

ISSUE 06

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# CAMPUS

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cheaper  
than water  
fair trade

international etiquette  
study abroad tips

## international issue

Whatever makes the world go round





# Music Auditions.



## The University of Melbourne

The School of Music at the Faculty of the VCA and Music offers undergraduate and graduate degrees for students pursuing specialisation in music performance (classical or improvisation/jazz), composition, musicology, ethnomusicology and music therapy. Music auditions for the March 2011 intake will be held as follows:

### Singapore Auditions

Date: Monday 2 August 2010

Time: 11.00am - 5.00pm

Location: Yamaha Music School,  
68 Orchard Road #06-01,  
Plaza Singapura

Registrations and information:

[www.vcam.unimelb.edu.au/international](http://www.vcam.unimelb.edu.au/international)

Enquiries: Ms Ong Kar-Yee

The University of Melbourne Malaysia Office

Email: [ongky@unimelb.edu.au](mailto:ongky@unimelb.edu.au)

Phone: +603 2615 7319



THE UNIVERSITY OF  
MELBOURNE

dream large

## LARGE AND IN CHARGE:

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Founded in 2008, Comics IG brings  
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draw and animate everything from  
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at [mangarepublic.wordpress.com](http://mangarepublic.wordpress.com).

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Nonstop

## 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](mailto:campusinterns@gmail.com).



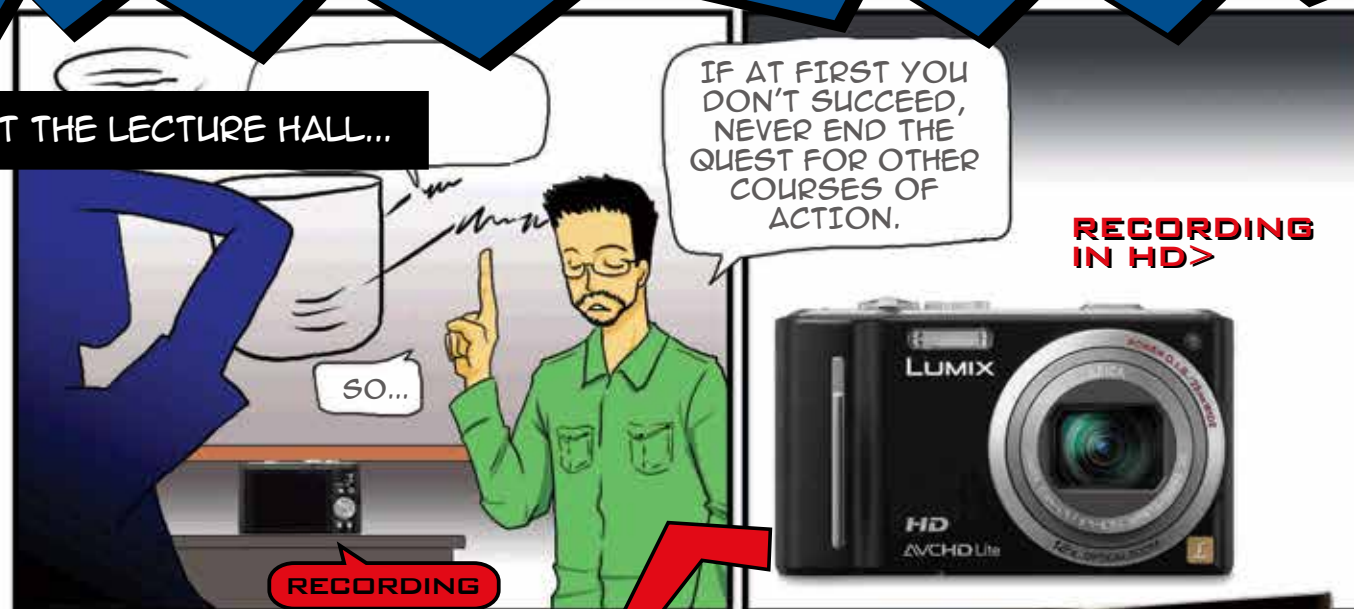


Konosuke Matsushita  
Founder of one of Japan's  
greatest corporations,  
Panasonic, known to many  
as "the God of management"  
and a top world industrialist.

Mr Konosuke Matsushita's LESSON #2:

# "SEARCH FOR OTHER COURSES OF ACTION"

AT THE LECTURE HALL...

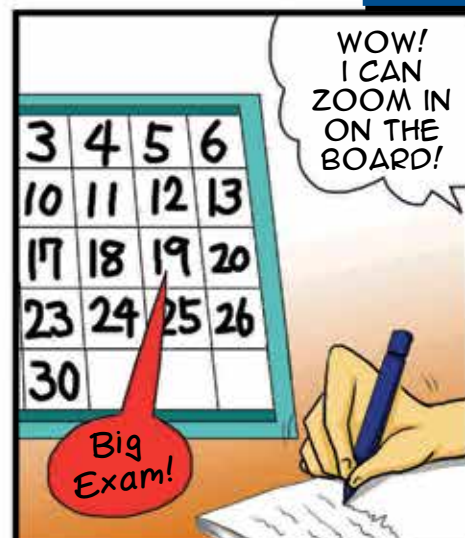


BACK IN THE ROOM...

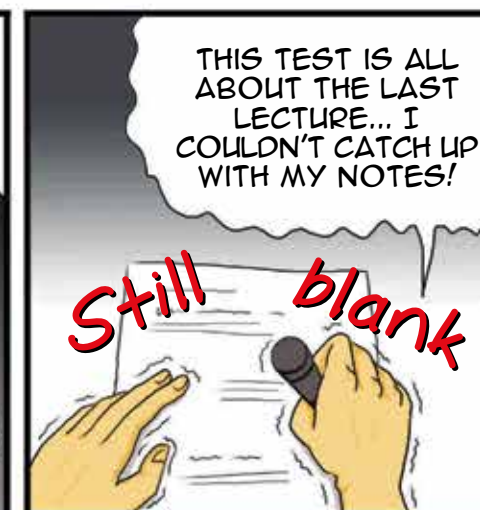
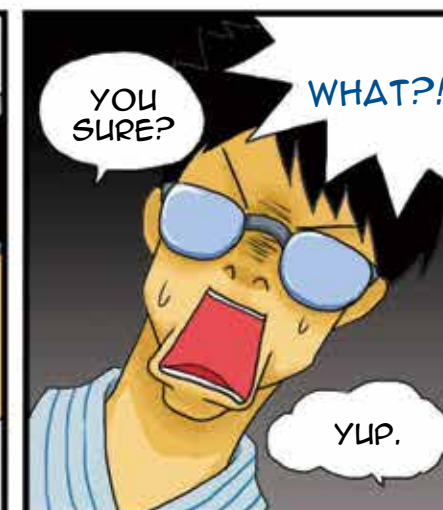


PANASONIC VIERA VT20 SERIES 3D PLASMA TV

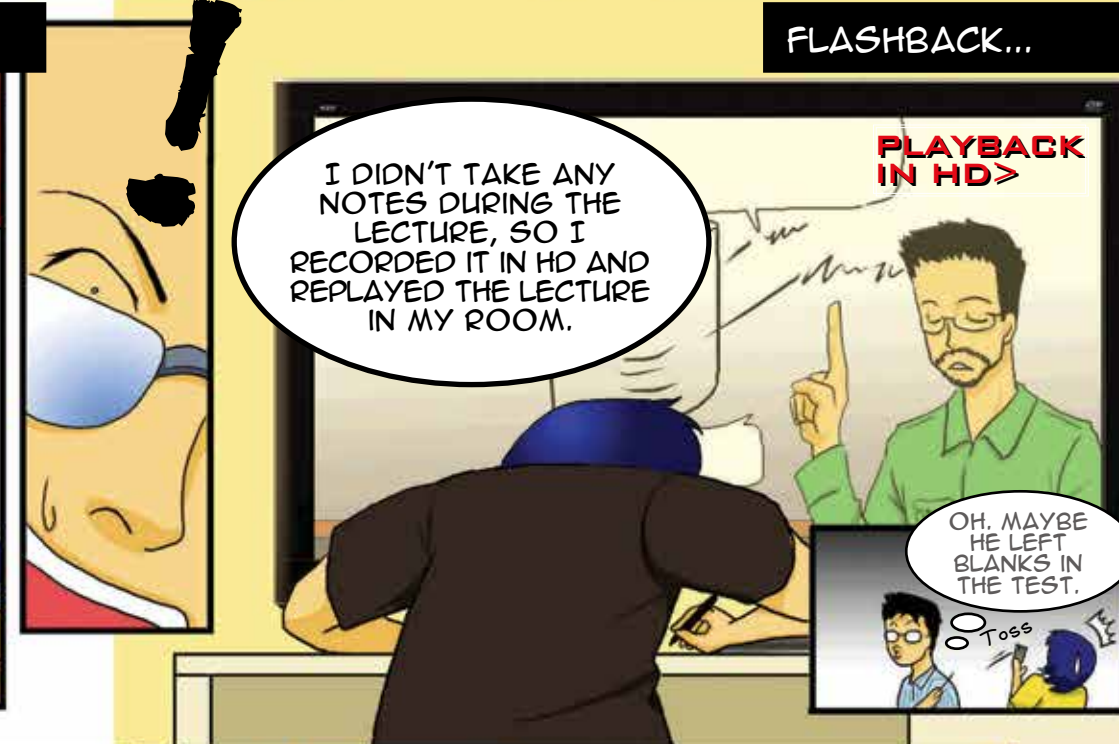
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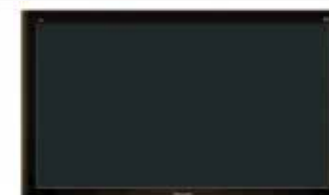
EXAM DAY...



AFTER THE EXAM...



TEST RESULTS



PERFECT FOR CRYSTAL CLEAR, EYE-POPPING IMAGES!

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ideas for life



By  
Ratna  
Masayuki



### WHEN YOU'RE IN TURKEY:

1. **DRESS FOR THE WEATHER.** If you're planning to go during winter, my advice to fellow warm-blooded Singaporeans is to dress real warm. You do not want to be shivering to the bone while trying to enjoy the beauty of nature around you.

2. **COME WITH A BIG APPETITE.** If you're thinking of visiting while you're on your diet, I suggest you forego one or the other. Turkey is noted for having one of the three most famous and distinctive traditional cuisines in the world – so don't miss out! I personally am a fan of *Sigara börek* – a spring roll with a cheese filling. Walk down the streets of Turkey tucking in on their *Simit* (Sesame bread), easily found at street stalls. Eat it hot on a cold winter day. What's Turkey without its variation of kebabs? Try the *Adana Kebab* served with flatbread. Nothing beats having the real thing at the origin country itself!

3. Bunk on sleeping during your flight and through the night when you're knocked out. **TRY NOT TO SNOOZE DURING THE LONG ROAD JOURNEYS.** Sure, they can stretch for as long as 9 hours just to get to the next destination and you definitely will get sleepy. But, nap out every second worth of your trip and enjoy the scenic view as your vehicle cruises along the freeway. It is not every day you get to witness such picturesque beautiful sceneries, so why waste it on sleep?

4. **SOCIALIZE!** Make friends with the locals or fellow travelers from other countries. The Turkish people are really warm and friendly, so don't fret! You can do your socializing at the tourist spots, at the airport or even at the hotel during breakfast/dinner time. It doesn't matter if you don't speak a common language. In fact, that's the beauty of it! You may even be able to pick up basic conversational skills of their language. I can proudly say I know some basic "Merhaba" to go around.

5. **PICK UP ON YOUR BARGAINING SKILLS:** For you shopaholics, head down to Grand Bazaar: It's a bargaining toff! There are over 1,200 shops covering 56 streets selling anything and everything but for you who think bazaar and bargaining is not your cup of tea, head down to Taksim Square instead. It's the "Grand Road" of Turkey comprising a 3km stretch with endless rows of shops on either side mostly catering to youngsters.

6. HAVE SOME LOVE FOR TEA - for you must try the Turkish tea. And even if you don't like it, you will almost always be served the hot drink anyway. Turkey's pride is their tea and it comes in many different rich flavours.

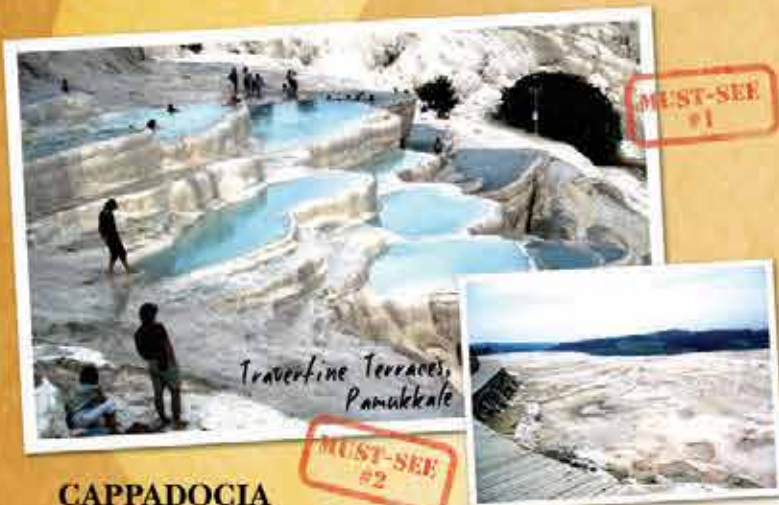
7. 60 LIRA. The locals tend to charge you higher if you opt to pay using the US currency. So I suggest paying with the Turkish Lira despite how confusing the digits are. If numbers and math is not your thing, bring a calculator with you.

8. You may be wishing for cable TV in your hotel, but this is hard to come by in most provinces. I strongly encourage you to just watch their Turkish programmes. It gives this whole foreign feel of being in a different land. If you get bored, play

**MAKE-UP-YOUR-OWN-DIALOGUE** Coming up with your own impromptu "subtitle" which seems to fit the scenario in the show?

9. **CONVERT INTO A LOCAL.** Walk the streets of Istanbul and Bursa as if you're Turkish. This may be hard if you're on a group tour, but you'll get the best deals by acting like a local. Blend in and try to act like the locals do. Pretend you know what you are doing and where you are going. Try to get the feel of what it's like to be a local. In fact, don't worry about getting lost. That's the whole adventure of it!

10. GO ON THE BOSPHORUS BOAT TOUR in Istanbul and take lots of pictures! Take boat to your friends that you were on top of both worlds! How so? Istanbul is the ONLY city in the world built on two continents - Asia and Europe. The Bosphorus is indeed a beautiful place where two cultures meld together giving you both the Eastern and Western feel at the same time.



## CAPPADOCIA

About 3 hours away from Konya, the ride to Cappadocia itself is refreshing as you bask in the scenic view before you. Cappadocia is home to a spectacular sight that has captivated travellers for centuries. Here, you'll find amazing views of hundreds of spectacular pillars and minaret-like forms, churches and underground cities where Christians once hid to avoid persecution.

Did you know? Apparently, George Lucas filmed the haunting homes of the Sand People in the first Star Wars film here.



## PIGEON VALLEY

Located near the village of Uchisar, Pigeon Valley got its name from the thousands of pigeon houses carved into the rock in the area. It is a spectacular surreal breath-taking vision.

## PAMUKKALE AKA COTTON CASTLE

Pamukkale is one of the important highlights when visiting Turkey. Selected as UNESCO World Heritage, the view you get is parallel to the glorious and spectacular view of the remains of the ancient Hierapolis situated at the back of the thrilling white terraces. The marvellous landscape of Pamukkale has been created by the gradual formation of the chemical reaction between the limestone laden spring, calcium salts and carbon dioxide, leaving a cotton-like image of the dazzling white calcareous castles. It looks as if it's made out of snow or cloud or balls of cotton. The water from Pamukkale is famous for its curing properties to the ills of asthma and rheumatism. This fairytale land of Pamukkale is a must-see when travelling through this region.



## KAYMAKLI

Experience the underground city life of the refugees in hiding during the war. Only 4 floors out of the whole city have been uncovered and it is certain that Kaymakli is one of the largest underground settlements in the region. Definitely not for those who are claustrophobic – given its low, narrow and sloping passages.



## UCHISAR CASTLE

Uchisar is situated at the highest point in Cappadocia. The top of the Uchisar Castle provides a picturesque panorama of the surrounding area with Mount Erciyes in the distance.

## CHEAP EATS

Galata Hotel Cmlik - Yozgat - 30% off  
Ayazma Cafe Bar & Restaurant - Istanbul - 15% off  
Bursa Cicek Kofte, Istanbul - 10% off

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## CHEAP TRIPS

## Cheap Sleeps

Galata Hotel Camlik, Yozgat - 40% off  
First Apart Hotel, Ankara - 25% off  
Orient Youth Hostel, Istanbul - 10% off





Taksim Square



Spice Bazaar

## ISTANBUL

The largest city in Turkey – but not the capital city as many mistake it for. The capital city of Turkey is Ankara. A lot of shopping is to be done here with its bazaar and malls. As the only city in the world to be on two continents, you can be in Asia & Europe at the same time!

### ST. SOPHIA MUSEUM

The whole history of this place is as mind-blowing as its architecture. It's a church turned mosque turned museum all in one place. All worship activities are banned since the place is classified as a museum under the presidential order.

### TOPKAPI PALACE

A palace in Istanbul which was the official and primary residence of the Ottoman Sultans for 400 years of their 624-year reign (1465 to 1856). The highlight of this palace besides its historical value? It's the beautiful landscape of the palace setting. Truly a Kodak worthy moment.



Grand Bazaar



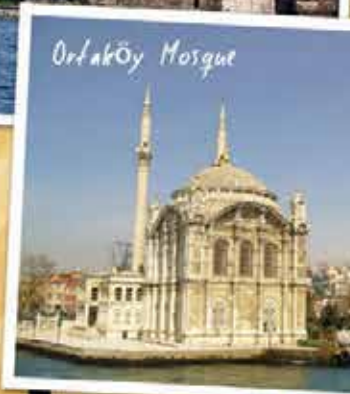
Delicious Kebab!

## DID YOU KNOW?

1. The famous Trojan Wars took place in Western Turkey, around the site where the Trojan horse rests today.
2. The oldest known human settlement is in Catalhoyuk, Turkey (c. 7th Millennium B.C.).
3. Ephesus (Temple of Artemis) and The Mausoleum of Halicarnassus are in Turkey. That's two of the seven wonders of the ancient world.
4. St. Nicholas, also known as Santa Claus, was born in Patara and became the bishop of Myra, on Turkey's Mediterranean Coast.
5. Noah's Ark landed on Mount Ararat in Eastern Turkey.
6. Turks introduced coffee to Europe. In 1453, Turkish law made it legal for a woman to divorce her husband if he fails to provide her daily quota of coffee.
7. Tradition in Turkey says that a stranger at one's doorstep is considered "God's guest" for at least three days.
8. Anatolia is the birthplace of historic legends, such as Homer (the poet, not the Simpsons), King Midas, Herodotus (the father of history), and St. Paul the Apostle.
9. The first church in the world dedicated to Virgin Mary is in Ephesus.
10. Turkey has hundreds of beaches and marinas which have the "Blue Flag" (A European award for the best clean water) on the Mediterranean and Aegean.



Topkapi Castle



Ortaköy Mosque

Deep in concentration...



# Cheat Sheet

## #6 Chess

by Julian Abraham



All the different kinds of chess pieces

### 1. BOBBY FISCHER AND CHESS

What do you get when you put the words chess and weirdo side by side? Bobby Fischer of course! One of the greatest and weirdest players in the history of international chess...part Albert Einstein, part Lady Gaga. Born in 1943 in Chicago, Fischer started playing at age 6. Born in 1943 in Chicago, Fischer started playing at age 6. Born in 1943 in Chicago, Fischer started playing at age 6. Born in 1943 in Chicago, Fischer started playing at age 6. Born in 1943 in Chicago, Fischer started playing at age 6.

He combined near flawless tactics with eccentric gestures. Wagging his tongue, twisting his earlobes and rolling his eyes incessantly, he psychologically intimidated opponents. In time, Fischer became increasingly reclusive and prone to haggling over the most minor details like room lighting and noise. But his insistence that players be more professional helped raise the bar for elite chess.

### 2. NOTABLE FACTS

- \* Fischer won each of the eight US Chess championships he played in, including winning with a perfect 11/11 score in the 1963-64 Championship.
- \* In 1972 he defeated Boris Spassky (The top chess player in the world at that time) to become World Chess Champion.
- \* He insisted on having all dental fillings removed for fear of Soviet agents taking a filling out and putting in an electronic device, which could influence his thinking.
- \* He never brushed his teeth.
- \* At one point, Fischer devoted 14 hours a day to studying chess.
- \* One of his many weird sayings was "Chess is nothing more than 'mental masturbation'."



I can move only in rank & files

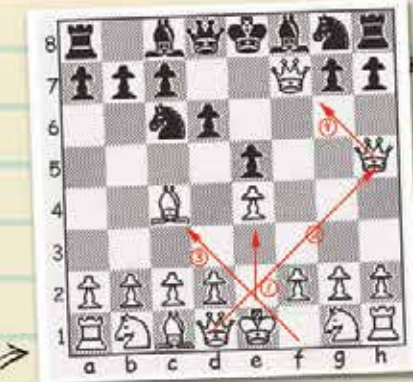
### 3. BASIC THINGS TO KNOW ABOUT CHESS

**OBJECTIVE:** Primary objective is to capture the other player's King.

**THE CHESS BOARD:** The board is divided into rows and columns with 32 pieces.

**OPENINGS:** The first moves of the game.

**FILES & RANKS:** "Files" are named in alphabets such as "a," "b," "c," up to "h," and the "Ranks" are given the numbers from 1 to 8. Thus, "a1" refers to the first square on the left hand bottom corner of the board, while "h8" refers to the top right corner of the board.



Pull this off and impress your friends!

### 4. THE CHESS PIECES



**PAWN:** This piece can only move one or two squares forward on its first move, after that, it may only move one square forward. Pawns move forward on the file. Pawns may not move backwards. Pawns capture only on the diagonal.



**BISHOP:** The Bishop can move any number of squares only diagonally if it is not blocked.



**KNIGHT:** The Knight moves in a L-shaped motion, 2 squares in a straight line and then one square either to the left or right.



**ROOK:** The Rook can only move on the Ranks and Files.



**KING:** The most vulnerable piece, the King can move only one square in any direction.



**QUEEN:** The most powerful piece on the board, she can move up and down on Files, back and forth on the ranks, and criss-cross the board on the diagonals.

Protect the King!

### 5. HOW TO WIN

**CHECKMATE:** You win the game when your opponent's King is in check and:  
1. The King can't capture the piece that has placed it into check, because the piece is protected by another piece.  
2. The King can't move to another square to get out of check, because those squares are controlled by other pieces.  
3. The King can't block the check by moving a piece between the King and the piece that is checking the King.  
A King cannot place itself into check. A King cannot place another King into check. If a King is in check, it must move out of check.

**STALEMATE:** Stalemate is when the King is not in check and cannot move without placing himself into check and there are no other pieces on the board to move.

**VALUE OF EACH PIECE (When captured):** Chess is played to win through checkmate, but for the purpose of keeping score, each piece has a relative value...

- \* Pawn = 1
- \* Knight = 3
- \* Bishop = 3.5
- \* Rook = 5
- \* Queen = 9



### 6. IMPRESS YOUR FRIENDS: CHECKMATE IN 4 MOVES

(Note: Keep in mind, in this scenario, white wins the game.)

- Step 1: (e4 e5)**  
\* White starts by moving his King's pawn 2 spaces to e4.  
\* Black then moves his King's pawn 2 spaces up to e5.
- Step 2: (Qh5 Kc6)**  
\* White moves Queen 4 squares diagonally to h5.  
\* Black moves his Knight nearer to the queen side to c6.
- Step 3: (Bc4 d6)**  
\* White moves his Bishop 3 spaces diagonally to c4.  
\* Black moves his Queen's pawn 1 step to d6.
- Step 4: (Qf7#)**  
\* White moves his Queen to f7 to checkmate.



# WORLD CUP

## Controversy

Contributed by Julian Abelan

If the local soccer scene seems to be in a tizzy at the moment, there could be one obvious reason: the cost of enjoying football's biggest spectacle just went up, and while it might not seem like a big deal to you non-believers, for die-hard fans who would do anything in the name of football, it's a bitter pill to swallow.

Among aficionados, emotions range from indignation at what's seen as daylight robbery, to a more philosophical "what is my extra money paying for?"

As you may or may not know, the huge buzz about SingTel and Starhub possibly not being able to secure the broadcasting rights left local soccer fanatics at a loss, and of course, what held everything up was price.

To better understand what I'm getting at (if you're a disinterested non-football fanatic), it emerged that FIFA's asking price was \$100 million for exclusive television broadcasting rights for both telcos. A math major would call that sum "exponentially higher" which for all us non-mathematicians = +600% over what Singapore paid to watch the 2006 World Cup in Germany (\$15 million) and 10 times the cost of the World Cup in South Korea and Japan in 2002 (\$10 million). Not surprisingly, this was far more than anyone wants to pay.

Some non-fans felt that this was a case of much ado about nothing. Opting to watch the World Cup is a personal choice, and that since it's "entertainment", saying a rise in cost is something we have to live with, in the same way Blu-ray costs more than DVDs for instance. Just to set the record straight as someone

who likes my "entertainment", assuming those same boring killjoys ever watch a movie in a theatre, that's the equivalent of Hollywood saying "since we know you've been waiting for Pirates IV or X-Men 3.739, we're raising prices to \$58 a ticket..." I'd dare say, there would be a public outcry against "profiteering" if that happened, so why should football be any different?

The biggest question many enlightened fans are asking is simply, "When did the World Cup become 6 times better than before, or 10 times better than in 2002?"

You certainly can't claim the rise in price from FIFA is due to inflation, otherwise we'd all be paying \$20+ for chicken rice, and I don't mean the fancy Meritus Mandarin one.

You can't say it's because local building, logistics or labour costs are higher. South Africa must be cheaper to operate a tournament in than Germany or Japan plus Korea, which at just \$10million dollars 8 years ago looks like a downright steal. After doing some very, very simple arithmetic, based on information readily available to any 5 year old who can access the net, it's obvious our \$100,000,000 alone would be enough to hire nearly 250,000 South Africans during the tournament. Add to that what the US, Japan, Sweden and everyone else is paying, and it's safe to say the World Cup could have a huge economic impact if it wanted to.

You probably can't say it's because all the extra money's going to a good cause - while FIFA gives money to schools and takes photo ops with little kids, imagine if they put even a fraction of everyone money from global

rights fees towards something useful that might actually help South Africa, like fighting AIDS. Now that would be something worth supporting, in a country where 5.7 million people suffer from AIDS (1.4 million are orphans). According to avert.org, during the month-long tournament, 23,000+ local South Africans will die of AIDS.

Like many, I'm still baffled by where the extra money goes. But I do know where the extra money comes from.

When Singapore finally secured the deal with FIFA on broadcasting rights in early May, everyone thought things were settled - that is, until the prices were unveiled. The 64 World Cup matches were revealed to cost \$70.62 for early birds and \$94.16 for those signing up later, on top of usual cable subscription fees.

Many fans though have a mixture of resentment towards FIFA and at least a bit of indignation, at the substantially higher prices for world cup packages. Singapore's last minute closing of the deal put it was behind 202 countries. So why the hold up? It's just my opinion, but some possible reasons for this could be:

- FIFA felt that since Singapore's now got its own huge, global events like YOG2010 and the F1, that they need to flex some muscle to remind everyone who's the global sporting boss.

- FIFA may have the perception that all Singapore soccer fans are wealthy people and thus developed a strategy to sell their remaining tickets by not granting broadcasting rights so that maybe Singaporeans would go to South Africa to watch instead.

## HOW TO SAVE MONEY ON WATCHING THE WORLD CUP

So like many students with a part-time job, we may need to dig a bit deeper into our pocket to fork out the cash to watch the World Cup this year (that's if your parents won't do it for you). Just in case you are left with no other options, here's a few tips for catching the games on the cheap, or maybe even for free.

- **Cross the causeway** to catch the games on Malaysian channels. Forget this option if you're actually a busy person though, since at 1+ hour each way counting immigration and queues, it'll mean you'll probably be forced to overnight in JB after the nighttime match.
- **Get yourself smuggled in** someone's luggage going to South Africa or ship yourself cargo to save costs. Of course, this can only happen on TV.
- **Pool money with friends**, and purchase the package upgrade together. This cuts your cost, brings you together with friends to share in your love of football. Of course, the only question left, is which friend will be the lucky "host" for the games. Answer: the one with the biggest TV.
- **Go watch the games at restaurants and bars** that provide free screening.

# THE LIST

## TRAVEL

Every year more than 1,000,000 students travel for a semester or more. Here are some of the most popular places they want to go:

Top 3 Student Travel Destinations in Europe

1. Paris
2. Rome
3. London

Top 3 Student Travel Destinations in Asia

1. Tokyo
2. Hong Kong
3. Taipei

Top 3 Student Travel Destinations in North America

1. New York City
2. Los Angeles
3. Toronto

## BEST CITIES TO LIVE AND STUDY IN

A recent international study rated the best global cities for mixing quality education with lifestyle opportunities. There were:

1. London
2. Paris
3. Frankfurt
4. Hong Kong
5. Toronto
6. Vancouver
7. Rome
8. Auckland
9. Tokyo
10. Zurich

## WHAT'S YOUR VOTE?

Q1: Would you rather...

- ☐ Work very hard / very long hours and make lots of money?
- ☐ Work very short hours / do something easy and make average money?

Q: When you think about your future dream job, what matters most?

- ☐ Making the maximum amount of money
- ☐ Being challenged creatively
- ☐ A flexible working schedule
- ☐ Loving what you do
- ☐ Job security
- ☐ Being your own boss
- ☐ Working for a prestigious company
- ☐ Working with people you like
- ☐ Giving something back to society
- ☐ Doing something that will make you famous

Visit [www.campus.com.sg](http://www.campus.com.sg) and answer our poll.





# STUDY ABROAD

## A BASIC GUIDE

Contributed by  
Muhammad Ammar Sa'don

### 1. I KNOW SOME LOCALS

You may be a well-travelled, but seeing sights and experiencing a different culture as a tourist isn't exactly like studying abroad, which is about integrating yourself into that culture and adopting to the way of the locals. When you're in a foreign land, making local friends will be valuable to provide a good insight into their lifestyle, so you can learn not to stand out like a sore thumb.

If you feel like you'll need friends who are in the same boat as you, join campus communities that cater to international students. But be careful not to fall in too closely with just the local Singaporean student contingent. You're going abroad to get a taste of freedom and diversity, not to discuss how much you miss mee pok.

### 2. ACCOMMODATION

The cheap and convenient option is on-campus accommodation, which lets you socialise with other students. Universities give priority to foreign students, but usually only for a limited period (ie. one semester or year). During this time, you can check the rental market or house-share with fellow students to save on utility bills once you move out of the dorms.

Homestays are another option, where you stay with a local family who can provide you with (almost) everything you'd get back home, like laundry and meals. They can also help you ease into the local culture if you haven't made any local friends yet.

While homestays and dorms provide a convenient option, there may be curfews. Staying at a private house or apartment means you have more freedom, but it also means you have to be more independent (ie. paying bills, cleaning, cooking, etc).

Have you ever wondered how it would be like sitting in an airplane to the country you are about to embark on your study?

While it can be pretty daunting for students who are pursuing their studies overseas, part of the hardest thing to do – more difficult than culture shock and more tear-jerking than being parted from your new love interest or Xbox – is the preparation for it. While there can be a lot to consider, here are some tips to aid you on your journey:

### 3. FOOD

Experiencing a new cuisine is a plus point for anyone who loves to eat, but don't laugh at someone who packs some local Singaporean food with them. Sure, you may love steaks, fish & chips or hot dogs, but the time will come when the 'novelty' fades and you long for something familiar – and you find yourself grovelling at the door of a friend (or stranger) who's got packet laksa mee.

### 4. STUDY SUPPORT

Another important factor is getting enough external support for your coursework – there's usually ones affiliated to your faculty, tailored to the modules you're taking. Study groups are also beneficial.

If you're in a country where English isn't their native language, it's a good idea to learn the local language. Some universities that you attend will have a language course – some are electives, while others are offered free for extra credits. You can also opt for a private language school that caters to international students. Of course, it's always better to learn the language beforehand, and not be like a lost 3-year old when you land. Basic language kits on CD often help, as do language classes.

hola

que

LEARN SPANISH

### 5. MONEY MATTERS

Unless you have unlimited cash from your parents' sub card, you'll have to develop a realistic budget and stick to it. It's a good idea to have at least 3 month's savings before you arrive, and when you're there, set up a bank account that offers good student services. Even if you're used to carrying wads of cash around in Singapore, don't do so abroad unless you want to chalk up being robbed to your list of 'new experiences'. Student accounts give you access to debit cards and cheque books, so use them instead.

### 6. COMMUNICATION

If this is your first time away, it's essential to keep in touch with friends and family. Most campus libraries and some public ones allow free internet access. But don't expect free WiFi everywhere – unlike Singapore, many countries charge a lot for WiFi access (if you can find them). If Skype isn't an option, you can always opt for international calling cards for your good ol' mobile phone instead.

### 7. BEFORE YOU GO

**PAPERWORK:** If you haven't already researched it, you need to get all your paperwork in order. That means your passport and student visa or school acceptance form are needed in order for you to live in your host country. Photocopy these and pack them separately in case you lose them.

**HEALTH:** Before leaving, get a full physical to ensure you're in good health, and if you have any medical requirements, keep your records with you. If immunisation is needed, get them well before you leave. If you're going to a country that does not provide medical insurance or free medical care, get a reliable health or travel insurance (which includes emergency medical evacuation) before you go.

**PACKING:** Pack only what you need and avoid bringing clothes for an entire year because, if you're a true Singaporean, chances are you'll be shopping for new clothes the moment you settle in. You should know the weather and local clothing customs when you arrive so you can dress appropriately – a pair of bermudas and flip flops may work here, but not in a Parisian cafe.

Last but not least, research and familiarise yourself with local customs; for example, in parts of Greece and Italy, it's rude to show a 'thumbs up'. The old adage applies: 'When in Rome, do as the Romans'. These are just basic guidelines for the long and interesting road to studying overseas, and if you plan ahead, your time abroad will be as rewarding as you've always dreamed it would be.



Story and photos by Clara Lock  
Selected photos courtesy of  
Food For Thought

# eating with a conscience

Fill your stomach and your conscience when you dine at these two cafes. Titled social enterprises, they aim to give something back to community as they earn their keep. What better way to enjoy a good meal?

## food for thought

The aroma of a bustling kitchen fills the small café with the comforting scent of home, as chefs wave a cheery hello at customers streaming in. This open concept, replete with warmth and familiarity, mirrors the inspiration behind social enterprise Food For Thought (FFT) – of serving one's neighbour and the community.

Founded in 2007 by the same group of friends behind tuition centre School of Thought, the café channels part of its profits to social causes they care about, such as charity World Vision, which sponsors children in developing nations.

Photos and messages from children who have benefited from the donations line the walls of the café. My hometown has new schools, new bridges and smooth road roads, reads one in Vietnamese, written in a child's earnest penmanship.

On the far end of the café, a dark coloured wall lists the names and countries of nine children the program is helping, next to various photographic depictions of water, which have won spots in a recent contest.

Providing clean water to communities around the world is yet another of FFT's goals. "Water is precious, yet we often take it for granted," said Mr David Heng, executive chef.

Here, diners can help themselves to free iced water, but are encouraged to donate a small sum which will go towards the purchase of water sanitizing tablets for villages in Timor Leste.

Such principles of universal brotherhood govern the cooking at FFT's as well. Mr Heng, 28, who has trained at famed culinary school Le Cordon Bleu in Sydney, laces western dishes with distinctly Singaporean flavours to cater to the local palate.

The Chinese Chicken Caesar, for instance, is drizzled with ginger sesame mayo, a dressing reminiscent of much-loved chicken rice. Slices of hand-boiled egg with a slightly runny yolk nestle among lettuce leaves. A sprinkling of ikan bills with peanut tops off this signature dish, which is intended to be familiar to local taste buds.

"We want to serve our neighbours," an affable Mr Heng says of the comfort food and affordable prices.

420 North Bridge Rd  
North Bridge Centre #01-06  
Tel: 6338 8724



WE SERVE FREE WATER HERE.  
PLEASE DONATE TO HELP MAKE  
WATER FREELY AVAILABLE FOR  
SOMEONE ELSE IN THE WORLD!

Half of all rural communities in East Timor do not have access to safe water. The capture and storage of pure rainwater during the rainy season can help prevent waterborne illness as well as alleviate water shortages during the dry season. USD\$25 will provide materials and training for one family to construct a cement water reservoir using simple techniques taught by World Vision staff. BECAUSE FREE WATER SHOULD BE A UNIVERSAL RIGHT.

8 Queen Street  
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World's Smallest  
and Lightest  
interchangeable  
lens camera

## INDOOR PHOTOGRAPHY WITH SONY α NEX-5 HYBRID CAMERA

### 1. For Dark Settings

The NEX-5 features Handheld Twilight mode that takes great shots indoors or at dusk. It takes photos that look a little softer than their straight high-ISO equivalents, but still gives a clean finish.

### 2. Camera Processor

The bigger the sensor, the faster and better. The NEX-5's 14-megapixel CMOS sensor means better viewing that lets you take dark indoor pictures even after sunset. The lightweight SONY α NEX-5 weighs in at only 288g and measures 24.2mm at its thinnest, meaning you can have a DSLR function while having the feel of a compact camera.

### 3. Capture Details

The NEX-5's High Dynamic Range (HDR) photography captures several shots at the same time and combines the best highlight detail to create one incredible shot. It even handles severe backlighting and high-contrast scenes, say from a bright window.

### 4. Portrait Made Simple

To take photos with blurred backgrounds, the APS-C sensor helps make your subject stand out in a portrait (or still) photography. No more dealing with aperture f-stops and shutter speeds.



Log on to [www.campus.com.sg](http://www.campus.com.sg) to find out more about the bi-monthly Really Really Free Market, organised by the founders of Food#03, which lets people to give away either items or services for free.

## food #03

Hear the word 'free' in our island nation and it usually conjures up images of promotions designed to induce more spending.

But over at vegetarian café and social enterprise Food#03, the offer of something free genuinely comes with no strings attached.

The café, located near Little India, does not operate on Mondays. Instead, it is loaned out to a group of volunteers who set up a soup kitchen providing free food for the needy in the area, many of whom are foreign workers.

Post Museum, the café's accompanying cultural and social exhibition space, also hosts the bi-monthly Really Really Free Market, an event which encourages participants to give and take whatever items or services they want at no cost.

"Anti-capitalism," said co-owner Mr Woon, of the inspiration behind the Really Really Free Market. In this day and age, giving and sharing doesn't happen very often. But once every two months, at least we give people the opportunity to do so without constraints, he explained.

Ad-hoc fund raising events, initiated by individuals and organizations alike, are also held at Food#03 regularly. Recently, a week-long fund-raiser saw all proceeds from beer sales go towards the victims of the Haiti earthquake.

Food served up here is socially conscious too, and effort is devoted to sourcing for fair-trade and organic ingredients. All their coffee, tea and cocoa products are from Cafédirect, a fair-trade line of products that they now supply to small shops island-wide.

Mr Woon, who converted to vegetarianism ever since Food#03 was set up in 2007, hopes the café will make people more conscious of the impact that food has on the environment. The 35-year-old aims to make a difference in society with the lifestyle they promote.

In line with their ecologically friendly stance, Food#03 does not usually turn on the air-conditioning unless it is really hot, as stated on its menu. Instead, ceiling fans swirl amidst minimalist, rugged-looking brick walls. Incandescent bulbs glow from within hanging lights made out of old plastic bottles, swathing the café in orange.

Homely food served with a heartfelt message. Swing by for a pit stop or two.



109 Rowell Road  
Tel: 6396 7980





# THE LAST KOPITIAM

PHOTO BY EUGENE SOH!



**NEW**

World's Smallest  
and Lightest  
interchangeable  
lens camera



## Tips for shooting with the Sony α NEX-5 hybrid camera:

1. The Sony α NEX-5 blends capabilities of the α DSLR and CyberShot, which allows you to take 3D Sweep Panorama. It means you can capture wide images as a whole instead of needing to stitch your images later in an image software, PLUS you get to play the scene back in 3D on Sony Bravia TVs.
2. The 14-megapixel Exmor APS HD CMOS makes sure images are clear, while the Handheld Twilight function means taking photos in dark settings are a breeze without a tripod.
3. Sony's NEX-5 sport a wide, 3-inch LCD that tilts up 80° and down 45°, and lets you see even in bright situations thanks to its TruBlack technology.
4. When taking photos of your friends at night, combine flash with a long exposure. The flash will freeze the foreground and the long exposure will reveal the background. The NEX-5's Anti-motion-blur mode makes breeze of this.

\*Firmware upgrade will be available at a later date.



# MISSED CONNECTIONS:

*Like a needle in a haystack* by Kelly Morse

You're sitting on a bench while waiting for the bus, and an attractive girl sits down not far from you. You steal a glance, or two, at her. She's beautiful-short brown hair, petite, a pretty face, and a cute smile (that you caught a glimpse of when she laughed at a sms). You want to say hi, but are not sure what to say so you just continue to stare while her attention is focused on the hand phone. She notices and you catch her eye as she sheepishly grins. You begin to trip over your words as you try to introduce yourself, but a bus pulls up commanding her attention-it's her bus. Her expression changes as she gets up to board and now she's gone... forever.

FOREVER?! No, that can't be. Wait. What if she was the future love of your life? The ONE you were meant to be with! Why didn't you say something? ANYTHING?!

This type of scenario has been replayed on the MRT, the shopping mall, the grocery store, the hawker centre, and more. So what do you do now? Sulk and dream about the life you could have had or be proactive? A handful of Singaporeans decided to take fate into their own hands and try to find their "missed connections." How? You're not going to believe it, but through Craigslist.

Numerous people from 15 to 50 have posted descriptions in the "Missed Connections" section just under the "Personals" on Craigslist. The postings are mostly of someone they thought to have made a brief connection with but were for some reason unable to exchange contacts. Few were able to "reconnect," while others are still searching.



## MISSED ON THE MRT:

Alicia was riding the MRT one day, and a guy about her same age caught her eye from the other side of the train. He was tall with sandy brown hair, and was wearing a unique school uniform. For almost a half hour, they exchanged glances while standing across from each other. As the train approached Orchard MRT, he moved towards the doors to alight. Not knowing what else to do, she watched him leave. Devastated by her lack of initiative on the train, she decided to try her luck at finding him via "Missed Connections." She posted a description of him online and within a week she was contacted, but not by him-rather his friends. Schoolmates read the posting and recognized who she had seen and put them in touch. However, even though she found him, the stolen glances never blossomed into a relationship.

## ADVICE FROM ALICIA:

I think it helps if you describe in great detail whatever you remember. Good luck!



## MISSED IN MID-AIR:

Jim was on a Thai Airways flight from Chang Mai to Bangkok when he saw her. He was in 12A and was delightfully surprised when an attractive woman took her seat next to him in 12B. She was reading a book with an interesting title, which grabbed his attention. It was something about a woman who went on vacation, met a guy, and then got married. She was so absorbed in the book he couldn't get her attention. An hour later, the plane landed in Bangkok. This was it, say something now or forever hold your peace! Disappointingly, he went with the latter option BUT eventually decided to try his hand at finding her through "Missed Connections." The post was up for a month in January, but Jim never received any replies.

## ADVICE FROM JIM:

As they say a long shot, is better than no shot. You might as well go for it. :)

Trying to find a missed connection via the personals on Craigslist, in the words of Jim, is a long shot. Most people don't find who they set out in search of, but what if the other person was found? Would they think you were crazy? Obsessed? Sincere in a non-creepy way? Who knows, however, the easiest way to not have to divert to "Missed Connections" as a Plan B is to - yep, you guessed it - just talk to the person in the first place!

# Taiwan!

Story by Clara Lock & Madelyn Leow

For the uninitiated, Taiwan is an exercise in juxtaposition with modernity set against a backdrop of traditional Chinese culture. Amidst this seeming chaos settles a placid routine and order that is easy to grow accustomed to, and even easier to grow fond of. Welcome to Taiwan, you may never want to leave.

Most visitors' first views of Taiwan are driving from the airport, which while it generally proves a very harrowing introduction to the place, also neatly encapsulates the essence of the island. The roads are abuzz with Taiwanese on scooters (the primary and seemingly only mode of transport in the country), creating a veritable sea of helmeted heads. The hapless - aka foreign - driver is presented with the daunting task of navigating through the masses while attempting not to knock any of them down.

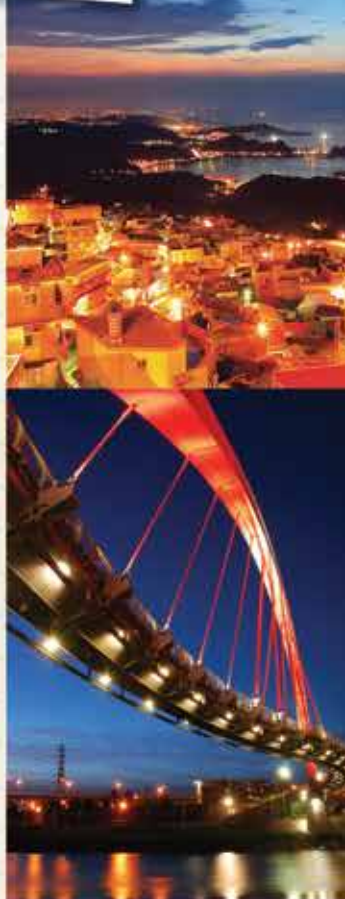
As a cacophony of honking and the revving of scooter engines fill the air, you quickly learn that if you sit, ramrod straight, at the wheel, and methodically (if nervously) weave through the congested roads, hordes of scooters will yield to your four-wheeled vehicle, collectively ebbing and flowing like a river around it.

Eventually, the expression of sheer terror on the faces of drivers unfamiliar to Taiwan eventually segues into an understanding of the unspoken, if bewildering road rules. Taiwan seems chaotic, but there's a discernable flow.

Just go with it, and you'll be fine, arriving at your destination without incident - possibly a little skittish, but none the worse for wear.

And for those in the know, that destination is probably one of the amazing night markets or tasty food streets. These night markets are the kooky, offbeat cousin of our local pasar malams and promise a full-on assault to the senses. Shop owners and customers haggle away in a mixture of Mandarin, English and Hokkien, commonly known as Taiwanese. Raucous exchanges between stalls demonstrate the camaraderie amongst owners, and wide-eyed tourists soak up the atmosphere like little sponges.

Clearly, Taiwan has its quirks and a distinct identity with locals affectionately referring to themselves as 'Children of the Sweet Potato', thanks to the shape of their happy little island. Like the driving, the organised chaos reflected in locals' daily commute permeates many aspects of Taiwanese living. So stick with us over the next couple of pages as we explore the myriad of things to do in Taiwan!





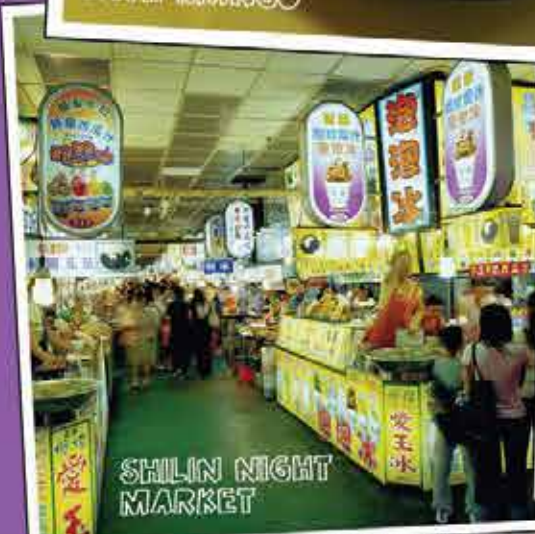
# FOOD

One thing that you find almost everywhere in Taiwan but rarely in Singapore is Taiwan snow ice. Snow ice is the Taiwanese version of ice kacang, but instead of normal ice shavings, the ice is like snow and made with frozen milk. There are many different flavours available, such as mango, strawberry and kiwi. Snow ice is usually served with fresh fruits and tastes really refreshing and I constantly crave it when I'm in Singapore. This refreshing treat is available at almost every night market in Taiwan.

If you like milkshakes, the Tai Chong Zhong Xiao night market is the place to be. The store there is for their papaya milkshakes which are sold for only NT40 (SGD \$2). The milkshakes there are fragrant, creamy, and yet not too thick. Just nice for the milkshake fanatic!

The next food item may sound gross or weird to you, but it's really delicious! In case you are wondering what I'm talking about, it's none other than the pig blood pudding. Though its name might sound unappealing, the dish is surprisingly tasty. The texture of the pudding is gelatinous, and dotted with bits of rice, and it is available at every night market in Taiwan.

SHAVED ICE WITH MANGO



SHILIN NIGHT MARKET



PIG BLOOD PUDDING

## TAIWANESE FOOD IN SINGAPORE



BRAISED MEAT RICE



BUBBLE MILK TEA



INSTANT NOODLES

Instant noodles from Taiwan make a decent meal, with generous portions of springy noodles and chunks of meat that top off the bowl. Try the spicy eel flavour, which is laced with chilli oil and dried chilli padi for that extra kick. Available at supermarkets and convenience stores islandwide.

Netizens laud this outlet for its traditional, homely recipes - no surprise, since a friendly Taiwanese couple runs it. Try the Lu Rou Fan (braised meat rice) and milk tea with pearls. For fans of Taiwanese delicacy Chou Tofu (smelly bean curd), this place serves a watered-down version that has been tweaked to suit local palates.

Popular Taiwanese snacks here include XXL Crispy Chicken (any relation to waist size is purely coincidental) and Oyster Mee Sua from ubiquitous chain Shilin Taiwan Street Snacks. Look for these tasty bites at shopping centres islandwide.



OYSTER MEE SUA

XXL CHICKEN



DUMPLINGS



TAIWAN PORRIDGE

For a more substantial meal, go for Taiwan porridge, which is similar to our local Teochew-style porridge. The main difference is the inclusion of sweet potato cubes cooked in the porridge broth, which lends a hint of sweetness to the rice grains. Order side dishes to accompany the porridge, which include See Chuan Chicken and Chai Poh omelette.

Gu Zhao Ren Seafood Taiwan Porridge (Bukit Merah) ABC Brickworks Food Centre

## FASHION & SHOPPING

Taiwan fashion is mostly Korean and Japanese influenced and is popular in blog shop spaces in Singapore, where most youths shop online. Taiwan clothes are popular in Singapore because they're fashionable, yet cheaper than their Singaporean counterparts. Here we give you a heads up on where to find the most stylish garments in town.

### NIGHT MARKETS

Night Markets are a great place to shop too. Besides having small booths selling a wide range of items, from accessories to underwear, night markets also feature a variety of food and drinks to satisfy your hunger and quench your thirst when shopping gets tiring. As there are many booths at the night markets, competition can be stiff for the shop owners. Hence the clothes are constantly on sale, and shoppers are encouraged to bargain for the best prices possible.

## HIGH FASHION



### GOJI LIN

Taiwanese fashion designer Lin Goji is probably best known for his unconventional use of everyday materials, turning the mundane and the prosaic into fantastical works of art. The celebrity designer, who started out as a mechanical engineer, created a dress made out of recycled glass from computer screens for Taiwanfest 2009 in Vancouver, Toronto. The eclectic Lin has also famously created hand-blown glass corsets, hand-carved wooden clothing, and dresses from recycled computer keyboards.

### SHIATZY CHEN

Shiatzy Chen, the Taiwan fashion house founded and run by designer Wang Chen Tsai-Hsia, is commonly referenced as 'The Chanel of Taiwan'. The fashion house's 2010 Autumn/Winter collection showed at Paris Fashion Week, and was inspired by Anna Wintour, editor of American Vogue. Severe pageboy haircuts and dark tinted sunglasses provided a stark contrast to the opulent colours and fabrics of the clothing, which were permeated by the intricacy of Chinese detail.

### ISABELLE WEN

Veteran designer Isabelle Wen has featured in Taiwan's fashion scene for about 20 years now, and integrates aspects of culture from East and West in her clothing. Targeted at the modern woman, her 2010 Spring/Summer collection evokes visions of lush meadows in springtime, with soft, romantic fabrics and prints. Wen, who is artistically trained, has also opened a few quaint cafes which serve traditional Chinese nibbles.



# Taiwan Profile:

Here are some schools around Taiwan...



## Hsinchu

### National Chiao Tung University

For those interested in computer science, National Chiao Tung University's degree programme will probably pique your interest. Ranked number one in Taiwan in the field of computer science publications, graduates can go on to work for notable Taiwanese IT companies, many of which were started up by alumni of the degree program.

## Tainan

### Tainan University of Technology

Aspiring fashion designers can head to Tainan University of Technology's Department of Fashion Design and Management (FDM), which offers a four-year degree course. Students receive hands on training and opportunities to show their works to the public, and go on to careers in fashion design, exhibition design, styling and management. FDM also offers masters programmes with advanced degrees.



## Taipei

### Shih Chien University

Shih Chien University in Taipei offers a host of fashion related courses under several departments, including fashion styling and merchandising. The university is also the first in Taiwan to establish a postgraduate institute for fashion design, in which graduating students often get to collaborate with multinational corporations such as Nike and Levi's.



## Nationwide

### Language Studies

Non-native speakers hoping to familiarise themselves with Mandarin can take up courses at Chinese learning centres located within universities islandwide. They can then sit for proficiency tests at four levels of difficulty ranging from basic to advanced. Certificates from these tests can aid scholarship applications and admission into academic programmes at Taiwan universities.



## STUFF THAT YOU MAY OR MAY NOT KNOW

- In Taiwan, where it seems the people live to eat, it is said that there is a snack shop every three steps and a restaurant every five.
- The Economist Intelligence Unit (EIU)'s global study of IT industry competitiveness ranked Taiwan's IT in second place (from sixth place) out of 66 nations in the study, thanks to its strong performance in R&D and patented technology.
- Taiwan boasts firms that are among the world's leaders in products that save energy and reduce carbon emissions - like light-emitting diodes (LEDs) and solar cells.
- Today, the commercial Chinese music industry in the world is still largely dominated by Taiwanese pop artists. Successful Chinese pop artists from other countries (like Stefanie Sun, JJ Lin from Singapore) are also trained, groomed and marketed in Taiwan.
- Boasting 8,058 convenience stores in an area of 35,980 km<sup>2</sup> and a population of 22.9 million, Taiwan has the Asia Pacific's (and perhaps the world's) highest density of convenience stores per person.

## Taiwan Reflections



During NS, I didn't have as tough a time in Taiwan as others, and the time off was great. Just a short stroll down to a night market anywhere in

Taiwan will net you little bags full of snacks like chicken cutlets, smelly tofu and deep fried pork skin. The favourable exchange rate is a big draw, and dirt cheap indulgence made lots of us army men very happy. - Edwin Loh, 22



Taiwan is a place filled with a colourful culture and really friendly people. Every time I visit Taiwan, I can't bear to leave that country. I especially love the night markets and the convenience stores which are open 24 hours. Taiwan night markets, unlike Singaporean ones (which sell mostly the same things), are filled with interesting stuff, ranging from

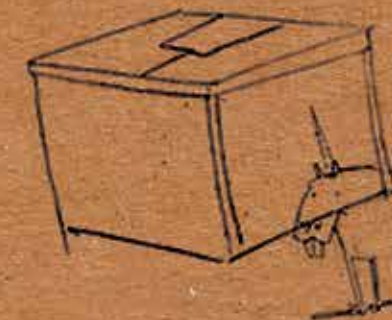
delicious food to fashionable clothing. Also, each has its own specialty and sells different stuff. The night market is also a good place to spot eye-candy and shoppers togged out in the latest threads. I love Taiwan for its shopping destinations which are filled with affordable trendy clothes (unlike some overpriced stores in Singapore). Hence, Taiwan is the place I would think of first whenever I want to go overseas. - Madelyn Leow

I'm considering Taiwan and an internship with the Taipei Times even though I have never been to Taiwan before, so the experience itself would be an interesting one. Part of the appeal of Taiwan is the fact that I wouldn't be able to speak the language at all. I think to truly enjoy yourself in a foreign land is to be able to completely immerse yourself into their cultural and linguistic norms. If I eventually do go to Taiwan, one of the things I must do is to sign up for Mandarin lessons so that I'd be able to communicate with the locals. A culinary adventure I'm really looking forward to is bubble tea and be able to experiment with whatever Mandarin I learn how to order bubble tea. I've heard that they don't give you pearls unless you ask for them! - Shireen Noor Charles, 23

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# TECH TALK

FROM ANTI-THEFT SECURITY TO GAMES THAT HELP YOU WHITTLE AWAY YOUR FREE TIME OR BOREDOM, HERE'S A REVIEW OF SOME OF THE STUFF THAT YOU CAN DOWNLOAD FOR YOUR PHONE.



## WAVESECURE

### ANTI-THEFT SOFTWARE FOR MOBILE PHONES

Reviewed by Xchengcheng

If your phone is stolen, fret not. You can lock down your phone, wipe out all personal information and locate it easily by logging onto WaveSecure's site. The instructions were simple and it works. For just a annual fee of \$519.90 you can now download this application on your phone. WaveSecure also allows you to create backup contacts, messages and call logs. It's definitely cheaper than the loss of the new Blackberry that you just bought. This app is a gift to all the careless people including me. I often misplace my belongings, especially my phone. Now all I have to do is go online and all problems will be solved.

Check out [www.wavesecure.com](http://www.wavesecure.com) for more.

## IPHONE GAMES

### FROM DUMPLING DIMENSIONS

Reviewed by Madelyn Leow

## BEE SPELLED

Imagine something that looks like Boggle, a 4x4 board with random letters jumbled up. Then, take away all the rules, the boggle box, and add an opponent who would attack you every round you play, and you have Bee Spelled. It's all about spelling a word using random letters on the board, and there is no fixed rule about how you should arrange your letters to form the words. All you have to do is to use the letters in the box! It sounds easy but... there's a catch! An opponent (usually a cat) would attack you with every round you play and your lifeline would decrease depending on how strong your opponent is. Hence, you would have to try to form longer words to gain more points and use better weapons against your opponents!

Bee Spelled is available at the iTunes store at \$51.99.



## ROCKET SHEEP RAMPAGE

What happens when a sheep gets abducted by aliens and attached to a set of rockets? You get Rocket Sheep Rampage! All you have to do is to dodge the cars on three lanes by tapping on the lanes. The sheep starts off slow, but slowly gains speed till you reach rocket rampage mode, and that's when the real fun starts! When the sheep goes into rocket rampage mode, you can knock into the other cars (and buses) to boost your speed. Besides the cars, there are also other obstacles like purple goo on the road and the occasional aircraft dropping bombs on you.

Rocket Sheep Rampage will be available in iTunes stores soon. Price unavailable.

Here are some exciting internships open exclusively to you, our readers, with up-and-coming gaming company, **Japan Internet Technologies**.

### \* GAME COPYWRITER

You will help script the inter-level descriptions of the game, and ensure smooth overall story flow.

### \* GAME PLANNER

Your role is to help create story boards for game missions and join in hands-on game testing and critiques.

Successful applicants will be challenged to be creative and think on your toes, getting real-world experience in a fast-paced, professional gaming environment.

Send a brief description (100 words or less), telling who you are, what's your favourite game, why you like it, and what you've got that makes you a good fit for the internship.

Forward your applications to: [interns@jit.sg](mailto:interns@jit.sg), Subject: Gaming Internship

## ANIMATION AND GAMING INTERNSHIP

**Japan Internet Technologies** ([www.jit.sg](http://www.jit.sg)) designs, develops and delivers web content and video games. Widely known throughout Japan, they are currently looking for eager interns in Singapore to help them develop applications and games.



# Lecture STOPPERS

BY GAN PHUA BENG

The whole point about tertiary education is the freedom you undergraduates are given. This freedom is often misappropriated, and since the development of web casts, perpetuated even more. Going to lectures these days has become more of a social event.

I had a friend once - not sure what happened to him, since his last whereabouts was in Cuba (something about not being able to light a Cuban because lighters were on embargo or something). So this friend once imparted some of his infinite wisdom to me; he never missed a lecture and when I asked why, he answered as a matter-of-factly, that every lecture that we miss, our parents paid \$34.57 for nothing. It was a staggering truth that never dawned on me or (I'm pretty damn sure) you for that matter. He was a simple fellow, despite the fact that his dad drove a Lamborghini Super-whatever. He always showed up in things that didn't flash. He was a non-flashy guy. Which was unfortunate because, he was in a faculty where lectures were more of a "Hey, check me out" session more than anything.

## THE GIRL

You've been there before - the lecture has started, everyone is seated and it is one of those lecture theatres that has doors at the front and back. Fifteen minutes in, the door in front swings open and there she is, the girl every guy showed up to the lecture to see. The short olive green skirt gives that bit of army feel that gets all the guys sitting up straight, paired with that skin tight, hot pink tank top. One or two kiss blows leaves the male populous in the theatre cocked with attention like a retriever ready to pounce on that toy just before you throw it.

Thinking out loud, I said to a buddy of mine to my left, "Dude, isn't the front door a lot harder to get to than the back entrance? I mean, the bus stop is right over....", and I get a hand in my face as the tractor beam of hotness makes her way slowly up the centre aisle to the centre row.

There you have it, the 15 seconds of the lecture where close to 100% of the attendance is at a heightened state of consciousness. Some of the girls would be cursing their fate, wishing to be more like her, some checking her out to start a bitch fest with their friends in the canteen later, and some just wondering what is it about her that gets all the guys' attention. Trust me, some girls are clueless.

## THE BOY

Boys want to have fun too, and dragonboating is the premier attention-seeking club to join. "Hey guys, let's run around campus at about 5pm when it's filled with people trying to get home." And so they ran, in running shorts that look like Speedos, singlets that look like that girl's tank top, and of course, the bouncing man boobs. Quite a few of these guys make some girls I know go home and cry for hours about the lack of their womanly assets.

Whatever. It is 15 minutes into a lecture and the front door of the lecture theatre swings open with the sort of dramatic effect you think a terrorist is going to run in with a cherry bomb strapped to his man bits, but it's just Donovan. Donovan - a stupid name but he probably thinks it's hunky or something. In Singapore, a hunky name is something like Han Boon, so all your friends can call you Ah Boon. So Donovan swaggers in fashionably late so that everyone can see him in his new skinny Nudie's. He struts up the centre aisle like a peacock, picks his row and steps on everyone's feet on the way in just to make a point. Here's the point: skinny jeans are a fashion disaster and any guy who willingly puts a pair on obviously does not care about the circulation to his legs, or his crotch!

Lectures, how I miss them. It was once fabled you could find true love in a lecture. I would have slapped on my killer Elvis's and walked into a women's rights lecture. That would have been a sight. Now the only attention I get from a large group of girls is when I jump on the wave barrel at the Warehouse in my Speedos.

# Go Slim The Global Way

ARTICLE BY  
CHENG CHENG



ASIA: Tea products not only publicise weight-loss properties, but they also contain anti-oxidants that prevent ageing which explains why many people in countries like China and Japan look so healthy.



Ever wondered why eating less and doing all those crunches just doesn't seem to be helping your figure? Maybe it's not about the quantity you consume or the amount of exercise you do, but what you're actually eating. Have you wondered why Japanese always seem healthy while Americans can barely squeeze into a swimsuit? Well, I may not have all the answers, but here are some international secrets on how people all over the world keep that weighing scale tipping toward the smaller numbers.



SWITZERLAND: Muesli, a porridge or cereal made from oats, fruit, and nuts, not only keeps you fuller, which means eating less for later meals, it also keeps you healthy. No wonder it's a staple food for the Swiss.

HUNGARY: Sour treats like pickled vegetables help keep you thin. Vinegar contains acetic acid which helps reduce blood pressure, blood sugar levels, and the formation of fat. If pickles aren't your thing, try raw vinegar and olive oil as a salad dressing.

NETHERLANDS: On average, the Dutch consume five fish daily - raw. They're either served pickled as snacks or as main dishes. Fish are rich in Omega-3, which keeps your waist slim. Just remember to watch your breath - you don't want to scare your date away.

UK: A large Coke in the US contains 100 calories more than one in the U.K. and there's no such thing as a Double Quarter Pounder with Cheese on these islands.



BRAZIL: Brazilians stay slim by savouring a traditional dish consisting of rice and beans for just about every meal. It gives you full fibre and a beach-ready body.

GERMANY: About 75% of Germans eat breakfast like whole grains and bread daily. Skipping breakfast make you more likely to indulge later during the day. This explains why people find it irresistible to ignore Dunkin' Donuts for a snack.

MEXICO: Mexicans traditionally eat their biggest meal during lunch. If you eat less at night, you'll wake up hungrier and eat a bigger breakfast, which facilitates weight control. One general fat-fighting rule: try to get the bulk of your daily calories at breakfast and lunch.



THAILAND: Thai food is among the spiciest in the world. Hot peppers raise your metabolism, but the real benefit of food with a little spice is that it slows your eating.



TIPS TO HELP YOU AVOID THE TEMPTATION HERE AT HOME  
PS I know it's tough to resist the craving.

DESPERATE FOR THAT COLD SENSATION? Opt for frozen sugar-free yogurt instead of ice cream. Yogurt contains low fat milk instead of cream that helps build strong bones and teeth.

ITCHING FOR SOMETHING CRUNCHY? Opt for oatmeal cookie instead of chips. Chips are high in saturated fats while oatmeal doesn't. It also helps lower blood cholesterol.

NEED TO SATISFY THAT SWEET TOOTH? Opt for dark chocolate instead of milk chocolate. Dark chocolate does not contain milk, and can also help to reduce stress and keep your heart well.





# What's cheaper than Water?

by Ayeek Katiyar

Water has long been known as the elixir of life, historically, naturally, and cosmically. It has grown our crops, regulated ecological cycles, built empires, and quenched our thirst, doing so to this day. But the empires of today are very different. We no longer fear the Romans or cower before the might of the Mongols. Today, we salute the stars and stripes, McDonalds, Ikea, and Apple. Empires

if you look closely, you might notice that some things are not quite what they ought to be. I was on a date at this Italian place in Holland village last month, where my date insisted upon mineral water instead of the jug of water the restaurant also provides. So be it – we ordered and along came a pint of Perrier for her pite gullet. I ordered a Coke-float. Anyway, the date went great, and we left after dinner and had a great time. A little while later, I came across the bill and as I was aimlessly scanning through it, I noticed that the Perrier was \$4.50 for that miserable half-litre, while my 16-oz. Coke-float was only \$4.20! An old, barely used cog in my head started to slowly revolve, and a few days later I had a theory forming in my head.

## STICKER SHOCK

I checked out the prices of mineral/bottled water, and came across some interesting discoveries. In a lot of developed countries like the US, Australia, and Hong-Kong, water can actually cost more than sodas and other drinks. In Saudi Arabia, water costs more than even gasoline! Which, when you think about it, isn't surprising in a desert full of oil. Nonetheless, this seemed rather counter intuitive to me, because water is essentially the most basic ingredient, to which other things are added to create fizzy beverages, energy drinks, juices, and so-forth.

While in most of these countries, a bottle of (what is marketed as) mineral water costs more than soda, a bottle of distilled water costs about half as much. If you are like most people in the world, you must be thinking, "So, what's the difference

between the two?" Well, mineral water is water with minerals from rocks and micro-bacteria dissolved into it, while distilled water is water without any kind of impurity – just pure H<sub>2</sub>O.

In many parts of America, for example, distilled water can be bought at \$0.65/gallon (3.74 litres), while 'mineral' water costs as much as \$1 for a half-litre. Okay, so the minerals in the water must cost a certain amount of money to produce and infuse. Or maybe it costs bucket-loads of money to bottle water from glacial streams. Okay again – that's just how capitalism must work. Now, has anyone noticed that a lot of the brands that sell mineral water have inconspicuously changed their labels from Mineral Water to Pure Drinking Water? What the hell is Pure Drinking Water? It's water without bacteria, germs and contamination, without minerals and salts – water, without anything of nutritional value to us. Makes you wonder why bottled, filtered, pure tap water still costs the same as something that came from glaciers and virgin streams over the hills and far away.

## THE CAUSE

Sales and marketing is largely to blame for this onerous violation of our most basic rights to hydration. They have realised that by advertising bottled water, it automatically elevates its position in the mind of the average consumer to a chic product, compelling us to believe that by consuming "branded water", we have "arrived", compared to simpatons drinking plain old tap water. However, it costs lots of money to create this "awareness", and so the price of bottled



water now includes the price of its advertising and, in a vicious circle, as more money is made from water, more money is spent publicising it, and hence prices inevitably rise. This is also the case with mineral water, as now there is pure water to compare with. Suddenly, it costs

even more to get mineral water. It's almost as if realising that water was freely available from the tap automatically meant that it would cost more than it did before to get the glacial stuff.

Basic economics also backs up this marketing theory. There is a simple axiom that states that the price is whatever the market will bear. So, if there is even a minority willing to pay high premiums for a commodity, companies will not hesitate to mark up their prices. It is this clique that inadvertently helps keep the prices of bottled water afloat, compelling the rest of us into buying water bottled water at a premium rate. The longer this goes on in a world where 1.1 billion – yes, 1.1 billion – people have no access to safe drinking water, the more quickly we forget that is arguably a violation of basic human rights. We are paying corporate conglomerates far more than their water's worth for doing nothing to aid people that could really do with some help – and I don't mean a parched Zee Toy posing for endorsements on a hot day.

A theory put forth (by my friend and comedian Chris) was that the reason water costs so much is because it costs lots of money to remove the glucose, sucrose, bicarbonates and other additives from soda to make drinkable water...

However, a more plausible theory takes into account the times that we live in. Today, the focus has shifted drastically from fast-food to healthy food, from office buildings to value-added outdoor office-campuses, from diet-Coke to fruit juice. Basically, the watchful and hungry eyes of the corporate money machine observed, and slowly, drew their plans against us. Now that it's in to "hydrate" yourself with water instead of sipping on that Coke\* after your jog, everyone is hopping on the bandwagon. Salads are healthier than burgers, so salad-bars charge an appropriate premium. Similarly with water being healthier than colas, companies get to charge a token premium on the already-inflated price tags of their lifestyle liquid.

A final theory I heard (from a well placed government source in South Asia) was that there, a part of the price of bottled water – and any other drink bottled in a plastic container – comes from a government imposed tax on all plastics. While it's probably a good thought, the magnitude of its impact seems invisible to most consumers – as they have no idea they're being taxed or what the money is being used for. What use is a tax that's meant to help enlighten citizens when no

one knows about it? In many places, unlike a tax on "harmful" activities like smoking, if you're not aware of a plastic tax, it probably has no deterrent effect and maybe even drives demand, as it makes the item "premium". Regardless of where you live, since we all share the same earth, it's worth considering things like worldwide consumer consumption of billions of plastic bottles per year as that's a global issue we can't run away from.

## IN CONCLUSION

What I'm about to say isn't conspiracy theory, it's just a simple observation anyone can make after 5 minutes in a shopping mall. We live in an enormous web of business and marketing strategy engineered by corporate players for whom an individual person is just a dot on a pie chart. While most of us live our lives by the book in pursuit of our dreams, there are people out there whose primary business it seems is to facilitate apathy and keep us smiling. By buying bottled water merely as a fashion, we simply confirm our willingness to create needless disparity between us and the 1.1 billion who don't have any water at all, branded or otherwise, not to mention polluting our own planet, and little by little, subconsciously eroding our own ethics – all in the name of being "in" with it.

People often ask, is the glass half-empty or half-full? Maybe the real question is, what's the glass full of?





CONTRIBUTED BY ALTHEA WANG AND FOO WEN XIN

# FAIR TRADE

People have been trading for thousands of years. It's one of the most basic things we do. We trade information, raw materials, products and services. Literally, it's what makes the world go around, since basically, the net value of everything we buy, sell, own or use is based on trade, and without it, the world as we know it would cease to exist.

Trade's always been based on the notion of a willing buyer/willing seller. The idea being if both agree on a price, then it's a "fair trade". But as our world becomes more and more complex, what defines a "fair trade" today?

Maybe it's fresh sushi that's flown in from Japan that morning and now on your plate at lunch. Maybe it's munching on an apple from the US, rather than a mango from your auntie's tree in Joo Chiat. Maybe it's drinking tea from Kenya rather than nearby Cameron Highlands. Today, products flow around the world in ways someone even 50 years ago couldn't have imagined. And this makes the supply chain infinitely more complex. We no longer buy direct from farmers - attached to almost everything you use these days, are a string of agents, forwarders, handlers and middlemen.

It's out of the complex new global system that the pioneering, yet back-to-basics idea of "Fair Trade" has sprung.

## HOW FAIR TRADE STARTED

Fair trade as we know it really started in the Netherlands in 1988, when friends Nico Roozen and Frans van der Hoff launched the Max Havelaar Foundation. Starting on a very small scale, they created the idea to counter what they felt was inadequate treatment by Dutch coffee producers of their manual laborers overseas. These workers were supporting Dutch companies, but not legally protected by any of Holland's strict laws regarding wages, working hours, insurance, maternity leave, etc.

While fair trade couldn't possibly address all these matters, it did tackle the biggest discrepancies in gender equality, wages and working conditions. Under their foundation, they created a list of environmental and labour standards that Fair Trade-certified producers must meet.

The first coffee company to be certified Fair Trade was in 1996, and by 2002, Starbucks was offering Fair Trade coffee as an option to consumers, with both Marks & Spencer and AMT following suit in 2004. Ultimately Fair Trade appealed to consumers on ethical grounds. It had no legal muscle to enforce policy, but in many ways, having gotten its start in socially-progressive Holland, it didn't need legal muscle. In time, consumer preference simply shifted towards fair trade with some Dutch stores now carrying exclusively Fair Trade labels.

Outside of Holland, the average consumer in somewhere like Singapore could be excused for being a bit confused about the whole process of Fair Trade. These days a lot of companies talk about it, claim it and may or may not be doing it. While the main certification body internationally is FLO International (with its "International Fairtrade Certification Mark"), there are also many smaller, localised bodies that conduct their own semi-official Fair Trade initiatives.



## HOW FAIR TRADE WORKS

The "fair" part of Fair Trade is that a percentage of every dollar sold goes back to the workers as a guaranteed, minimum wage; this is pegged by FLO International against what's seen to be "fair" in that country or region. And if the market price for a particular product rises year-to-year, so does this wage, making workers more than just idle labour but a real part of the global economy. Another percentage of money is also fed back into social services, education, development, health care etc., run by employers for their workers - which is then audited by FLO International.

## WHY DOES IT MATTER?

It may be a paradigm shift in our collective consumer consciousness that's driving global fair trade growth, it may be naive to see things through such rosy glasses when it comes to such complex, international issues. In a way, Fair Trade is akin to other recent movements like Project (RED), which was launched in 2006 to fight AIDS, TB and Malaria. Many major companies participated, raising awareness and adding momentum to the movement, but it also became a potent marketing tool, driving sales of RED products as consumers and companies collaborated to "make a difference".

While the intentions were obviously good, it's hard to measure the overall impact of initiatives like these, especially in terms of all-important consumers' mentality. After all, if we don't buy it, literally and figuratively, then even the best-intentioned scheme would fail. And this was probably summed up neatly by the running joke about Bono (and sorry if you've heard this one already), when he said: "... every time I snap my fingers, a child in Africa dies! [snap... snap... snap]" to which someone yelled "Well, stop snapping your fingers then!"



Some of the best-known international companies involved in Fair Trade include:

- Ben & Jerry's
- Cadbury
- Marks & Spencer
- Starbucks
- The Body Shop

## FAIR TRADE

### THE GOOD

While the Fair Trade sales today account for billions of dollars, the industry is still in its infancy. This means in many places, consumers are either not aware of Fair Trade options, or simply don't have access to them. The arguments in favour of Fair Trade include the undeniable fact that it helps break the cycle of rural poverty that used to define the lives of many of farmers. By offering higher wages and the provision of services like health care, it empowers them to stand up for their basic rights as workers and ultimately places a slightly more realistic value on their formerly invisible role in giving us our morning coffee, afternoon tea, or fresh fruit. It's also not necessarily more expensive to us, the consumers, or if it is, it's often just marginally more costly.

Fair Trade supporters argue it's a case of not throwing out the baby with the bath water, and that some protection, if any, is better than none, and that with work and time, the system can be perfected.

### THE BAD

There are also many arguments against Fair Trade, and one of the biggest is when retailers take advantage of Fair Trade-certified products, and mark prices up significantly higher. Obviously, retailers can charge whatever they want for a product, but in some cases Fair Trade products are marked up significantly more than their counterparts, which hurts sales and ultimately hurts the Fair Trade movement. Also many people argue that there are too many requirements involved in Fair Trade certification, since for instance, due to their large size, many bigger coffee, fruit and tea plantations can't qualify for Fair Trade even if they wanted to. Obviously this creates discrepancies within the certification process.

### THE UGLY

You may be helping a farmer half way round the world out but you might be paying an unnecessarily high premium to do so, depending on the scruples of a given retailer. Does that make Fair Trade wrong? No. Does it mean it's been misappropriated for private gain? Maybe. It's hard to know. Meanwhile, many great companies can't even qualify for Fair Trade, while others that have social outreach programmes aren't necessarily doing it for purely altruistic reasons, and may have bad environmental or labour records themselves.

## Fair Trade Cotton

You may be helping a farmer half way round the world out but you might be paying an unnecessarily high premium to do so, depending on the scruples of a given retailer. Does that make Fair Trade wrong? No. Does it mean it's been misappropriated for private gain? Maybe. It's hard to know. Meanwhile, many great companies can't even qualify for Fair Trade, while others that have social outreach programmes aren't necessarily doing it for purely altruistic reasons, and may have bad environmental or labour records themselves.

### LOCAL ORGANIC COTTON RETAILERS INCLUDE:

1. Dresscode  
The Cathay #01-17
2. Extreme Shop  
Illuma @ Bugis #03-04
3. Cargo:1  
313 @ Somerset #04-06

### LOCAL RETAILERS INCLUDE:

1. Red Shield Industries  
500 Upper Bukit Timah Rd
2. Good As New Charity Shop  
800 Margaret Drive
3. New2U Thrift Shop  
96 Waterloo St

TO SEE HOW COTTON AND ORGANIC COTTON IS PRODUCED, LOG ONTO [WWW.CAMPUS.COM.SG/FORUM](http://WWW.CAMPUS.COM.SG/FORUM) AND CHECK OUT OUR VIDEOS SECTION!



BY KELLY MORSE

# SMART Etiquette

FOR THE INTERNATIONAL BUSINESS WANNABE

Start preparing now for your high-flying, jet-setting international lifestyle. You've spent all this time listening to lectures and studying texts. But when you start your career no one will want to listen to all of your wonderful knowledge if you're flinging prawns across the table and chewing with your mouth open. Here's a few ways to impress everyone from colleagues to international clientele with not only how intelligent and charming you are, but also with your refined table manners.

## 1 SILVERWARE EVERYWHERE

At fancy Western style meals, you may be faced with a conundrum — why in the world are there so many forks, spoons and knives? You never see a separate set of chop sticks for the salad, entrée and dessert. Well, the best way to look like you know what you are doing is to work from the outside in. Begin with the first layer of silverware and when you're done, leave the utensils sitting in the dish for the waiter to take away and then use the next set in line.



2

## BON APPÉTIT

In Singapore it is customary to begin eating the second your steaming plate of mee goreng is placed in front of you. However, in American and British style dining, this may be seen as quite rude. If food is placed in the centre of the table, offer the dish first to the person on your left, serve yourself, and then pass the dish to your right. If you are at someone's house, wait for the host to begin eating before you dig in.



## 3 MAKING THE CUT IN THE USA

From a steaks and ribs to a tender piece of cordon bleu, knowing how to properly use a knife is essential. Place your fork tines down, in your left hand with your knife in the right. Slice the meat then set the knife on your plate and switch the fork to your right hand. Only cut one piece at a time. Cutting up like 10 pieces at once is for when you're feeding kids, not yourself.



4

## TO LICK THE PLATE, OR TO NOT LICK THE PLATE

When eating as a guest in someone's home, the British tend to leave just a little bit of food on their plate. This shows the host that enough food was provided and that their guests will not leave hungry.

## ADVICE FROM AN EXPERT

To answer some of our most pressing questions, Roslene Tan, author and instructor of local and international etiquette, offers her opinions and advice on table manners. She has been featured on BBC World and was even invited for tea at Buckingham Palace with English Royalty. Read on for some insightful suggestions on everything that is messy, confusing and a little awkward.

### HOW DO YOU PROPERLY POOL A PRAWN?

When it is necessary to shell cooked prawns at the table, in a casual setting, begin by removing the head of the crustacean with your fingers. Next remove part of the body shell and tail by pulling away the tail. Finally remove the remaining shell and legs. Prawns should be taken and shelled one at a time. Shells should be placed on one's plate, or on a plate provided for such discarded items, or neatly on the table, depending on the circumstances.

### WHAT IF I MAKE A MISTAKE WITH MY TABLE MANNERS?

We all make mistakes along life's way, including at the table. However, one should not be appalled, as what seems illogical to one person may seem perfectly acceptable to another person. faux pas cover the whole spectrum, from Westerners unwittingly ordering and eating individual dishes of Asian food to mishandling chopsticks. Conversely, the sharing of Western dishes of food is not the norm, and especially not in a fine-dining restaurant. If in an awkward situation, it is probably best to either apologise sincerely or simply make light of it.

### WHY IS ALL OF THIS EVEN IMPORTANT?

Having manners simply means being thoughtful towards others, and showing respect and tolerance. I observed a situation where a Western businessman unnecessarily thrust his business card at an Asian gentleman, using his left hand only, the card at an angle and the printing facing away from the recipient. There was no obvious embarrassment from the Asian gentleman, only for the observer. A little research, prior to attending any occasion, whether social or business, is always recommended.

# STRESS RELIEF

Think you're pretty dandy with paper folding? The recent Red Bull Art of Can which saw close to 70 entries from all walks of life displays just how talented some folks are. Their masterpieces came in all shapes and sizes, created from varying numbers of the distinctive Red Bull can - with the most being a quirky Merlion with fangs which needed a staggering 388 cans to complete! Can YOU compete with that?

## DIRECTIONS

1. Simply cut out the Red Bull template we've so nicely done for you.
2. Photocopy as many as you'd like, in case you make mistakes or plan to make a multi-piece masterpiece.
3. Start reading up on Origami or visit [www.redbullartofcan.sg](http://www.redbullartofcan.sg) for inspiration.
4. If in doubt, borrow an origami book from the Kid's Section of the library.

Just some of the creations from Red Bull cans



"Red Bull Gift from the Garden City" Justin Chan Hon Kee, 46



"Red Merlion" Zhang Rui, 18



"Owl" Koh Wen Ning, 16



"Flight for Freedom" Drusilla Ng, 37

Check out the actual pieces at:  
RED BULL ART OF CAN EXHIBITION

3 - 11 July 2010  
Opening hours from 11am to 7pm  
Free admission  
Art Gallery, 5th Level, \*SCAPE  
Orchard Link, Singapore





# THE ART OF CAN.

What a creative mind can do with  
the body of a Red Bull can.

*"Red Bull Nation" by Juan Lozano*



Red Bull's most prestigious event for highly imaginative minds, is an international creative challenge for full time and amateur artists.

Now in Singapore for the first time, this exhibition will see the country's best artistic talents competing for the top three prizes. Come see their original pieces of artwork, all inspired by the distinctive blue and silver Red Bull cans.

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Opening hours from 11 am to 7 pm  
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