead of sweat and with the same hand went right back into spreading that egg up for your telur prata.

From the main tourist clob area of Legian, it is just a hop, skip and a jump to Kuta Beach. Activities along the main beach include sun bathing, surfing and of course waving your hands in front of you as if you were trying to swat a fly. There aren't actually any flies along the beach but there are a lot of really irritating peddlers trying to make a buck off you. Fake Breitlings, wood carvings, peanuts, fruit, fake tattoos, massages, and the list just keeps going on. But please don't get me wrong, Kuta Beach is gorgeous. You just have to shut out the one million annoyances.

Before I forget to keep you party-hungry animals informed, remember to try and stay clear of the local alcohol. Namely, Arak. Dreadfully potent and unbelievably swift, that stuff will turn that fat, pimply Norwegian into Heidi Klum. As lovely as this particular type of alcohol might sound, there has been a recent spate of Arak not being distilled properly and has caused the demise of about 20 or so tourists. Or so the urban legend goes. So it is best to stay away from lethal sounding concoctions like "Arak Attack" and "Jungle Juice" until further notice. You can trust the powers that be there to make sure things like that are safe just about as much as you can trust Wile E Coyote catching the road runner. Beep Beep.

Despite everything, Bali is about as close to the paradise in Asia as you can get. Basically, you can get almost anything you want, and I mean anything, at a price that will not require you to forfeit your second semester in school.

Let's jump out of the beach setting for a bit. Leave the endless beaches, the picturesque sunsets and those damn annoying peddlers. Being students, you probably would not have realised, but in the last week of September, your parents probably grew about another 100 strands of grey hair. All owing to the road closures of the BUSIEST bloomin' roads in the country! Formula 1. Burnt rubber, skanky girls prancing about arguing over who had the most hits on their Youtube video. All the glitz and glamour is slowly fizzing out thanks to the recent uproar about the concluded race fixing for the 2008 race right here in the garden city.

I was just thinking about that one fateful day when my father dropped the bomb on me. I could deal with Santa Claus being fake and hong baos only coming once a year. But when my dad told me WWF was fake, it didn't seem like there was much to life anymore. Hulk Hogan, The Ultimate Warrior, Bret the Hitman Hart, The Legion of Doom, were all worshipped heroes. The description I had to come to terms with was "Sports Entertainment". It was a dark, dark day. The whole point of me reminiscing about my personal turning point in life was to parody the present situation with Formula 1. When I see a crash now, I'm just going to wonder how much the driver got paid to pull that stunt, how much more ratings did Formula 1 gain and when the next strategically-placed crash is going to be. Sorry to all F1 fans out there - I do believe there is still some truth in the sport. Just not much. Besides, the traffic congestion due to the road closures are a royal pain in the Schnookie. Pardon my language; I just get so emotional when it comes to traffic.

Till the next issue when you read GPB say, "Ay, you think fissue can anyhow chope place ahl N*BCJB!"



THE LIST

You are what you eat, but do you really know what's IN what you eat? Here are some local food numbers for you



	Calories	Fat(g)	Carbohydrates(g)	Cholesterol(mg)
Egg Prata	288	14	28	175
Chicken Rice	607	23	75	47
Char Kway Teow	744	38	76	234
Nasi Lemak	494	14	80	76
Hokkien Mee	522	19	69	133
Bak Kut Teh Soup	324	23	0	153
Hor Fun	748	27	91	76
Kaya Toast	213	6	34	24
Mee Siam	694	24	92	138
Laksa Lemak	696	40	58	174
Satay + Peanut sauce (10 sticks)	428	25	27	148
Chicken Porridge	181	6	21	61
Fish Ball Soup	105	3	2	72
Wanton Mee	411	12	55	36
Sardine Puff	112	6	11	8
Mee Rebus	571	17	82	206
Mutton Murtabak	373	17	39	131
Curry Chicken	967	62	52	164
Nasi Briyani	752	25	96	96
Kopi	113	5	15	2









Recommended daily allowance:
Calories: 2,500 (men), 1,950 (women)
Fat: 65g | Carbs: 300g | Cholesterol: 300mg

Source: Health Promotion Board, Singapore

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 IP's controller, put away the iPod, and get out there.

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4 
5	6	7 	8	9	10	11
12	13	14	15	16	17	18 
19	20	21	22	23	24	25
Animation Nation. The National Museum 14-21 October			Diwali Public Holiday! 			
26 	27	28	29	30	31	
			Xbox Gaming Showdown 09, Vivacity			
			Villainville @ Zouk Best costume with 2 tickets to Los Angeles. USD (worth \$2,000). From 7pm (\$28/\$33) + 2 drinks. http://www.zoukclub.com/main.php			

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31 					1
2 	3	4	5 	SAFRA ROCK ON QUALIFIER, SAFRA Yishun		
9	10 	11	12	13 	14	15
16	17	18	19	20	21	22
23 	24	25	26	27	28	29
World Design Congress meets for "Designing Our World 2050" www.wdcidcongress09.com			SINGAPORE DESIGN FESTIVAL 2009			
Zombie Nation @ Butter Factory			Hari Raya Day PUBLIC HOLIDAY!			

STRESS

RELIEF

Stressed from overbearing teachers or boy/girlfriends? Feel like you need to just get out and let out a scream? Sounds like a great way to let off some steam! Here at Campus, we like to take it one step further: get anonymous under a mask and tackle your friends Lucha Libre style! If you've seen Nacho Libre, then you'll know what you have to do.

Luchador Instructions:

1. Start creating your own personality by colouring your Luchador mask. Buy your own crayons, or steal them from your art major roommate or your baby siblings.
2. Carefully cut out your masterpiece - use a photocopier to enlarge it if you have a huge (or particularly ugly) face.
3. Strip down to your colourful Lycra tights or tightie whities, and you're ready to go!
4. Make your own easier versions of the moves outlined below (don't forget to give it a new name - like El Chong), and practise it on your unsuspecting foes!

SOME MOVES:



Campana:

Grab a hold of your prone opponent's feet and tuck them under your armpits, and as you stand up, grab their hands and very slowly carry them off the ground! Make sure you've got a good back yourself.



Scorpion Deathlock:

Stand between the legs of an unsuspecting lying opponent, facing his head, pick up both legs, step your right leg across his left leg, and cross right leg over the left on your right knee. Hook your right arm around the crossed legs, and turn to the right, stepping over his body and crouching to apply pressure.



Wheelbarrow Suplex

Wrap a forward-facing opponent's legs from standing behind them and then apply a gutwrench to lift the opponent up off the ground (you gotta be a lot bigger than your opponent, obviously) and continue lifting and falling backwards until your opponent falls on his back.

Note: these moves are performed by professionals so if you do them, you might end up in the emergency room for embarrassing reasons.

The biggest discovery a student makes in
Australia is what they're capable of achieving.



As a study destination that offers both quality of education and quality of lifestyle, Australia is the perfect place to develop both academically and personally. In a country that's also a continent, there's plenty of room to grow. Start your journey here www.studyinaustralia.gov.au


STUDY IN AUSTRALIA
Live. Learn. Grow.