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Third Culture Kids

HOME IS EVERYWHERE & NOWHERE

By Nina Gan

You may have seen a few in your school. You may also know a couple of them in your class. You know, those peers who speak with an *atas* accent, or are unfamiliar with Singapore culture even though they're Singaporean. You may even be one. In an age of globalisation, Third Culture Kids are quite widespread in Singapore. But who are these Third Culture Kids, and how much do you know about them?

Who are they?

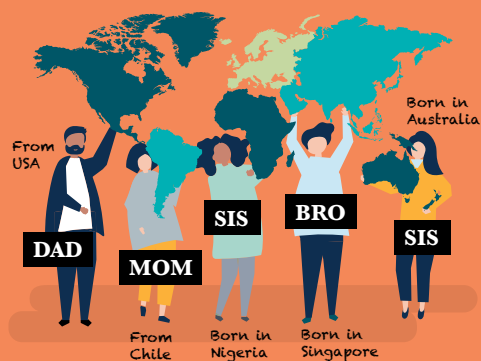
A term coined in the 1950s, Third Culture Kids (TCKs) refer to children who have spent their formative years in places that are not their parents' homeland, influenced both by their parents' culture and the culture in which they are raised.

While many are children of expatriate workers, missionaries, diplomats or military families, they can also be from transnational marriages, which is increasingly common across Asia. In fact, 1 in 3 Singapore marriages these days are transnational, and children of these marriages sometimes end up moving around places that are neither of their parents' home countries.

Redefining 'Family'

Even the idea of 'family' may be different from what many people understand. For example, a typical Singaporean family will have Singaporean passports for all members, but a TCK family may have parents with different passports each, which also may be different from their children's. Sometimes, it's not unusual for each family member to be holding different passports or even multiple passports. Some of their siblings may be born in different countries.

For example, fresh grad Julian has an Australian passport, and his family comprises a father with British and Australian passports and a mother with a Swiss passport. One of his brothers was born in Switzerland, the other in Singapore.



This could be why TCKs are sometimes referred to as cultural hybrids, cultural chameleons, and global nomads. A 2011 online survey by Denizen found most of the 200 participants made their first move before age nine and lived in an average of four countries.



What sets them apart?

ACCENTS: While we tend to categorise Singaporeans who speak with an *atas* Western accent as those who're trying to sound posh, the accents of TCKs are often acquired through prolonged interactions with peers and educators from all over the world.

LANGUAGE SKILLS: TCKs often acquire their language skills based on where they live or what their heritage is. Some TCKs are bilingual, or even multilingual depending on circumstances. For example, JingXuan is a Singaporean, but having lived in Taiwan and Japan for many years where her parents worked, she now speaks English, Mandarin, and Japanese.

OPENNESS: A recent study showed that third culture kids were more open to new experiences and more conscientious. This is probably due to the fact that, in the midst of moving around, they need to adapt fast.

CULTURAL INTELLIGENCE: Most TCKs tend to be able to easily navigate across many cultures. This gives them the cultural sensitivity to know how to behave appropriately or when not to ask intrusive questions.

INDEPENDENCE: Because they've had to adapt to life without the same set of friends growing up, they've learned to be independent. This means they'll be able to adapt to a new environment – ie, university abroad – easier than someone without their experience.

TRAVEL EXPERIENCE: TCKs tend to travel a lot with their families, and are also perfectly fine to travel alone.

What they struggle with

While TCKs seem to have an envious jetset lifestyle, it doesn't mean they don't have their share of issues.

IDEA OF 'HOME': Ask any TCK where they're from, and most of them may stumble with that answer. It can be difficult if their parents are from two different countries, they've grown up in multiple countries, and/or have multiple passports. Life as a TCK can create a sense of rootlessness, because their home is both everywhere and nowhere.

SENSE OF RESTLESSNESS: TCKs may also feel restless as adults, who are proven in multiple studies to have less emotional stability. This could be because TCKs don't have a sense of belonging, commitment, and attachment to one culture, affecting their self-esteem and identity. The need to constantly move around may be rooted in their psyche, making it difficult for them to form close bonds with anyone.

CAN'T BE A HOARDER: One of the downsides of frequent relocation is the fact that you have to give up owning things, like favourite toys or mementos. Their minimalist lifestyle is borne out of necessity, as many TCKs grow up not being attached to things.

TRAVEL NIGHTMARE: Travelling with family can be a hassle at airports when family members have different passports – it's not uncommon to find families split up at immigration.



DIFFICULTY MAINTAINING FRIENDSHIPS: Many TCK families move as often as every two years, forcing children to leave close friends and make new ones on a regular basis. This means they're always the new kid at school – but in an international school where most TCKs study, that's the norm among students. Maintaining friendships can be hard, since their friends would most likely be in different time zones.

CULTURALLY HOMELESS: While TCKs are more tolerant of different cultures, they can often experience confusion over their cultural identity. This can often be seen in returnee TCKs – for example, Singaporean TCKs who return to local schools sometimes aren't able to understand local jokes or Singlish. Some of these TCKs may even be perceived as standoffish because of the accents and/or world experience, which can make it difficult for them to blend in with local students.

STRESS AND TRAUMA: Every time the family moves, it's obviously stressful for anyone. TCKs are also at risk of PTSD if they live in an environment where instances of violent crime, kidnapping or political unrest can happen. One TCK who lived in Australia was kidnapped twice because his father was a prominent figure in China.

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#01-4270 Singapore 560727
(5 mins walk from AMK MRT station)

6299 3556

Beach Road

Blk 14 Beach Road #01-4661 Singapore 190014
(5 mins walk from Lavender and
Nicoll Highway MRT station)
(Beside Golden Mile Food Centre)

6250 0630

Toa Payoh Central

Blk 186 Toa Payoh Central #01-418
Singapore 310186
(3 mins walk from Toa Payoh MRT station)
(Beside Toa Payoh Library)

6261 1161

Tiong Bahru

Blk 18 Jalan Membina #01-07
Singapore 164018
(1 mins walk from Tiong Bahru MRT Station Exit A)

EAST

WEST

6241 0123

Bedok Central

Blk 210 New Upper Changi Road #01-733
Singapore 460210
(3 mins walk from Bedok MRT station)

6777 1712

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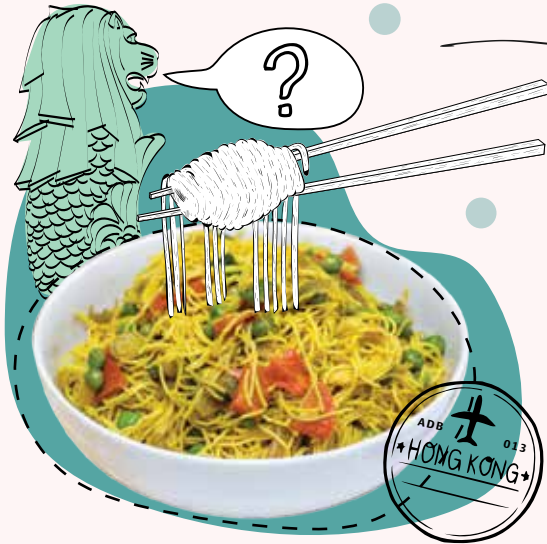
\$6500



Lost in Translation

FOREIGN FOODS WITH FAKE ROOTS

Part of what makes travel so alluring is tasting unique foods from different cultures. Discovering foreign cuisines can inspire trips to their countries of origin in search of the best and authentic version of dishes. But why do some foods seem to not exist – or look and taste radically different – in the countries they supposedly originated from? Here are some curious cases of iconic dishes which might have been lost in translation.



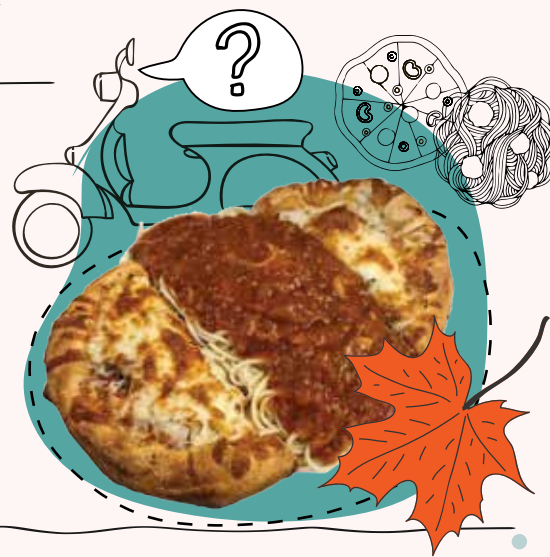
Singapore Noodles

Singapore is known for being a food paradise, but tourists would have no luck finding the westernised bee hoon dish known as "Singapore Noodles" here. Sold in Chinese restaurants in the west, like the USA or UK, this stir-fried dish includes toppings of scrambled eggs, assorted vegetables, meat and curry powder. Putting curry powder on bee hoon might make locals cringe, but many time zones away, some would associate this taste with our country.

Mysteriously, there is little evidence to explain the naming of this dish, especially

since it was actually created in Hong Kong, where it is known as "Xing Zhou Mi Fen" ("Xing Zhou" means Singapore). Perhaps it references their love of exotic food.

Singapore Noodles continue to be a mainstay in Chinatowns across the western world, having been successfully adapted to their tastebuds. It is also a popular home-cooked meal as recipes emphasise flexibility on the types of meat and vegetables needed. Just remember to add curry powder.



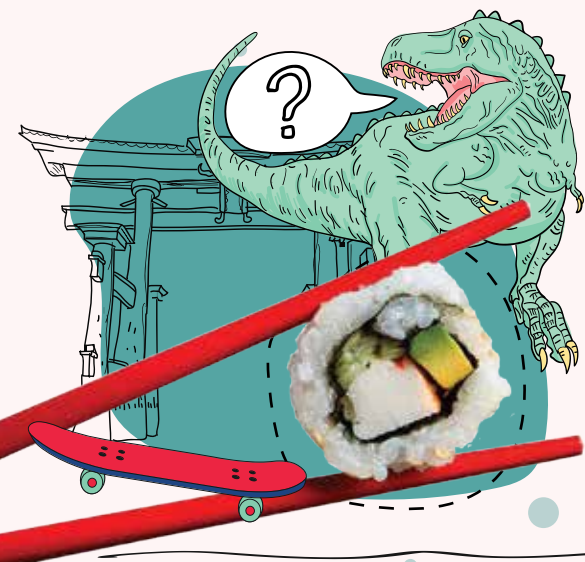
Pizzaghetti

It's no secret that Italians are passionate about their food. Just visit @ItalianComments on Twitter to see Italians ranting about apparent perversions of their cuisine. They have to brace themselves for probably the craziest faux Italian dish yet: pizza-ghetti.

The pizzaghetti can be traced back to Canada's French-speaking region of Québec, although no one has claimed to invent it. Its history is scarce online, but the pizzaghetti is as Québécois as poutine.

The pizzaghetti looks as messy as its name – it's essentially a spaghetti-topped pizza. It must surely taste better than how it looks, as it has a cult following in Canada. At the height of its popularity, Couche-Tard, a popular convenience store chain, offered pizzaghetti-flavoured slushie.

This may be the most offensive 'Italian' dish, but others might argue that nothing is more Italian than this.



California Roll

Before Japanese cuisine became popular worldwide, Westerners were first introduced to the California roll. This inside-out sushi usually contains cucumber, crab and avocado, wrapped with seaweed and then wrapped with Japanese rice. Due to its popularity in Southern California in the 1980s, this invention was named after the state.

Many chefs claimed to have invented it: one claimed that Americans used to peel off the *nori* seaweed off typical sushi, while another claimed he used avocado to substitute fatty tuna, creating an early prototype.

Japan officially endorsed Japanese-Canadian chef Hidekazu Tojo's account as the origin story. Tojo said his California roll was an attempt to hide the *nori* seaweed as 'Westerners did not like seaweed in the 1970s'. He was appointed as a goodwill ambassador for Japanese cuisine by the Japanese government in 2016.

California roll's history is confusing at best, but its status as a western classic paved the way for sushi to become well-known and highly sought-after across the globe today.

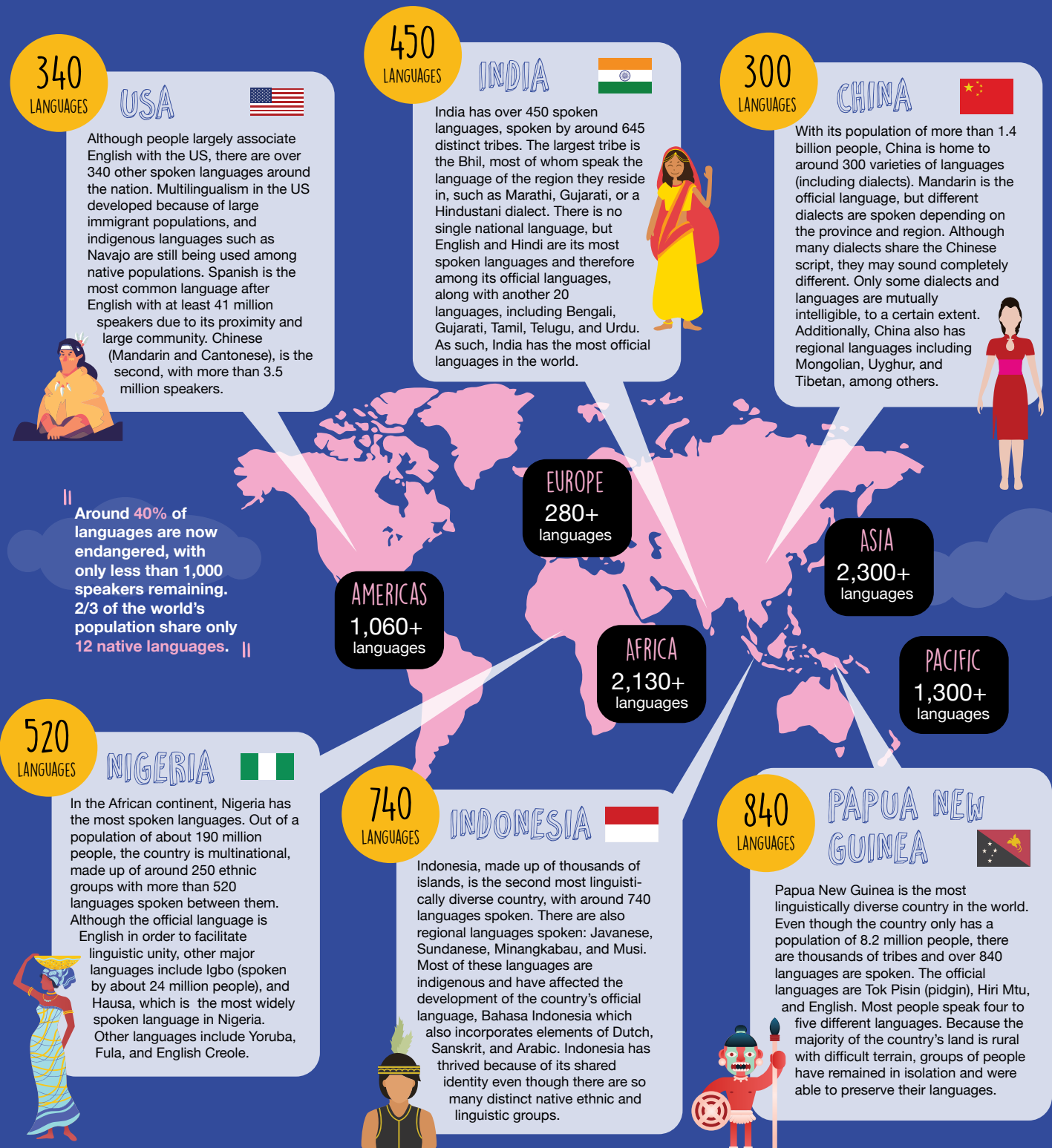
In the search for authenticity, some might be disappointed at how differently food has evolved once it reaches the shores of foreign places. This essentially makes the foreign variant something unique to that place, similar to its original only in name. There is nothing wrong with that, as long as people continue to love what they eat. Still, we should be grateful that no one is stuffing *bak chor mee* into chilli crabs.

MAPPING LANGUAGES

COUNTRIES THAT SPEAK THE MOST LANGUAGES

There are over 7,100 languages in the world spoken today. However, in recent centuries, the globalisation of our rapidly changing world has affected the distribution of language. Multilingualism naturally occurs as a result, especially in countries where there is no one dominant language. Other factors such as the spread of old civilisations, geographical factors like terrain,

and cultural history determine how many languages are spoken in a particular region. Some continents have more languages than others. Asia has the most, while Europe has the least, despite how many European nation-states there are. Countries with indigenous people generally speak more languages, as each community has their own language.



LOUDER THAN WORDS

MUSIC THAT BRIDGE
THE LANGUAGE BARRIER

방탄소년단



시도는 필요 없어 내 맘이 널 가리켜
갈 길이 험난해도 이쯤에서 그말엔 못한다

K-POP: FOUND IN TRANSLATION

For many of these fans, it is more than just understanding the lyrics. Even after translation, they find themselves relating to these songs on a whole new level. Korean Pop (K-Pop) is just one example of an immensely popular music genre that does this, despite many people not understanding the Korean language.

For some, it can be as simple as a feel-good factor. For one, songs from the K-Pop group BLACKPINK, are upbeat and fun to listen to. It puts you in a good mood and pumped to face the day. On the other hand, songs from the boy group BTS can also cover serious topics, varying from depression and mental health, to their struggles in being recognised for their music. Those who like the sound of their music can easily find translations online. In addition to being relatable, such music can actually be therapeutic and rejuvenating for many youths who feel misunderstood.

Moreover, while language barriers seem to impede fans from understanding the nuances and subtleties of the corresponding languages and cultures of these songs, it does not stop them from reaching out. In fact, K-Pop has become a cultural inspiration to many, encouraging fans to actually learn the language. This has set off the hallyu wave and set the stage for increased cultural appreciation, spreading Korean culture and entertainment all over the world.

OPENING OUR EAR

Owing to language differences, some people may remain prejudiced against music they cannot understand because they fail to see how it can be meaningful – or infectiously dance-worthy – they can be. But to those who have opened their ears (and hearts) to genres like K-Pop and Reggaeton, they will find that music truly transcends geography and cultures. Perhaps, in our bid to understand why these genres are popular in countries beyond Korea or the Hispanic world, we must realise that not everything needs to revolve around language.

By Yuki Koh

Have you ever listened to something that compelled you to feel a certain way, despite not really understanding why? That's how I feel with orchestra and band music. Whenever I listen to my favourite pieces, I feel inspired, motivated and in awe. These pieces have no lyrics whatsoever, but resonate with listeners.

The same can be said for immensely popular music genres today – although many do not understand the native language of some songs, they still become huge fans. In this globalised world today, music genres spread like wildfire, even those with lyrics that we don't understand. These include K-Pop and Reggaeton. So, how did they achieve this fever pitch?

REGGAETON: A BOND BEYOND BARRIERS

Some music bridges gaps between different nationalities, races, cultures, and lives. They have become a uniting force in times of doubt, controversy, and conflict. This is because ultimately, music is an experience.

Case in point: Reggaeton. It makes you dance. Quite literally. Apart from being a music genre, it is also a dance genre in itself. With 'Despacito' (2017) as one of the more famous Reggaeton hits that got revived in 2019, this genre attracted a stream of new fans. Aside from spawning choreographies and dances all over the world, it brought together people from all walks of life, regardless of whether you understand Spanish or not.

Some Reggaeton songs were even involved in political agendas and crises. Songs with a political message are not necessarily bad, as their music can reconcile discourse and tension, creating room for discussion.

For example, songs like 'Afilando Los Cuchillos' (2019) became a hit, not just for its catchy Latino beats, but also for how heavily featured it was in political protests against the Puerto Rico governor Ricardo Rossello. This song became a key push in ousting him from his position, and being the driving force of the protests. Even after ousting him, the song became popular worldwide, recognised not only for its political agenda, but also for how music, once again, united people. It's pretty catchy too.

By Bhawna Sharma

GOING SOLO

Finding beauty in chaos

If I could relive just one memory from my twenty-one years of existence, it would be my ten-day solo-trip to New York. Far from a lonely experience, I believe it's the ultimate cocktail mix of bravery, confidence, and liberation: there is nothing more fulfilling than planning an entire trip from start to finish on your terms. Naturally, uninitiated solo travellers may feel anxious at the prospect of exploring virgin territory. After crossing that bridge, however, they'll find beauty in the chaos of travelling, and create life-long memories. Excited but unsure where to start? Here are tips for you to kick-start your solo rite of passage:

Research, research, and research

Everyone likes to have an Instagrammable trip, but not everyone likes to plan. While it's not necessary to have a full-fledged, day-by-day itinerary, simply knowing which places you want to explore and grouping them according to proximity saves you time and anxiety by reducing uncertainty. Research is also important for budget-strapped students: if you have a select number of attractions in mind, for example, it may be cheaper to buy a bundled city-pass. Through forums and blogs, you should also find out neighbourhoods to avoid, and be mindful of the fact that not every country is as safe as Singapore even if it is first-world.

Be culturally attuned

A single bad encounter can leave solo travellers discouraged and dejected, feelings that are compounded when one is alone in a foreign environment. That's why it's crucial to find out essential cultural do-nots before embarking on a solo trip: you will not only save yourself from embarrassment, but also befriend locals more easily. To illustrate, one do-not in New York is to avoid direct and prolonged eye-contact with commuters in the subway. Similarly, if you plan to visit religious sites, remember to respect their sanctity and customs.

Put your safety first

Independence can be exhilarating to the point where we lose sight and make reckless decisions. Solo travellers need to exercise extra caution precisely because they stand out from the crowd, and make for easier targets. Wherever you may be in the world, it's imperative to constantly have situational awareness. If you're out late at night, try to be in a group and avoid secluded alleys. Growing up in Singapore, some of us tend to take this skill for granted until a rude reality-check.

Surprise yourself

Solo travelling gives you complete control over your trip, and that means you can be whoever you want to be, even for a few days. Far from the prying and sometimes judgmental gaze of friends and family, this is the perfect time to get out of your comfort zone and do things you normally wouldn't do back home (within safety limits, of course). Be spontaneous, be flexible, and build your international social circle, because when you look back at your solo trip, it's those moments where you surprised yourself that are indelible.

Don't make it about checking boxes

This last piece of advice is perhaps the most important; all too frequently, young travellers go for quantity over quality, and end up rushing their itinerary to tick as many boxes as possible. While this may seem like making the most of solo travelling, you're unlikely to really get a feel of the places you're visiting. But thanks to Google Maps, one of the best ways to soak in cities is to simply walk from point to point, even if that means sacrificing time. Thoroughly enjoy a few places inside-out, instead of having a superficial touch-and-go memory of your escapades.

It's unlikely that your first solo-trip will go exactly how you imagined it to be – there will be times when things don't go according to plan, and improvisation necessary. Take those setbacks in your stride, and you'll emerge stronger, more confident, and ready to take on the world.



NIGHTMARE RENTALS

By Lindsay Wong

AIRBNB
HORROR
STORIES

There is no doubt that Airbnb has revolutionised travel convenience as it provides guests with more affordable accommodation, and it's a great way for hosts to make extra cash. Since its establishment in 2008, the app has had 150 million users with properties in 65,000 cities available for rent. While most guests have been satisfied with the service, there are some who've had startlingly negative experiences that aren't your usual last-minute cancellation.

FAKE AIRBNB LISTING SCAM

In 2018, a woman paid in advance for a luxurious accommodation in Whangarei, New Zealand for an astounding \$5,000 for six nights. When they arrived at the destination, they were met with two confused new owners with no idea of the booking. It appeared that scammers had created a fake listing linked to a fake payment platform which the renter used when her payment didn't go through Airbnb.

DANGEROUS HOSTS

When you rent an Airbnb, you're living in a stranger's house, which could be dangerous if you're not careful enough. In 2013, two women in Budapest were tricked by a man who used a fake identity (she was a 'he') who then pestered them to drink with him. One woman obliged him with a drink, which was spiked – they had to run away while she remained drugged throughout the trip. In another case, a 19-year-old boy who rented an apartment in Madrid was locked in with the host. She used knives to scare him before sexually assaulting him.

RACISM AND DISCRIMINATION

Researchers at Harvard University have discovered that racial profiling is present in Airbnb renting. In the US, users with African-American guests were accepted around 16% less often than Caucasian guests; in another case, an Asian-American woman's booking was cancelled by the host who insulted her with "One word says it all. Asian." Meanwhile, dozens of listings in China openly bar Uyghurs, Tibetans, and other ethnic minorities from renting rooms. A number of listings in India don't accommodate couples of the opposite sex unless they are married or are close relatives (often requiring documentary evidence).

GUESTS FIND DEAD BODIES

In 2016, a group of friends who had rented a house on Airbnb for a party weekend in Palaiseau near Paris discovered the decomposing corpse of a woman in the garden. The body was found face-down, covered by branches, and was so decomposed that an autopsy had to be carried out. Meanwhile in New Orleans last year, a bachelorette party group found a dead man – seated in a chair – in an apartment connected to the one they rented.

US-WIDE AIRBNB SCAM

Airbnb hosts have been known to cancel last minute on guests, but sometimes it's more than just an inconvenience. In October 2019, VICE published an investigation into a scammer with multiple fake accounts that operated in eight cities across the US with over 100 deceiving listings on Airbnb.

The scam involved a last-minute cancellation due to an "urgent problem" – eg. a plumbing issue – then directing guests to another (more expensive) property of theirs in the same city. Guests had no choice but to book the new property where they were subjected to appalling living conditions, and were unable to get fully refunded when complaining to Airbnb later. A week after the investigation was published, Airbnb announced it would be making significant changes in its verification process.

HIDDEN CAMERAS

Surveillance cameras are allowed on Airbnb rentals as long as guests consent, but cameras in bedrooms or bathrooms are illegal. Recently, a woman found a tiny camera taped to the ceiling above the shower stall in an Airbnb rental in Virginia Beach, and a couple found three hidden cameras at their rental in California: two hidden in small holes in the bathroom and one in the bedroom ceiling. A female guest unveiled a few hidden cameras at a property in Qingdao – one installed in a router, and the other in a motion sensor.

WORST CASE SCENARIO

COST OF
MEDICAL
EMERGENCIES

COST OF EMERGENCY ROOM VISIT EXCLUDING MEDICATION

	AMBULANCE	A&E VISIT	OVERNIGHT
SINGAPORE	free	\$121	\$205-\$450
MALAYSIA	\$15-70	\$17	\$52-\$105
INDONESIA	\$40	\$100	\$50-\$75
THAILAND	\$45	from \$15	\$145-\$3,000
AUSTRALIA	free [^]	\$295-\$2,010	\$1,750-\$2,700
JAPAN	free	\$124-\$190	\$700
USA	\$675	\$200-\$4,000	\$2,300-\$6,800
UK*	free	free	from \$710

[^] Only in some states

* Emergency treatment at the A&E is usually provided free (or very cheap) for tourists in most of the EU (ie. Spain, France, etc) , but only for non-hospitalisation
- Costs are based on non-local, non-subsidised patients

EMERGENCY TREATMENT COST SAMPLES



PAYMENT

Before offering treatment, most hospitals require either:

- ★ UPFRONT PAYMENT
- ★ A DEPOSIT
- ★ TRAVEL INSURANCE

TRAVEL CLAIM
BREAKDOWN
IN SINGAPORE

MEDICAL
EMERGENCY
41%

BAGGAGE
LOSS/DAMAGE
28%

TRAVEL
DELAY
17%

BAGGAGE
DELAY
13%

Source: AIG

by Yin Loon

When planning an overseas trip, most of us don't usually spare much thought to planning a budget for unexpected trips to the hospital. The bills can rack up, especially when travelling without travel insurance. Here's an overview of what it could cost you if you end up needing emergency treatment during your travels if you're not a local in that country.



MEDICAL EVACUATION

In a worst case scenario, you may need to be medically evacuated – by chopper – to the nearest hospital (if you're stuck on a mountain or somewhere remote) or back home in Singapore for further treatment. Fees vary wildly (provided by Allianz).

All costs are in Singapore Dollars. Prices are approximate, based on data available

MEXICO
\$20,230
-\$27,000

EUROPEAN UNION
\$67,000
-\$135,000

ASIA, AUSTRALIA,
MIDDLE EAST
\$300,000

RUSSIA
\$121,000
-\$202,000

TRAVEL INSURANCE AVERAGE COVER IN SINGAPORE

MEDICAL COSTS	\$781,043
EMERGENCY MED EVACUATION	\$1,042,963
LOST OR DAMAGED LUGGAGE	\$5,719
FLIGHT DELAYS	\$1,304

AVERAGE TRAVEL
INSURANCE COST
\$59 per week
for global cover

Source: Valuechampion

Study Break!

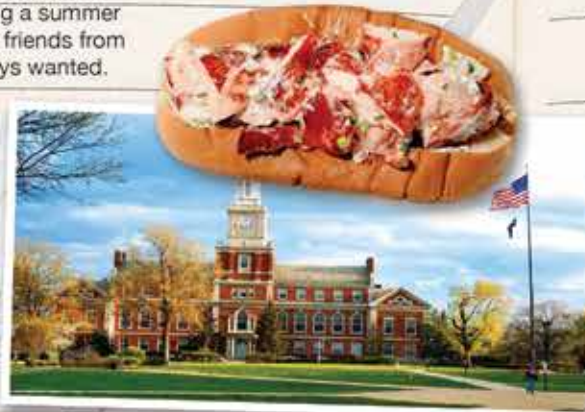
SUMMER SCHOOL EXPERIENCES

by Zhiqi Wang

Summer is definitely the best part of the year, when school is out and so is the sun. But maybe only the sun out, as school continues as per normal if you are attending a summer school soon. Summer schools can be some of the best experiences: meeting friends from all around the world, trying new foods, and learning something you have always wanted.

UNITED STATES: Harvard University

Located in the quaint city of Cambridge, next to bustling Boston, a summer experience at Harvard University offers both town and city living. Well known for its selectivity and academic rigour, Harvard definitely offers a good curriculum and environment for learning: just step into the centuries-old grand library in Harvard Yard. Interestingly, the focus here is learning from each other – the classroom is always a discussion hall where students challenge each other (and sometimes the teacher, too). For a study break, head down to Downtown Boston to try their iconic lobster roll.



ISRAEL: Technion, Israeli Institute of Technology

Israel's history is incredible – situated in the middle of a desert, residents have to be really creative to improve their standard of living. This was how Technion was born – to serve as a centre for technology and innovation – which has made Haifa one Israel's technology hubs. Getting to classes involves a bumpy, 1-hour bus ride up a mountain and often a walk under the blazing hot sun. The class is definitely one of the liveliest, with professors often inviting students to challenge them, rewarding innovative thinking. This is why Israel dubbed a startup nation, as it has produced innovations like the Iron Dome and the seawater desalination technology.



CHINA: Tsinghua University

Tsinghua is reputed to only take the top students from the nationwide Gaokao, but surprisingly, the summer school leaders are some of the warmest people, despite initial struggles with language. Classroom lectures are quiet; only the occasional foreign student would raise a hand, often catching the lecturer by surprise. This reveals a deep sense of respect Chinese students have for teachers and a firm hierarchy system in Chinese society. However, these stereotypes dissolve once local and international students build friendships. On a side note, China is a vast country with many places to visit, and Tsinghua is a good place to experience a short summer.



THE NETHERLANDS: Wageningen University and Research (WUR)

The Netherlands gave the world Stroopwafels and Gouda cheese, and the work at WUR was essential to ensure the quality and safety of these foods. Located in the small town of Wageningen, WUR is one of the world's best food and agriculture universities – scholars and students from around the world travel here to discuss and implement food innovations, food legislation, and even food ethics. The course is rigorous, with passionate lecturers giving thorough and engaging lessons. WUR has close links with the industry, making industrial visits – to factories like Heineken and Mars – a crucial element of a summer experience. The Dutch education focuses on industrial experience, providing a clear career path for graduates.

Depending on where you go, summer schools can expose you to vastly different perceptions of education. The American education model focuses on student engagement, encouraging students to think critically and take modules outside of their major. The Chinese experience is thorough and informative, focusing heavily on academic rigour and discipline. An experience in Israel lets you appreciate the importance of innovation and how education



systems can be shaped to grow independent and creative thinkers. Finally, the Dutch education system can help you appreciate the importance of academia-industry collaboration that focuses on imparting students with transferable skills.

Being in Singapore offers us so many different opportunities to learn from friends and mentors in other parts of the world, so all we have to do is make full use of our summer break.

LESSONS IN GOING GREEN

INTERNATIONAL SOLUTIONS FOR LOCAL PROBLEMS

By Lindsay Wong

Although Singapore thrives as an economic and cultural hub, the city-state has its fair share of environmental problems. Despite being highly educated, Singaporeans tend to lack an eco-friendly mindset; there is a prevalent consumerist culture where people prioritise money and convenience over the environment. Singapore could learn a thing or two from other countries about finding solutions to their biggest environmental concerns.

LOCAL PROBLEM

RECYCLING

To put it straightforwardly, Singapore is bad at recycling. According to the National Environment Agency, Singapore only recycled 4% of its plastic waste in 2018. Although more than half of households recycle, the majority are putting trash in the wrong bins. The commonly-found blue recycling bins around the island are often wrongfully utilised and 40% of recyclable items are ultimately sent for incineration because of contamination.



SOLUTION

Japan's complicated yet strict trash separation system has been successful in indoctrinating an eco-friendly mindset in residents. All households must separate their garbage into the following categories: combustibles, non-combustibles, recyclables, PET bottles, and large items. The government produced flowcharts that explain what materials fit into which category, and as a result of this system, less than 10% of garbage end up in a landfill.



WASTE MANAGEMENT

Singapore literally has a mounting trash problem – the only landfill site, Semakau island, is projected to be filled by 2030, making the reduction of waste an urgent matter. In 2018 alone, Singapore threw out 7.7 million tonnes of waste. Comprising ash from combustible mixed waste, Semakau encompasses 350 hectares of space between two offshore islands, and according to the Ministry of Environment and Water Resources, there is simply no space for another landfill.

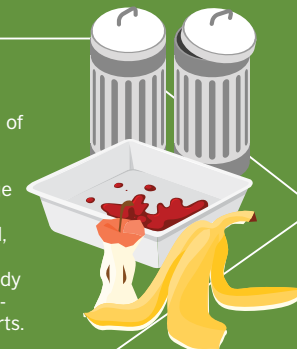


One solution is to reduce trash from being sent to the landfill in the first place. Since 1995, South Korea has implemented a volume-based waste fee system to generate less waste and ensure maximum recycling. Residents tap their IC on the public garbage bin, which will then calculate the weight of their trash before sending a garbage disposal bill. The result? The country now recycles 95% of its food waste compared to just 2% in 1995.



FOOD WASTAGE

In 2018, Singaporeans generated 760,000 tonnes of food waste – it's a 30% increase over the past decade. Only 17% of food waste was recycled in 2018, mainly through community initiatives. A large proportion of food is thrown out even before it reaches our plates because they're either expired, going mouldy or look inedible. Disposed food is usually incinerated, heightening Singapore's already present landfill problem. Food waste also contaminates recyclable items and hinders recycling efforts.



While countries like France, Australia, and Denmark have policies in place to ban edible food waste via the food supply chain, the US city of San Francisco has implemented mandatory composting for residents since 2009. Under the law, everyone, from residents to tourists, has to separate their trash for compost. The law is currently being rolled out across the US, with Vermont enacting the law this year.



PLASTIC ADDICTION

Singaporeans have an addiction with disposable plastic: in 2017, plastic waste weighed 800,000 tonnes. The food delivery sector is a huge contributor to this issue as packaging waste accounts for one-third of domestic waste. Consumers seem to prioritise convenience over environmental damage – efforts to reduce plastic bag consumption have been frowned upon, and supermarkets concluded that a ban would just turn away customers.



In 2016, Morocco fully banned the use of plastic bags, including the import and production of them. Failure to adhere with this law will incur fines ranging from US\$20,000-\$100,000. The government has made plastic bag alternatives easily accessible, including multiple-use bags, trolleys and shopping carts. Meanwhile, Thailand entered 2020 with a plastic bag ban, and China is planning to ban all single-use plastics by 2025.



BY LINDSAY WONG

THE LIST

THE WORLD'S WEIRDEST AMUSEMENT PARKS

KINGDOM OF LITTLE PEOPLE

CHINA

The Kingdom of Little People, located in the east of Kunming, is a small theme park with a cast of around 100 employees. Everyone employed there must be shorter than 130 cm. All employees reside in the park, performing dances and songs for tourists every day. However, the park has been labeled as a disgrace by foreign organisations, who have likened the park to a zoo.



SALINA TURDA

ROMANIA

Salina Turda, once a centuries-old salt mine, now thrives as an underground tourist attraction. Located in Cluj-Napoca, Transylvania, visitors can watch a concert in the amphitheatre, go boating on an underground lake, or play games at the amusement park at the bottom of the mine. The park has mini-bowling and mini-golf games, a carousel, children's playground, and billiard tables. Salina Turda also houses a museum and health spa.



CROCOSAURUS COVE

AUSTRALIA

Crococaurus Cove in Darwin is home to the Cage of Death, Australia's only crocodile dive.

Visitors can test their limits in 15 minutes with a giant saltwater crocodile, where they are slowly lowered into the pit until they come face-to-face with the world's largest reptile. Additionally, visitors can feed crocodiles, swim with them (safely), visit a freshwater aquarium, and hold a baby crocodile.



BONBON-LAND

DENMARK

Bonbon-Land may sound cute, but has some of the weirdest attractions based on toilet humour. In the 1980s in Holmes-Ostrup, a candy factory started making candy with

wacky names like earwax, seagull droppings, and dog fart. These fascinated kids, and Bonbon-Land created an amusement park to promote the candy - it now has over 60 rides and gross depictions of rodents vomiting, ants urinating, and dogs defecating.



LOVE LAND

SOUTH KOREA

One of Jeju island's attractions is Love Land, a sex-themed sculpture park with graphic content. Jeju was once the go-to honeymoon destination for newlywed couples - many from arranged marriages - as a centre for 'sex education', with sex ed films and sculptures made by university students. The park opened in 2004 with 140 sculptures in NSFW situations, some of which involve animals.



SOVIET BUNKER

LITHUANIA

The Soviet Bunker in Nemencine whisks visitors back to the USSR era. The main attraction is the 1984 Survival drama, which attracts brave visitors who



can withstand the tough Soviet lifestyle. Go 6m underground for a reconstructed Soviet reality, including Lenin propaganda and civil defense rooms, KGB premises, a Soviet doctor's room, schools, shops, apartments, a hotel, and hear Soviet songs live.

HOLY LAND EXPERIENCE

USA

Just 20 minutes away from Disneyworld is the Holy Land Experience. There are displays of the ancient scriptures and a museum containing bible artefact, but it's the bible

re-enactments that draw audiences, from the birth of Jesus to the horrifyingly realistic crucifixion scene involving whips, Satan, and fake blood. Children can also have some fun at the Smile of a Child Adventure Land.



SUOI TIEN THEME PARK

VIETNAM

Located in Ho Chi Minh City, the huge theme park comprises a water park with a lazy river, roller coaster rides, indoor playground, 4D



theatre, and aquarium. Its main attraction is the Buddhist-themed sculpture park that depicts Vietnamese legends with gardens full of colourful sculptures of mythical creatures and temples, and the Unicorn Palace, underground attraction similar to Haw Par Villa's walk through Buddhist hell.

FLUSHED!

TOILETS AROUND THE WORLD

BY NINA GAN

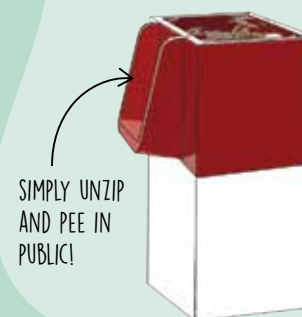
No matter where you travel to, you'll always need to use public washroom facilities. Depending on where you are, the quality and experience can vary greatly from what you're used to at home in Singapore - some are super advanced, while some are simply sh*tholes. Here are some facilities around the world that you may not have noticed.

URINALS

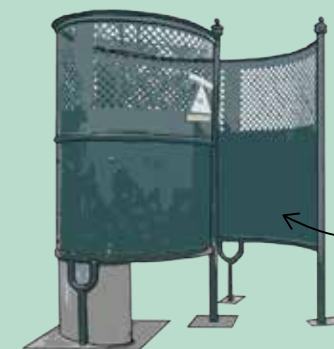
Some of these may or may not be too liberating for some users.

FRENCH PISSOIR

A French urinal structure created in 1830, called the *pissoir*, is still widely used in Paris - and they're actually placed in public places with no doors or walls. Men simply stand facing the *pissoir* which has just enough of a structure to cover the important bits, leaving the rest of the body in full view of passers-by.



SIMPLY UNZIP AND PEE IN PUBLIC!



ENTER THIS WAY

AMSTERDAM'S DE KRUL

Public urinals called De Krul in Amsterdam are small, curved structures located near canals. Usually big enough for one person, the pee usually goes directly into the canal (ew). Unlike the *pissoir*, De Kruls offer a degree of privacy with its latticed walls.

EUROPE'S FEMALE URINALS

We may be familiar with the "pee funnel" for women to stand and pee, but there have been many designs and implementations of female urinals. It can be found in cities across Europe, like in Winterthur - the urinal is designed so that a woman uses it by getting into a "skiing position" with her back against the wall.



WOMEN GET IN 'SKI POSITION'

AMSTERDAM'S URILIFT

Streets of Amsterdam are also peppered with the more modern Urilift - urinals that actually rise from under the sidewalk at night like a secret toilet (it rises and descends via a remote). Some Urilifts are for men (it only has urinals where men's backs are exposed to the street), while some have women's toilets (with full facilities).



THIS ACTUALLY GOES DOWN UNDERGROUND!

TOILETS

Everybody knows that worldwide, there are countries that use squatting pans as well as the bowl-shaped toilets that we're familiar with. The only rules you have to be aware of are: 1) always bring toilet paper if not in developed countries, and 2) don't flush them down the loo.

JAPAN'S HI-TECH BIDET

If you've been to Japan, you'll know that their toilets are high tech. Pioneered by Toto, these toilets often come with bidets - extensions that spray water (the temperature and the strength of spray are adjustable) to clean your behind.



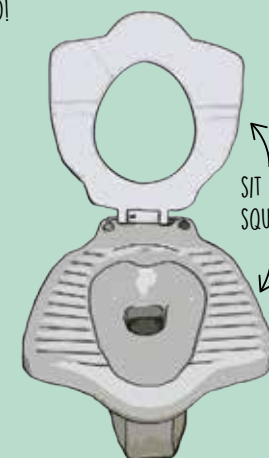
OPERATE THIS LOO WITH A REMOTE!

These days, many of them have added functions like a fake flushing sound (for those shy about their plops), play music while you do your #2, heat your toilet seat in the cold winter, and even deodorise your stink after a poop - all at the press of a button (some units have remote controls).

Some toilets even have sensors that not only automatically flushes, they also open the seat cover(s) and light up the toilet. Plans are in place for these toilets to actually test your pee as a health screening!

INDIA'S HYBRID TOILET

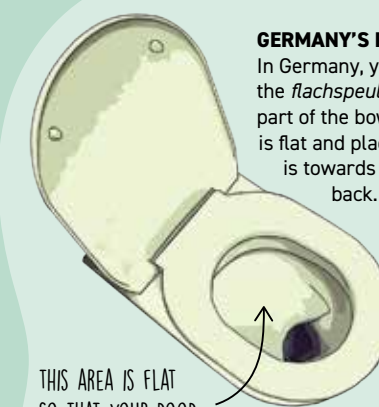
Are you a squatter or a sitter? India has toilets that are unique because they cater to both squatters and sitters. These hybrid toilets look like regular bowl toilets in that they're raised off the floor, but with the major difference being that the lip of the bowl has ridged platforms for those who prefer to squat. For those who prefer to sit, simply pull down the seat cover and it looks like a wider version of the toilets you're used to.



SIT OR SQUAT?

GERMANY'S FLAT FLUSHER

In Germany, you may find that some toilets have the *flachspeuler* ("flat-flusher") design, where the part of the bowl that is meant to receive your waste is flat and placed higher than the siphon hole which is towards the front of the bowl rather than the back. While it leaves your poop in plain view, it does have its advantages: firstly, it reduces splashing, and secondly, it allows you to check on the condition of your poop for any intestinal problems (think of it as a health check). This design can also be seen in Holland, Austria, and Hungary.



THIS AREA IS FLAT SO THAT YOUR POOP SITS THERE TILL YOU FLUSH

OUT AND ABOUT

FOR YOUR CHANCE TO WIN TICKETS AND PREMIUMS, CHECK OUR SOCIALS!

f CAMPUS.SINGAPORE

📷 CAMPUSG

PRODUCTIONS



4-7 Mar | 2:30pm, 7pm, 7:45 pm
Victoria Theatre
Tickets: \$88-\$138

Macbeth

Shakespeare's iconic tragedy tells the story of how Macbeth becomes the King of Scotland via bloody and ruthless means, while suffering from damaging physical and psychological effects in the process. He is spurred on by his wife Lady MacBeth, one of Shakespeare's most terrifying female characters. It's filled with ferocious battles, supernatural horrors, gorgeous poetry, and some of the bard's most vivid characters.

25 Mar - 19 Apr | 8pm
The Theatre Practice
Tickets: \$68

Four Horse Road 2020

After a successful first run in 2018, Four Horse Road 2020 is back this year. Embark on a two-hour theatre journey and explore 150 years of history and untold mysteries of Waterloo Street at this immersive and interactive theatre production, within the three heritage buildings of the street. Audiences will take part in the story as they choose different paths throughout the show and witness the story play out right in front of them.



MOVIES

Mulan
(March 26)
Cast: Yifei Liu, Donnie Yen, Jason Scott Lee, Gong Li, Jet Li

Long-awaited and highly-anticipated adaptation of the 1998 Disney animation Mulan will finally be showing on the big screen. To prevent her ailing father from going to war, Mulan (Yifei Liu) disguises as a man to fight the Huns, led by Bori Khan (Jason Scott Lee). Mulan demonstrates her bravery and strength as she is continuously tested. This version of Mulan takes on a darker approach and is more faithful to the Chinese legend it is based on.



GIGS



4, 7, 27 Mar | 7pm, 8pm
Fort Canning Park,
Esplanade Annexe Studio
Tickets: \$98-218

Singapore Rockfest II

Jam out to some of the most iconic rock & metal groups at Singapore Rockfest II, split into three days with an after party. Scorpions and Whitesnake will play on the first day, and Slipknot will headline the second day, with Trivium opening for them. Italian band Lacuna Coil will perform at the after party.



23 Mar | 8pm
Sands Expo
Tickets: \$128

Hyukoh 2020 World Tour

South Korean indie rock band Hyukoh will be returning to Singapore for their 2020 World Tour to perform their hits from their chart-topping EP releases. Last year, the band embarked on a world tour which covered more than 50 cities across North America, Europe and Asia, including Singapore. They also performed at festivals like Coachella, Lowlands and Pukkelpop.

by Yin Loon

Sabai Sabai

THAILAND'S REGIONAL ATTRACTIONS

Thailand is a popular travel destination for Singaporeans, since it's not only budget-friendly, it's got great food, friendly people, and hosts a wide range of landscapes and attractions that makes us want to go there again and again. Bangkok is a common gateway into the country, which is host to almost everything you can think of: night markets, nightlife, shopping, dining, culture, and more. But head out of the capital, and you'll find more things to explore.

1 Chiang Mai & Chiang Rai MOUNTAINS AND HILL TRIBES

This mountainous region in northern Thailand is not just famous for its beautiful Lanna temples, it's also home to a large number of Hill tribes, including the Hmong, Akha, and the famous Karen long-necked tribe. You can visit their villages on day-trips. Chiang Mai is the gateway, which is known for its night markets, while Chiang Rai is its quieter cousin famous for its artsy vibe. Nearby destinations include the lush and remote hippie towns of Pai and Mae Hong Son.

2 Ayutthaya & Sukhothai ANCIENT TEMPLE CITIES

Ayutthaya and Sukhothai are 2 UNESCO-listed temple cities. The kingdom of Ayutthaya (1350-1767) was once one of the biggest and wealthiest cities in the East. Today, its ruins showcase Khmer and Burmese architecture that include hidden chambers, towering ornate *chedis*, and Buddha relics. There are also old French, Portuguese, British, and Dutch quarters. Sukhothai was the first capital of Siam (1238-1438), and the birthplace of Thai art, architecture, and language. Meander through the Old City's *chedis* and Buddha statues punctuated by lily ponds.

7 Kanchanaburi WWII HISTORY & JUNGLE RAFTS

Kanchanaburi is known for its WWII history, particularly since it's home to the Death Railway and the bridge over the River Kwai - you can ride the railway all the way here from Bangkok (and cross this famous bridge). Ride the train further north and book yourself into one of the many jungle raft resorts. These rustic huts float idyllically on the river, with views of lush national parks in the area. You can swim in the river, explore the jungle, or simply enjoy the serenity.

6 Ratchaburi & Samut Songkhram FLOATING MARKETS

The Mae Klong river runs through these provinces, which has a large number of *khlongs* (canals) that are home to some of Thailand's most famous floating markets, including Damnoen Saduak (Ratchaburi) and Amphawa (Samut Songkhram). Ride long-tail boats to visit these markets, and drop in on coconut groves along the way to see the production of coconut sugar. In Ratchaburi, visit the Railway Market, which is literally set up on top of a working railway line.

5 Andaman Coast ISLAND HOPPING & DIVING

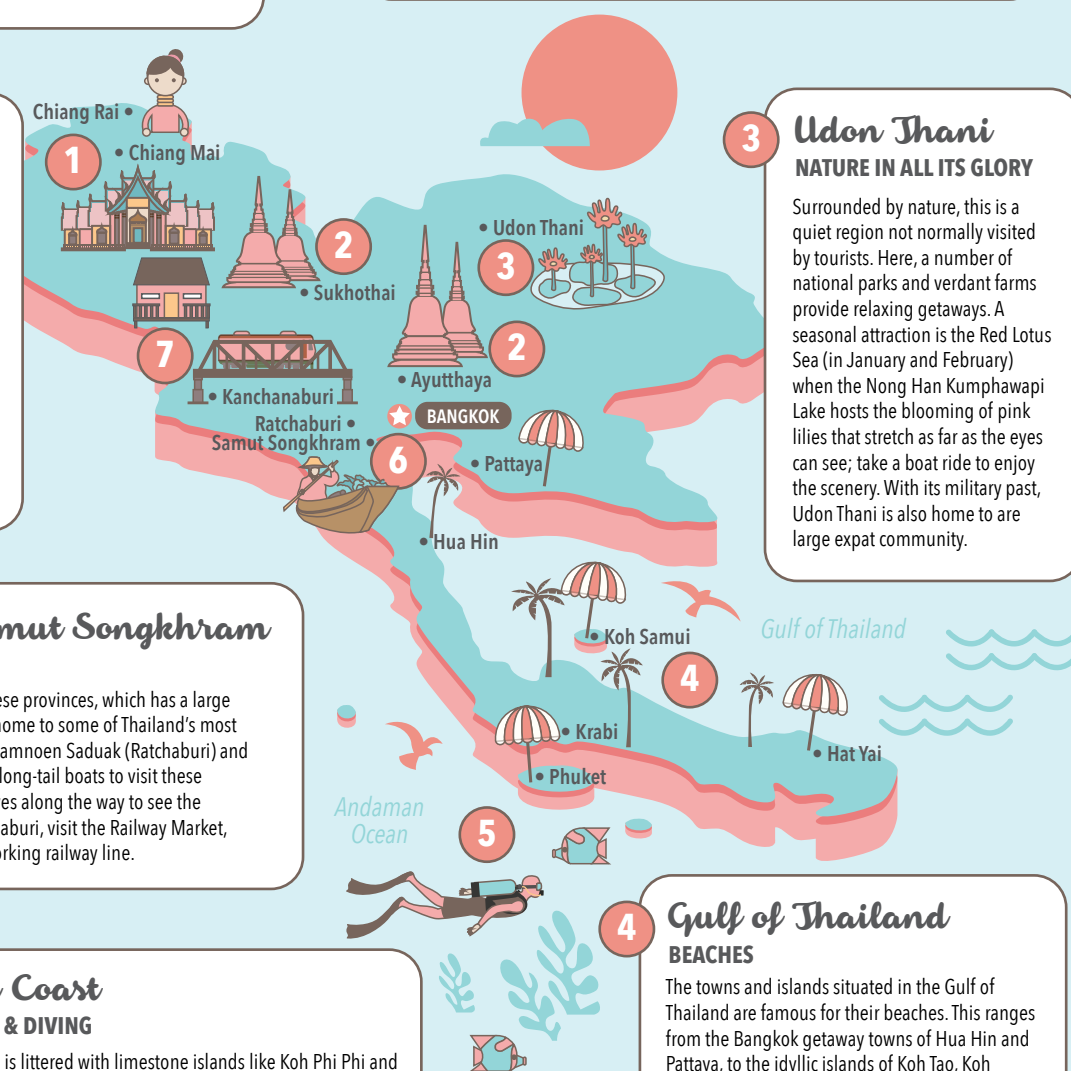
This region of Thailand is littered with limestone islands like Koh Phi Phi and Koh Lanta. With its warm clear waters crammed with colourful, tropical marine life, the Andaman Sea offers the best diving in Thailand by far. Explore the islands on kayaks, where you can visit uninhabited islands, enter sea caves, and explore hidden lagoons. The area is easily accessible from Phuket, including Krabi's Railay Beach which is a rock-climbing mecca.

3 Udon Thani NATURE IN ALL ITS GLORY

Surrounded by nature, this is a quiet region not normally visited by tourists. Here, a number of national parks and verdant farms provide relaxing getaways. A seasonal attraction is the Red Lotus Sea (in January and February) when the Nong Han Kumphawapi Lake hosts the blooming of pink lilies that stretch as far as the eyes can see; take a boat ride to enjoy the scenery. With its military past, Udon Thani is also home to a large expat community.

4 Gulf of Thailand BEACHES

The towns and islands situated in the Gulf of Thailand are famous for their beaches. This ranges from the Bangkok getaway towns of Hua Hin and Pattaya, to the idyllic islands of Koh Tao, Koh Samui and Koh Phangan, and all the way south to the bustling city of Hat Yai. Koh Samui is known for its resorts, Koh Tao for its diving, and Koh Phangan is famous for its full-moon parties.



Travelling is one of the best ways to destress and relax, especially in a foreign country where you can explore to your heart's content. However, travelling is not cheap and can sometimes be very troublesome. Plane journeys may not be smooth too -- you may encounter obstacles on your flight. Below are some airline hacks you can take into account for your next trip.

Cheat Sheet

By Lindsay Wong

#64 Airline Hacks

BOOKING FLIGHTS

When booking flights, you can take note of these tricks (some of which are frowned upon by airlines):

- **HACKER FARES:** Two one-way tickets used for a round-trip flight, which consist of two distinct itineraries. Even though it might be cheaper at times, there are risks involved, such as a lack of flexibility, especially under unexpected circumstances.
- **NESTED TICKETING:** If you plan to visit the same city twice, rather than booking 2 return flights for separate occasions, book the first set, and then book your second set (with the destination reversed) with dates nested between the original flight's dates. This is because flights with dates further apart tend to be cheaper.
- **HIDDEN CITY TICKETING:** Involves booking a connecting flight but ending your journey at the layover point. This might come in handy when you need to book a last-minute flight. Sometimes, it's cheaper to book a connecting flight on a more competitive route than a round trip on a less competitive route.
- **OPEN-JAW FLIGHTS:** Ideal for tourists who want to visit multiple cities in one trip. This is when you arrive in one city but depart from another and sometimes saves time and money.

FOR COMFORT

When booking your flight for comfort:

- Seatguru.com has a comprehensive database of plane types. You can find airline seat maps to figure out the best seats based on your preference.
- It may be a hassle, but early morning flights are less prone to turbulence (the earth gets hotter throughout the day, causing thunderstorms and unstable air). They're also less likely to be delayed as airspace is less crowded in the morning, plus it's usually cheaper.

When travelling across the US or the EU, you may come across overbooked flights when an airline sells more tickets than there are seats on the plane. Most flights will ask for volunteers to take a later flight and offer a travel voucher. As a passenger, you're also entitled to compensation per contract of carriage: travel insurance takes care of unexpected financial expenses.

ONBOARD THE PLANE

Now that you're on the plane, here are some airline tips:

- The best seats on the plane to reduce the effect of turbulence is at the wings of the aircraft or towards the front. The wings keep the plane balanced, whereas the tail of the plane is more prone to movement and jerkiness.
- During the flight, you can help yourself to freebies offered onboard. Most airlines have amenity kits which include socks, toothbrushes, toothpaste, and earplugs. These aren't available on budget airlines.
- If you're still hungry after an in-flight meal, you may be able to ask for a second helping, especially when asking after everyone has been served already.
- For a light snack during long-haul flights, you can ask for cup noodles and light bites like pretzels, cookies, peanuts and chips for free, if you're not on a budget airline. Onboard, you can also take advantage of cheaper duty-free products, which are exempt from taxes, making them 20-40% cheaper than normal, depending on the country.

AIRPORT HOW-TO

At the airport, here are some apps that may help with your trip:

- **WIFOX:** It grants travellers with instant access to Wifi passwords for a fee in airport terminals and lounges around the world.
- **MIFLIGHT:** Check for average security line wait times so that you know when to arrive at the airport without too much or too little time to spare.
- **LOUNGER:** Connects travellers who are passing through an airport at the same time like Tinder.



Overseas Blues

#INTERNATIONALSTUDENTPROBLEMS

By Lindsay Wong

Going overseas to study is an exciting experience, but it does have its downsides. Although you get to move to a different country and everything seems so fresh and new in the beginning, you are leaving behind a life that you are familiar with. Moving overseas is a huge step for young people and comes with many obstacles, such as culture shock, homesickness, and huge differences in teaching style and social life. These are just some of the unique problems that international students face when studying overseas.

DORM LIFE

Dorms, residential colleges, or halls differ by country. In the US, it is common to have a roommate when living in dorms while on the UK and Australia, students usually get their own rooms, but share the bathroom, kitchen, and common area. As students are from all over the world, you'll find that shared kitchens tend to be stocked with ingredients that you're not familiar with. Plus, all the stray hairs you see will come in different colours and textures.

ADULTING CHORES

International students can no longer depend on family members for basic things - it can be one of the biggest challenges for them, as they will need to learn how to grocery shop, plan meals between classes, buy necessities, do laundry, execute chores, and more. Despite this, there is a sense of thrill when you start to do everything by yourself; these #adulting skills will benefit you for the rest of your life.

BUDGETING

Budgeting is an important part of living independently. Students should be aware of their spending habits, especially since they need to consider the exchange rate. Costs of travel, transportation, food, accommodation, and social events cost differently to Singapore. However, there are usually student discounts available for attractions, retail, meals, and transportation.

HOMESICKNESS

International students often feel homesick, which usually occurs in the initial move to a new country or in the immediate period after. Students may also feel homesick after returning to university after a long break at home. However, keeping busy with classes and social events will make it easier to deal with homesickness. Luckily, apps like Whatsapp, Skype, and Wechat have allowed students to frequently keep in touch with family and friends back home.



JOINING CLIQUES

Interacting with the locals and students from across the world is a rewarding experience since you're overseas for the first time. But, many international students like to group together with those who are from their home country or speak the same language. This is because they are too shy to mingle with locals, and some local students don't really make the effort to welcome foreign students, partially due to problematic stereotypes. International student cliques can be rather standoffish and not sociable to those without the same background.

SOCIAL LIFE

Making friends can be one of the scariest aspects of university, especially for international students who are in a totally new environment. Students cannot be socially active, but there are so many other students who are in the same boat. Throughout university, friends come and go, and it's hard to maintain friendships even if you take the same subjects.

PAPERWORK

As if international students didn't go through enough trouble getting student visas and unconditional offers from universities before arriving in their new city, there is still a lot of paperwork that needs to be filed after. Students also need to independently open bank accounts, buy health insurance, get mobile phone contracts, find accommodation if they haven't done so already, and get public transport passes.

CULTURE SHOCK

Initially, you may feel euphoric to be finally studying overseas, but as time goes on, maybe after a week or so, you might start to experience culture shock as you come across unexpected differences - like climate, food, language, lingo, values, fashion, and etiquette - in your new country. The things you used to do back home can be frowned upon, and vice versa. Culture shock is commonly experienced by first-time international students as their new way of life can be overwhelming away from the familiarities of home.

WET, WILD, & WACKY

By Lydia Tan

WEIRD FESTIVALS AROUND THE WORLD

Every country and culture has their own festivals and celebrations. Some are pretty normal, others might give you a bit of a culture shock. Here are some of the weirdest festivals and celebrations from around the world.

BATTAGLIA DELLE ARANCE — BATTLE OF ORANGES

Where: Ivrea, Italy
When: February (occasionally March)

The city of Ivrea celebrates the murder of a tyrant duke by a miller's daughter on her wedding night by having a huge food fight involving oranges. The city is split into nine *aranceri* (orange handlers) teams who hurl oranges at more *aranceri* in carts, representing the duke's army. One citizen represents Violetta, the miller's daughter.

FROZEN DEAD GUY DAYS

Where: Nederland, Colorado
When: second weekend of March

The "frozen dead guy" refers to Bredo Morstol, aka "Grandpa" — a cryogenically-preserved elderly man housed in a shed. Every year, residents honour Bredo through activities like coffin races, a hearse parade, costumed "polar plunges" into frigid waters, and tours of the shed. The celebrations also include live performances, food and drinks in heated tents.

NYEPI — DAY OF SILENCE

Where: Bali, Indonesia
When: Balinese Saka New Year (March)

This Hindu festival prohibits locals from making noise, working, and even walking outdoors, for 24 hours from 6am. People stay home in self-reflection, sometimes fasting or meditating. The streets are empty except for the Pecalang, traditional guards who patrol the streets to enforce the regulations. Tourists are not exempted; don't plan any sightseeing during Nyepi.

KANAMARA MATSURI — FESTIVAL OF THE PHALLUS

Where: Kawasaki, Japan
When: first Sunday of April

Held at Kanayama Shrine, it's not exactly PG as it involves a procession of portable shrines (*mikoshi*) with large, phallic sculptures and festival-goers in drag enjoying foods shaped like genitalia. During the Edo era, prostitutes once prayed for protection from sexually transmitted diseases at this shrine; nowadays, married couples visit it to pray for fertility.

BOTIDES — POT SMASHING TRADITION

Where: Corfu, Greece
When: Saturday before Easter

In Corfu, people celebrate Easter by gathering in Splanada Square to watch large red clay pots of water thrown from the balconies and windows of homes. The sound of the pots crashing to the ground represents the earthquake after the resurrection of Jesus. Islanders sometimes pick up the broken clay as good luck charms.

TINKU — PUNCH YOUR NEIGHBOUR FESTIVAL

Where: Santiago de Mancha, Bolivia
When: first few weeks of May

This violent tradition has roots in the goddess Pachamama, who accepted blood sacrifices in return for a fruitful harvest. Villagers begin with a warlike dance before the men engage in hand-to-hand combat while the women chant. The aim of these fights is to draw blood. For safety, police now control the crowds before things go south.

COOPER'S HILL CHEESE-ROLLING AND WAKE

Where: Brockworth, England
When: Spring Bank Holiday (in late May)

This event is basically a mad rush — for cheese. A 3-4kg round of Double Gloucester cheese is rolled down from the top of a hill and competitors race against one another to catch it. For safety, the cheese was replaced by a fake foam cheese in 2013; the actual cheese is the prize.

EL COLACHO — BABY JUMPING FESTIVAL

Where: Castrillo de Murcia, Spain

When: first Sunday after the Feast of Corpus Christi
Babies born in the past year are laid out on mattresses on the street, and "devils" — masked men dressed head-to-toe in red and yellow — jump over them to symbolically cleanse them of sin and protect them from evil. Afterwards, they're sprinkled with rose water and blessed by a priest.

BORYEONG MUD FESTIVAL

Where: Daecheon, South Korea
When: July

Held at Daecheon Beach, festival-goers play around in the mud through a series of attractions and games or enjoy the live performances on stage. The mineral-rich mud is brought over from the nearby Boryeong mud flats, and it's a great way to cool off in the summer heat while promoting the health benefits of the natural mud.

KRAMPUSNACHT — THE NIGHT OF KRAMPUS

Where: Many parts of Europe
When: night of 5 December

In some European countries, a scary-looking demon called Krampus replaces Santa Claus. Men dress up as this half-goat, half-demon beast and go around whipping and punishing naughty children into being nice. This alternative Christmas sometimes includes a Krampuslauf (Krampus run), where drunken men dress as Krampus and chase people around the street.



by Zhiqi Wang

Fasty Travel

Food Cultures Around the World

What is the best part about travelling? Definitely experiencing the explosion of taste and texture of the different foods in each country, and their cultural significance. Here are some interesting food cultures around the world.

China

Noodles are interesting in China; every region, province, and city has their signature type of noodles.

Some noodles are performance art: Lanzhou is home to *lamian* (pulled noodles), where noodle masters pull and stretch the noodles in front of your eyes, and in Shanxi, a chef slices *dao xiao mian* (knife-shaven noodles) from a block of dough into individual noodles directly into a pot of boiling water.

Rè gān miàn (hot and dry noodles) from Hubei is a common breakfast with a strong sesame flavour, while *suan la fen* (sour spicy noodle) from Chongqing is a spicy sour noodle made using sweet potatoes. Sichuan has *liang fen* — thick translucent noodles made from starch jelly (mung bean or pea) — which is usually served cold with savoury sauce in summer.

Ethiopia

Ethiopian cuisine commonly consists of vegetables and often notoriously spicy meat dishes usually prepared with Berbere spices which contains chilli powder and other spices.

The Injera and Doro Wat are the most representative of Ethiopian cuisine. The Doro Wat — a "wat" is a stew or curry — is only eaten on important days of the year (in part because it's time consuming), and is made with meat (usually chicken), eggs, pulses, and spices that pack a punch. This is served with Injera, a large flatbread made using teff, an indigenous grain. The grounded paste is first fermented before the bread is toasted quickly on a hot, flat pan. The Ethiopian ritual of breaking the Injera and sharing a common plate signifies the bonds of friendship.



Brazil

Perhaps the most well-known Brazilian food we know of is the *churrasco*, a meal where waiters will bring entire pieces of barbecued meat on skewers to slice in front of the customer; there are also non-meats like the *queijo coalho*, a sweet grilled cheese.

The *churrasco* was pioneered in the 1800s by Brazilian cowboys — the *gaúchos* — in the cattle ranching lands of Rio Grande do Sul. They would dig large pits in the ground and begin a fire to cook the skewered meat, which were traditionally seasoned with coarse salt and roasted for 30 minutes over the pit. After long days herding cattle, the *gaúchos* would enjoy a large *churrasco* with the community. Today, this unique form of Brazilian barbeque is ingrained in the nation's cultural identity.



Germany

Germany is a land of beers — after all, it celebrates Oktoberfest, which is a celebration of beer, beer, and more beer, where almost seven million litres of beer are drunk annually. While people commonly drink lagers and pilsners nationwide, some regions have their own unique type of beer.

Bavaria is known for its *weissbier* which is a cloudy beer with banana-like flavour, while Cologne is famous for its refreshing *kölsch* which is served in tiny glasses (from breakfast!), and Düsseldorf is home to *altbier* which is an amber-coloured hoppy beer. For more unique flavours, the *rauchbier* from Bamberg is a smoked beer with a distinctive smokey flavour, while the *Berliner weisse* from Berlin has a more sour profile and it's traditionally served with sweet syrup.



Vietnam

One of the most popular dishes in Vietnam is *bánh mì*, a stuffed French baguette — a symbol of its former French colonial rule in the 19th century. "Banh" means bread, and until the 1950s, sandwiches hewed closely to French tastes, typically ham and butter or liver pâté spread.

What we know as *bánh mì* ("wheat bread") was developed in Saigon which became a popular street food in the 50s. A typical *bánh mì* will contain *chả lụa* (pork sausage), coriander, cucumber, pickled carrots, pickled radish, and chilli. It could be topped with French condiments like pâté and mayonnaise. *Bánh mì* are typically eaten for breakfast or as a snack with a cup of egg coffee; they are considered too dry for lunch or dinner.



Food is often seen as a form of sustenance, but it's much more than that. It embodies a lot of cultural significance and symbolism just waiting for the diner to discover.

CALAMITUS COITUS

By Nina Gan

BIZARRE BEDROOM INJURIES

Everyone may be familiar with the ins and outs of sex, and some couples may even suffer from minor accidents from time to time. However, some couples have experienced more bizarre intercourse-related accidents that have landed them in hospital A&E rooms around the world (although these can happen anywhere, really). Love hurts, people.

Stuck on You

In 2014, a young couple in central Italy decided to have sex in the sea, but once they were done, he wasn't able to pull out of her – according to reports, the suction was so strong that even the doctor called to the scene couldn't pull them apart. The medical term for this situation is *penis captivus*, when the muscles of the female pelvic floor don't relax enough, and that makes the man's member even more engorged with blood – you can imagine the rest.



Sex is a Headache

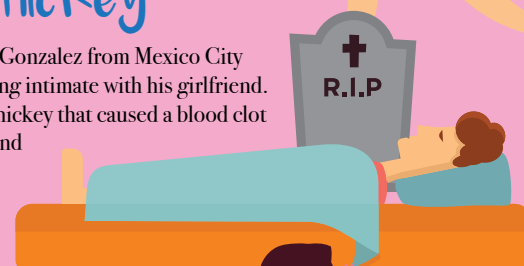
A woman in Australia suffered an excruciating headache after having sex with her husband. The pain – felt above her right eye – was so debilitating that she was rushed to hospital for an overnight observation as she was at risk of a stroke. What she suffered from was coital cephalgia, a kind of headache that builds up and intensifies upon climaxing. However, this phenomenon more commonly afflicts men in their 20s, and affects both the head and neck.

Mind Blown

In 2008, a Japanese woman reportedly experienced transient global amnesia (TGA) – a rare condition in which both long- and short-term memory suddenly and temporarily disappears – which occurred right after she had sexual intercourse. People in their 50s and 60s are most vulnerable; doctors say strenuous physical activity can build pressure in the abdomen and restrict blood flow to the brain.

Killed by a Hickey

In 2016, 17-year old Julio Gonzalez from Mexico City died from a stroke after being intimate with his girlfriend. Apparently she gave him a hickey that caused a blood clot that travelled to his brain, and he died shortly after paramedics were called to the scene.



Going Blind

In 2017, a 29-year old man from Southampton apparently went temporarily partially blind after a particularly intense climax. The man told doctors he had “vigorous sexual intercourse” the night before, which somehow burst a blood vessel in his left eye caused by a pressure build-up when he orgasmed. According to the British Medical Journal, men who tend to hold their breath before climax are more at risk from this type of injury.

Help! I can't see! I'm blind!

I'm bleeding everywhere!

Torn Up

A 23-year old was having sex with his future fiancée in India when he felt a strange pain. He had ripped his banjo string (aka frenulum), which went on to bleed and soil his pants. It bled again the second time they did it, and after a visit to the doctor he was advised to lay off any sexual activity for a couple of months. A torn frenulum usually heals on its own and most guys are advised to abstain from any sexual activity for six weeks or longer.



Deaf from a Kiss

A 20something woman in Guangdong suffered from sudden deafness the day after a passionate kiss with her boyfriend in 2008. At the hospital, she was told that when he kissed her on the ear, he “pulled the eardrum out and caused the breakdown of the ear”. While she made a full recovery, a “cochlear ear-kiss injury” can lead not only to permanent hearing loss, but other ear symptoms including ringing, sensitivity to sound, distortion, and aural fullness.



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