arctic skool!
eco chic

SANTA'S COTTAGE
MAP

the green issue
global warming and such

Wanna be our campus photographer?
+ get a new camera? see p21
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REGULAR STUFF
You wanna be on top with SONY Alpha?

* 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
* Beverages 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 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 while working in this environment. 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.

Looking for interns:
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 boats carrying tourists spatter 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 #4: A face says it all.

People are one of my favorite subjects to shoot, especially when traveling. First, keep the background simple and unobtrusive if possible, but remember to include distracting objects. If the background is important, adjust your aperture to small to choose a shallow depth of field and to drown out distracting objects. If the background is unimportant, adjust your aperture to small to choose a shallower depth of field.

When to go

If this is your first trip to a floating village, then anything on the day is bound to take your breath away, but some of the best pictures can be taken away from the villages. Photos for the rainy season usually hand, although this varies from June to October. boats however, which are not as visible as during periods of little. showers are known to grow up periodically. Finally, the best times for photography make must close will be over by the end of April and early May before the rainy season begins and the lake is at its lowest level. On the flip side, the rains are still a few months away from the monsoon rains. Some say this still isn't the best time to visit as much of the country is under water and green, and the rain seems to play 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 to arrive to the villages, you may see so many, which can also be at least half underwater depending on the time of year you go, are seen in the distance. The sky appears to only be blue, but a yellow sun melts the muss living under the water. The path to the villages is popular. You'll pass boats carrying tourists and others sitting in small boats with two legs in a container. Several motors will be piled to the lake, fishermen will be fishing, their lives into the water, which is always too much, yet looks to live, to make a living. They are busy taking pictures. It's a relaxing place, a place to relax, to make people feel relaxed. Around 10.00 am are boat trips to the lake and 11.00 am around these villages. The lake is the size of 15 times a lake and the largest in the world. In the early morning, the area is quiet and peaceful.

Getting there

The best way to get to the floating villages on lake Tonle Sap, it is to fly into Siem Reap - Angkor International Airport and then take ground transportation to the lake. Some local hotels in the area provide a tuk-tuk service for a small fee. It is highly recommended to travel with their guides so you can stay here for a day. They will travel with you throughout the lake and if you want to grab a bite to eat or do some sightseeing on your own way to the lake, they'll just turn up on the back seat of the tuk-tuk and take a nap while they wait for you to return. These drivers are usually very knowledgable about the area and know where to take you from the floating places to the off-the-beaten path.

When you arrive at the lake, you will have to rent a boat and drive. In most cases, your tuk-tuk driver should be able to set this up for you.
A way of life and learning

Siem Rapp and the floating villages are fascinating places to visit, but behind the tourist destinations and the welcoming Stang, 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-to-date 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 afternoon. Classrooms can be dirty, with a layer of dust on the tables, chairs and shelves with the floor covered in filth. Even ribs can be spotted roaming across the classrooms. Plus, at some schools, there may be only one toilet for hundreds of students.

Nearby Destinations

Of course, a trip to Cambodia would not be complete without a visit to Angkor Wat, the famed Hindu temple. The temple was built in the 12th century and is surrounded by stunning landscapes. The temple is home to a number of fascinating temples to explore. Some of the best ways to discover this region is to hire a tuk-tuk driver and a tour guide who will provide you with a tour of the temples. Most tours start at Angkor Wat, but before sunrise or just after the golden sunshine, the temple towers will appear on your itinerary. Moreover, some say the afternoon can also be nice because less tourists crowd the crowds 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, apsaras dancers and many other designs. Apsara dance is the traditional Cambodian form of dancing, which seeks to tell a story or message. You can still find occasional performances at the temples, at local dance theaters, and at the Apsara School. Dancers don elaborately designed costumes and perform in a way that emphasizes slow movements, posture and flexibility.

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

Lending a helping hand

Recently, students from Singapore travelled to Cambodia to make a positive impact on the village. With the help of STA Travel and the Ministry of Education, students travelled to Siem Rapp in November and in the efforts of improving education conditions in Cambodia. As a result of the trip, one primary school got a brand new roof. Students also helped to clean the classrooms and then proceeded to give the building a fresh coat of paint. Due to the lack of restroom facilities, they also installed a toilet block at the school. The volunteers did more than just the “daily work” — they also prepared simple English and math teaching resources for one week. After all, they came bearing gifts like clothes and stationary for the children.

Cheap Sleeps Siem Reap

Siem Reap Town Hotel - 25% Discount
Astoner Guest House - 16% Discount
Emerald City Hotel - 10% Discount

Photo Tip

Tip #2: Capturing a Sunrise

The best time to take photos of the temples is early in the morning, around 5am. The sun rises at different times depending on the season and the position of the sun in your camera. Next position the sun in your frame. Depending on the image, try adjusting the exposure, either by increasing or decreasing it to suit the scene. Then adjust your exposure. To make the orange, yellow, and purple hues pop, try underexposing the shot. Work for the shot you’re pulling off and change it to your liking.
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 every once a year. I've been searching around for cheap flights but they seem to be very expensive. Are there any programs that allow me to fly cheaply and work closely with animals? What suggestions do you have?

Sean Tan

Dear Dr. Travel,

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

Jessica Lim

Hello Riri,

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/travelinsurance.htm.

Dear Dr. Travel,

I'm going on a big trip to Europe and after spending my cash around, I'd rather save that leftover cash and not buy travel insurance. What do you recommend?

Jeff Osborne

Dear Dr. Travel,

Imagine this: you've just spent 5 days partying in Amsterdam. You've got an early morning train ride and after 3 hours of sleep, you're walking around the train station. Alongside the morning rush hour, you stop to check which platform you're on and push your belongings. You're late and you rush off onto the departing train. Great, but then you realize you left your backpack - with all your important items like music and camera - at the station! Luckily for you, you've got travel insurance. It'll cover the loss of your personal baggage, flight & baggage delays, illness and so much more. The travel insurance 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/travelinsurance.htm.

Dear Dr. Travel,

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

Jessica Lim

Hi Jeff!

Imagine this: you've just spent 5 days partying in Amsterdam. You've got an early morning train ride and after 3 hours of sleep, you're walking around the train station. Alongside the morning rush hour, you stop to check which platform you're on and push your belongings. You're late and you rush off onto the departing train. Great, but then you realize you left your backpack - with all your important items like music and camera - at the station! Luckily for you, you've got travel insurance. It'll cover the loss of your personal baggage, flight & baggage delays, illness and so much more. The travel insurance 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/travelinsurance.htm.

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Jessica Lim

Artic Skool!

Located right on the top of the globe, most of the Arctic is probably what you'd imagine 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 the arctic is not for the faint of heart. It's about braving sub-zero temps that can lead to frostbite and ice storms that can knock you out of the frame. Unlike the South Pole, the Arctic is easier to access and has a longer history of human exploration and colonization. This means you have to be prepared to work hard in the middle of a frozen world in a harsh environment.

More recently, studies in the Arctic have focused on human impact on the environment. Over the past 2 decades, concerns have increased due to the greenhouse gas emissions. As population increases, the increase of hazardous FVX emissions, increase in air temperatures and the shift in precipitation patterns. As a result, nothing can stay in the same place, and the scale of change is reflected on the environment. The Arctic has the potential to provide a plethora of research material on global warming. It's a place that can change the world.

We've seen many different ways Arctic studies involve seeking answers and finding your answer to your question about things that you've never thought of before. You can be in an environment similar to or better than the environment you've never been to before. You can always dream of how the environment would be different and how you would adapt to it.

You can also study the culture and society of people who live in the Arctic, like the Inuit, the Sami, and the Nenets. These people have lived in the Arctic for thousands of years and have unique ways of life that have allowed them to survive in this harsh environment.

You can also research on several species of animals that are unique to the Arctic. These include polar bears, reindeer, musk oxen and a wide variety of bird species. This research can provide valuable insights into the ecological systems and the interdependence of the species in the Arctic.
Cheat Sheet
#3: Diamonds

1. What is a Diamond?

Everywhere you look, diamonds are things that catch the eye, for their shining, scintillating appearance. They are called "precious" for a reason: they’re rarely found in nature, and their beauty and rarity make them very valuable.

2. Where do they come from?

Roughly 99.9% of diamonds come from the mantle of the earth. The diamond is the hardest natural substance on earth, and it is also the most expensive.

3. What is it used for?

Diamonds are used in many applications, from jewelry to industrial applications. They are also used in high-precision applications, such as cutting tools and industrial applications.

4. How to buy one?

When it comes to buying diamonds, there are many things to consider. The most important is to choose the right cut. A diamond should never be cut thinner than a razor blade.

5. What is a diamond simulant?

Diamonds are very hard, and they are also very expensive. Simulants are materials that mimic the properties of diamonds, but they are much cheaper. Simulants can be used in jewelry and industrial applications.

6. What is a blood diamond?

Sometimes, diamonds are mined in war zones, and the conflict over these stones can lead to human rights abuses.

Arkansas, USA

Swarovski Crystal caves

1. What is a Diamond?

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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 3°C) 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 met that goal, as emissions levels are rising at 3% per year.

The Kyoto Protocol expires in 2012, and even though it's 2 years away, the UN Climate Change Conference (held Dec 7 -Dec 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 50%.

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's 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 Ireland, 99.999% of all electricity used is already produced by green energy (source: World Bank).

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 naggie in your parents' eyes), the highest recorded temperature was 33°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 26°C to 22°C. Plus, lots of weather anomalies are plaguing your travel bookings - 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 dreams romantic holiday to the holiday island of Sivulu, Koh Kred and Maldives (GOM) have been cancelled. Fewer 2 of Koh Krad's 3 islands are open for good, folks at Carribean Islands in PNG have been evacuated, and Sivulu will probably cease to exist in under 50 years. "It's a Maldivian wonder 2m, so a 1m rise in sea levels could change everything. If you think sea-levels 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 outlive 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 one on television. You realise when you get there they are not only a few hard to find, most of them are already extinct. As it stands, animals you're probably familiar with are already extinct. In 2007, the Bajau dolphin, the Borean beaver 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 cos 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. See most parts of cities like Miami and Amsterdam. Should the Green Bay and Antarctic sea 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?

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 cut 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 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 took over 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 arks.

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 15-55cm 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 hero who ‘saves mankind’.

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/techy/occasional 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 3m rise in sea levels would be US$51.6 billion, 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$3.1 trillion. And to take a line from An Inconvenient Truth: “It’s difficult to get a man to understand something if this salary depends on him not understanding it.”
JOBS THAT CHANGE THE WORLD

If you’re one of those who want a hand in the “green revolution,” there are countless opportunities for you to join 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 even reverse CO2 emissions. Here are some of the things you can do:

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 Constraints
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 utilities, gas and oil industries would seem to be the first in line to benefit, as would utility companies like water plants, underground gas and sewage systems need to 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.

THE LIST

- Carbon Emissions
  - Total Tons of CO2
  - Environmental Impact

- Electricity Usage (national average): 237.69 kwh/month
- Motorbike: 2,930 kwh/month
- Air travel: 0.6 kwh/km
- Fuel: 1.23 kg
- Plastic bags: 1.5 kg
- Water: 45 liters
- Meat: 0.7 kg

- Trees to Offset
  - 3
  - 2.5
  - 1

Activity
- General Food & Water: 1.4 kg
- Meat: 0.75 kg
- Toilet Paper: 240 sheets
- Laundry: 150 kg
- Air travel: 0.6 kwh/km
- Fuel: 1.23 kg
- Plastic bags: 1.5 kg
- Water: 45 liters
- Meat: 0.7 kg

The SOUTH BEACH

- On Beach Road, the South Beach (planned for 2012) is a 2-tower complex incorporating photovoltaic cells, and features a large ‘environmental’ system: a canopy that draws air currents to cool the area beneath it. The towers’ sloping facades catch wind and direct air flow to ground-level areas, while rainwater will be collected in an underground tank.

Green Technology Engineers
As governments ramp up with eco-regulations, anyone who already pioneered the best solution like smart fluid cells or carbon capture systems will be the first in line to profit.

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 car), 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.

Earth Erotes recycled rubber whip

Source: Boing Boing

Chrysler Pimpin’ electric car

Earth Erotes recycled rubber whip

Source: Boing Boing

Green Technology Engineers
As governments ramp up with eco-regulations, anyone who already pioneered the best solution like smart fluid cells or carbon capture systems will be the first in line to profit.
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, which hang on either side of the knee — an orthopedic device that might cost about $800, 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 Australian employees working in Yoho, Colorado over a 7-day period. All 620 of these skiers were found to have an ACL (anterior cruciate ligament) reconstruction surgery at least 5 years prior. 257 chose to wear a knee brace at work, while the remaining 363 did not. Those 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 Ji Xiang
Dr Ji Xiang is an orthopedic surgeon at Mount Elizabeth Medical Center, Singapore. He specializes in sports injuries, and knee and shoulder problems. In addition to his orthopedic surgery practice, he takes care of sports injuries for students of the Singapore Sports School and the Integrated Physician for the Alternative School (Independent) rugby team for the last 4 years. Sports-wise, Dr. Li is a huge fan of all kinds of sports such as windsurfing, water-skiing, windsurfing, and windsurfing, and can’t wait to try windsurfing next. He is also a hardcore fan of tennis and travels all over the world for the best tournaments. If you have any sports injury, he’s your man.

Quick fact:

- **SEA Games:** Since 1977, Indonesia has won this sporting event 9 times. Thailand 4 times. Malaysia and Vietnamese once each. The common denominator with all these countries is, they are not Singapore.
- **The 1988 Seoul Olympics:** Did not attend Singapore’s medal tally.
- **The 1996 Atlanta Olympics:** Forgot to enter Singapore’s medal tally. First time Olympic Games participant and Europe’s poorest country – Moldova – has represented Singapore.

However, we did win some medals! If you were real patriotic, you would also know, our imports are the ones who are doing most of the work. With the amount 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 Tanglin Halt.

The government reiterated its “Singapore in the World Cup in 2010” statement in 2007. The country knew that hope instead of being afraid of failing.
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.

**BGW t-shirts**
These organic t-shirts are made from organically-farmed cotton, which are harvested without the use of chemicals unlike many commercial cotton ones which grow under sprays of pesticides, fertilizers and herbicide systems. The crops are planted in rotation and beneficial insects are introduced, to increase the volume of organic matter in the soil.
BGW t-shirts are available at Chocon, in Chinatown.

**Marmot Base Layer**
This base layer is part of their Upcycle product, which use recycled excess fabric that would be discarded otherwise. It’s made of organic fabric—environmental cotton steel hooks which are blended into a polyester mix, creating a quick-drying, UV-protecting fabric that also controls odour naturally.
Available at 3ampera Corner in Orchid Building.

**Nuans Sandals**
Designed in Singapore, the sole of the Nuans sandals are made from a rubber mixture: 80% from used rubber tyres and 20% lightweight durable rubber. The sole mold is 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.

**Bridgedale Bamboo Socks**
Bridgedale’s range of Bamboo socks combines the leading technology of German, with the comfort of bamboo, which is a renewable fibre. These soft socks are designed for sports and everyday activities. The company supports the Plant A Bee campaign that fight global warming through increased bamboo cultivation.
Available at Outdoor Life in Velocity.

**Basura Bags**
Working together with a woman’s co-op in the Philippines, Basura Bags is made of used drink containers, which are sanitized and sewn into fashionable, durable bags. Children from local schools collected these used drink containers (millions of which are treated sewage) and sold them to the co-op.
Available at Chocon, in Chinatown.

**Noon Solar**
Nooon Solar’s gorgeous leather bags are tanned with sustainably harvested materials (like tamarind and madder) and without heavy metals like chrome. The solar panels charge a battery pack inside the bag to supply smooth 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!**

**BGO t-shirts**

**Marmot Base Layer**

**LinkSkin**

**BGW t-shirts**

**Marmot Base Layer**

**LinkSkin**

**Nuans Sandals**

**Bridgedale Bamboo Socks**

**Basura Bags**

**Nooon Solar**

**Open toes! :)**
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

It’s the money shot!

Behind the Scenes
Our three interns - Kelly, Clara and Lorenzo - 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 artists.

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

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

Wanna be a SONY Campus Photojournalist?

Contact us at:
campusinterns@gmail.com
or
CAMPUS MAGAZINE
11 Mohamed Sultan Road
03-01
S29030

and send us one of your favourite pictures and its 50 words or less, tell us why you want to be a photojournalist for an SONY. You don’t need to be a great photographer, but you have to be willing to experiment with your own style, take in any idea, and be driven to get your VOX across our readers and your fellow students.

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

December

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 26 27 28
29 30 31

Singapore's largest street magic competition
The Singapore Night

January

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 26 27 28
29 30

Happy New Year!

Instructions:
1. Carefully cut out the templates. Don’t cut yourself. Be not brave.
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 shut, your cube will look worse than a kindergarten kids' cube project.
4. We’ve left one panel blank – this is for you to write in your own distractions. The creative: You only have yourself to blame.
5. Voilà! 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

Bang head against

Hug

Lick

Hit

Scream at

A banana

The grass

A friend

Your table

The bathroom wall

Fill in the blanks yourself

Items Dice Template
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](http://www.studyinaustralia.gov.au)