

VOL. 47 ~~~~~ AUG - SEP '21

# HEY!

AN AUGMENTED  
REALITY  
MAGAZINE

SCAN  
INSIDE  
WITH THE  
HEY! AR  
APP TO

- ◆ SEE PAGES COME ALIVE
- ◆ WATCH 3D ANIMATIONS POP UP FROM THE PAGE



# GAME

BEYOND BORDERS AND  
CONVENTIONAL PATHS  
- NTU TRAILBLAZERS  
EMBRACE STARRING ROLES  
IN A BRAVE NEW WORLD

**HEY!**  
*AR*  
SCAN THIS PAGE  
for a deeper look  
at this issue

# PAMPER YOUR LIPS



**HEY!**  
*AR*  
SCAN THIS PAGE  
for your chance to win a 60-minute "Acne, Pimples and Pores" facial worth over \$200.  
Terms and conditions apply.

You may have a rigorous 10-step skincare routine and spend an hour a day trying to keep your skin clear and glowing. But could you have overlooked one important part – your lips?

Most of us take care of our lips by slathering on lip balm when we remember to do so, but that's hardly sufficient to keep them looking bright and plump. A host of environmental factors – from sun damage to staying in air-conditioned rooms – can cause them to lose their lustre.

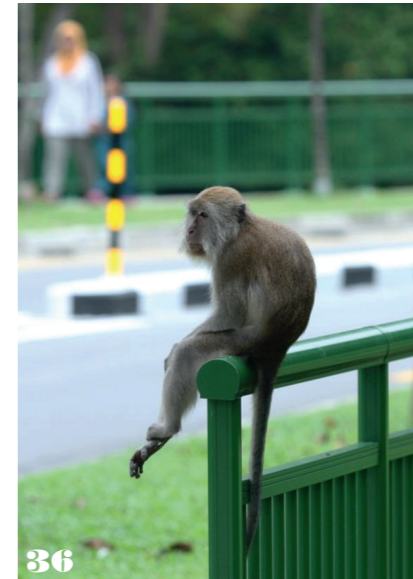
Take a look at your lips in the mirror. Are they dry, dull or chapped? With Imago Aesthetics' lip laser and lip rejuvenation treatments, you can restore them in no time.

The lip laser treatment is the more affordable pick of the two. At just \$38, it can help stimulate

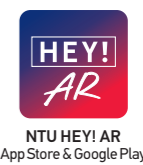
natural collagen regeneration in your lips and also help break down melanin that gives your lips that chalky, grey hue.

If your lips need more advanced care, opt for the lip rejuvenation treatment (\$450). The lasers used in this treatment can penetrate deeper into the skin's epidermis and therefore plump up your lips from within so they become pillowy soft for up to eight months if proper care is taken post-treatment.

Call 6481 1806 to make an appointment with Imago Aesthetics today or visit [imagoaesthetic.com.sg](http://imagoaesthetic.com.sg) for more information.



- 2 THE NTU HEY! AR GUIDE**
- 5 HELP! I CAN'T STOP PROCRASTINATING**
- 4 TAKE THE NTU EXPRESS IN 2029**
- 6 THE NAME GAME**
- 8 TAKING THE PLUNGE**
- 14 UNI-VERSE OF FUN**
- 16 THEY FOUND THEIR CAREER NICHE**
- 24 FYI – IN AND AROUND NTU**
- 26 HEY, TECH'S WHAT I NEED FOR SCHOOL**
- 28 TOMORROWLAND**
- 30 OVERSEAS GRADS: STILL THE TIME OF OUR LIVES**
- 36 MONKEY SEE, MONKEY DO (NOTS)**



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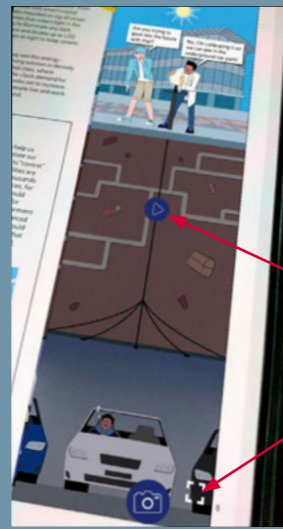
# THE NTU HEY! AR GUIDE

Open the app and scan items on the pages to watch videos seamlessly and bring 3D objects to life

Available on App Store & Google Play



**HEY! AR**  
SCAN THIS PAGE to watch how to maximise your AR experience



## WATCH PICTURES COME TO LIFE

See the page morph into a video

Tap here to pause or continue the video

Tap here to view videos in full screen. Once in full screen, you can pull the screen away from the page to watch it on the go

## TAKE PART IN COMPETITIONS AND GIVEAWAYS

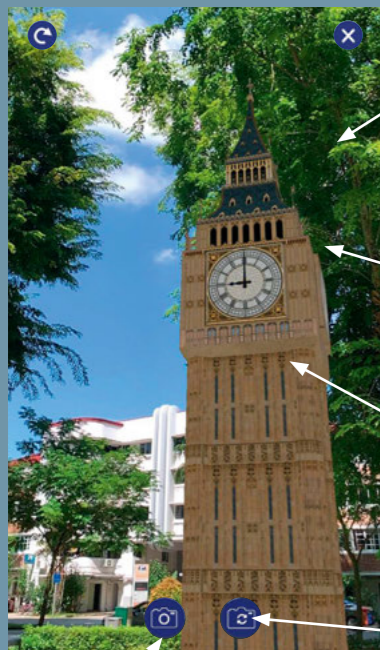
**HEY! AR**  
SCAN THIS VISUAL for your chance to win a pair of Sennheiser CX 400BT True Wireless earbuds

Tap here to submit a contest entry

Enter contest

## PLACE 3D OBJECTS IN YOUR ENVIRONMENT

Put a new spin on things



Using two fingers, pinch or spread them to grow or shrink the object

Drag your finger near the object to swivel it

Touch the object and drag it to move it around

Tap here for a selfie view with the object

Tap here to reset the object's starting position

Tap here to anchor the object to the ground



Once the object is anchored, you can walk around or near it for a closer look



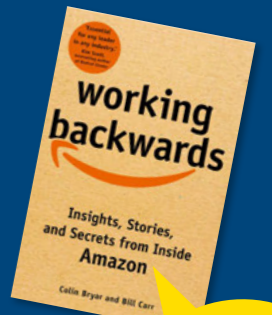
Get creative!



# HELP! I CAN'T STOP PROCRASTINATING

If constantly having trouble meeting your 2359h deadlines sounds familiar to you, you may be a procrastinator. Here are some tried-and-tested tips for kicking the habit

HEY! TIPS  
Joelynn Tan Don Tan



**HEY! AR**  
SCAN THIS VISUAL for a chance to win this book and be inspired to get back to work

- 1 IDENTIFY YOUR PRODUCTIVITY CYCLE
- 2 KNOW WHAT DISTRACTS YOU
- 3 CREATE A TO-DO LIST

Know your most productive hours. Are you an early bird who works better in the morning, or do you prefer the still of the night? Do you prefer absolute silence (such as in the library) over ambient noise in a café? When you embed a process into a productivity cycle, you reduce the emotional dread around unpleasant tasks.

By identifying what distracts you, you can take steps to change your circumstances and make these temptations less convenient. For instance, if you compulsively check social media, delete those apps from your phone. Remove roadblocks in your environment that may be thwarting you. If a messy desk unsettles you, for example, make an effort to tidy up your surroundings before studying.

Every Monday, I make a to-do list for the week. I break down the tasks that sound daunting into smaller, manageable steps that are distributed throughout the week. This exercise should end with rigorous prioritising of tasks, based on how urgent and important each task is. The Eisenhower Matrix is a good tool to use.

- 4 JUST GET STARTED
- 5 BE KIND TO YOURSELF

It may seem the hardest part – but just get started. I set a timer for 10 minutes and push myself to commit all my attention to my work within this time. If you think about it, 10 minutes is just the duration of three songs. When the timer goes off, I can choose to stop, or let my momentum take me forward. Either way, I would have made progress.

If you find yourself procrastinating, self-compassion might be the key to getting back on track. Research has shown that those who forgave themselves for side-tracking on a task were less likely to procrastinate on the same task in the future. Who knew forgiving yourself could reduce the guilt over procrastinating, and help you get started pronto.

**Tip**  
According to School of Social Sciences student care manager Elsie Low, when we procrastinate, we may be trying to avoid an unpleasant task by doing something else. She suggests we ask ourselves these questions to understand what is causing us to put things off.

1. Why am I feeling this way?
2. What is happening to me?
3. Have I been like this before?



HEY! STUDENT WRITER



Joelynn loves sunflowers and sunsets. When she is not writing, she is daydreaming about lying on the beach and looking at the stars.

# TAKE THE NTU EXPRESS IN 2029

With MRT station stops in the mini city of NTU, students of the future can hop from train to class

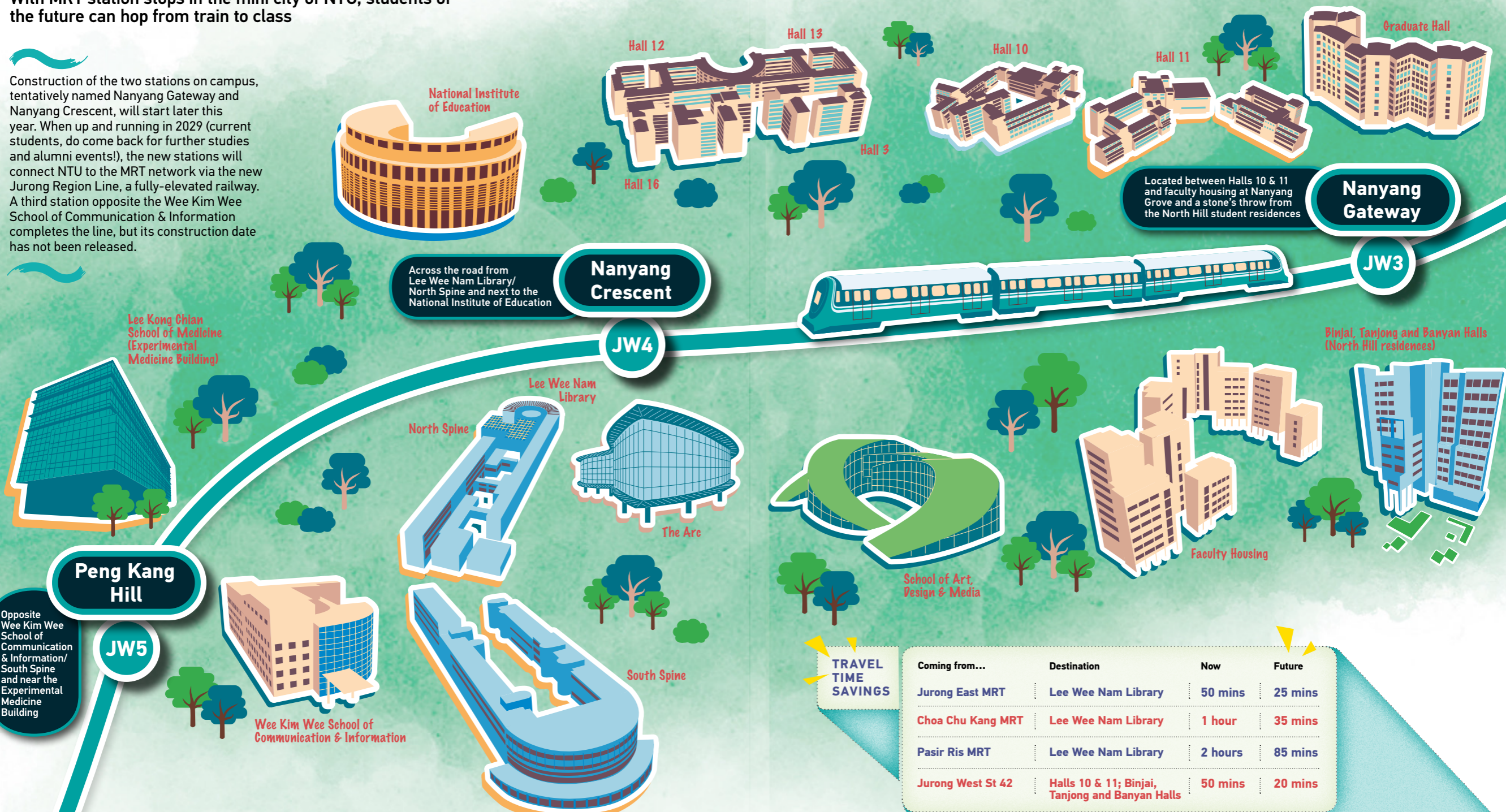
Construction of the two stations on campus, tentatively named Nanyang Gateway and Nanyang Crescent, will start later this year. When up and running in 2029 (current students, do come back for further studies and alumni events!), the new stations will connect NTU to the MRT network via the new Jurong Region Line, a fully-elevated railway. A third station opposite the Wee Kim Wee School of Communication & Information completes the line, but its construction date has not been released.

**HEY!**  
*AR*  
SCAN THIS VISUAL  
to see how a faster  
journey is on the  
cards

**ONE BUS RIDE LESS, 35-MIN SHORTER JOURNEY**

“ It takes me around two hours to get to class by bus, MRT, and then Bus 179. The new line would cut one bus ride and shave about 35 minutes off my travel time. Those who have classes in the North Spine and some hall residents won't have to walk or wait for the bus as much and will probably get around much faster. People visiting NTU for open houses or to have meals with their NTU friends will also like the direct connection. ”

– Heather Ho, third-year communication student who commutes daily to NTU from Pasir Ris



**TRAVEL TIME SAVINGS**

Coming from...	Destination	Now	Future
Jurong East MRT	Lee Wee Nam Library	50 mins	25 mins
Choa Chu Kang MRT	Lee Wee Nam Library	1 hour	35 mins
Pasir Ris MRT	Lee Wee Nam Library	2 hours	85 mins
Jurong West St 42	Halls 10 & 11; Binjai, Tanjong and Banyan Halls	50 mins	20 mins

# THE NAME GAME

With the construction of two MRT stations on campus starting soon, Andrew Duffy wonders what – and how – we should name them

When Singapore Press Holdings launched a new paper in 1988 it was named The New Paper because it was new and it was made of paper. Genius. That was 33 years ago and it's moved online, yet despite being neither new nor a paper its name hasn't changed.

When they built a bridge at Marina Bay in the shape of a double helix, they called it the Double Helix Bridge. Who comes up with these names? At first, the bridge opened only halfway so technically it was a Demi-Double Helix Bridge. Now you can walk all the way, but it's been renamed simply the Helix Bridge even though it's still in the form of a double helix. It's next to Benjamin Sheares Bridge which, for some reason, is not shaped like Benjamin Sheares.

Clearly, whoever has been put in charge of naming things needs to be re-assigned to some other job. But then, how *should* we choose names? Should we be democratic and invite the public to vote?

No. The public cannot be trusted.

In 2012, the government of Slovakia stopped a popular vote for a bridge to be named after action movie star Chuck Norris. In 2016, the UK spent \$350 million on a new polar exploration ship and asked the public what to call it. The public voted for the name Boaty McBoatface.

And in my early career, I worked in a factory making plastic dog baskets and padded bed-liners (I've come a long way). The logo was a cartoon dog. We asked the factory workers to submit new names for the dog

and their suggestions were so disturbingly dirty and graphically rude that we just kept its old name, Comfy Humphrey.

So if the experts and the public are so unreliable, who *can* you trust to name things?

This is important because two new MRT stations are coming to NTU and they need names. We could follow precedent: We have Nanyang Drive, Nanyang Crescent, Nanyang Heights, Nanyang Grove, Nanyang Link, Nanyang Walk, Nanyang Avenue and Nanyang Circle. You see a pattern here? But because there are two, we can't call them both Nanyang Station.

Currently, they're labelled JW3 and JW4, so we need to act fast so that the numbers become names, and the names do not all start with Nanyang.

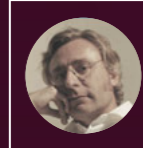
Even then, they could still go back to numbers. When the budget terminal opened at Changi Airport (remember that place, from *too* long ago?) there was a competition to name it. They got 12,000 entries and a schoolboy won \$2,000 for suggesting the name Budget Terminal. That's like striking 4D with 0000.

Recently, they've changed the name to Terminal 4, though, because they already had Terminals 1, 2 and 3 and mathematically 4 was next. They've named them in numerical sequence even though it's not like there is a sequence and when you go to Changi first you go to

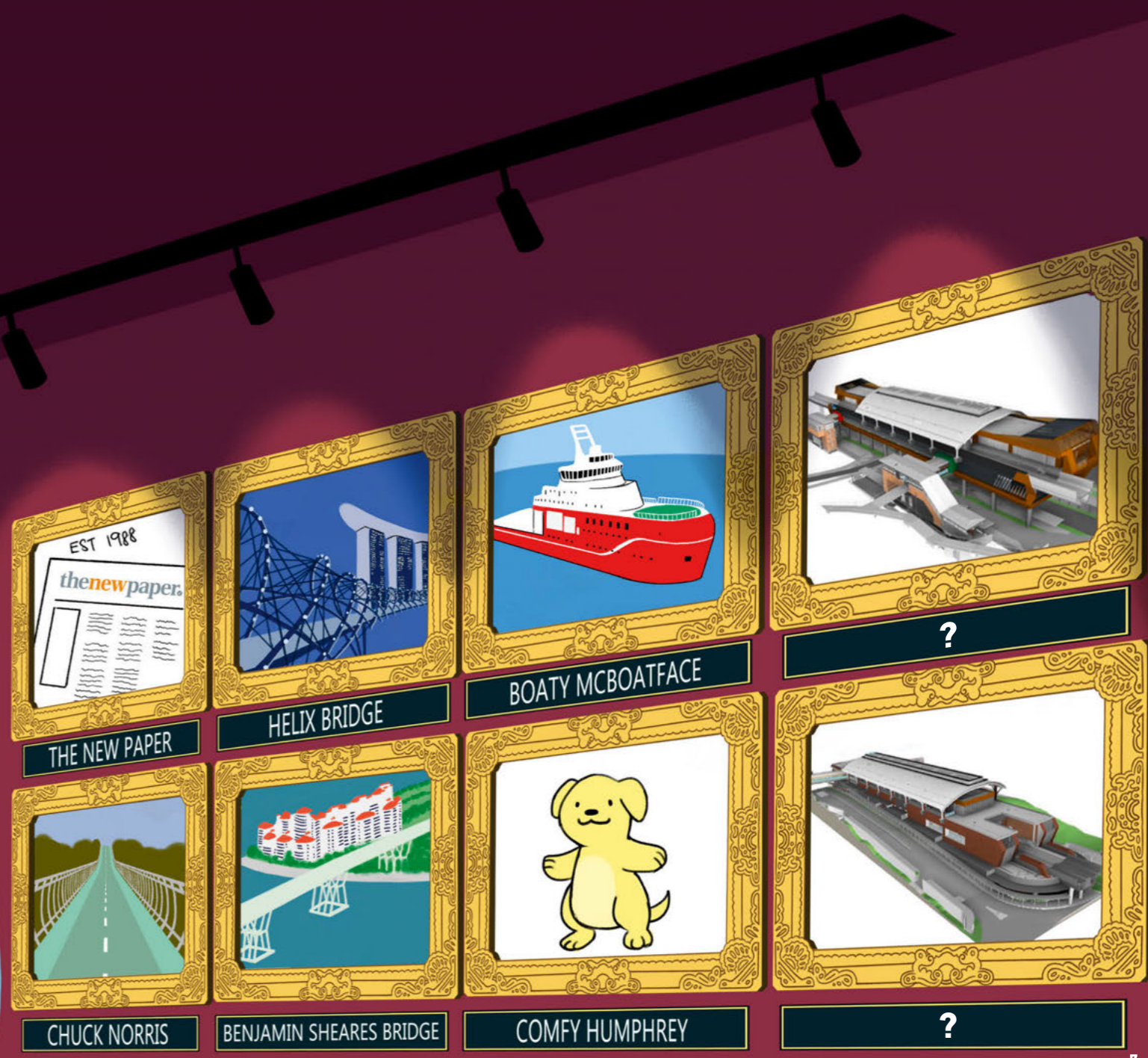
Terminal 1 to see if your flight is there, then if it isn't you go to Terminal 2 next, and third you search in Terminal 3, and so on.

In the past, NTU has fallen victim to this kind of sequential logic and numbered most of its halls. And it's why we love engineers building things and we will be happy when JW3 and JW4 open, but we *cannot* let engineers choose the names.

Me, I'm voting for Donnie Yen station and Station McStationplace. Although I'm open to thousands of students disembarking every morning at Comfy Humphrey station, if they prefer.



Andrew Duffy is an Assistant Professor at the Wee Kim Wee School of Communication & Information. He has previously worked for The New Paper and The Straits Times.





# TAKING

# PLUNGE

Some conquer on land, others underwater, for thrills and spills like no other. HEY! speaks to three athletes from NTU who are making waves here and abroad in less mainstream underwater sports



# THE



## BEST FIN FORWARD

"When 12 men tussle for a ball filled with saltwater, things can get a little rough," says underwater rugby player Foo Zi Xiang.

Fortunately, safety is a priority in the game, and violent play is frowned upon.

"The referee is on the lookout for intentional manhandling and will call you out if he sees it. The worst I've seen is scratch marks, which happens when we accidentally dig our nails into someone's hand while trying to grab the ball," adds the computer science graduate.

Zi Xiang's foray into underwater sports began during his National Service days when he was enlisted as a naval diver and subsequently discovered freediving. He was later introduced to the underwater rugby scene, then a burgeoning one.

Good breath-hold and being comfortable underwater, skills he chalked up from his freediving experience, has made a huge difference, says the 25-year-old.

"One of the very first things you learn if you want to play underwater rugby, is holding your breath. Generally, the less often you resurface to catch your breath, the less likely you'll miss an important play underwater. You learn to take calculated risks and make better decisions."

As a pioneer member of the First Asian Team Underwater Rugby team, Zi Xiang has represented Singapore in the 2016 Pan Pacific Cup in Australia and in the 2018 Champions Cup in Germany.

"It has been six years since I first started, but I'm still learning. I am constantly tweaking my play style. For the most part, because of my smaller size, I try to avoid the players rather than tackle them. That's similar to a winger in rugby," he explains.

HEY!

AR

SCAN THIS PHOTO to watch Zi Xiang somersaulting underwater



### PASS THE PUCK

For Chua Yi Ying, underwater hockey is silent bliss.

“Underwater, everything melts away. No one is talking or yelling at you. You won’t hear the same being said of other sports. I find the game so peaceful,” says the final-year sport science student.

Unlike its counterpart played on land, underwater hockey – a stick-and-puck sport played along the bottoms of swimming pools – relies largely on pre-decided modes of play, the 23-year-old explains.

“As a spectator, you probably can’t understand what’s going on. I’ve heard we look like restless fish! But we’re actually in control of what we’re doing as we’ve rehearsed our moves many times before. You can’t hear directions from your teammates, so you have to stick to the formation and the role assigned to you,” says Yi Ying.

“And no, we don’t run underwater with oxygen tanks!” she laughs. “There’s a scuba diving mask, snorkel and mouth guard, but it’s best you learn how to hold your breath well.”

Yi Ying was part of the Singapore contingent that took home four golds in the 2019 SEA Games in the Philippines. She was picked for the Singapore team only after a year of training. She is also one of the newest members of the only underwater hockey club in Singapore.

“I don’t think age really matters in underwater hockey. The older members are just as fit as us and their years of experience really add to that,” she says. “In fact, I picked up new moves and strategies from them!”

Yi Ying’s oldest teammate in the SEA Games is 50, while the oldest member of the club is 60, a surprising fact that seems out of place in today’s sporting world which prizes youth and agility.

Teamwork is vital, because there’s no way to yell at your teammate to pass you the puck, she explains. It is also one of the main reasons that convinced her to make the dive from competitive swimming to underwater hockey during her time in Temasek Polytechnic.

“Swimming is actually a very lonely sport. When you’re swimming, you’re alone in the water. In underwater hockey, the team is underwater with you. I felt for the first time what it means to be in a team. That feeling of solidarity, and teamwork, made me fall in love with the sport,” she says.



HEY!  
AR  
SCAN THIS PHOTO  
to see how Yi Ying  
gears up to go  
beneath



## AQUA GIRL

Not even a near-death experience can stop Lim Anqi from diving into her love.

Two years ago, while practising for a freediving competition in Honduras, she blacked out as she surfaced from a 51m dive that was done on a single breath without using breathing equipment or fins. Luckily, safety divers near the surface pulled her out of the water in time, and she regained consciousness.

Out cold for a few seconds, the ordeal felt twice as long.

But Anqi ended up making waves at the Honduras meet, freediving to a depth of 70m in the bifins category and setting four national freediving records at the event organised by the international federation for underwater activities.

To put that into perspective, a scuba diver with open water certification is only allowed to dive to a depth of about 18m. For dives any deeper than that, advanced open water certification – which allows divers to reach a maximum depth of 30m – is required.

“Like any other sport, freediving pushes human limits and boundaries. It is very demanding both physically and mentally, and I would say even more so than most sports, as any mistake could be fatal,” she explains.

But freediving is “also like meditation”. Imagine being completely untethered deep beneath the surface of the ocean, quietly gliding past psychedelic corals and curious fish.

“For a few hours, I can be wholly present in the moment and shut everything else out. I leave my worries behind on land and be one with the ocean, with nature,” she explains.

The Nanyang Business School alumna fell in love with the ocean after she began scuba diving in 2004 whilst on a break from her banking job. The thalassophile never looked back.

“I was scuba diving in Koh Lipe in Thailand when I saw a freediver. I was amazed to see someone exploring the ocean so freely without the aid of an oxygen tank. I then went on to learn freediving from this very person,” says the 38-year-old.

That was in 2014, and over the next five years until COVID-19 struck, she went on to take part in more than 10 international competitions in what is one of the most extreme sports known to man.

## WHEN THERE'S A WILL, THERE'S A WAVE: UNDERWATER SPORTS IN THE NEW NORMAL

With the COVID-19 pandemic throwing cold water on many plans, how have things changed for these intrepid underwater athletes?

**Yi Ying** plays fewer underwater hockey games, training only on weekends at specific timings, since it's tougher to secure pool bookings.

“The pool I use is now split into two training zones and each area can only have a maximum of eight players. Although our playing area is reduced and we train in smaller groups, we're still happy to get a chance to train,” she says.

While waiting for updates on when international competitions can restart, she teaches children and toddlers water survival skills and swimming techniques.



**Zi Xiang** resumed training in Phase Two of Singapore's exit from the Circuit Breaker but in recent months, he's managed to train three times a week again.

With restrictions on the number of players allowed per session, the underwater rugby game

format has had to be tweaked.

“We used to be able to play in teams of six. Now we can only play four-a-side. This makes the game much more tiring, but it's still fun!” he says.

A bright spot amid the pandemic for him? More time to coach others keen on learning a new sport.

“People who can't travel yearn for novel experiences, and interest in underwater rugby has spiked. There are newcomers in our club.”



Freediver **Anqi** has hung up her fins for now, although she occasionally practises in the swimming pool.

“You can't freedive in Singapore – our waters are too murky,” she says. “I'm pursuing a second degree in physiotherapy in the meantime, and eagerly waiting for international borders to reopen so I can return to the ocean soon.”



HEY!  
AR  
SCAN THIS PHOTO  
to catch the graceful  
Anqi in her magical  
underwater  
world



# UNI-VERSE OF FUN

So this is school (when we're not hunched over our laptops and books)

Always game for sporting friends.



SCAN THIS PHOTO

Do we dwarf the setting?



Is this the new paranormal?



SCAN THIS PHOTO if you dare...



Your besties – the icing on the cake.



Lab rat or experimenting chef?



Teamwork makes the jeans work.



SCAN THIS PHOTO for a Disney moment



SCAN THIS PHOTO

Love hanging out on campus.



Perfect crewmates.

Weathering the ups and downs with friends.



# THEY FOUND THEIR CAREER NICHE

Engineer, doctor, banker, artist... you probably know someone in one of these jobs. But how much do you know about a fraud investigator, an urban farmer, a flavour scientist and a white hat hacker? Let these four NTU grads tell you themselves

"TECHNICALLY I'M ALLOWED TO 'DRINK' ON THE JOB."

## HELLO!

**ONG SHI LI**  
Chemistry & Biological Chemistry graduate

**Works at:** Givaudan Singapore  
**Job title:** Application Technologist

**Describe your job.**  
I play with food, or more accurately, flavours in food. I sample food every day, assist in flavour creation and apply these new flavours to food products to check if they work.

**So... what's cooking in the labs?**  
As I'm in the non-savoury flavour department in Givaudan, I work on flavours for things like coffee, tea, alcohol, dairy products, biscuits and even baked goods. Currently, I'm working on a new flavour for alcoholic beverages, so technically I'm allowed to "drink" on the job.

**Tell us your secret to finding this cool job.**  
You have to love science! Chemistry and biology were two of my favourite subjects in school and so it was an easy decision to join NTU. I applied to Givaudan for my internship as I love food and this was right up my alley. One of the first things I had to do was pass a smelling and flavour test. I've been here ever since!

**Any achievement you'll never forget?**  
Beverage manufacturers typically prefer liquid flavours. My fellow flavourists had been unable to convert a flavour from solid to liquid form even after many tries so I was delighted when I managed to pioneer a method for it. This method is still being used in my company today.

**What tips do you have for your juniors eyeing a similar role?**  
The skills I picked up in the NTU labs – and in my biochemistry and organic chemistry classes – helped me settle into my role very quickly, so try not to slack off during your lab sessions and tutorials! Other than that, to thrive in this job and have a lot of fun doing it, you need to have a huge interest in food and flavours, as well as natural curiosity about how things work.

# HELLO!

**SUNNY NEO**  
Computer Science graduate

**Works at:** Cyber Security Agency of Singapore  
**Job title:** Lead Consultant

**Describe your job.**

I lead a team of "white hat" hackers to discover if systems can withstand security attacks by criminals. We do this by playing the role of a hacker and run attack simulations on organisations. In doing so, we help organisations test and improve their ability to detect and respond to cyber attacks.

**Tell us about your lightbulb moment.**

In 2003, my personal computer was hit by malware. That sparked my interest in cybersecurity as it showed me how security vulnerabilities can be exploited to change the way your computer functions. In Temasek Polytechnic, I was exposed to the different aspects of cybersecurity, which stirred my interest in this field.

**Can you explain the importance of cybersecurity to the rest of us?**

How we live, work and communicate is increasingly intertwined with technology, and the COVID-19 pandemic has accelerated this trend. Videoconferencing software, food delivery and online shopping platforms are now a regular part of our lives. Without cybersecurity, we would not be able to trust and use these technologies and platforms with confidence – imagine your identity being stolen, your life savings wiped out.

**What do you love about your role?**

I was in the private sector for many years. There, the work was very rewarding, but the outcome would only affect the client. Here, I get the chance to work on projects and initiatives of much wider significance and contribute at the national level. On top of that, I enjoy working with many passionate colleagues who are laser-focused on driving positive changes across the cybersecurity industry.

**What are you grateful to NTU for?**

My rigorous education equipped me with a strong foundation in the different domains of computer science such as algorithms, operating systems and computer networks. As cybersecurity cuts across domains, I need to be conversant in these areas, which also helps me learn on the job faster. Hackers are always coming up with new ways to circumvent the systems, so my skill set and knowledge need to constantly evolve in order to keep up with them.



**"I GET THE CHANCE TO WORK ON PROJECTS AND INITIATIVES OF MUCH WIDER SIGNIFICANCE AND CONTRIBUTE AT THE NATIONAL LEVEL."**

HEY!  
AR  
SCAN THIS PHOTO  
for some quick  
tips for newbie  
gardeners



## HELLO!

**SARAH RODRIGUEZ**  
Communication graduate

**Works at:** Edible Garden City  
**Job title:** Head of Marketing

### Describe your job.

I am a part-time urban farmer and a full-time marketer for Edible Garden City. We build and construct urban farms for companies, provide restaurants and bars with our produce, and try to encourage people to grow their own food in Singapore.

### How much farming experience do you have?

Not much! Before I joined Edible Garden City, I had a desk-bound job at HDB. One day, I decided to go to Japan to pick apples and live on a farm, and that's what I did for two weeks. I loved that experience so much I wanted to continue doing it in Singapore, so I started volunteering at Edible Garden City. After a few months of seeing me toil under the sun, they offered me a full-time job.

### What is the best thing about your role?

It's wonderful that I get to do a spot of farming whenever I feel like getting my hands dirty. I enjoy working outdoors and knowing that the vegetables that I tend to will eventually make their way to people's plates. What's more, even when I'm working indoors, I know that I'm not boxed in by concrete buildings. All I have to do is step out to be surrounded by nature.

### Take us through a day in your job.

Like most people, I start my day by checking my email. After that, things will not look the same day to day. Each day here is varied and exciting. Some days I stay put at our Queenstown farm. Other days, I might travel to the different urban farms we have in the city, where I'll meet clients or members of the media. Sometimes, I carry out experiments, such as the best way to mix potting soil, and film step-by-step videos so we can pass on our knowledge.

### Advice for your juniors?

Take all the classes you are interested in. I've realised that every industry requires a varied range of skill sets. Even a farmer will require someone with business acumen to develop a business plan and someone with design skills to make their products look good online. So do something you enjoy, enter an industry you like and then find out how your skills can best fit that.

**"I GET TO DO A SPOT OF FARMING WHENEVER I FEEL LIKE GETTING MY HANDS DIRTY."**



"I TRAINED ALONGSIDE VARIOUS LAW ENFORCEMENT AGENCY OFFICERS IN THE UNITED STATES."



HELLO!

TEO ENG SIONG
Accountancy graduate

Works at: PayPal
Job title: Investigator
(Global Investigations)

Describe your profession.
I am like a private detective that's been hired by PayPal to investigate whether white collar crimes such as fraud or sales malpractice are taking place within the company.

How did you land this job?
When I was in my first job at KPMG, I was briefly exposed to the anti-money laundering compliance programme. After that, I joined Navigant, an American consulting firm, where we performed cross-border bribery and corruption investigations.

What about your job motivates you to get out of bed each morning?
I love that my job never gets boring or routine! People who are out to commit fraud are not going to follow a template, so I too have to think out of the box when I'm investigating.

Tell us what skills you need for your role.
I have to be resourceful and think critically to get a satisfactory investigation outcome. I also need to be adept at making sense of data. Other key skills include interviewing techniques.

What are you thankful to NTU for?
NTU's reputation for producing quality "job ready" graduates worked in my favour. My GPA wasn't great, so I think this helped me get my foot in the door in this industry.

# FYI

## SCENE + HEARD



**“When I first encountered HEY! during the freshmen orientation, I couldn’t believe it was possible for a magazine to have augmented reality. I like this new way of reading!”**

– Mechanical engineering student Filbert Yeow, who won a Garmin smartwatch in the HEY! survey lucky draw which also featured prizes like New Balance sneakers, Mi portable photo printers and NTU tees

### SAFE HAVEN FOR YOUR SAVINGS

How do you choose which mobile banking application to use? If your priority is security, you’re in line with findings from an NTU study, which revealed service quality and system quality as other top factors. This multidisciplinary study by faculty from the social sciences and computer science will be useful in helping banks retain and capture customers as they roll out more digital solutions.

**HEY! AR**  
SCAN THIS VISUAL to learn how to stretch your neck at your desk

- Ears lined up over collarbones (i.e. straight neck)
- Shoulders rolled back but relaxed
- Back well supported in neutral alignment (note: the natural curvature of the spine)
- Hips with even distribution of weight
- Buttocks seated all the way back
- Feet placed evenly on the ground

Illustration: We Got Your Back

Check this list to see how ergonomic your workstation is!

### POSTURE PERFECT

Who would have thought sitting around would cause us more pain? But it’s true – our increasingly sedentary lives have made us more vulnerable to neck, shoulder and back aches. Enter a group of NTU students, whose campaign, **We Got Your Back**, promotes good postural habits for your work-from-home soreness. Tips like stretching regularly and how to set up workstations are depicted with fun, easy-to-follow illustrations.

### SMART DELIVERY

We’ve seen FoodBots, the student-created robots that deliver food from their “bellies” to the stomachs of fellow students. Now, there are food delivery bots going boldly where their human counterparts have not gone before – through security turnstiles. Birted in the Continental-NTU Corporate Lab, these robots will be a boon to deskbound workers at JTC Summit, who will be able to get their favourite food from Westgate delivered straight to their cubicles. These wheeled wonders are designed to communicate with building management systems, letting them go through security gantries and ride lifts without a hitch. Now that’s service.



### WHY YOU SHOULD SHOWER BEFORE YOU DIVE IN

Let’s come clean: Do you rinse yourself before entering a public swimming pool? You should, says a water quality expert from NTU. A quick shower washes off ammonia present in sweat, sunscreen lotion and cosmetics, so it doesn’t get into the pool. Here’s another tip: A strong chlorine smell is a giveaway for increasing ammonia levels in the water. That’s a sign of the chlorine working overtime, and an indication that it might be better to leave the pool to reduce the risk of skin irritation or infection.

**HEY! AR**  
SCAN THIS VISUAL to check out one more creative use of durian by NTU researchers

Source: The Straits Times © Singapore Press Holdings Limited. Permission required for reproduction.



NTU has continued its significant momentum as a leading university, taking the top spot in Times Higher Education’s latest ranking of the world’s best young universities. This is the first time NTU has been named the world’s top young university (under the age of 50 years) in two different global indicators. In the Quacquarelli Symonds Top 50 Under 50 list, NTU has been ranked No. 1 for the last seven years.

### ARE YOU SCAM-PROOF?

- “What’s your bank acc number?”
- Deposit required
- “Can we talk over WhatsApp?”
- 50% off branded goods

Did you check any of the above while making your latest online purchase? You might be vulnerable to a scam, says Dwindle the Swindle, a student-led campaign that aims to educate young shoppers on how to guard against e-commerce cheats. This is particularly timely as the pandemic has made people more prone to online hoaxes, says an NTU criminologist. Stress and the lack of support from others could lead to poorer decision-making. To keep yourself from being fooled, don’t ignore a red flag and don’t hesitate to seek a friend’s opinion.

### A TOUCHING DISCOVERY

The pandemic has made it harder, quite literally, to keep in touch with our loved ones. The lack of physical touch has been detrimental to our emotional health, according to research from NTU. A touch activates the part of the brain that links to a person’s emotion and can alleviate someone’s pain. The next time you see a friend in need of comfort, a hand on his shoulder might help more than you think.

# HEY, TECH'S WHAT I NEED FOR SCHOOL

These are challenging times as you toggle between the physical and virtual realms for lessons, projects and discussions. What gear do you need for that seamless grab-and-go experience, wherever you are? HEY! compiles essential tech that will get you to maximum university success

## MECHANICAL KEYBOARD

Whether you're a humanities student churning out term papers, or a computing whiz crafting lines of code, you're going to be doing a lot of typing as a student. Make it an enjoyable experience by switching to a mechanical keyboard.

Mechanical keyboards give tactile feedback, changing the entire experience of typing, with responsive keys, lighter touch, and oh-so-satisfying clicks. Good wireless ones cost more than \$100, but you'll be hard-pressed to go back to softer keyboards once you've experienced the joys of mechanical keys. Using a mechanical keyboard also encourages better ergonomics by allowing you to raise the laptop screen to your eye level while having the keyboard at desk level, so you don't hunch over your laptop.

If you often switch between devices, opt for one that lets you pair with and switch between macOS, Windows, iOS and Android devices. A svelte "tenkeyless" keyboard without the number pad is another handy option.

## WEBCAM

Stay in the clear with a decent webcam, instead of the dinky low-resolution one on your laptop. If you're going to be graded on class participation, you might as well participate in style.

Decent webcams can be found for below \$100. Get one that boosts your video quality up to 720p and captures a wide-angle field of view – around 60 degrees is great. Compact webcams can be easily clipped to an external monitor or the top of your laptop screen. One with an extendable cable will let you position the lens at a more flattering angle.

Other features to consider are auto light correction and fixed focus, which will make it fuss-free to set up and start rolling with clear and accurate colours.

## FITNESS TRACKER

Keep the dreaded "freshman 15" at bay by making sure you are getting enough exercise to compensate for all the suppers and bubble tea you'll be having. Squeezing 10,000 steps in every day is a good start, and a fitness tracker can both keep track of how active you've been and send you reminders to keep moving throughout the day. Exercise junkies can get more mileage with advanced features like heart rate monitors that give real-time feedback on how hard you are pushing yourself.

A decent tracker with essential fitness-tracking features in a slender, budget package should cost around \$100. Get one that can be calibrated for different activities, from your gym sessions to runs and laps at the campus swimming pool. A sleep tracker is a bonus to ensure you are getting enough quality shuteye. Lastly, get one with a long battery life, so you don't have to spend too much time without your tracker on while it's charging.

## WIRELESS MOUSE

Laptop trackpads have come a long way, but nothing beats the precision and comfort of a dedicated mouse. It's also better ergonomics. Choose one with a sensor that works on a variety of surfaces, so that you can have a smooth scrolling experience whether you're using a study bench, a lecture theatre table, or even your lap.

A small, portable mouse that can be packed in a pencil case will see you from home to campus. It's best if it can pair via Bluetooth, so you don't have to lug around a separate dongle. Multi-device pairing is another convenient feature to look out for, so that you can effortlessly switch between a home desktop and your laptop.

## SMART MASK

Masks – the hottest item of 2020, and from the looks of it, also this year. Normal cotton or surgical masks cramping your breathing style? Up your mandatory mask game with a "smart mask".

Brands are starting to come up with hi-tech alternatives to cotton or surgical masks. Some are both a mask and an air purifier, for days where you have to combat both COVID-19 and the haze. These come with HEPA filters that can filter up to 99.95% of harmful airborne matter such as viruses, bacteria and common allergens. Such tech could set you back some \$200, but that's the price to pay for being an early tech adopter.

## EXTERNAL BLUETOOTH SPEAKERS

Laptop and phone speakers tend to leave you wanting more. Listen to your music, videos, movies and online lectures the way they were meant to be heard through speakers with dedicated drivers. A simple, portable Bluetooth speaker can be paired effortlessly to multiple devices to amp up your audio enjoyment, while not taking up much desk space.

Aim to get one with a long battery life, around 12 to 16 hours on a single charge, so you can take it with you around campus. Some Bluetooth speakers let you connect a pair of them together to get stereo speakers replicating left and right sound channels, which is an option to consider should you want to get even bigger sound in the future.

HEY!

AR

SCAN THIS VISUAL for your chance to win a pair of Sennheiser CX 400BT True Wireless earbuds



## WIRELESS EARBUDS

Nothing beats a pair of wireless earbuds for portability – no wires to untangle, and small cases that easily fit pockets or bags. Take Sennheiser's CX 400BT True Wireless Bluetooth earbuds (\$299, discounted to \$179). They bring killer sound for their price range, with deep, warm bass and pleasingly clear treble. They can be paired with iPhones and Android devices, along with your laptop, and are a great alternative to take calls on too.

Audio nerds will appreciate that these earbuds support high-definition audio playback. They pack an audible punch even without active noise-cancellation found on more expensive earbuds.

## EARPHONES WITH MIC

No one wants to hear feedback while on a group call, and you don't get the best audio experience from your laptop's tiny speakers. The earphones that come with your smartphone are a slight upgrade, but you can do better without breaking the bank.

Out of the sea of earphones on the market today, there are upgrades to be had at almost every price point. Some great budget options start from \$20. For best audio quality, keep an eye out for drivers that can reproduce a frequency range of 20-20,000 Hz, so that both bass and treble notes hit sharp and clear.

Earphones should be light but sturdy, and earbuds should provide a nice seal and noise isolation, and be comfortable enough to wear for long stretches at a time. Make sure the mic sits near your mouth, so you don't have to fuss around with wires when you're speaking.

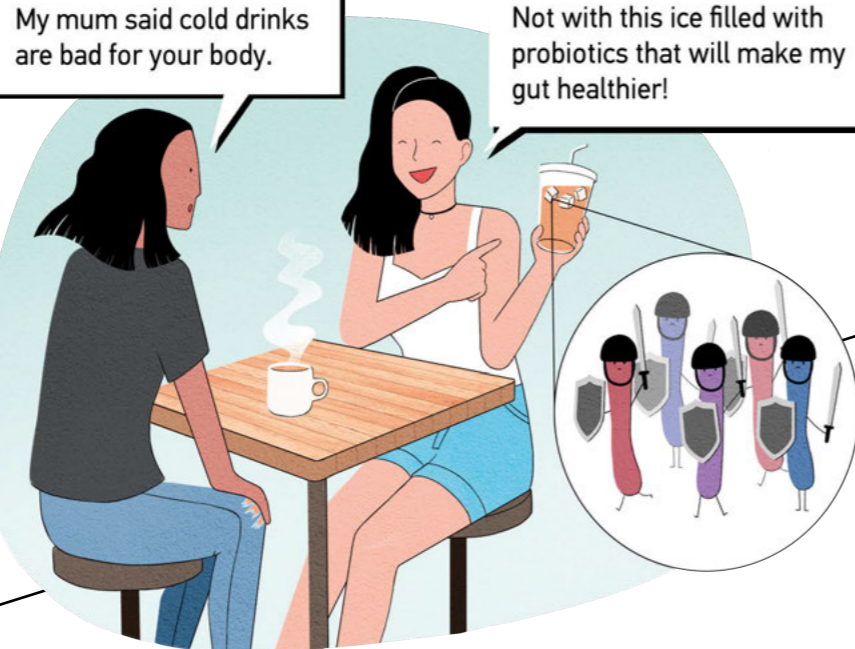
# TOMORROWLAND

How NTU-made technologies are changing our future

## Cool probiotics

**Now**  
 Shop for gut-friendly ice cubes at the supermarket. Developed by NTU's food scientists, the ice contains probiotics similar to those found in yoghurt drinks, but without the calories, so you can have a chilled drink that boosts your gut health at the same time.

**Future**  
 Imagine these on supermarket shelves – frozen cake or yoghurt, ice cream and other iced products containing probiotic additives that help to promote good gut health.



**HEY!**  
**AR**  
 SCAN THIS ILLUSTRATION to see how flowers could plant thoughts in our minds



## A crystal ball for smart lighting

**Now**  
 A compact "crystal ball" that can efficiently harvest sunlight and relay it underground is being trialled on the NTU Smart Campus.

Taking inspiration from a magnifying glass, NTU researchers came up with the device that focuses sunlight onto a single point, and then transports it to a basement through a fibre-optic cable.

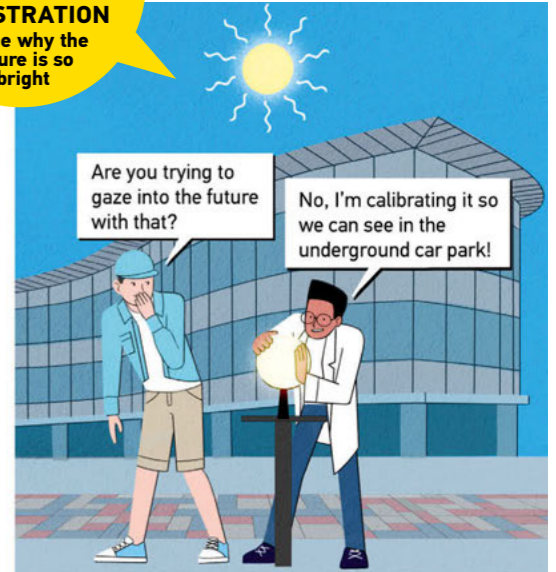
Their "solar concentrator" is smart enough to tilt and rotate to capture the strongest sunrays through satellite positioning, with the resulting underground illumination as

bright as any bulb's. At night, an LED bulb beside the fibre-optic cable continues to keep the space below lit up.

**Future**  
 If you work in a windowless environment, say "hello" to natural daylight "piped in" from outside with smart crystal balls mounted on top of street lamps that collect light in the day to illuminate any dark space and double up as LED lamps at night to keep streets safe.

You may see this energy-conserving solution in densely populated cities, where round-the-clock demand for lighting looks set to increase as more people live and work underground.

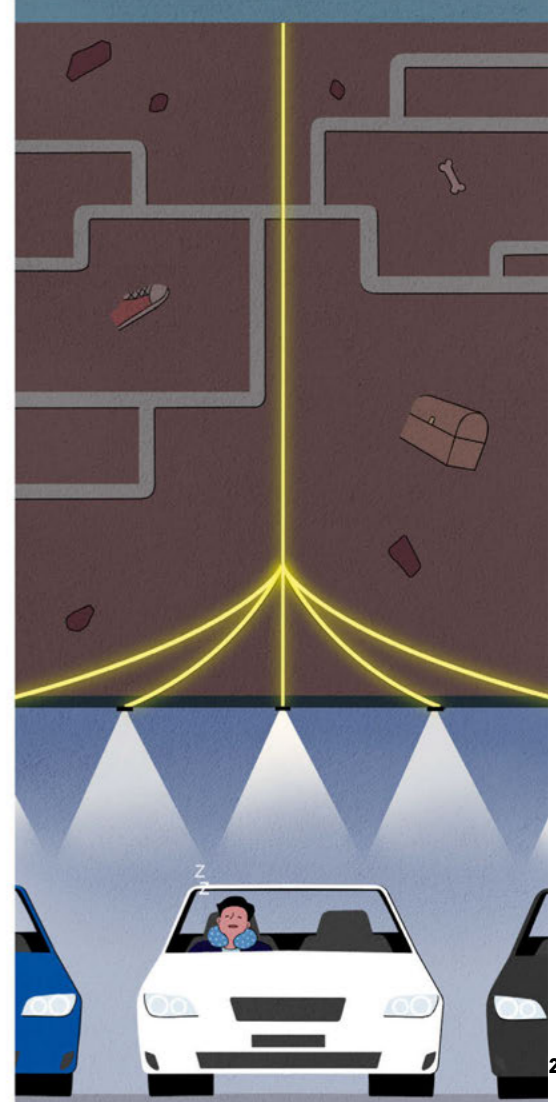
**HEY!**  
**AR**  
 SCAN THIS ILLUSTRATION to see why the future is so bright



## Hey bud, how's it growing?

**Now**  
 NTU scientists have found a way to "communicate" with plants by sticking a gel-like device onto their stems. With this setup that transmits electrical signals at specific frequencies, they triggered a Venus flytrap to close its jaw-like leaves on demand via a smartphone app.

**Future**  
 With a device to help us understand the state our plants are in and to "control" them, the possibilities are limitless. Using thousands of these small devices, for example, farmers could monitor their crops for "distress signals" to prevent crop infestation. Advanced "plant-based robots" could pick up fragile objects that are too delicate for rigid, robotic arms.





# OVERSEAS GRADS: STILL THE TIME OF OUR LIVES

Just like many of us, these grads dreamt of an expat life beyond our borders. Here's how they made it happen and have continued to thrive in pandemic times

## INSIDE THE THEATRE OF DREAMS

Before the pandemic, Cho Jia Yan's role as a Manchester United employee included quarterly trips to Old Trafford and accompanying club legends to different parts of the world as part of the club's partners' marketing efforts.

"Yeah, I've met Ole Gunnar Solskjaer and most of the first team players. We would discuss and brief them on what to say when we film content for our partners' marketing campaigns. I've also spent a lot of time with former players like Wes Brown,

Dwight Yorke and Andy Cole in places like Toronto and Shanghai when they have meet-and-greets or other events," says the 2015 sport science and management grad, who calls Hong Kong home.

The seasoned jetsetter's interest in working abroad was piqued as an NTU undergraduate, first when she did an exchange in Canada, then during her internship at Lagardère Sports, a global sport marketing agency, which took her on full-time in 2015 after she graduated. And when the opportunity to head up a new office in

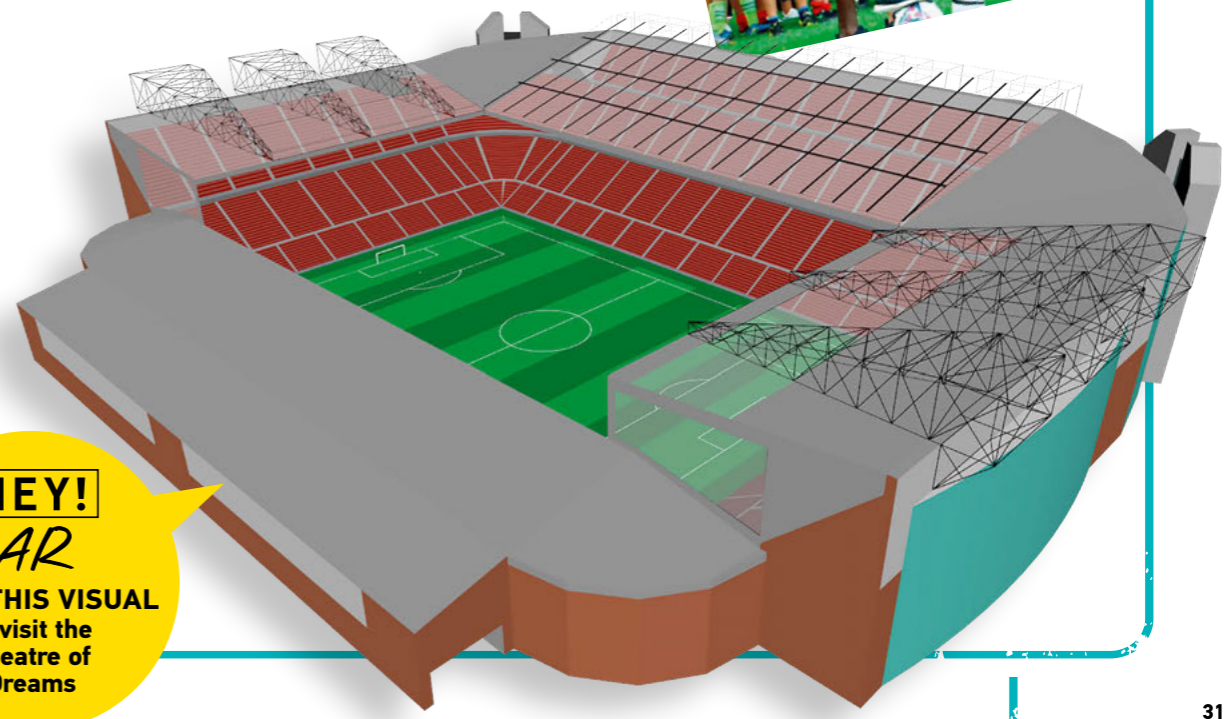


Shanghai came up, she immediately raised her hand.

"The first three months in Shanghai weren't easy. I didn't have friends there and had to adapt to using WeChat for almost everything and working at a super-fast pace. Once, I didn't reply a client's WeChat text within an hour and they complained to my boss!"

In 2019, she scored the move to Manchester United and to Hong Kong, where, in her words, the culture is "work hard, play harder".

"We give it our all during office hours, but make an effort to wind down after a long day, such as at the nearby bar. We have team bonding activities like art jamming and junk boat parties. We were supposed to go for the Rugby Sevens, but it got cancelled because of COVID-19."



HEY!  
AR  
SCAN THIS VISUAL  
to visit the  
Theatre of  
Dreams

## SNOW TIME LIKE NOW

Life's an adventure – you just need to say “yes” when opportunities knock. A few years ago, it dawned on chemical and biomolecular engineering grad Tee Chin Yaw that he could go further, literally, after a casual conversation with his wife.

“We talked about the prospect of living overseas while we had few commitments. I'd had short stints in different countries earlier in my career, but the thought of relocating long term never crossed my mind,” says Chin Yaw, who was then in his sixth year at consumer goods manufacturer Unilever, his first job after graduation. Being employed by a multinational corporation worked to his advantage as he was able to arrange for an international assignment as part of his career progression.

Still, he admits it was a “huge gamble” as he accepted a lower pay and his wife would have to find a new job. It also meant learning a new language and adapting to a new climate and culture. What he did have was a positive mindset and a strong conviction.

Life in Schaffhausen in Switzerland has been “idyllic”, he says. “We chose a modern apartment,

situated among centuries-old buildings, that felt like our HDB flat back home. We picked up skiing, which was really just an excuse to go to the beautiful mountains every weekend! And of course, we started making new friends through our German classes.”

Transitioning into his new role as a procurement manager brought back memories of his six months in the UK as an NTU student.

“NTU has given me wonderful opportunities to broaden my horizons, experiences that have moulded me into a ‘global citizen’. Electives like Spanish, Chinese poetry and my minor in entrepreneurship also gave me insights into the diversity that exists in the world. These probably influenced



**HEY!**  
**AR**  
 SCAN THIS VISUAL  
 to scale the  
 Matterhorn in the  
 beautiful Alps

me to join an international company too.”

With the benefit of hindsight, Chin Yaw has these words for others considering a similar path: “If you are 50-50, take the plunge. It's impossible to anticipate everything. Go with an open mind and a strong motivation to succeed and enjoy the adventure.”



## FROM COUNTRY TO COUNTRY

Despite speaking four languages and having worked in three different countries, Rosma A Majid wasn't satisfied. The onset of the pandemic prompted a period of self-assessment for the economics grad, who had been in her Tokyo-based position at a publishing firm for five years.

“The world is changing and so are the skills that will be needed. So I decided to quit and go back to studying. These two years would also give me time to think about what I really want to do to contribute to society,” says Rosma, who's now taking her Master's in International Business and Economics in Stuttgart, Germany.

Her journey around the world started in her freshman days.

“When I found out NTU offers Japanese as an elective, I rushed to secure a spot in my first semester, and moved up the levels in later semesters. In all, I completed five of the six Japanese courses available!”

Rosma's keen affection for the Japanese language and culture didn't go unnoticed by the “sensei” at NTU's language school, and she was picked for an enrichment programme that took her to various

parts of Japan in her second year. A six-month internship in Ho Chi Minh City in her third year only affirmed her globetrotting ambitions.

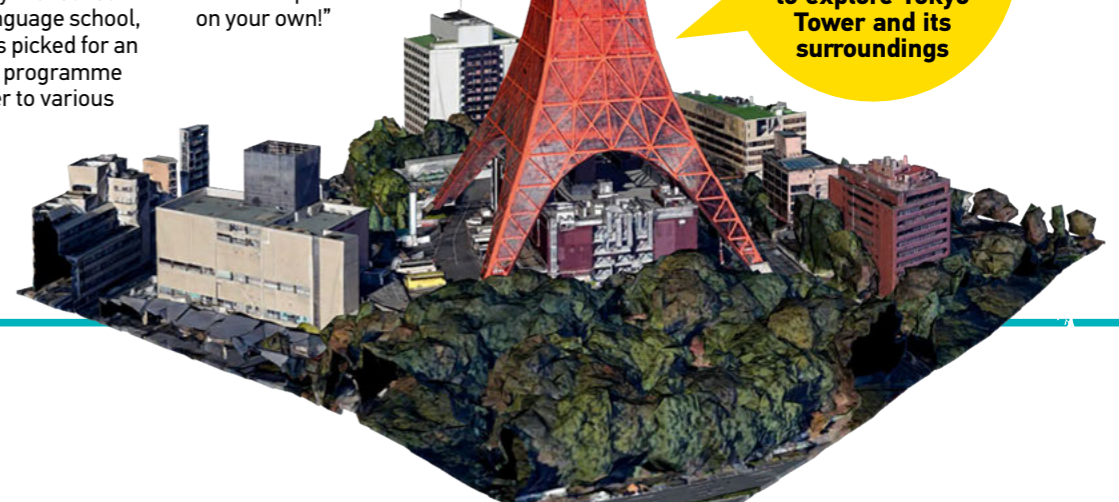
Her proficiency in Japanese landed her a permanent job at A+U Publishing, which specialises in bilingual (Japanese and English) periodicals. Within two years, she was posted to the company's headquarters in Tokyo. If mastering the language was the first hurdle, adapting to local working customs was the next.

“I learnt *kuuki wo yomu*, or how to ‘read the air’. The Japanese way of speaking is quite indirect and there are unspoken implications, so you need to be on your toes and not say or do anything that might offend a co-worker. Also, when presenting an opposing point to a senior colleague, it's better to say it in a roundabout way.”

Undergrads at NTU have the world at their feet, says Rosma. “NTU offers many programmes where you can gain exposure and build a network abroad. Keep your eyes peeled for these and take advantage of them. And I can't stress this enough, learn the native language of the country you intend to work in, at least to a level where you can make a trip to the doctor on your own!”



**HEY!**  
**AR**  
 SCAN THIS VISUAL  
 to explore Tokyo  
 Tower and its  
 surroundings



HEY!

AR

SCAN THIS VISUAL to bring Hollywood to your home

# HOLLYWOOD

## SHOW AND TELL

The next time you watch an animated TV series, look out for Samantha Suyi Lee's name in the credits. In the last four years, she has worked for DreamWorks, Warner Animation Group, Netflix and Walt Disney in Los Angeles.

She explains: "It might seem odd for someone to have worked in so many studios in a span of a few years when traditionally, most people believe job stability comes in the form of staying in a single company for a long time. But truth is, in Hollywood, it's not uncommon for artists, editors, directors and production people to be hired for the length of a show's production."

"Once they're done, they move on to the next show. Most artists prefer this too – we're usually following our noses and moving around based on what show we want to work on rather than what studio we want to work in."

An artist by training, Samm's latest role sees her as a director at Disney, working on the animated series, Marvel's Moon Girl and Devil

Dinosaur, which will air on the Disney channel next year.

A typical day at work is peppered with meetings over Zoom, art reviews, edit sessions and lots of drawing, though the highlights are online voice-recording sessions where actors read their lines for the show.

"I've seen some of my favourite actors and I try to keep it cool, but secretly I'm fangirling my heart out! I've also met James Baxter in the flesh while I was at Netflix. He's a legend in the animation industry and known for his work on shows like The Lion King, Beauty and the Beast and The Prince of Egypt. Listening to him talking about his work process was really inspiring."

While working overseas was never a goal, Samm, who graduated in 2010, says her time in NTU and the School of Art, Design & Media made her

"well-rounded", even if she didn't appreciate it back then.

"As a digital animation major, I wanted to focus on just character animation, but I was 'forced' to experience other aspects of work in the animation industry, from modelling and rigging a CG character to lighting and texturing a scene. I'm glad I did! I've realised that as a director, I can communicate well with other departments like the lighting and modelling teams, because I know what their work entails."

She adds: "In university, I recall many of us artists being a little resentful that we had to do general courses unrelated to art. But all these classes have turned out to be useful in my job. A sociology class I took came in handy for an episode I directed about gentrification, and the forensics science class I joined on a whim helps with any story where some crime scene investigation is needed. Also, Contract Law has been a life-saver!"



## LONDON CALLING

"You don't get a second chance at being young and passionate," says Nedra Lim, who seized a one-way ticket to London last year when she clicked a job in UK-based travel technology company Skyscanner.

Working overseas has been an ambition since her time as an exchange student.

"My stint in Berlin, Germany, really changed my perspective of the world and the phrase, 'The world is my classroom'. I learnt from friends from different countries and cultures, and discovered a curiosity for life and the world beyond my bubble in Singapore."

"Living alone came quite naturally for me since I've gone on exchange alone, but this was different. Relocating to London for work felt like I was going through 'hyper-adulthood'. I had to find a place to rent, get furniture, pay bills and sort out everyday necessities on my own, and all this at the point when the pandemic started to hit the UK."

With the travel industry being among the most severely impacted sectors, Nedra was affected by a major restructuring at her company, which let many of her colleagues go.

"I had to adapt in an instant to big changes in roles and day-to-day projects we were working on. This meant I had to pick up many new skills."

No two work days are the same, though on a typical work day, she talks to partners from around the world while managing marketing campaigns and linking up with the engineering team. The 2017 mathematical sciences grad believes in finding silver linings and being thankful for the opportunities given to her.

"I have a job I love, an amazing work-life balance and autonomy over my career development and goals. Having talented colleagues to learn from will help me down the road too."



HEY!

AR

SCAN THIS VISUAL to clock in with Big Ben



## Pandemic reflections

Since the start of the pandemic, Samm, Nedra, Jia Yan and Chin Yaw have all been working from home. All agree that their ideal working arrangement would consist of them going into the office half the time, mainly for the social interaction that feeds the creative process.

Samm counts herself lucky that the animation industry has emerged relatively unscathed.

"Disney sent me a whole setup – laptop, Cintiq and secondary monitor. But I do miss lunches with colleagues and meeting people face to face for casual chats and discussions. When I was promoted to director, I would have everyone meet online on Thursdays for an hour or so to chat. We'd crack a cold one and just have a chill time together."

In London, Nedra, who has been given the option to work from home until the end of this year, says: "I would like to go back to the office for the interactions and chats, because that's where you learn a lot more about the other parts of the business from people who aren't in your team."

Hong Kong-based Jia Yan's work calendar is filled with video conferences, and she has the rules of Zoom down pat, including muting appropriately and identifying herself before speaking.

"More importantly, I've also learnt to respect my time and that of others. I take breaks when necessary and avoid scheduling calls during lunch," she adds.

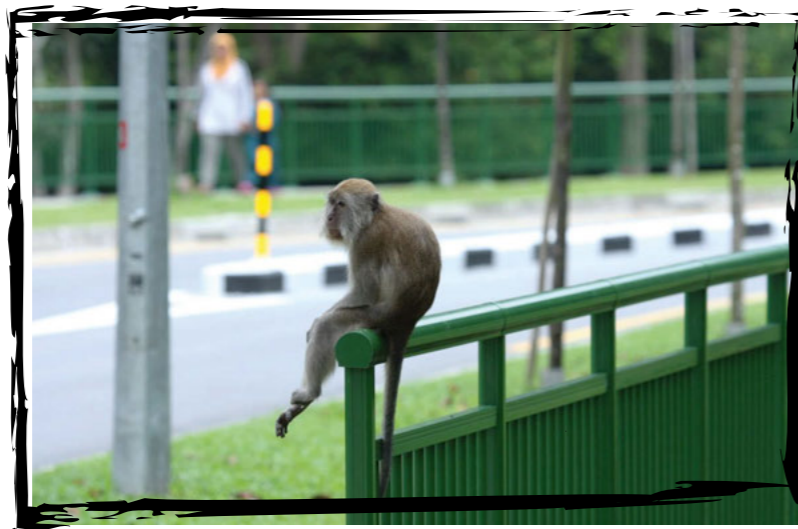
"Empathy has become more important," Chin Yaw says. "Virtual interactions also require more sensitivity to prevent misunderstandings. We are all in different boats in the same choppy ocean, in both business and personal contexts."

Calling the pandemic a "black swan" event, he adds that the unpredictability of life shows the need for adaptability.

"We may not be able to foresee these events, but we can put ourselves in the best position to survive them. We need to constantly learn, develop and evolve."

# MONKEY SEE, MONKEY DO (NOTS)

NTU, a haven of wildlife, brings friends of all stripes and species. NTU primatologist Assoc Prof Michael D Gumert sheds light on what to do when macaques get a little too close for comfort



Photos: Assoc Prof Michael D Gumert

## Scenario 1 "A macaque entered my room through an open window. What should I do?"

Long-tailed macaques have been seen at Halls 9 and 10, spotted having a meal near the campus McDonald's, and even filmed stealing bread from the North Spine bakery.

While many assumed the COVID-19 "lockdown" led to a boom in the local macaque population, Assoc Prof Gumert says the mammals were simply exhibiting their natural behaviour. "It is normal for male long-tailed macaques to emigrate from their natal groups to new areas in search of new groups to join."

"Adolescent males, comparable to college-aged guys, leave home to make their way in the world. They eventually move on to join a group of females when they are strong enough and ready."

"The ones spotted on campus might have left the nearby forests for NTU. This will happen again, Circuit Breaker or not," notes Assoc Prof Gumert, who explains that these animals naturally explore spaces, urban or otherwise, and that males will go in and out of groups throughout their entire life.

"Macaques can move to new areas, whether people are around or not, and often prefer a human-populated place, as that equals high quality food."

So what should you do if you encounter one of these visitors?

Nothing. According to Assoc Prof Gumert, the safest reaction is no reaction. Stay calm, do not make any sudden movements and simply let nature take its course. If you are afraid of being attacked, you should call for help, possibly from campus security or anyone who is more comfortable with macaques.

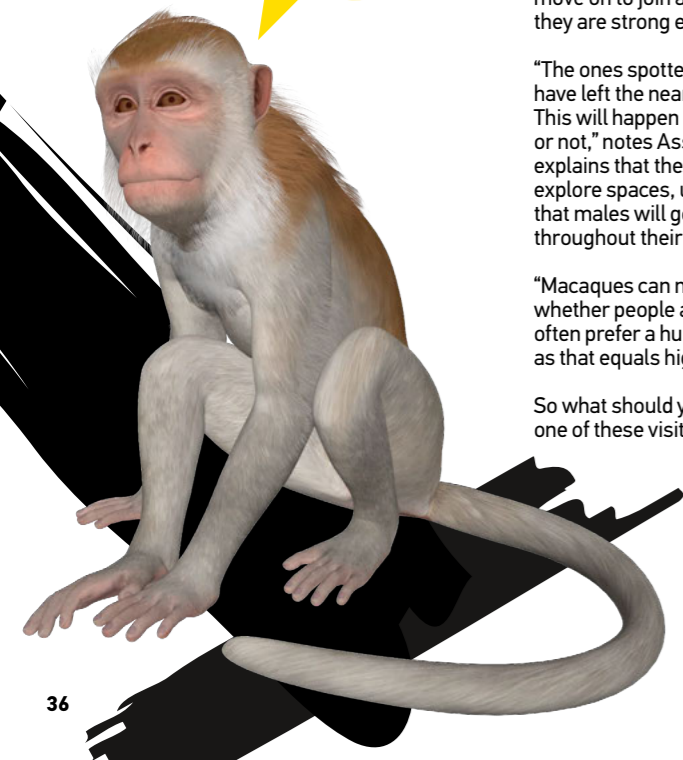
"Most of the time, they're interested in something other than you. You think it's looking at you, but its attention could be on something else, like your snacks, for example."

Don't look a macaque in the eye, as it could be perceived as aggression. Remember that once a macaque is no longer interested in something, it will leave it alone. In this case, the macaque will probably leave your room when its curiosity is satisfied.

## Scenario 2 "I think the macaque tailing me is after my bag of food. Should I run from it?"

Do not run. Your best course of action would be to either conceal the bag of food or discard it. In most cases, the macaque is following you because it knows or thinks you're carrying food, so it would be best to give up that nice supper for the sake of your safety.

HEY!  
AR  
SCAN THIS VISUAL  
to see a life-sized  
long-tailed  
macaque from a  
safe distance



### MEET THE MACAQUES OF NTU

An adolescent male macaque spotted near NTU's Canteen 2.

Another long-tailed macaque seen hanging out in its natural habitat across Hall 2.

### Learn to get along

Assoc Prof Gumert admits there's no foolproof method of handling primate encounters. Try to understand the animals better, he suggests. "They're almost like little people with personalities of their own, and maybe that's one of the things we can think about. The more you pay attention to them and learn their mannerisms, the better you can predict what they will do."

"They're just living comfortably alongside us, whereas we may see it as a problem," he adds. The macaques have simply become accustomed to sharing their living space with humans and are indifferent to our presence. "Develop a certain level of familiarity with these animals like you do with other people or your pets. If you're at ease when they're around, then there's less likely to be a problem."

**Quick Tips**

- 1 Don't leave food lying around in your hall room.
- 2 Since macaques associate plastic bags with food, quickly hide your bag as soon as you see a macaque in your path (and preferably before it spots you since it's always better to proactively move out of a possible encounter).
- 3 Be aware of wildlife when walking outside (instead of constantly looking down at your phone). Boars and the occasional snake have been spotted at the campus periphery as well.

| ADVERTORIAL |

## SOOTHING SOLUTIONS

Suffering from recurrent back and neck aches, numbness or tingling in the hands and feet since you started working from home?

Lower back pain and soreness may be a problem for those who spend long hours at their desks. Besides lower back pain, you may also be experiencing tightness in the back or radiating pain or numbness in your feet. Without proper ergonomic setups at home, even blended and flexible work arrangements can take their toll on you as you work longer hours.

To consult a NovaHealth TCM physician or to experience a treatment session that includes consultation, tuina and acupuncture, call or WhatsApp 6513 6265 for an appointment.

For a limited time only, experience a basic TCM treatment session at \$68 or a one-hour body massage session at \$38.

[www.novahealthtcm.com](http://www.novahealthtcm.com)

While the initial pain and discomfort can be endured, your lifestyle could result in chronic pain and related issues such as poor sleep, moodiness and reduced flexibility in the long run. So get moving!

Or have your issues addressed with Traditional Chinese Medicine (TCM) techniques. NovaHealth TCM Clinic combines TCM techniques with the use of EMMA, a robot masseuse developed in NTU, to improve blood circulation and release muscle tension. For instance, physical pain and discomfort can be significantly relieved by acupuncture and therapeutic massage, while herbs can help with restoring balance within the body.

HEY!  
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SCAN THIS IMAGE  
for a chance to win a \$128 pain management session that includes consultation, massages by robot masseuse EMMA and a physician, and acupuncture treatment

**HEY!**

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for your chance to  
be an early bird  
winner**

**TEE TIME!**

**STAND TO WIN LIMITED-EDITION NTU T-SHIRTS IN  
THE NEXT BIRTHDAY ISSUE OF HEY!. DON'T MISS IT!**