

ISSUE 03

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Kim Ji

arctic skool!
eco chic

SANTA'S ~~TUB~~ COTTAGE

the
green issue
global warming and such

Wanna
be our
campus
photo-
grapher?
+ get a new
camera?
see p21



Ode to Academia

By Gan Phua Beng

Lecturers, school administration, the student union, hall masters, the hall night watchman, janitors. An inexhaustible list of people in school we love to hate. Do you really hate them? Or is it as natural to have such negative feelings for educators as snakes are to mongoose (very obviously the plural of mongoose). I think.

It all probably stems from primary school. My teachers still believed in the whole "spare the rod and spoil the child" ideology. Hard love as I like to simply call it. I am not going to deny it: I was a naughty kid, and come to think of it, I am a naughty big kid now. My hands would feel the sharp sting as the crack of the rattan cane came right after it splits the air with a definitive wooshing.

Fast forward to the present, our

resentment for our lecturers on the other hand, takes a more metaphysical state. There is always that one module that you cannot avoid. Its tentacles have been creeping up slowly behind you since matriculation. That one module that stands between you and getting on the Dean's list. OK, who am I kidding. The same module could seriously mess up your already pathetic grade point average, which is around the smallest prime number region.

I've been there, there's nothing to be shy about. Just as you are about to pat yourself on the back for being in the top 10 percentile of the education bracket, the above-mentioned lecturer from hell pricks your bubble. It could be boring lectures that really aren't very informative, readings that require you to bring a squire to school to

help you lug the books back or even the reputation of the hardest assignments and tests he/she sets.

If you aren't already sharp enough to notice, I've already tried to downplay the oddities of these academics. I'll bet it was an academic who came up with the word 'eccentric' to describe clever people who act crazy as opposed to just being crazy and dumb or something. Nose-picking in lecture, that constant twitching of his right hand, those super weird clothes he wears, those same clothes he wears day after day... is he gay?! Did he just ask if I was willing to earn some extra credit points?! Yup, crazy if you ask me. If you didn't ask me, I'm telling you and since all this is coming from a magazine, it's true as it ever will get.

So now, shall we do in the student union or school administration? Tough call, actually.

Why pass up a chance to slag on your very own schoolmates? These are the guys who were usually the goodie-two-shoes in Junior College - the student leaders or whatever the equivalent it was in your school, and they decided to continue tormenting the rest of the student population in their tertiary institute. Sucking up to the school administration does have its perks. They probably get credits at the canteen or some special, super clean exclusive toilet that the rest of us don't know about. Something like the toilet with the moaning ghost in the Harry Potter movie. These students think they have a moral duty to make tertiary education as bloody boring as possible. When faculties or halls try to organise something fun for the rest of the student populous, there is almost always a road block with these morally superior individuals. They are also probably grassroots

members or they submit porno sites to the censorship board to get them banned. My point is, you are in the prime of your life. Yes, you. Denial is not going to bring you anywhere. If you're reading this, this is your nirvana, your enlightenment and it might save your pathetic social life even. Stay in the union, it's fine. Just be a young adult and live a little. Approve the crazy ideas from your peers, give life to the drabby institute you are in. Be self-ironic - laugh at yourselves a little. Run nude through the canteen at lunch!!!

School is where we find ourselves, or at least that's where I find me. Make it cool and funky (as the radio DJs always say), if the system is restricting you find a way round it. We get one shot at this mayhem where girls and guys are budding into adulthood. Keep the count going.

Ok, so you really got to be into this if you want to understand that last line.

Campus bomb! Campus bomb! Campus bomb to _____ (insert loser's name here) bomb!

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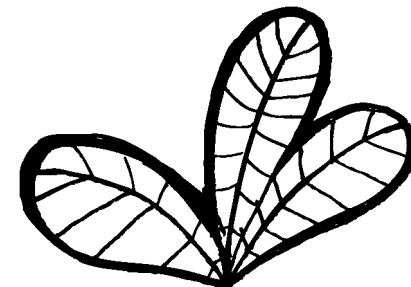
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Looking for interns:

* **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.



FLOATING through CAMBODIA

By Kelly Morse

Our intrepid intern Kelly Morse (Communications Major, NTU) recently visited Cambodia's Tonle Sap floating village. See the images of Cambodia through Kelly's eyes as she shoots the landscape and its friendly people with her Sony DSLR.

A Journey to the Floating Villages

As the sun goes down over Tonle Sap Lake, near Siem Reap Cambodia, the Khmer people prepare dinner and eat on their porches overlooking the reflection of the setting sun on the calm water. As the colorful, traditional air boats carrying tourists sputter past the floating village huts, the sound of banging pots and hissing steam can be heard. Young children floating in buckets and small boats, smile and wave as visitors pass.

Tonle Sap is home to the world's largest floating village. Nearly 1,300 families, across 5 villages, live in huts held up by stilts planted in the lake. While the area is considered one of South East Asia's poorest housing developments, tourism is beginning to change all that.



Photo Tip

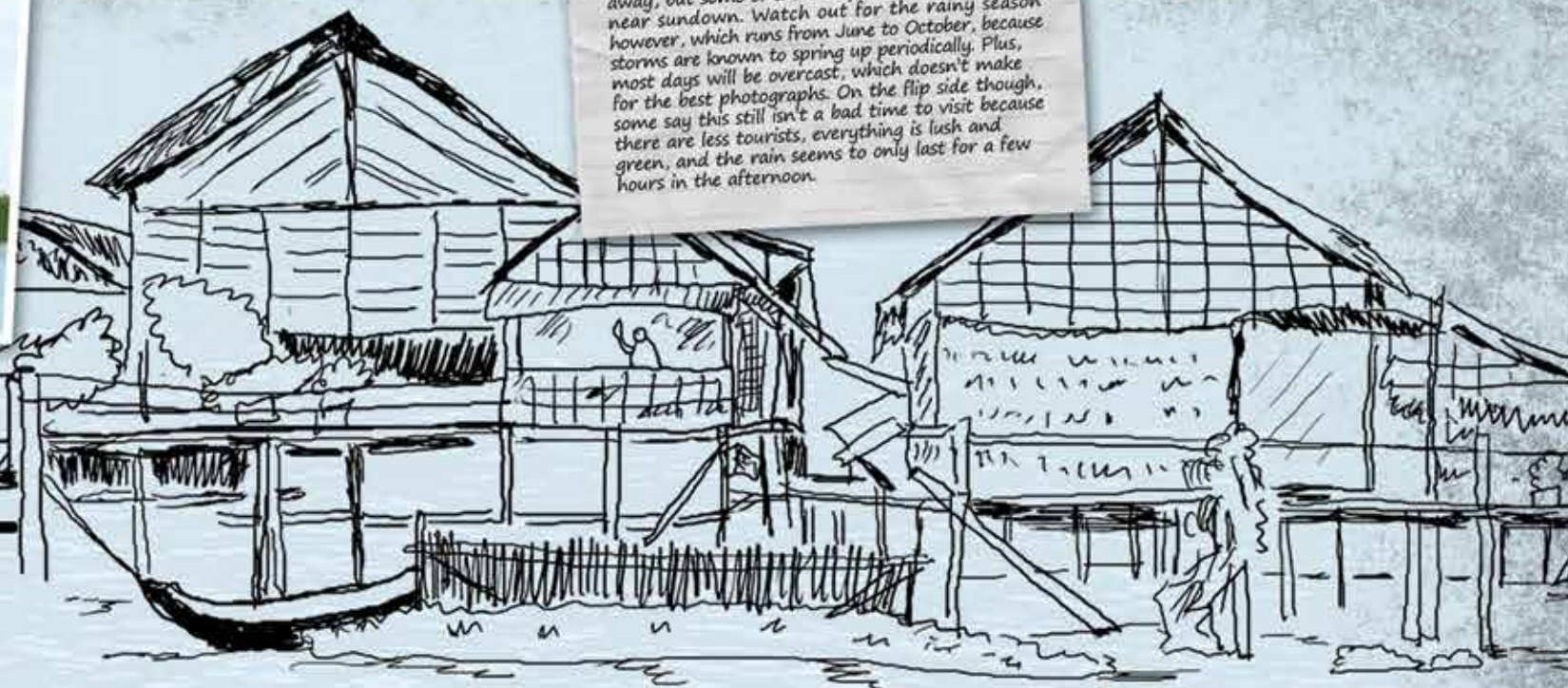
Photo Tip #1: A face says it all

People are one of my favourite subjects to shoot, especially when travelling. First, keep the background simple and clutter-free if possible, but remember to include distinguishing objects. If the background is important, adjust your aperture to small by choosing a high f stop when using SLR equipment. Next, check your lighting. Some of the best photographs of people can be taken in the shade using a fill flash. But if you are on a shaky boat or on the back of an elephant with a point and shoot, then try to get the most light possible. The more light you have, the sharper the image will be and the less blur you will have in your pictures when you're moving. Try to photograph your subjects at eye level - if they're looking to the side, leave a bit of room in the frame in front of them.



When to go

If this is your first trip to a floating village, then anytime of the day is bound to take your breath away, but some of the best pictures can be taken near sundown. Watch out for the rainy season however, which runs from June to October, because storms are known to spring up periodically. Plus, most days will be overcast, which doesn't make for the best photographs. On the flip side though, some say this still isn't a bad time to visit because there are less tourists, everything is lush and green, and the rain seems to only last for a few hours in the afternoon.



What to see and do

Depending on where you depart, it may take up to an hour to get to the villages by boat, but even the process of getting there is fascinating. Tonle Sap is vast, and once you begin travelling to the villages, only the tops of trees, which can be at least half underwater depending on the time of year you go, are seen in the distance. They appear to only be bushes, but a closer look reveals that much is hiding under the coffee-coloured water. The path to the villages is popular. You'll pass boats carrying tourists and others carting local workers with their logs or gasoline containers. Several metres out into the lake, fisherman will be casting their lines into the water hoping to catch enough fish, such as trey riel, to make a living. Trey riel are tiny fish used to make prahok, which is a salty and fishy condiment or seasoning used in various Cambodian dishes. Fishing is not only the main supply of food, but also a major source of revenue for the villagers.

When you reach the floating village, you'll find little huts scattered about with waterways - where children play - in between. They usually carry an array of beverages and snacks for tourists to choose from. Many of them pile into one boat or separately float around in their own buckets and often times will try to sell you items as you pass.

You may be surprised to learn the floating village is fully self-sustainable, with markets, clinics, schools, petrol stations, churches, karaoke parlors and restaurants each as a floating entity. After docking at a local restaurant, you have to climb the 15 or so stairs up to the hut, and once seated you'll be given your food and drink options like steamed prawn and the famed Angkor Beer.

If you're not ready to go back to the mainland, you could always go for a night on the "village" and hit up a karaoke bar. However, don't expect too much English, although it's a great opportunity to pick up some Cambodian or test out your foreign language skills.



Getting there

The best way to get to the floating villages on lake Tonle Sap, is to fly into Siem Reap - Angkor International Airport and then take ground transportation to the lake. Some local hostels in the area provide a tuk-tuk service for a small fee. They will travel with you throughout the day and if you want to grab a bite to eat or do some sightseeing on your way to the lake, they'll just curl up in the back seat of the tuk-tuk and take a nap while they wait for you to finish. These drivers are usually pretty knowledgeable about the area and know where take you from the touristy places to the off-the-beaten-path gems.

Upon arrival at the lake, you will have to rent a boat and driver. In most cases, your tuk-tuk driver should be able to set this up for you.



Tiltable LiveView lets you take shots at any angle

Sony A500 Digital SLR 12.3 Mega Pixel Camera

Perfect for capturing faces, with its Quick AF Live View with Face Detection & Smile Shutter and SteadyShot[®] INSIDE, which gives you image stabilisation for when you're on the move or when it's getting dark. It's interchangeable with SONY α , Minolta and Konica Minolta lenses, and has a sensitivity of ISO200-12800. Whether you're a keen photographer or a hobbyist, the A500 gives you the freedom of a DSLR as well as the convenience of a point-and-shoot, with its tilt-system live view. Retails at S\$1,199 and S\$1,299 (including SAL1855 all-purpose lens).



Life in a floating village isn't easy. The Khmer people face many growing issues. Two of the main problems they face are the depletion of fish and unhygienic living conditions. Commercial fishing from foreign companies has caused the fish population to have a hard time replenishing itself. Laws have been put in place to prohibit fishing in Tonle Sap during specific times of the year, but according to some locals, the laws don't help. As fishing is a main source of income for the community, fishermen and boat builders have a difficult time obtaining income. Also, the living conditions in the community are very poor and unsanitary. Because there are no sewage facilities or pipe borne water, locals are forced to use the same water for multiple purposes, such as bathing and cooking. Despite the harsh reality, villagers continue living on the lake because they are happy there and just couldn't call anywhere else home.

Responsible Travel

Cambodians have a warm and welcoming culture. Each year, the floating villages continue to receive more and more tourists. While this raises a few controversial issues like added pollution to the lake, the Khmer people still appear to be happy to host travellers in their home country. Just remember to be respectful of the locals, especially when taking photographs. Also, buying something like a cold beverage or small snack ensures that travellers are not the only ones benefitting from tourism.

Photo Tip

Tip #2: Capturing a Sunrise

The best time to take photos of the temples is really early in the morning, around 5 am. The sun rises at different times during the year, so ask the locals for the best time to go. First, set your white balance or select the "sunset" mode on your camera. Next, position the sun in your frame: depending on the image you are shooting, either centre the sun in your photo or position it off to the side, but don't focus your lens on it. Then, adjust your exposure. To make the orange, yellow, and purple hues pop, try underexposing the shot. Wait for the sun to peek over the horizon, and there you'll get your best shots. Take multiple pictures to see how the colours change.



Nearby Destinations

Of course a trip to Cambodia would not be complete without a visit to Angkor Wat, the famed Hindu turned Buddhist temple built in the 12th century. Surrounding Angkor Wat, you can find several other fascinating temples to explore. One of the best ways to discover this region is to hire a tuk-tuk driver and a tour guide which will probably cost you very little for the whole day. In most cases, your hostel/hotel will be able to recommend someone for you. Many tour guides speak multiple languages and can offer a plethora of interesting historical information on the temples. Most tourists try to get to Angkor Wat just before sunrise or sunset to catch the golden rays just above the temple towers like you see on various post cards. However, some say the afternoon can also be nice because less tourists crowd the grounds and you can have the temple more to yourself to enjoy.

On the walls of Angkor Wat you'll find carvings of battle scenes, historical figures, apsara dancers and many other designs. Apsara dance, which is the traditional Cambodian form of dancing, seeks to tell a story or message. You can still find occasional performances at the temples, at local dinner theatres, and the Apsara theatre. Dancers don elaborately designed costumes and perform in a way that emphasises slow movements, posture and flexibility.

There are additional activities to enjoy here, including riding bikes through the rice paddies, shopping in the local markets, discovering new species of birds at Prek Toal Bird Sanctuary, and gaining a better understanding of Cambodian life from a visit to one of the museums.



Sony A500 DSLR comes with SteadyShot INSIDE, to give you extra image stabilisation.



A way of life and learning

Siem Reap and the floating villages are fascinating places to visit, but behind the tourist destinations and the welcoming faces, are grim living conditions for many locals. Unfortunately, for the children living in these villages, they have little opportunity for quality education in an up kept facility.

In the floating villages, about six elementary schools are set up to teach students from grades one to eight. However for any additional schooling, students have to come into town. Cambodian students go to school six days a week in one of two shifts — 7am-11am or 1pm-5pm.

Primary and secondary education is offered on the mainland, but conditions are harsh and very much unlike what would be expected from a school in Singapore. Students are required to wear uniforms of white and blue, but many are tattered from being worn so often. Some education centres seem to be improperly built and appear to be something out of an old movie. Classrooms can be fairly dirty with a layer of dust on the tables, chairs and shelves with the floor covered in filth. Even rats can be spotted scurrying across the classroom. Plus, at some schools, there may be only one toilet for hundreds of students.



Lending a helping hand

Recently, students from Singapore travelled to Cambodia to make a positive impact in these villages and school systems. With the help of STA Travel and the Ministry of Education, about 32 students and 6 teachers from Singapore travelled to Siem Reap in November to aid in the efforts of improving education conditions in Cambodia. As a result of the trip, one lucky school got a facelift. Singapore students helped to clean the classrooms and then proceeded to give the building a fresh layer of paint. Due to the lack of bathroom facilities, they also installed a third toilet at the school. But the volunteers did more than just the "dirty" work — they also prepared simple English and math teaching resources for a one hour class. Plus, they came bearing gifts like clothes and stationery for the children.



Images courtesy of STA Travel



What you can do

If making an impact in Cambodia interests you, STA Travel has a variety of volunteer programmes that allows you to interact with locals, see the sites, and make a difference. Their Community Involvement Programmes (CIP) range from helping school kids to building wells. A program currently taking place in Cambodia is Mlup Baitong, or Green Shade, which places a strong emphasis on leadership and social responsibility. The programme seeks to link villagers, monks, nuns, teachers and students with officials from the Department of Education, the Ministry of Environment, local park officers and the military in order to make a positive impact on the environment. To be a part of this programme's success or for more information on other opportunities just email group@statravel.com.sg.



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INTERNATIONAL STUDENT IDENTITY CARD

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National University of Singapore
Name | Nom | Nombre
Kelly Morse
Born | Né(e) le | Nacido/a el
01/02/1989
Validity | Validez | Validez
Aug 2010

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CHEAP TRIPS SIEM REAP

'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,

I would be going to Australia for my university studies. I would be there for 3 years and would plan to return only once a year. I've been searching around online for cheap airfares but they seem to only be valid for 14 days or 1 month. Can you help me please?

Sean Tan

Dear Dr Travel,

I'm a travel addict. I love animals and I'm planning to travel to Africa later this year. Are there any programs that allow me to be around and work closely with animals? What suggestions do you have?

Jessie Lim

Hey Sean,

There are definitely cheap flights to Australia, but if you're looking for a 1-year student return ticket, there are only a few travel agents who have such tickets. STA Travel is one such agent, but they have something else no other Singaporean travel agent has; they have over 100 branches in Australia! For some of their student tickets, they offer exclusive excess baggage of up to 40kg. So check them out today at statravel.com.sg/students.htm

Hello Jessie,

Sounds like STA Travel has the perfect program for you! Check out this volunteer program in Africa where you can make a significant contribution towards rehabilitating animals and fight the extinction of rare species. You only need to be within 18-35 years old, have a genuine love for animals and an enthusiasm to help!

There are a range of projects for you to choose from, so take your pick from horses to cheetahs to monkeys and lions! These projects will take you behind the scenes where the usual tourist has no insight, and teach you the principles of wildlife management, conservation and preservation of the eco system. Click on statravel.com.sg/wahafrika.htm for more information!

Hi Jeff!

Imagine this: you've just spent 3 days partying in Amsterdam. You've got an early morning train ride and after 3 hours of sleep, you're a walking zombie at the train station. Amidst the morning rush hour, you stop to check which platform you're on and put down your backpack. You're late and you rush off onto the departing train. Great, but then you realise you left your pack - with all your important items like music and camera - at the station! But, lucky for you, you've got travel insurance. It'll cover the loss of your personal baggage, flight & luggage delays, illnesses and so much more. The travel insurance cost is minimal compared to everything else that you'd have already spent for the trip. So check out the travel insurance coverage and plans at statravel.com.sg/travel_insurance.htm

Dear Dr Travel,

I'm going on a big trip to Europe and after splashing my cash around, I'd rather save that last hundred plus dollars and not buy travel insurance. What do you reckon?

Jeff Osbourne

Arctic Skool!

Located right on top of the globe, most of the Arctic is probably what you'd imagined it would be: endless white snow. While the Arctic is technically located at 66°, 33' N latitude, we've expanded the borders a little to include Norway, Iceland, Alaska and Canada. Why? Because unlike the most extreme Arctic places, these destinations are not only inhabitable, they also offer great education - both in and out of class.

The Arctic environment might not be for everyone. Sure, everyone who's lived in Singapore all their lives might want a bit of snow, but this ain't Snow City: it's about blizzards and -50°C temps. That's colder than your average fridge freezer. Unlike the South Pole, the North is easier to access and has a long human history, thus more infrastructure. This means you don't have to huddle in the middle of a frozen tundra in a tin hut while waiting for your next food drop.

If you're the adventurous type and want to see a part of the world that almost nobody else gets to experience, then studying in the Arctic is an interesting option. Especially if you're into discoveries on how the physical and biological environments function under the 'extreme' conditions found here. Plus, you get to experience midnight sun (where it's daylight 24 hours a day) and the Northern Lights (aurora).

You can study about the native culture and how it teaches long-term survival in the Arctic, or you can do research on several species of animals that are unique to the Arctic (polar bear, walrus, musk ox).

More recently, studies in the Arctic focus on human impact on the environment. Over the past 2 decades, a series of unusual changes have occurred in the Arctic due to greenhouse gas emissions by industrialised nations. Changes include the decrease of sea ice and permafrost, the increase of harmful UVB radiation, warmer air temperatures and the shift in precipitation patterns. As melting sea ice could increase sea levels worldwide and alter the sun's energy that's reflected in the atmosphere, the Arctic has the potential to provide pioneering research material on global warming. It's stuff that can change the world.

We've all seen (on television) how Arctic studies involve long expeditions and suffering, but you can relax in knowing that even though the location is harsh, you can now conduct studies in an indoor environment similar to - or better than - what you're used to. So what if summer temperatures may only peak at 0°C and winter time is dark 24 hours a day? You can always boast that you've truly been to the final frontier.

ALASKA, USA

It's America, but it's a state with a large Eskimo population and a whole lot of open space. Before it was popularised by the scandals involving its illustrious governor, Alaska was just an outdoor paradise for nature lovers, with more bears and bison than you can shake a stick at. And as part of Alaska's public school system, the price for non-residents is still substantially lower than a lot of private schools elsewhere in the U.S.



FAIRBANKS



MUST DO'S

- Travel to the bright lights of Alaska's biggest city (Anchorage) for the all-night party the proceeds the start of the Iditarod, on the first Friday in March.
- Go for a beer at the Malamute Saloon. Like a snapshot taken out of the town's gold-rush days (with can-can girls and cabaret shows), its easy-going crowd is an Alaskan classic.
- Join Fairbanks' 2 biggest annual events (in July): World Eskimo Olympics, which brings together tribes from across the state to sing, dance and compete in traditional sports and Golden Days, Fairbank's biggest annual street party, with its country music, massive pickup trucks and huge hamburgers.
- Watch dozens of grizzly bears feast on shoals of river salmon every July in the Katmai National Park. The best viewing slots are allotted by a lottery system.

WHAT TO STUDY

FISHERY STUDIES

With overfishing, international issues like sharkfins and whaling all becoming hugely important, people who understand the fishy business of balancing the conservation and management of marine resources with the need to feed the world will be critical in the 21st century. Fishery majors also study biology, public policy, international law and journalism.

COMPUTING AND ROCKET SCIENCE

Home to the Arctic Region Supercomputing Center, as well as Poker Flat (the world's only space rocket range privately owned by a university), it's not surprising that Alaska's renowned for its studies in rocket science and inter-related I.T.



ROW ROW ROW
YOUR BOAT

ALBERTA, CANADA

Alberta's got the best of all worlds. It's at the foot of the Rockies (with year-round skiing, hiking and mountain biking), and it's also got some of Canada's biggest cities: Calgary and Edmonton with their epic nightlife and international cuisine. It's also got 4 great seasons; summers are just nice, and winters are long (but not agonizingly so), with snow only flying from November to March.

WHAT TO STUDY

CHEMICAL ENGINEERING (with a focus on Oil Sands)

Globally, oil sand isn't unique to Alberta, but the province is home to the vast majority of the world's supply. It's already a multi-billion dollar per year industry, and in a lot of ways, it's also a very new industry in terms of it's finding its ethical and environmental footing, amidst controversy. This is an industry that needs young, dynamic thinkers, including everyone from legal experts and town planners to HR managers.



EDMONTON

MUST DO'S

- Drive the 250km-long Icefields Parkway from Banff to Jasper; it's one of the world's most scenic roads.
- Ski at Banff and Lake Louise: they look intimidating as hell but are suitable even for beginners.
- Every July, watch cowboys get made into chuck-steak riding an angry half-tonne bull at the Calgary Stampede, the world's biggest rodeo.
- Hang out on Calgary's trendy 'Red Mile' bar strip to rock out during hockey season whenever hometown boys - the Flames - win.



MORaine LAKE

AKUREYRI, ICELAND

Reykjavik's legendary nightlife is regularly voted a world leader in the party scene. Since 2008, famously expensive Iceland's gotten 20% cheaper. Iceland's home to Europe's largest glacier, its mightiest waterfalls, the northern lights, midnight sun and thermal hotspots all over the country.

MUST DO'S

- Dip in the Blue Lagoon, Reykjavik's famous suburban thermal pools that glow blue thanks to all the healthy minerals in the water.
- See Vatnajökull, Europe's largest glacier, living proof of what 'Ice Age' meant long before it was just a kids' movie.
- Experience the Northern Lights, a mysterious phenomena where unfolding waves of colour can be seen as they dance hundreds of kilometres across the night sky.



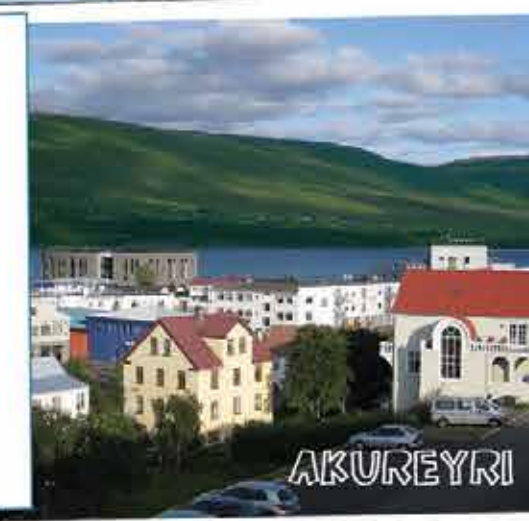
WHAT TO STUDY

POLAR LAW

With ice caps melting, everyone is scrambling for a stake in the Arctic's resources. Polar Law will be a booming field in years to come, and Iceland's one of the places that's pioneering Polar Law studies.

RENEWABLE ENERGY

If you're an eco warrior, then check out R.E.S., Iceland's School for Renewable Energy Science. With around 99% of Iceland's energy supplied through renewable sources (hydroelectric, geothermal and wind), they do it better than almost anybody else.



AKUREYRI

WHAT TO STUDY

ARCTIC BIOLOGY

Despite its icy appearance, Svalbard's got an explosive wildlife scene, with polar bears, walrus, whales and migratory birds at your doorstep. And with global warming and melting sea ice, it's becoming more important than ever for science to study the impact we're having on species across the Arctic.

ARCTIC TECHNOLOGY

As oil, gas and minerals are discovered under retreating glaciers, we need eco-conscious technology experts who understand how to blend low-impact ideas with high-tech approaches. Studying Arctic technology covers everything from understanding the unique nature of pollution in polar regions, to the dynamics of drilling oil wells in shifting sea ice.

LONGYEARBYEN



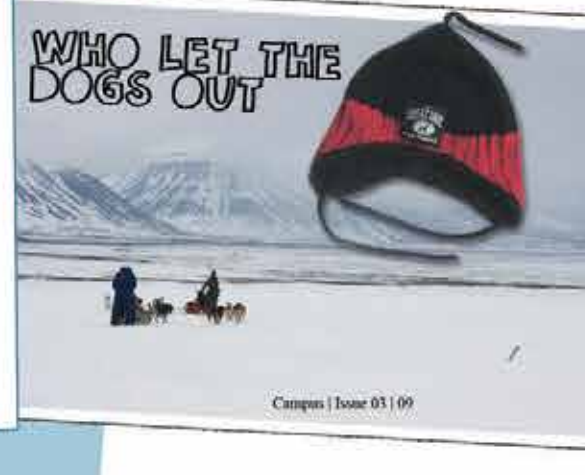
SVALBARD, NORWAY

At 78°N, the Svalbard archipelago is one of the world's most untouched places, yet it's home to scientists, researchers and nature-loving Norwegians. It's an unlikely but fitting place to find one of the world's leading polar schools, and tuition's fully paid for by the Norwegian government. As the closest city to the North Pole, you can see reindeer outside your bedroom window and still get high speed broadband internet.

MUST DO'S

- Drive a dogsled team - with limited sealed roads, dogs are often the most reliable (and fun) way to get around anywhere outside the main town of Longyearbyen.
- Learning Rambo's survival skills - from ice safety to emergency flares - at UNIS's mandatory 1-week Arctic Survival orientation programme.
- See your first polar bear from a safe distance, as they roll in the snow, go for a swim or teach cubs how to stalk seals hiding below the ice.

WHO LET THE DOGS OUT



Arctic Profile:

Here are some of the top skools around the Arctic...



Alaska, USA

University of Alaska (UAF)

Located in Fairbanks, UAF is home to the world-famous Geophysical Institute, which operates the Poker Flat Research Range (the only collegiate rocket range in the country) and the Arctic Region Supercomputing Center, home to the only Cray supercomputer in the Arctic region. From physics to mathematics, UAF's rightly regarded as a world leader and with nearly 10,000 students, UAF's one of the Arctic's biggest schools. As it's situated in downtown Fairbanks, there's no shortage of nightlife. Plus, UAF offers loads of unique, offbeat electives like Arctic (Survival) Skills, Endangered Inuit Languages, getting your pilot's license or seminars on Japanese anime.



Svalbard, Norway

UNIS, University of Norway

Founded in 1993, the UNIS is the branch of the University of Norway (in Svalbard). Students studying here just have to pay for their living expenses, as the Norwegian government fully pays for the tuition fees. Needless to say, students apply competitively, with more than half the students coming from overseas. Its official language is English, and it welcomes students from around the globe. Longyearbyen's a diverse mix of dozens of nationalities (from Thais to Brazilians), and has the cheapest food and drink in Norway, including Reindeer Fajita and Arctic char.



Akureyri, Iceland

RES (School for Renewable Energy Science)

RES is a private, non-profit, international graduate school offering an intensive one-year M.Sc. Program in Renewable Energy Science (taught in English) in cooperation with the University of Iceland and the University of Akureyri. RES also offers several summer courses for foreign students independently.

University of Akureyri

Located in northern Iceland, the University of Akureyri is the largest provider of distance education in the country. While most subjects are in Icelandic, Polar Law and Computer Science are taught in English. Each year the school receives exchange students via its exchange programs.



Alberta, Canada

University of Alberta

Widely recognized as one of the top universities in Canada, with approximately 36,000 students, including 2,000 international students representing 110 countries. With 18 faculties - from engineering to art and medicine - and 400 research laboratories, it's ranked high for overall academic reputation, as well as its cutting-edge research. The provincial government's recently committed nearly CAD\$5 billion to education, and unlike many other local North American governments, a big chunk of this money is put towards scholarships and financial aid that's accessible to foreign students.



Cheat Sheet

#3: Diamonds

The Hope Diamond

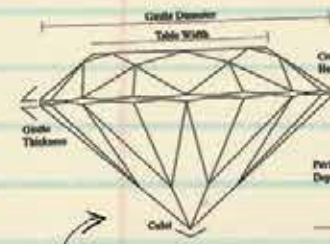


1. What is a Diamond?

Everyone knows diamonds are blings that break the bank, but for those interested to know what makes a diamond: it's formed from carbon sources at high-pressure, high-temperature conditions (not unlike the IPCC) in the earth's mantle over 1-3 billion years. It's also the hardest natural material in the world, surpassing even those tooth-shattering hard lumps you find in meek. And you wonder why it's so expensive.

2. Where's it from?

Roughly 49% of diamonds come from central and southern Africa, though they're also found in Canada, India, USA (Arkansas, Colorado and Montana), Russia, Brazil and Australia.



Anatomy of a diamond

4. How to buy one?

When it comes to buying diamonds, you have to think about the '4 C's': Cut, Clarity, Colour and Carat. Credit Card isn't one of them, although it helps.

CUT: It's the most important. A 'cut' isn't its 'shape' - a 'cut' refers to the diamond's reflective qualities, while the 'shape' refers to its outward appearance (round, pear, heart etc). The best cut diamonds follow a set of formula calculated to maximise the diamond's bling-factor, which is referred to as 'brilliance'. Cut is categorised into: Ideal (maximum brilliance), Premium (maximum brilliance at better price), Very Good (a medium brilliance, larger diamond), Good (a medium brilliance, larger diamond but with fewer cuts) and Fair + Poor (lower brilliance, stretched over the maximum size).

CLARITY: It refers to the presence of blemishes (on the surface) and inclusions (imperfections inside). Grades range from Flawless (extremely rare and will break the bank) to Very Slightly Included (flaws can be seen under 10x magnification) to Included (which have blemishes visible to the naked eye).



Dinner at De Beers

COLOUR: Colourless diamonds are most desirable. Grades start from D to Z, ranging from colourless to slightly yellow in colour.

CARAT: Diamonds are weighed by 'carats', and the old adage is true: the bigger, the more expensive. At the store, don't confuse 'carat' with 'karat' (a method of determining the purity of gold).

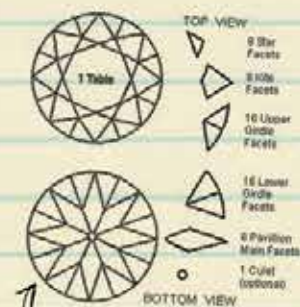
When in doubt, use the fifth 'C': **CERTIFICATE.** A diamond certificate is like the report card of a diamond, graded by someone who's spent too much time staring at bling.



Breakfast at Tiffany's

3. What is it used for?

If you've answered 'as jewellery', you're only scratching the surface. As it's scratch-resistant and has been marketed under the adage 'diamonds are forever', people have been suckered into buying them as heirlooms and engagement rings. However, 80% of mined diamonds are destined for very un-glam industrial use. Thanks to its hardness and thermal conductivity, diamonds are used for cutting, grinding and polishing. Unless you're an old school James Bond villain, you're probably not interested in industrial stuff like diamond-tipped lasers, so let's move on to jewellery.



Diamonds have more facets than a good date

5. What is a diamond simulant?

Often referred to as 'diamante', it's a diamond-lookalike that's produced synthetically. The most common simulant is cubic zirconia, although moissanite is also used. Both are synthetically produced, and while they look the stuff, they're worth a bummer all.



6. What is a blood diamond?

If you think the blood's from when you tor hwee at the cost, think again. In politically unstable parts of Africa, rebel groups often take control of diamond mines to trade for arms, perpetuating suffering and war. These diamonds are conflict diamonds, or blood diamonds. To counteract that, the Kimberly Process was introduced in 2002 to ensure conflict diamonds don't get sold. Conflict diamonds still constitute 2-3% of all diamonds traded, so before you splash out on bling, check its pedigree.

GLOBAL WARMING: It's not just about the temperature.



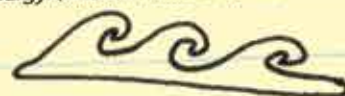
While it's true that 'global warming' refers to the fact that the average temperature of the earth is increasing, it's more about its effect on the climate, hence the reason it's referred to as "Climate Change". With Climate Change, even a slightly (as little as 1°) warmer earth behaves differently. It doesn't sound like much, but already it's led to changes in rainfall patterns, a rise in sea level, and glaciers melting at suicidal rates. The changes aren't completely uniform - forests, deserts, rangelands and other unmanaged ecosystems could become wetter, drier, hotter or colder.

In order to curb this, the Kyoto Protocol was established in 1997. Currently, it's the world's only global framework for climate control, based on a series of guidelines to limit greenhouse gas levels. It simply challenged all countries to reduce their collective greenhouse gas emissions by 5.2% from the 1990

level. Needless to say, virtually no one's met that goal, as emissions levels are rising +3% per year.

The Kyoto Protocol expires in 2012, and even though that's 2 years away, the UN Climate Change Conference (held Dec 7 - 18 this year in Copenhagen) represents the final chance for world leaders to negotiate. Since the Protocol was written, the world's CO2 emissions have grown by 40%.

The rush is on: in April 2007, Norway, the world's fifth largest oil exporter, stated that it was aiming to be carbon neutral by 2030, while Costa Rica aims for the same by 2021. California aims to cut emissions by 80% by 2050. Sweden claims it will be the first oil-free country in the world by 2020. And last but not least, in Iceland, 99.95% of all electricity used is already produced by green energy. (source: trendwatching.com)



THE GRIM TRUTH



Here's how it might affect you, to those of you who are word-challenged:



1. You Are Here

All you think about is sex. And parties. And how hot the weather is.

You complain that it's hot everyday: just think, around August 1981 (when you were just a wee nugget in your parents' eyes), the highest recorded temperature was 31°C, and just this year, it was 33°C. If you don't think that's much, then feel the difference when you switch your air-con from 20°C to 22°C. Plus, lots of weather anomalies are plaguing your travel booking - like your ski holiday getting cancelled due to lack of snow.



2. Many Years Later...

You still think about sex, but now you need money because you're not getting laid with your parents under the same roof. You get a job.

You want to go on a honeymoon but you realise that your dream romantic holiday to the holiday islands of Tuvalu, Kiribati and Maldives are GONE! Already 2 of Kiribati's 33 islands are gone for good, folks at Carteret Islands in PNG have been evacuated, and Tuvalu will probably cease to exist in under 50 years. The entire Maldives is under 2m, so a 1m rise in sea levels could change everything. If you think en-blocs change the scenery, think about it on a global scale.



3. More Years Later...

You're only thinking about money, money, money, because you want to outdo your friends.

You want to go on an extravagant holiday because - at this stage in your life - most people go on one. You decide you want to go to Africa and see amazing wildlife like the ones on television. You realise when you get there that not only are they hard to find, most of them are already extinct. As it stands, animals you're probably familiar with are already extinct as of 2007: the Baiji dolphin, the Iberian Ibex and the West African Black Rhino. More animals join the 'Critically Endangered' list. Too bad your neighbour's yappy schnauzer isn't on that list.



4. Even More Years Later...

You've got the money, but all the money in the world can't buy you enough toilets coz that's where you spend a lot of your time.

The magnificent seaside holiday home in Australia or the riverside apartment in London you bought to retire to are submerged by rising tides. So are most parts of cities like Miami and Amsterdam. Should the Greenland and Antarctic sheet ice melt completely, the entire world will be heading for the poles. Yes, it seems to be time to pack up and move. Ticket to the moon, anyone?



A storm is brewing...

2012. THE DAY AFTER TOMORROW!

We've all seen how the world could in theory meet its end, taking its sorry population along with it. So, how many of you think "it doesn't apply to me"? Who could blame you if all of these natural disasters seem to happen in larger countries like the USA? But, thanks to a global climate change, who knows what could happen in the future? And we're not talking year 2100 either - the change happens gradually. Just watch 'An Inconvenient Truth'. And on a hot, tiny, flat and crowded island like Singapore, climate change can easily affect the entire island's landscape.

CLIMATE CHANGE: A DUMMY'S GUIDE

(At least this is how scientists put it)



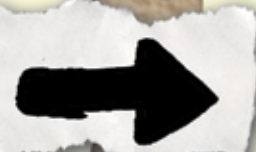
RISE IN CO2 EMITTED

CO2 is normally released into the atmosphere naturally from living organisms, but the industrialised world also is contributing to CO2 emissions by burning coal and oil as a source of energy. Currently, four-fifths of CO2 emissions is from burning fossil fuels, and nearly all the rest is from deforestation and other changes in land use.

Normally, plants and soil absorb about a third of CO2 each year and the ocean surface absorbs a quarter, while the rest stay airborne. Scientists think that CO2 levels need to be down to 350 parts per million (ppm) to avoid serious climate impacts, but if current emission trends continue, 450 ppm (which many scientists consider dangerously high) will be passed well before mid-century. According to the Antarctic ice cores, the CO2 hasn't been this high since 800,000 years ago – it will take hundreds of millennia for manmade CO2 to be removed by plants, ocean and rocks.

Results from the recent Global Carbon Project by the British Antarctic Survey found there's been a 29% increase alone in global CO2 emissions from 2000 and 2008. Scientists agree that most of this increase is down to China's lopsided economic growth (China officially overtook the US in emissions in 2006). And for the first time since the 1960s, burning coal's overtaken oil as the main source of CO2 emissions.

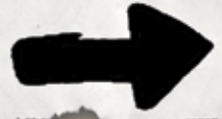
Ironically, 2008-2009 was the first time emissions have actually dropped due to the global economic meltdown – thanks to the collapse of manufacturing and massive cutbacks in air travel and shipping. With markets picking up, most scientists predict that it's back to business as usual for global warming in 2010.



EXTRA CO2 CREATES HEAT

All this rise in CO2 causes what's called the "greenhouse effect", when the atmosphere's saturated with too many greenhouse gases (like CO2, methane and CFC) that trap the sun's heat like a cling film and reradiates it back to earth. This is the 'global warming' that everyone with sweaty armpits is familiar with.

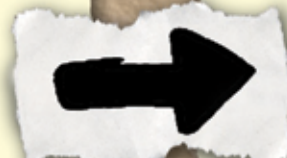
According to leading scientists like Steve Connor and Michael McCarthy, the world's firmly on course for a climate-change worst-case scenario, as average temps rise up to 6°C by 2100, with even greater rises nearer the poles. Although heat does make more sweat, it also evaporates moisture and dries the earth's surface in ways that's similar to making Megan Fox's face look like Keith Richards'.



HEAT MELTS POLAR ICE CAPS

All this extra heat is melting the polar ice caps. And as it stands, Greenland's currently warming at 3 times the global average. If the massive Greenland ice sheet were to melt, it would raise global sea levels by 7m. If the already-melting West Antarctic Ice Sheet goes completely, that would raise sea levels to +14m. If the rest of Antarctica's ice melts, it would submerge us all under 55m more of water and all of us would go the way of Noah's Ark.

At its current rate, rising seas will displace 200 million people, or about 3% of all humans, by 2050. That's just 40 years from now. Get ready to build your ark.



POLAR ICE CAPS DESTROY EARTH

That's just made up to catch your attention. But seriously, the IPCC (Intergovernmental Panel on Climate Change) First Assessment Report in 1990 stated that "If the sea level rises some 15-95cm by 2100, it'll cause flooding and other damage. Climate zones (and thus ecosystems and agricultural zones) could shift towards the poles by 150-550km in the mid-latitude regions." A recent revision backed by the US Geological Survey suggests that sea levels could easily reach 1.5m. Rising sea levels are only part of the destruction: other effects include the increase in major storms as global temperatures rise, producing more intense hurricanes and storms as they pass over the sea.

This will make large parts of earth uninhabitable and as world food supplies crash, the sub-polar regions would become fiercely-contested refuges. Yes, it's like a scene out of a disaster movie. Only without the lone hero who 'saves mankind'.

...and then I shall rule the world!

WHAT DOES THIS MEAN?

Unless you live under a rock all these years, you know about the heaps of eco-documentaries, global warming reports and eco-driven initiatives that are moving polluting economies to sustainable green ones. Of course, there are some of you who:

- A. Believe that the earth's change is natural and cyclical, not man-made (Earth has had 4 Ice Ages so far and the next melt is inevitable?)
- B. Believe that it's the big corporations who are guilt-tripping us and funding this 'green movement' for their benefit
- C. Don't think there's anything we can do to stop the change
- D. Don't quite know what to make of all this mumbo jumbo



However skeptical, there is a lot you can glean from this understanding, as a student/consumer/treehugger/opportunist in the wake of eco-awareness.

It's predicted that alternative energy and conservation would create more than 20 million new jobs globally, from wind farming to biofuels. So while banks are crumbling and multinationals are laying off people faster than you can say 'downturn', every key player – from the Obama administration to the Chinese government – plans to dominate the post-recession economy by going sustainable.

After all, it's estimated the cost for the USA to relocate homes, protect cities and simply adapt to a 1m rise in sea levels would be US\$150billion+, while the (estimated) cost to cut greenhouse emissions enough to avert this catastrophe, if it's done sooner rather than later, would probably be around US\$10billion. And to take a line from An Inconvenient Truth: "It's difficult to get a man to understand something, if his salary depends on him not understanding it."



JOB

If you're one of those who want a hand in the 'green revolution', there are boundless opportunities for you to sink your talent into. Like the personal computer in the 1980s, the internet in the 1990s, the big business in the 2000s is green technology.

Whether it's creating recycled clothing on a small scale or revolutionising solar power plants on a global scale, new types of jobs are being created to curb, stop or even reverse CO2 emissions. Here are just some of the things you can do:

Green by Design

If you're in product/industrial design or architecture, it's your chance to be innovative in creating eco-friendly designs that not only look good, but are good for the planet.

Products

Whether they produce natural energy (like solar/wind chargers), or are made from sustainable materials (recycled products or eco-friendly farming methods) or use less energy than their predecessors (like electric cars), 'green' products are no longer 'second-grade' products. Consumer-oriented brands need something to differentiate themselves from their competition, so showing consumers that they care for the earth is good for business.

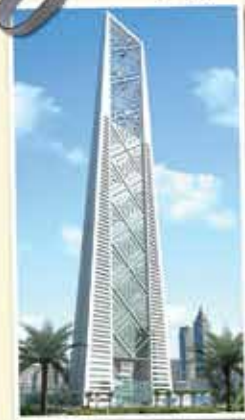


HY-mini Handheld Wind Charger

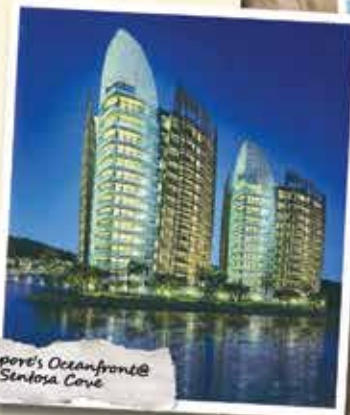
>> Singapore's **Nanyang Optical** is only selling green eyewear brands such as LinkSkin glasses which are manufactured to be RoHS-compliant using recycled materials with no lead, mercury, cadmium or soldering. Even adult toys are going green: Earth Erotics offers a range of organic and environmentally-friendly bedroom accessories. Eco-friendly whip, anyone?



Earth Erotics recycled rubber whip



>> On Beach Road, the **South Beach** (slated for 2012) is a 2-tower complex incorporating photovoltaic cells, and features a large 'environmental filter' canopy that draws air currents to cool the area beneath it. The towers' slanting facades catch wind and direct air flow to ground-level spaces, while rainwater will be collected in an underground tank.



Singapore's Oceanfront@Sentosa Cove



Chrysler Peapod electric car

Architecture

From The Oceanfront@Sentosa Cove to The Lighthouse in Dubai, architects are now developing 'eco' buildings to harness nature's energy rather than wasting it. Vast green roofs, towering windmills and acres of solar panels also provide a showcase of eco-icons.

Green Solutions

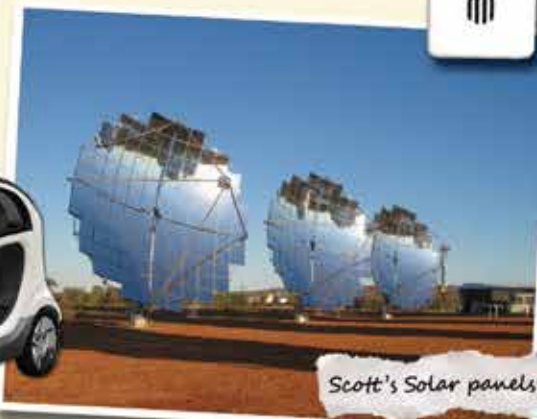
Whether you're into the theory of Environmental Science or the applied science it, you have a great opportunity to move large companies (and even countries) into a greener scale.

Sustainability Consultancies

There are companies that provide strategic, financial and commercial advice to their clients in the field of climate change, carbon management and sustainability. Companies like airlines, gas and oil industries would seem to be the first in line to benefit, as would utility companies like water plants, underground pipes and sewage systems need top update their equipment to continue providing to consumers.

Green Banking

A new-ish banking style that contributes to a positive environmental impact to society, including financing green initiatives to giving better mortgages to eco-houses.



Scott's Solar panels

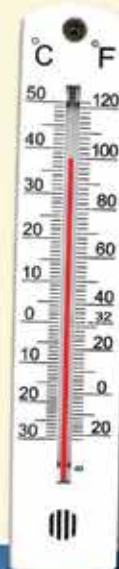


Green Technology Engineers

As governments clamp down with eco-regulations, anyone who's already pioneered the best solution like smart fuel cells or carbon capture systems will be the first in line to profit.



a wind farm



THE LIST

Carbon Emissions

Are you aware of your carbon footprint, or how much carbon you're emitting into the atmosphere? Whatever you do - from breathing to riding a bus - affects your carbon footprint.



Trees to Offset

Total Tons of CO2

Activity

Electricity usage (national average): 737kwh/month	0.6	3
General Food & Waste (4-person household/month)	0.6	3
Meat as food (for 4-person household/month)	0.5	2.5
Television/desktop computer: running 240 hours/month	0.19	1
Laptop: running 240 hours/month	0.02	0.1
Plastic products: 1kg	0.007	~
Recycled plastic products: 1kg	0.004	~
Air travel (Economy to Bangkok): 1,410km	0.7	3.4
Train Travel (to Bangkok): 2,010km	0.44	2.2
Subway Travel: 100km	0.01	~
Taxi Travel: 100km	0.02	0.1
Car Travel (Small car, 40 mpg): 2,000km/month	0.6	3
Motorbike/Scooter (125cc): 2,000km/month	0.02	0.1

Source: www.carbonify.com and www.carbonfootprint.com

This is just an indication on carbon dioxide emissions and how many trees it takes to offset them.



SUBWAY TRAVEL



SCOOTER



* Each tree will absorb 1 ton of CO2 over its lifetime; but 5 trees should be planted to ensure that at least 1 lives to 40 years or absorb 1 ton of emission.

Jet Lag

Jet lag occurs due to a disruption in our body clock, the more time zones we cross during our journey, the longer it takes for our bodies natural rhythm to reset to local time.

The Cause: Travelling east tends to result in more jet lag than travelling west, because it's harder to adjust to a shorter day, than a longer one. Dehydration, alcohol and lack of sleep can make jet lag worse.

Symptoms: Difficulty sleeping at night, indigestion, loss of appetite, headaches and fatigue.

Fact: The body takes one day to adjust for every 2 hours of time changed. For example, the time difference between London and Singapore is 8 hours. The jet lag for this trip could last about 4 days, especially when travelling from London back to Singapore.

Tips: Before your trip, try to adjust your waking and sleeping times by 1-2 hours in the direction of your new time zone. On the plane, immediately set your watch to the destination time and make sure to drink lots of fluids (not alcohol or caffeinated drinks!). When you arrive, try to stay awake in the daytime and stay outdoors to adjust to the daylight. You can use caffeine, coffee and exercise to help stay alert.



Oxygen, anyone?

Altitude sickness

Altitude sickness can occur in healthy adults at elevations above about 2,000m (6,500ft). Most Japanese, Korean and Australian ski resorts are lower than that, but many resorts in Europe, Canada and the USA exceed 2,000m. Mount Kinabalu is 4,095m (13,435ft).

The Cause: At high altitudes, the lower air pressure makes it more difficult for our lungs to extract the oxygen. It is the lack of oxygen to the brain, muscles and organs that causes altitude sickness. It is unusual for altitude sickness to result in potentially dangerous lung or brain complications, except at heights of over 3,000 to 4,000m.

Symptoms: headache, fatigue, nausea, appetite loss, increased heart rate, dizziness, insomnia and irregular breathing during sleep. Symptoms can develop in the first 24 hours after arriving at high altitude, and the chance of developing altitude sickness is higher if you fly into your destination, as opposed to driving up the mountain. Typically, the body gradually acclimatises over a few days.

Tips: Avoid ascending (descend if symptoms worsen), rest (avoid exertion in the first 1-2 days of arriving at altitude), drink lots of water, eat a high carbohydrate diet (less proteins/meat) and take painkillers (for headache) and anti-nausea medications.



What's Up Doc?

Knee braces

Knee braces are highly popular for the prevention of injury in normal knees, as well as in people who have had knee injuries or surgery in the past. We're not talking about those thin \$15 beige elastic wraps that you buy at the pharmacy. We're talking about reinforced metal braces, with hinges on either side of the knee – an off the shelf version might cost about \$51,000; a custom one more than twice that amount... But, do braces prevent injuries?

Results of research studies are mixed. One study looked at over 11,000 skier-employees working in Vail, Colorado over a 7 ski seasons. All 820 of these skiers were found to have had ACL (anterior cruciate) ligament reconstruction surgery at least 2 years prior. 257 chose to wear a knee brace at work/skiing, while the remaining 563 did not. Skiers who didn't wear a brace were 2.7 times more likely to suffer a repeat ACL injury.



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

About the Doc...

Dr Lim Jit Kheng

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



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

Calling all sports fans! The SEA games are currently underway with Singapore in 3rd place on the medal tally. I must admit that that is a very commendable result so far. Hurray for Singapore sports. We do have an impressive medal tally going on now but that's probably because we have a lot of swimming pools, quite a few swimming clubs and a whole bunch of rich kids who think becoming a swim jock will score them heaps of girls in school.

If your brother, sister, mom or grandpa is a part of a "Singapore sports association" you might want to flip to another part of this magazine.



Winning Isn't Everything

by Copernicus Chua



Singapore sports, can only be described very honestly as a big fart.

The following assumptions dawned on me about myself and my fellow countrymen and women when it comes to sports:

1. We are too caught up trying to get the latest, most stylish equipment, that we forget that training was important.
2. Only a very limited percentage of the school population were exposed to sports and there were little or no chance of developing their potential, if any.
3. Aptitude, natural ability. We just don't have it. When we do, arrogance gets the better of us. There isn't much use being the best when everyone around you, for the lack of a better word, sucks.
4. Singaporeans give up too easily. I attribute this to how easy life is here. If you want to get into the national XX team, all you need is for your limbs to be relatively coordinated and have a very, very deep pocket.

I consider myself a sportsman. My sport is of the alternative nature and it hasn't been accepted as an Olympic sport yet and quite frankly, I don't really care if it ever does happen. I know I want to be good at it. For myself. If this in turn brings glory to Singapore, I could live with that.

Quick fact:

- **SEA Games:** Since 1977, Indonesia has won this sporting event 9 times. Thailand 4 times. Malaysia, Philippines and Vietnam once each. The common denominator with all these countries is, they are not Singapore.
- **The 1988 Seoul Olympics:** Djibouti (one of the smallest, poorest countries in Africa) tied Singapore's medal tally.
- **The 1996 Atlanta Olympics:** Tonga (the smallest independent nation in the Olympics that year) tied Singapore's medal tally. First time Olympic games participant and Europe's poorest country – Moldova – surpassed Singapore.

However, we did win some medals!!! If you were real patriots, you would also know, our imports are the ones who are doing most of the work. With the amount of moolah Singapore throws out for a medal, my question is, are the athletes really doing it for the love of furthering the sport in Singapore, for the love of Singapore and bringing glory to her or just to get that condominium in Tanjong Rhu.

The government retracted its "Singapore in the World Cup in 2010" statement in 2007. The country knew it was a long shot, I think we should have kept on to that hope instead of being afraid of failing.

ECO CHIC

GREEN STUFF YOU WEAR

BGO t-shirts

These cotton t-shirts are made from organically-farmed cotton, which are harvested without the use of chemicals unlike many commercial cotton farms which poison water supplies through pesticides, fertilisers and bad irrigation systems. The crops are planted in rotation and beneficial insects are introduced, to increase the volume of organic matter in the soil.

BGO's tees are available at Choose, in Chinatown.



Marmot Base Layer

This baselayer is part of their Upcycle product, which use recycled excess fabric that would be discarded otherwise. It's made of Cocona fabric - basically coconut shell husks which are blended into a polyester mix, creating a quick-drying, UV-protecting fabric that also controls odour naturally.

Available at Campers Corner in Capitol Building.



LinkSkin

The frames of these funky LinkSkin glasses are constructed without soldering, screws or hinges, and is made from recycled plastics and stainless steel (60% of it is recycled material). The buckle-lock system is used to secure the temples to the frame front, which is made of recycled polymer sheet.

Available at Nanyang Optical stores across Singapore.



Going green doesn't mean you have to wear someone else's old t-shirt, or put some jute-material over your sensitive skin. Advances in technology mean that we can use natural materials that not only feel good on the skin, but makes you feel good for being kind to the planet.



Noon Solar

Noon Solar's gorgeous leather bags are tanned with sustainably-harvested materials (like rhubarbs and walnuts) and without heavy metals like chrome. The solar panels charge a battery pack inside the bag to supply enough power for mobile phones or iPods just by placing the panels towards the sun. On a sunny day, the battery fully charges in 6-8 hours and holds the energy for several days.

Available at www.noonstyle.com.



The back of the bag's a solar panel!



Bazura Bags

Working together with a women's co-op in the Philippines, Bazura Bags is made of used drink containers, which are sanitised and sewn into attractive, durable bags. Children from local schools collect these used drink containers (millions of which are trashed everyday) and sell them to the co-op.

Available at Choose, in Chinatown.



Nuabs Sandals

Designed in Singapore, the soles of Nuabs sandals are made from a rubber mixture: 30% from used rubber tyres and 70% lightweight durable rubber. The soles mold to your feet, while the tops are made of soft leather. Instead of plastic bags, customers are given reusable tote bags.

Now available at selected retail stores around Singapore.



Open toes! :)

Bridgedale Bamboo Socks

Bridgedale's range of Bamboo socks combine the wicking technology of Coolmax, with the comfort of bamboo, which is a renewable fibre. These soft socks are cushioned for sports and everyday activities. The company supports the 'Plant A Boo' campaign that fight global warming through increased bamboo cultivation.

Available at Outdoor Life in Velocity.



So you think you can take photos?

School Life • Fashion • Sports • Travel • Portrait • etc
Then put it to good practice and brag to your classmates about it!

Be a SONY Campus Photojournalist!

Here's what our Campus photographers have shot with their SONY Alpha



Auto Flash brings out brightness and sharpness



Manual focus lets you sharpen what YOU want



CMOS Sensor brings out rich gradation in colour



SteadyShot@INSIDE is perfect for darker settings

If you're selected to be one of our 5 "Campus Photographers", you'll get to shoot with a brand-new SONY Alpha!



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It's the money shot!



Behind the Scenes

Our three interns - Kelly, Clara and Lawrence - have already experienced the exhilaration of their first photo shoot on location. Check them in action...

The Brief:

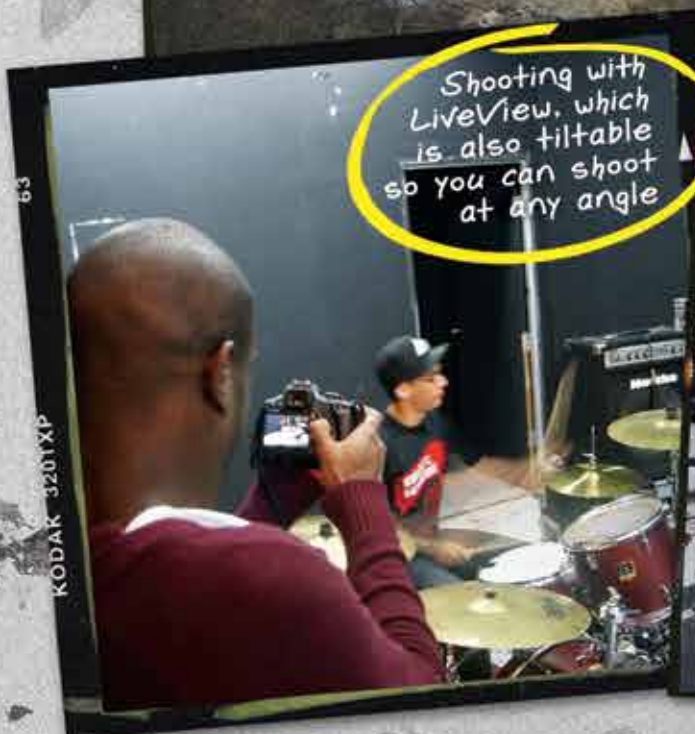
Their first commercial shoot was for up and coming local T-shirt store GETUP MERCH (WWW.GETUPMERCH.COM), which focuses heavily on the local music scene and underground sound.

The Venue:

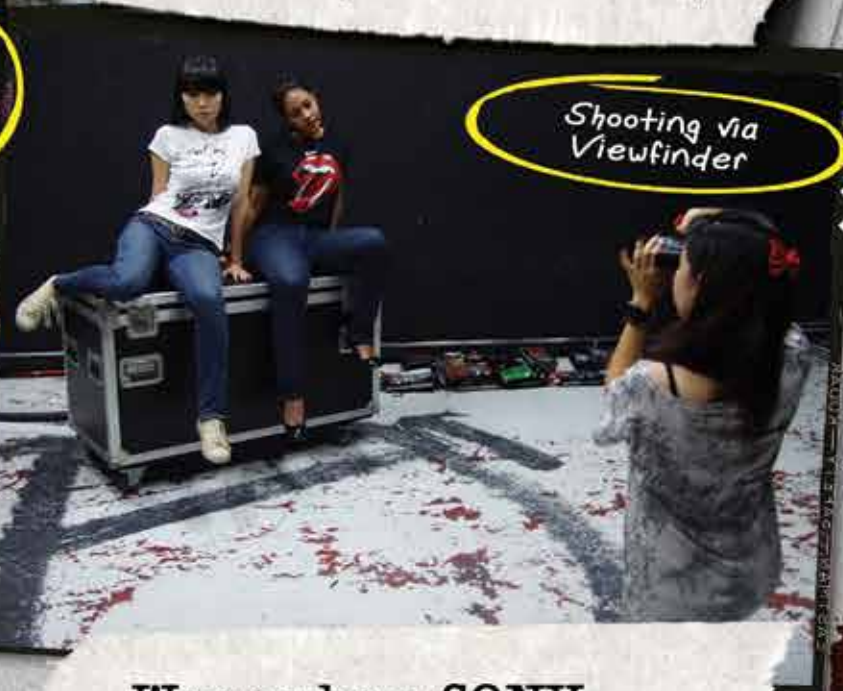
Blackhole 212 off Jalan Besar, for its dark grunge rock interior and awesome surroundings - in the heart of Little India.

The Outcome:

The photographers and models had such a good time, we went all day until the club opened that evening. Our first SONY photo assignment was a success - the client was happy, the models were stoked, and the photographers were chomping at the bit for their next assignment. Congratulations to Clara, Kelly and Lawrence.



Shooting with LiveView, which is also tiltable so you can shoot at any angle



Shooting via Viewfinder

Wanna be a SONY Campus Photojournalist?

Contact us at

campusinterns@gmail.com

or

CAMPUS MAGAZINE

11 Mohamed Sultan Road

#03-01

S239010

and send us one of your favourite pictures and in 50 words or less, tell us why you wanna be a photojournalist for us and SONY. You don't need to be a great photographer, but you have to be willing to experiment with your style, take creative risks, and be driven to get your POV across to our readers and your fellow students.

Get shooting already!



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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.

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6 START Standard Chartered Singapore Marathon
7	8	9	10 	11 BookFest Singapore Suntec Convention Centre 11-20 Dec	12 Zoo Out @ Sentosa Zoo Beach	13
14	15	16	17	18	19	20 BookFest Singapore Suntec Convention Centre 11-20 Dec
21 SINGAPORE LARGEST STREET MAGIC COMPETITION The Singapore Flyer, 5pm Finals	22 Finals	23 Results Showcase!	24 Prepare: stockings, presents, cookies & milk 4 santa! SLIP KEEPLY!	25 MERRY XMAS! 	26	27 
28	29	30	31 MARINA BAY SUNSET CAN 19/10			

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Happy New Year!				1  Siloso Beach Party	2	3 Things to do: decide on dress style, pack bag, think of pranks to play on teachers
4  back to school	5	6	7	8	9  The HEART Market 10am-7pm Sculpture Square	10
11	12	13 Singapore Fringe Festival	14	15	16	17  U
18	19	20	21	22	23 	24
Quote of the week Don't sweat the small stuff... it's all the small stuff. - Richard Carlson						
25 	26	27	28	29	30  Magic Show Bust! www.singaporemagicshow.com.sg	31

STRESS

RELIEF

Feeling some tension in your neck and shoulders? Want some distraction to your daily routine but not sure what to do? If you're the type that likes to leave things to chance, here's a little something for you! As you can see, these two cubes work in pairs - we've suggested some actions and items, so make sure you try and exercise them. Are you feeling lucky, punk?

Instructions

1. Carefully cut out the templates. Don't cut yourself. It's not worth it.
2. Fold along the dotted lines to 90°.
3. Glue (or if you feel creative, sticky tape) the 'tabs' shut under the edge. If you glue it above, your cube will look worse than a kindergarten kid's cube project.
4. We've left one panel blank - this is for you to write in your own actions/items. Be creative! You only have yourself to blame.
5. Voila! If you've managed to glue it into a cube shape, you can start rolling! If you don't end up with a cube, go and ask a kindergarten kid to help you.

ACTION DICE TEMPLATE



ITEMS DICE TEMPLATE



Fill in the blanks yourself

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Australia is what they're capable of achieving.



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Live. Learn. Grow.