

CAATSULE





COLLEGE OF ALICE & PETER TAN

National University of Singapore

Fellow CAPTains, I uphold the college's values:
Integrity, Audacity, Compassion, Teachability;
and I ACT to engage communities as an active citizen.

I am the steward of my personal growth
and I ACT upon opportunities.

I am integral to the College community
and I ACT to reach out to its members.

I endeavour to actively contribute to the college
for I am a CAPTain, and will always be one.

EDITOR'S NOTE

Dear Everyone,

Welcome to the third issue of CAPTsule! This year has been filled with a lot of growth for us as individuals, and as one CAPT community. Thus, the team had to really think long and hard about how we could condense all that into one yearbook.

We finally ended up drawing inspiration from the colourful nature of 8-bit games like Mario Bros and Pac-man, in hopes of capturing the diversity of individuals coming together to form the vibrant community present in CAPT. The college is truly brimming with life as we see the continuity and evolvement of the many initiatives in CAPT over the last year. We hope that this issue rightfully encapsulates the innovation and perseverance that goes behind these initiatives!

What you are holding in your hands right now is a product of hard work and passion from many amazing individuals. I would like to first express my immense gratitude to my team — Evelyn, Kevin and Mun Yee for the dedication and ardour in bringing our vision to life. And to Nicholas and Wei Yang, thank you for being constant, guiding presences in our journey; to Soon Fen, thank you for your unwavering support and counsel through it all!

Last but not least, I would like to thank the rest of the Publicity committee (for all the laughs and support), CAPTure, the CSC, Professors, House Committees, staff and all CAPTains for your contributions; this would not have been possible without any of you. Each one of you is definitely a treasured part of this issue.

Without further ado, I present to you the third edition of our CAPT annual. I hope that it finds you well, whether you're reading this after our Farewell Dinner, in a year or in 10 years even; may it always be a tangible reminder of the memories and friendships forged in CAPT for many years to come!



Sarah Bethany Rozario

RECTOR'S ADDRESS

Dear Friends,

Greetings to all of you. This is the third message that I have been asked to prepare for the annual CAPTsule magazine.

Having taken a look at the message I sent last year, and having compared it with the previous message, I discovered that I had done no better than merely repeat myself. I did not think it would be a good idea to repeat myself yet again. So I asked your hardworking editorial team to provide me with some inspiration for this third issue.



In the course of our conversation, we discussed the objective of the magazine. That led to a discourse on the importance of clarity and purpose in life. I expounded my view that in whatever we set out to do in life, and however exalted or humble it may be, clarity must inspire the objective. And second, we should try to avoid fudging the issue by setting out half a dozen objects or purposes. Just one, that is enough, and that is the measure of how well we shall have achieved it.

The editorial team seemed to be quite intrigued by that doctrine, and suggested that I incorporate it in my message. So there you are.

I send best wishes for your happiness and good health, as well as progress in your studies and co-curricular activities. These two, three or four years that you spend in CAPT will, you will eventually discover, be among the happiest in your life. Make the best use of your opportunities here.

J V Pillay

MASTER'S ADDRESS

Dear CAPTains,

It's been a busy year! Finding the sweet spot where everything hums along at the right pace is not easy when there are only 13 precious weeks each semester. I'm sure many of us have felt stretched at some time or other over the last 10 months. That's not surprising, because the College has been brimming with life. Kudos to everyone who has played a part in that – whether in an active role through leadership, organizing or participating in college events, keeping the interest groups or sports teams going, playing hard in ICG, or simply being an encouraging presence or a listening ear for your neighbours. Well done!



This has been a year when new platforms for learning have flourished – more STEER trips, the Arts Showcase, our first SI STEER to Nepal; and a steady stream of academic visitors who have opened our eyes to sculpture, photography, migration and dinosaurs.

It has also been encouraging to see CAPTains continue to build on time-tested student-led initiatives which are close to our hearts – in many cases, the baton has been handed on to a new team and they are going strong. Kindle, CAPT Clouds, CAPTSlam and our own CAPT Support are just some examples of these inspiring projects.

The publication you are holding not only recounts the diverse activities of the past year; it captures the spirit behind this and reminds us of what we celebrate as a College, and also of what runs deep. At the core, I am thankful that CAPT continues to be defined by our people, the values we hold as a community, and how we act on them. This, to my mind, is our best CAPT secret.

*With all good wishes,
Adeline Seow*

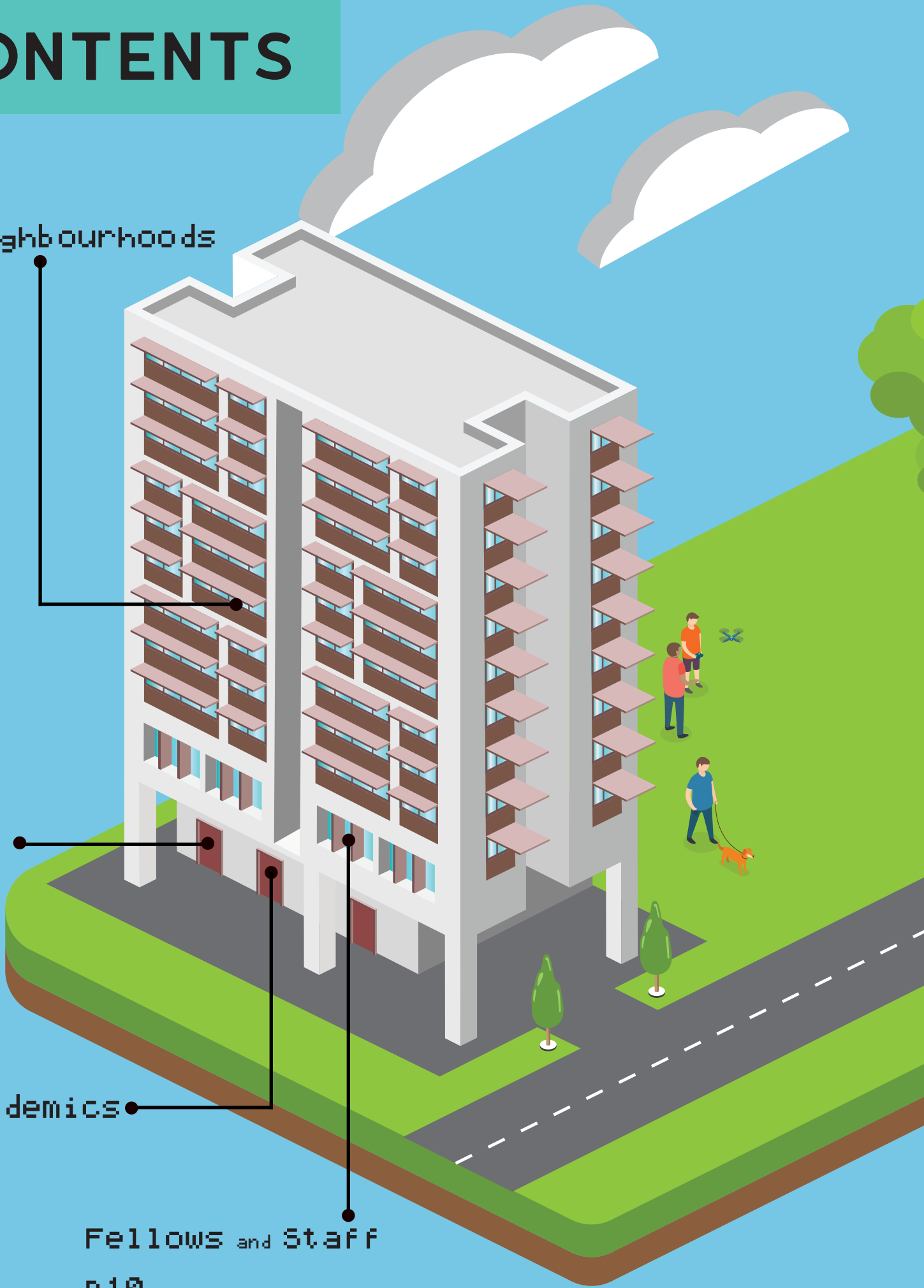
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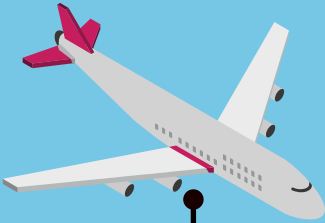
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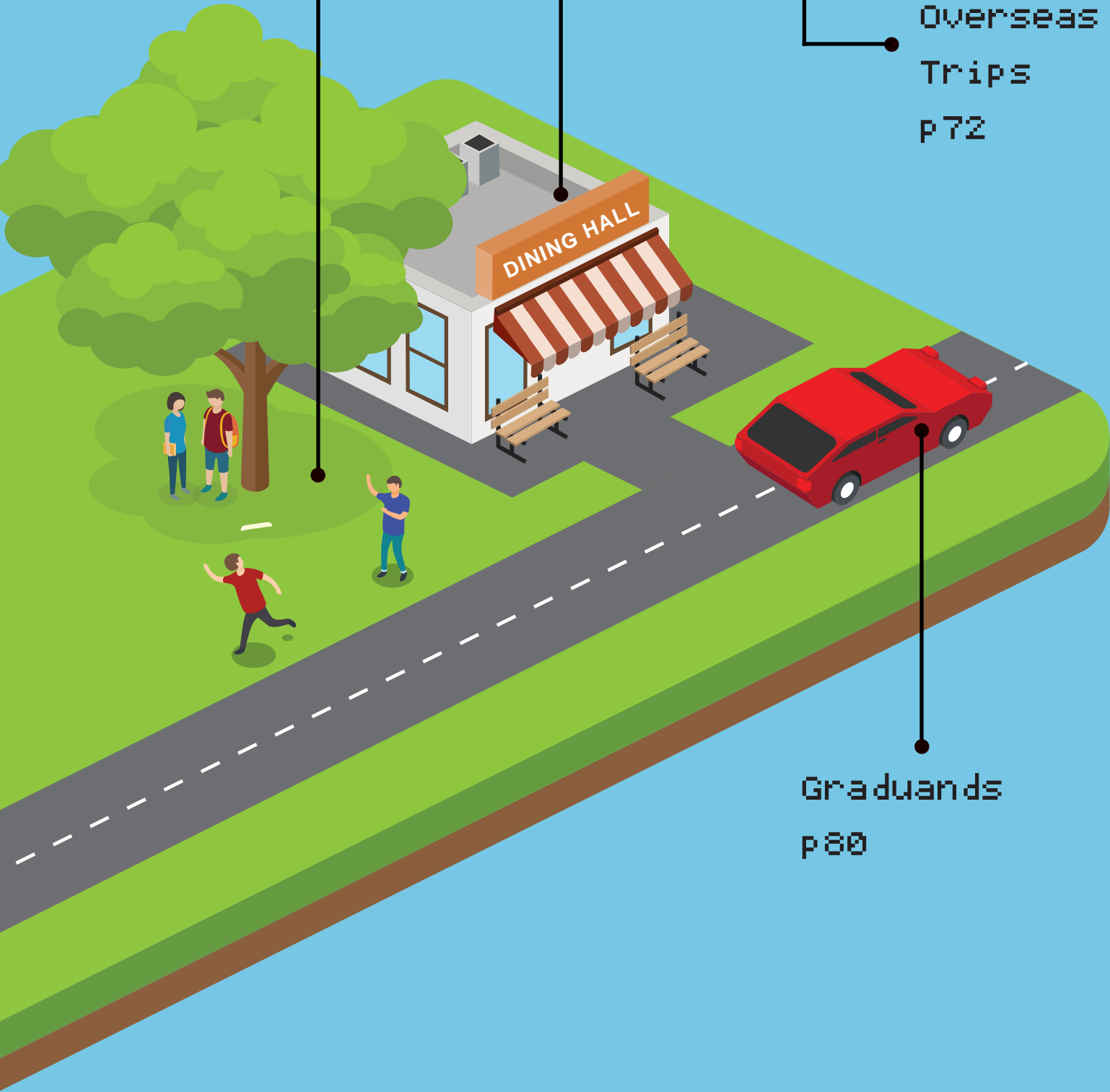


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FELLOWS AND STAFF



FELLOWS



Dr Seow Teck Keong

What is CAPT to you?

CAPT is both my home and my working place. As my home, CAPT is like a large family to me. As my home, I am concerned with the welfare of the family of CAPT. As my work place, CAPT is where I fulfil the responsibilities and duties that I have been entrusted with. As my work place, I take ownership of the well-being of CAPT as an organisation within NUS.

What is something on your bucket list?

In December 2017, I had the opportunity to tag along with the STEER Myanmar team on the Inle Lake segment of their trip. I was fascinated with Myanmar, and would like to visit the country again, and experience the view over Bagan from a hot-air balloon.

Dr Daniel Jew

What advice would you give to your 18-year-old self? Or to CAPTains?

Buy life insurance with your first paycheck – it's much cheaper when you are young! Use a budgeting app like Toshl. Take care of your health, your middle-aged self will thank you. Love yourself unconditionally. Moments of 'failure', such as the mistakes we make, are the best learning moments. I high five my children when we make a mistake. It's like levelling up!

What is your favourite quote and why?

'Vocation is the place where our deep gladness meets the world's deep need' (Frederick Buechner).



Dr Sue Chang Koh

What is your favourite quote and why?

Everyone wants to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down."

— Oprah Winfrey

One of my favourite quote - it speaks volume of who are true friends are.



Dr Alberto Corrias

A perfect day in 10 words?

Early swim. Work but no emails. Dine & wine with wife.

Name one person you would like to have a meal with. Why?

Galileo Galilei: I would like to let him know that he was right and the Inquisition wrong; that his struggles in the name of science changed the world after him for the better; finally, for his probable amusement, I would tell him that there are still a few unbelievable fools today who think that the Earth is flat.

Ms Angie Tan

What is something on your bucket list?

Learning to ride the unicycle! That's one thing that I have on my bucket list. I hope to be able to pick up this skill one day! I met some downhill unicycling fanatics years back; I don't think I can take that adrenaline! I just hope to be skilful enough to use it as a form of transportation.

A perfect day in 10 words.

A perfect day is when I had a good night's sleep.



Dr Mukhopadhyay Kankana

What is CAPT to you?

A fun and intellectual place to experience possibilities!

A perfect day in 10 words.

Found time to read what I want to read!

What advice would you give to your 18-year-old self? Or to CAPTains?

Be sincere but not serious, having fun is good!

What is your favourite quote and why?

"Nothing can be so bad that it can't get worse" from Calvin & Hobbes by Bill Watterson - because it teaches me resilience.



Dr Joelle Lai

A perfect day in 10 words.

It would be the day I achieve Inbox Zero.

What is your favourite quote and why?

'I love deadlines. I like the whooshing sound they make as they fly by' by Douglas Adams. Most of my favourite quotes come from Douglas Adams, author of Hitchhiker's Guide to the Galaxy. It was a toss-up between this, and 'Don't Panic'. Yes, I see the irony of submitting this way ahead of the deadline.

Name one person you would like to have a meal with. Why?

Sir David Attenborough. He's the reason I am a biologist :)

Dr Kevin Mcghan

What is CAPT to you?

In short, CAPT is an amazing, unique learning opportunity filled with surprises and adventures each day.

A perfect day in 10 words.

Running and mountain biking on a new trail.

What is something on your bucket list?

Skydiving

What advice would you give to your 18-year-old self? Or to CAPTains?

Be more confident and take risks in challenging yourself and other around you.

Name one person you would like to have a meal with. Why?

I love chatting with my father over dinner and drinks to hear family stories and relive the past.



Ms Wong Soon Fen

What is something on your bucket list?

Learn a classical language like Hebrew or Sanskrit.

A perfect day in 10 words.

Time with family and friends over food...without any agenda!

What advice would you give to your 18-year-old self? Or to CAPTains?

Leave the shore...once in a while. In other words, step out of your comfort zone...

What is your favourite quote and why?

One of my favourite quotes is Ralph Waldo Emerson's "Though we travel the world over to find the beautiful, we must carry it with us, or we find it not." I like it because it reminds me to always look for the beautiful in the people I meet and places I visit wherever I go :-)



Dr Yasmin Ortiga

A perfect day in 10 words.

Hot coffee in the morning, something very sweet after dinner.

What is something on your bucket list?

I wish I could illustrate one of those fancy planners they sell at the end of the year.

What advice would you give to your 18-year-old self? Or to CAPTains?

Take advantage of the university! Go to talks on topics you know nothing about, watch the school dance troupe, have coffee with a prof, check out a library book (and read it!), be group mates with people who are not your friends.

A/P Reuben Wong

What is CAPT to you?

CAPT is a community of quirky people who are naively bold about making a positive difference to people in the worlds they inhabit and explore.

A perfect day in 10 words.

It starts with hopeful energy and ends with contentment.

What advice would you give to your 18-year-old self? Or to CAPTains?

Don't be in a rush to tick this off a bucket list. Savour and celebrate the people in the here and now.



A/P Thang Leng Leng

What is CAPT to you?

A community that cares for each other and for the wider society.

What advice would you give to your 18-year-old self?

Always stay positive, the challenges you think are insurmountable now will just be one of the series of small bumps in your life when you look back thirty years later.

What is your favourite quote and why?

"Put yourself in someone's shoes." That helps me to always consider the perspective of others instead of insisting that there is only one view.

Dr Greg Dean Peterson

What is CAPT to you?

A place that ebbs and flows with the seasons, like being in the extreme north or south when some parts of the year the sun never sets, and other times never rises. It seems during some parts of the semester there's always something happening, 24/7 and the place is teeming with life. On other days, it's like the sun never rises and CAPT is in hibernation. In such moments, I enjoy the calm before the storm, so I'm well rested and can also enjoy the storm.

A perfect day in 10 words.

I will give it to you in one: vividus.

What is something on your bucket list?

To retire happy and healthy enough to spend much time with my wife teaching our children and grandchildren how to farm (or at least garden), remodel old houses, and rebuild old cars.

What advice would you give to your 18-year-old self? Or to CAPTains?

Study the benefits of sleep and sleep more.

Name one person you would like to have a meal with. Why?

My paternal grandfather, or one of my Viking or medieval ancestors. All died before I was born. I'm curious to find out how much I'm like one of them.



Dr Tan Tai Chong

What is CAPT to you?

CAPT is my second home. I love the community here and its ideals keep me grounded and committed to serving the community.

What is something on your bucket list?

I have always wanted to be a certified Scuba diving instructor and I am taking a course this year to fulfil my dream. I hope that someday, I can teach children to dive and show them the wonders of the ocean

What advice would you give to your 18-year-old self? Or to CAPTains?

Observe nature and speak to people. You will never know what you will learn from them.

What is your favourite quote and why?

"Unless someone like you cares a whole awful lot, nothing is going to get better." Dr. Seuss, The Lorax

This quote was taken off the novel "the Lorax", a film that highlights the perils of relentless development. This quote encapsulates the ideals of how we should approach social-environmental causes, and never fails to drive me out of my comfort zone to look for innovative solutions.



Dr Lee Soo Ann

What is CAPT to you?

CAPT to me is the only community engagement residential college in U-town. As such, it is special to me for I have been involved in community service for most of my adult life.

A perfect day in 10 words.

A perfect day is spending $\frac{1}{4}$ of the time reading the bible, $\frac{1}{2}$ the time writing and $\frac{1}{4}$ time exercising by swimming and walking!

What advice would you give your 18 year-old self.

My advice to an eighteen year old is to expand one's horizons by reading, writing and helping others.

What is your favourite quote and why?

My favourite quote is "God is love" from the New Testament letter of John the Apostle. Another favourite quote I have is the statement by Jesus that more is expected from those to whom more is given – it reflects the degree of responsibility we should have.

Name one person you would like to have a meal with and why?

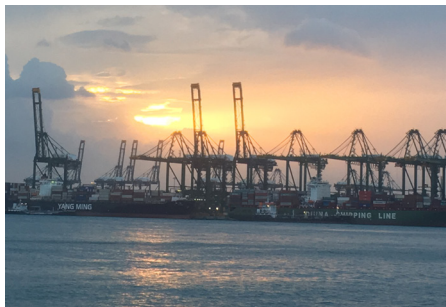
I would like to have a meal with C.S.Lewis, the author I most admire, but he is dead! (he passed away in 1962). Another person I would like to have a meal with is Jesus, which I do once a month during the sacrament of holy communion in a church.



Dr Tan Lai Yong

Teaching at CAPT comes together as journeys of exploration and learning in and beyond the classroom.

Together with the usually exuberant Captains, I have enjoyed discovering different horizons.



Interacting with different communities



At CAPT - we can aspire to grow in our learning . It has stretched my CAPacity to learn as I teach at CAPT.



STAFF



From Left to Right: Li Ling, Meng Choo, Christopher, Defie, Keng Boon

What does the College Office do?

Keng Boon: We do everything that the college needs us to do.

Defie: It's recorded!! [All laugh.]

Christopher: Basically, we support the college operations.

K: We support the programmes side rather than the infrastructure which is supported by Office of Housing Services (OHS). So we support programmes, finances, HR (human resource), all the student activities and curriculum, in short, student programmes.

D: Working here is not stressful, but it is difficult... it is hard to meet people's tight deadlines.

K: It's not tough, but there are many things to do.

D: And so little time.

K: I have been here for a few years and I do admissions for the college. I also liaise with OHS, conduct senior retention, and deal with residential life stuff.

C: I do outreach and supporting student and college activities, like Freshmen Orientation Camp and overseas trips.

D: I am in charge of the finance-related matters and financial aid, involving 'money' in general.

Meng Choo: I am involved in HR and being a personal assistant to Prof Seow.

D: [Meng Choo is our] office mother! She takes care of all of us our welfare.

K: Very important.

Liling: It's my fifth day here - so I am pretty new here. I'm the Curriculum Manager. So, my purview is anything with the key-word 'curriculum' like UTCP-related issues, reading groups, anything to do with studies. They're still telling me what I have to do! [Laughs] This year I'll also be providing admin support for CAPTiss.

What do you appreciate most about CAPT?

D: That CAPT is different. It's unique, and I like all the hashtags: CAPTivated, CAPT inYour Heart, CAPTiss, Best CAPT Secret. It's very catchy! It helps us to bond better. I like the banner "Welcome Home CAPTains" as it feels like we are one of the CAPTains too.

C: I appreciate that students do want to get to know us. Whether it is students from one of the neighbourhoods or Active Community Engagement (ACE) Wing, they will also try to engage with us. This is something we really appreciate because we can get to know the students better too.

D: They give us food at times, right? [Like] their own snacks! Some buy us ice cream.

K: Oh yes!

D: You forgot to eat right?

K: Oops... Mine is still in the fridge.

What is your first impression of CAPT?

L: I feel that all of you are pretty young and it is nice to work with young people. It is energetic! Also, with the interactions over mail, I feel that all of you are nice people.

K: When I first came in, nothing was ready. They only started the college. So I helped with the setting up and enhancement of the administrative structures.

C: When I first came to CAPT, Sue and Soon Fen brought me to along to one of the CE events with Equinas. It was a PACE event where I saw CAPTains in action with the partners, so it was a rather interesting first impression of what CE is

about, and how we do CE in CAPT. I think it's very refreshing and different. It's also a place I haven't been to, so it's really a fun, interesting and eye-opening experience. Really! I got to touch ponies.

M: University Town (Utown) in general is a very new concept – before that, there was no residential college where you could stay and study. In a way, I am very excited to be part of this. On my second day, I was excited because I got to eat [dining hall] breakfast.

D: My first impression started even before I started working in CAPT. When I came here for the job interview, I lost my way. However, I met one student from CAPT. She's just very nice, although she led me through the wrong long way – she brought me from the Stephen Riady Centre instead of cutting through Yale-NUS. She was very nice because she accompanied me even though she had a class after that. I was touched by this CAPTain!

Do you all have any pet peeves?

D: I have a lot, oops. I don't say first.

C: You like to spray-spray-spray [antiseptic].

D: I don't like germs. [Laughs]

C: For me, I'm okay if people touch or borrow my things. What I cannot stand is when people don't return them back to their original places. Then I'll feel ugh. [Laughs] Because I always leave one pen on the desktop, some days when I come back to the office, my pen is missing.

M: For me, I don't like people to throw food or food packaging in my dustbin. [Laughs] I mean, food should go into the pantry dustbin.

K: I threw before, and you scolded me.

M: You never know! Later there might be ants and all that.

D: We had a rat here. Rats, I mean.

C: It's actually [in the ceiling], and one actually fell down.

K: Yeah, the rats are my pet peeves. My table is always messy, sometimes, when I'm free, I'll pack a bit, but it rarely happens.

L: I haven't developed any!

Is there anything you want to say to the students in CAPT?

D: Don't miss deadlines?

[Laughs]

C: Just really enjoy their time here. I heard from students who went to NUS Overseas Colleges (NOC) or exchange that they don't find this kind of experience elsewhere. It made them really miss CAPT. Just enjoy the time here, and do things they have never tried before.

D: Like missing deadlines? HAHA

C: I meant good things, things CAPT has to offer them.

L: Step out of your comfort zone.

C: Studies are important, but there are other areas where they can develop in. CAPT actually has a lot to offer to help them develop in different ways.

K: Actually the life here is quite shiok, there is four years to experience everything. Once you start work, everything is different. And you won't remember what you study, to be frank, but you'll remember what you've done here. The funny things.

M: Memories.

K: So build memories.

ACADEMICS



MODULE REVIEW



UTC2404
(Re)Building Communities:
Insights from India

Biggest takeaway from the module?

I realised that the best place to start helping others is to hear from them first, in order to know their needs and their situation from their perspective. After that, the focus would shift towards empowering them instead of giving aid because they are the ones who know their situation, and their resources, best.

Interesting insights?

I was also struck by how different disciplines and professions are interwoven through real life problems and situations. It helps me to realise the small but important part that I will play in the future, alongside everyone else I will be working with. This reminds me that one discipline cannot be responsible for helping others but requires a collective community effort, making use of everyone's expertise where relevant.

How is it relevant to your life?

A few of us visited a "labour colony". Our local partner explained to us indignantly that it cannot ever be compared to a slum. It may sound cliché but that visit reminded me again of our privileged position as Singaporeans. It also gave me a glimpse of the life of a garment factory worker. So much of what we purchase is built and made on the backs of others and I have taken it for granted too often. Through this, I am compelled to take a closer look at what I buy and where my money goes. Though I cannot stop the exploitation from where I'm at now, I can do my best to not feed it wherever possible.

-Daphne & Amirah



UTS2405
Work and Inequality

Biggest takeaway from the module?

During this module, I not only learnt various kinds of invisible work ranging such as precarious work, care work, and aesthetic work, but I was also made aware of how these work can lead to social inequalities. By problematising the concept of work, I managed to develop a deeper understanding of the work we do, be it recognised or not. The most prominent takeaway from this module had to be the project as my teammate, and I was given the opportunity to interview and learn more about the work of a transgender sex worker from Project X. The interview gave us valuable insights on the work sex workers undertake and it was indeed an enlightening experience to see things from another perspective!

Interesting insights?

There were plenty of insights generated on a weekly basis, but the one that struck me the most was the knowledge that low-income households might have to undertake more household duties. For instance, due to gaps and uncertainty in their cash flows, they need to purchase their groceries more frequently in small amounts. After this module, I firmly believe that we will need to understand ALL the work undertaken by a targetted community before we can create solutions that would be applicable and useful for them.

How is it relevant to your life?

After learning so much about the unrecognised and undervalued work undertaken by the households, and care workers, I became more appreciative of the work they do. Perhaps, one way to a more empathetic society starts with a greater understanding of and appreciation for the work our fellow citizens do.

-Reizo Ang



UTS2406

Beyond Seeing: Looking at Art

Biggest takeaway from the module?

I went into the module with little awareness of the visual art scene in Singapore. I have always enjoyed viewing artworks and visiting museums but usually did not have a deeper understanding of the creations beyond a purely aesthetic appreciation. UTC2408 introduced me to the appreciation of the visual arts through an expert's lens - exploring the social dimensions of art and the way people perceive these artworks.

Interesting insights?

Many of us would be familiar with the various art movements throughout history such as Impressionism or Cubism, but to learn about the intricacies and cultural symbolisms of certain important paintings in these periods was fascinating. With these understandings, I was able to appreciate better why certain paintings are considered by the art world to be "masterpieces", as they often brought about a never-before-seen innovation or triggered a paradigm shift in the art worlds of their time.

How is it relevant to your life?

The module is also taught in an engaging and interactive manner. Prof Greg frequently holds lessons at the NUS Museum, which adds an additional layer of immersion as it allows for the learning of many of these visual art concepts in the presence of the actual art pieces. Often after learning about a particular art influence, we were able to appreciate first-hand its application in real artworks! All in all, UTC2408 has offered me a deeper understanding and additional perspectives when approaching art appreciation.

-Ng Seanne Daphne Ko

CSC





Nathania Chua Jia Qi, President

Personally, CAPT has a very special place in my heart. I have grown by leaps and bounds, discovered more about my passions and made really great friends - so I'm truly thankful to be able to call this place home (: The CAPT spirit, I believe, is choosing to love, support and stick by one another (after all, every family isn't perfect), and then bringing that unity and spirit out beyond the four walls of CAPT, to serve the wider community. Over the first two years of being in CAPT, I went through the ups and downs of a regular CAPTain, and saw areas that perhaps I could value-add in. And I recognised the privilege of being in a position where I could connect with and support CAPTains - especially the leaders - and make tangible change. So yes, I decided to just go for the student presidency, and it's been a journey I'm very grateful for. Ultimately, the main focus for me has always been about the people. I hope that CAPTains will learn to see all situations - both good and bad - as opportunities for growth, and to take ownership of the things they choose to commit to; that CAPTains will be willing to step out of their comfort zones, support one another, and grow together through that process.



Esther Chen, Internal Vice President

As cliché as it might sound, CAPT is home away from home: a place where I have made friendships that I'm confident will last a lifetime. CAPT has also been a refuge amidst the craziness of uni life and a place where I've been endlessly challenged to look beyond myself and broaden my horizons. Apart from the warm family vibes (that I love so dearly), I think the CAPT spirit is also one of enterprise and perseverance in pursuing passions. I have seen so many CAPTains turn their dreams into reality. Despite all the setbacks faced, their passion have granted them the grit to press on, and this is what I truly admire and hope to see in all CAPTains by the end of 2 years here - that they would find something they're passionate about and pursue it. As a freshman, I saw such spirit in my seniors, and I wanted to be part of ensuring that this spirit would live on. To me, joining the CSC would be a way that I could live out my seniors' legacy and pass it on to my peers and juniors. I guess I also wanted to be able to actively contribute to the events, projects and spaces that make CAPT the home it is to so many of us, and being a part of the CSC has definitely given me this privilege and opportunity! :) I love CAPT as it is, but one thing I hope is that CAPTains never lose their fire for the things they are passionate about, be it about communities (inside or outside of CAPT), gardening, computing, or anything at all... There is such diversity in all the people here, and I hope that when I return to CAPT after I graduate, this place will be even more vibrant and bustling than it is now - not necessarily with events, but also in the relationships built, the lessons learnt and opportunities given here.



Daphne Lim, External Vice President

CAPT is where friends blur into family. Here, I've made friends that are very dear to my heart and where I'm most comfortable to be myself. The CAPT spirit is one that dares to take risks in order to walk alongside others, and to learn together in the process. I joined the CSC because I wanted to make the best out of my two years in CAPT, and to stretch myself to see the limits of what I could do (I definitely see this in the process, and it's not something pretty all the time). While I don't regret this decision, I don't think I would put myself in this position again anytime soon. Nonetheless, this journey is certainly rewarding and it has given me a chance to know myself and many others better. I would like to see CAPT as an environment that's even more caring and supportive. I believe that CAPTains can go beyond mere niceness but to extend love towards people, familiar or otherwise. This love doesn't only tolerate differences but accepts people for who they are, even in their lowest, dirtiest points. CAPT isn't a place known for its activities but a place for people to grow deeper and closer together.



Cheryl Anne Ho, General Secretary

The CAPT spirit to me is made up of love, learning and laughter. CAPT is a family which has fun together, but we also grow to learn about ourselves, other communities as well as even the world around us together. And of course, there is always love for the people around us, and for the things we do. I joined the CSC to give back to the place which grounds me and encourages me to be a better person, in the best way I know how. My hope is for all CAPTains to find pride in truly calling CAPT (and not just their house) their home.



Benjamin Chee Guo Ee, Finance Secretary

CAPT is not just a home to me. It is an avenue that brings me to many places, and allows me to meet many different people of many diverse backgrounds. The CAPT spirit is the willingness to learn and a tender heart to serve our communities. I joined the CSC because I wanted to serve at the college level. I wanted to work with CAPTains outside my neighbourhood, help make a difference in and outside CAPT, and hopefully learn more about myself and others. I hope that I can challenge myself and others to look outside our comfort zones and do our part for bettering society.



Nicholas Yeo, Director of Publicity

The CAPT spirit is the immense warmth and compassion that CAPTains show to each other. To me, CAPT is a place where you're comfortable after a long day of lessons but inspired to step out of your comfort zone to learn something new together with your friends here. I joined the CSC because I enjoyed and learnt so much during my first year in CAPT, due to the warmth my seniors showed me. I thought that this is what the CAPT spirit is all about and joined the CSC to share how I want the CAPT spirit to be like for our CAPTains! Ultimately, I think it would be great if I could bring greater interest in photography to CAPT, because there are just so many precious moments being created here! It's so simple now, especially since most people have decent cameras on their phones.



Nur Amirah Binte Zalizan, Director of Clubs & Societies

CAPT to me is a home and a safe space I can come back to after a long day of school. In CAPT, CAPTains are given the platform to explore their interests and grow as individuals! I joined the CSC to give back to the college in year 2 after having gained a lot from the college when I was in Year 1. I hope that the arts and culture scene in CAPT will continue growing!



Germaine Thong, Director of Student Affairs

CAPT is a second home for me to come back to after a long day at school. The CAPT spirit is a contagious one whereby CAPTains look out for one another and try their best to engage different communities. I wanted to be part of a committed team to guide future CAPTains in realising their potential, and thus joined the CSC. I also wished to contribute back to CAPT in a manner that I feel most passionate about. I hope to see CAPT continue to be a vibrant and open community that promotes active participation from CAPTains while also being a safe space to try new things. This vision is what I am striving for in my own capacity as the Student Affairs Director.



Cornelius Tan, Director of External Affairs

CAPT, to me, is a home, a family. It is a place where I am loved and free to do whatever I want. I believe that the CAPT spirit is of constant growth and the desire to contribute to the community. I joined the CSC because I really love CAPT and the people in it. CAPT has given me lots of different experiences such as learning dance and volleyball, and allowed me to meet so many genuine and amazing individuals. I wanted to give back to CAPT and serve in the CSC because of them. Although I do not think that CAPT needs to change majorly, I hope that I can make a positive impact on individuals that I come across in CAPT, no matter how small it is, be it sharing a new experience together, or being able to help in the growth of an individual :)



Benson Leom, Director of Social Innovation Wing

CAPT is a treasure trove waiting for students to explore the numerous opportunities available for personal growth and exploration. To me, the CAPT spirit is the spirit of contribution. I feel that while everybody is different in CAPT, everyone is committed to making a difference in another person's life. I joined the 6th CSC because I was part of the SI Wing Subcommittee in year 1, and saw the potential of the wing. The CSC provided me the opportunity to grow and contribute, serving the college and the extended community alike. I hope that CAPT community will always remember the founding principles and the ethos that the college stands for. While times are changing, we should always remember the roots of the college and also to remind ourselves of our initial dreams and motivation for choosing CAPT in the first place.



Ng Wan Jee, Director of Sports

CAPT has been a special place of learning, growth and many opportunities for me. Most of all, it has been a home away from home – filled with such passionate and driven CAPTains who are genuinely seeking the betterment of this place and of society as a whole. This is what encapsulates the CAPT spirit, a spirit with so much passion and hope, for so many different endeavours and for so many people from different walks of life. Having been in the 5th Sports Committee and active in sports Interest Groups and activities in my Year 1, I really saw how sports played an important role in forging lasting friendships and creating a vibrant college life. I wanted to continue this lively and nurturing sports culture in CAPT, especially after it had given me so much, so I decided to step up and join the CSC as the next Sports Director. I hope that in the years to come, CAPTains will continue seeking new heights for their passions, and use these passions to connect and engage with the wider community even further. I also hope that CAPTains will never lose sight of what's important, even after they graduate – may we always keep in mind that the relationships built with people and pursuing the betterment of society are so much more important than things like prestige, money or status, for our intrinsic motivations drive our behaviour and actions, which subsequently drives society.



Bernice Lee, Director of Active Community Engagement

CAPT is a precious home to me. It's a place that's jam-packed with opportunities and events that add to the lively environment. I'm also very blessed to have met friends here that constantly push me to grow and support me through the hecticness of university life. I think a big part of the CAPT spirit encompasses (com)passion. More than a passion for a community, sport or bringing an idea to life, I feel CAPTains have a heart of service and empathy to journey alongside you. Specifically for ACE, I really enjoyed my time in the Migrants committee as a freshman, and wanted to play a greater role in enriching the community engagement experience for both CAPTains and our partners. Many of my friends who have long graduated from CAPT still have fond memories of how CAPT had given them a homely and vibrant community. I joined CSC in the hopes to continue making CAPT a warm and welcoming place too (: I hope that the CAPT alumni will continue to stay connected and strengthen through the years (be it joining in for events, sharing their experiences or building in relationship). I love CAPT as it is now and hope that the CAPT spirit keeps going strong (:

NEIGHBOURHOODS



ROC



Aliansyah Evelyn | Ang Jo Yeu Joel | Arifah Begum | Aristide Oke Georgia Ella | Arora Tavleen | Boonnak Navarat
 | Bte Yazid Nurbatrisyia | Chan Chin Qi | Chang Hui Ee | Chew Si Jing | Chia Miao Djie Liza | Chia Yi Kang Jason |
 Chin Yuan Yee Melissa | Choo Hui Zhi | Choo Shermeen | Chua Joy-Ann | Chui Ru Wei | Corte Real Morais Leitao
 Francisco | Figov Erin Teresa | Fong Kai Jun Benjamin | Gadiraju Sujay | Goh Neldrick | Goh Yizhan | Han Benn | Ho
 Cheryl Anne | Ho Samantha | Hoffman Jordan Parker | Hoo Si Qi Perrine | Jain Dhruv | Kieliger Tiago | Koh Jing
 Ran Jasper | Koh Kai Jie | Koh Ming Hui | Kong Tze Shiuan | Kweok Zheng Wen | Lau Xuan Kai | Lee Aishan Laural
 | Lee Cheryl | Lee Gek Ching | Lee Jia Xun | Lee Shao Heng | Lee Xi En Ian | Lei Shuqi | Leom Meng Suan Benson
 | Leong Gracia | Leow Jie Wei | Li Yiqi | Liao Yuan Wei | Lim Jia Ying Jeslin | Lim Junle Travis | Lim Wai Kit | Lim Wei
 Xiang Cavin | Lin Jiehao | Lion Wen Tian Beatrice | Loan Lenard | Loo Kee Jeng | Look Shern Kai Caleb | Low Cheryl
 | Low Li Ying Elysia | Low Suleen | Mah Freda | Melby John Magne Hilmen | Miyata Shusuke | Ng Daniel Ng Zhi
 Wei | Ng Jing Wen Claudia | Ng Kuan Mei | Ng Seanne Daphne Ko | Ng Yam Fung Yosef W | Ng Zheng Wei | Ng
 Esther Joy Jia Jia | Ngin Arielle | Novakovic Nicholas | Ong Ding Sen | Ong Li Ying | Ong Wee Seng | Passfall Victor
 Gavin Benedict | Phneah Kai Ting | Pong Jonathan | Pong Siang Nee | Rajesh Krishnan Aditya Sudarshan | Renault
 Matthieu Phillippe Georges | Rozario Sarah | Seah Hui En Natania | See Rui Yang | Seng Clarice Seng En-Min | Shah
 Aneri Amish | Sie Jefferson | Sim Jing Xi | Storz Timo | Tam Sarah Kathleen | Tan Charmaine | Tan Chun Jie Daniel |
 Tan Darius | Tan Elliot | Tan Guan Zhong John | Tan Hwee Ling Danielle | Tan Isabel Hui-Yi | Tan Jiamin Samantha |
 Tan Jing Yi Teresa Theodora | Tan Jun Heng Cornelius | Tan Rei | Tan Yi Ying Izabel | Tan Yong-Wen Lance | Tay Chin
 Kiong | Tay Jing Huang Elwin | Teh Ernest | Teo Kah Yong | Teo Sherrie | Teo Shyan Jie | Thian Dominic | Toh You
 Jing | Ulaganathan Arunkarthik | Wargenbrant Skog Ellinor | Wee Jian Yang Jeremy | Wong Christine Jia Yu | Wong
 Joseph | Wong Kang Ming | Wong Yi Yan | Wong Ying Qi Tammy | Wu Claudia | Xue Aiqian | Xue Chenyang | Yang Tzu
 Yi | Yap Shi Kai | Yeo Cheng Loon Nicholas | Yeo Jamie Yeo | Yong Eugene | Yong Genevieve | Yuan Yuan Zheng Quan
 | Zhang Hao | Zhang Jing | Zhu Leyan



6TH Roc House Committee

What is the most challenging thing you did in your time?

The most challenging thing we had to do was probably to strike a delicate balance among things like our roles as househeads, our academics and our family and friends. Time management had never been more important!

What is one memorable experience in your neighbourhood?

There are so many to choose from! But we think that it'll have to be during last year's Roc Open Mic, where we witnessed how talented, fun-loving and supportive the entire house was. The atmosphere was ace and it's just impossible to shake that feeling. It really, really felt like home.

How would you define your house spirit?

When we're asked this, we always just say we're a very, very weird bunch — largely because our house is made up of all kinds of people who are so different and fascinating, and are generally crazy supportive of one another (and partly because we are just kind of weird). So yeah, that's a big part of what our spirit is made of and we're proud of it!

What is one thing you learnt from this experience?

We learnt that it's so important to ensure that the team we're working with (our dearest house committee) is bonded and on the same page before we can work on bringing the house together, because that kind of spirit and energy is contagious and it really shows!

Where do you see your house in 5 years?

In five years, we see our house as bonded and homely, if not, even more! We hope every batch of ROCKers finds a family in this home, just as we have.



**Dr
Tambyah
Siok Kuan**
Roc
Resident Fellow

When colleagues outside CAPT ask what I do as an RF, I tell them that I am Dorm Mama to about 100 students! That being said, Rockers are generally well-behaved and independent, so there is minimal “mothering” required. The RAs and the House Committee also take care of the neighborhood so well and I cannot thank them enough! While big gatherings are a lot of fun (I am always amazed at the creativity and energy generated!), what I enjoy most are the little one-to-one interactions with Rockers such as a quiet chat along the corridor, someone approaching me to request for help or advice and interesting dinner conversations. Over the years, I have also seen how Rockers have rallied to help people in need. Thus, I hope that they will continue to look out for and respect one another, as these are the two core values of the Roc Neighborhood – kindness and compassion.

DRAGON



Advaney Tara | Amir Aisyah | Ang Max | Ang Teng Da | Ang Yu Shen | Bao Jie | Bin Kamaruddin Muhammad Nur Aliff
 | Boh Tsue Jynn Merissa | Chan Si-En Esther | Cheah Cai Yun | Chee Guo Ee | Cheong Kar Lai | Chew Chong Wei Joel
 | Chew Hui Lin Adeline | Chiang Soon Kiat | Chiow Andrea | Choi Chun Kit | Choo Clarissa | Choong Shanise Yi Xin |
 Chow Jing Kang | Chu Khe Han | Chua Yong Hwee | Diep Xuan Thanh | Do Thi Quynh Nhu | Er Stephanie | Fernandez
 Kristin | Fong Ka Chun Kevin | Foo Jia Jue | Foo Sek Jian Darren | Gan Ying Ling Victoria | Gupta Abhishek | Guru
 Anutra | Ho Pei Juan | Hoe Ting Yu Michelle | Huang Huang Huixin | Kang Kelvin | Karamali Iann Riyaz | Ker Sheryl
 | Koh Vanessa | Krol Erin Michelle | Kwa Jia Hui Vanessa | Kwan Shi Ting | Lai Jovan | Lau Shi Yun | Lee Chong Ming
 | Lee Francesca | Lee Ruth | Lee Yen Ter | Lee Yu Xiang | Lei Sam Ivan Vaega | Leong Yu Gene | Leong Yuan Chen |
 Lever Espen Rudolf | Li Chujie | Liew Donovan | Liew Ingle | Liew Yi Ling | Lim Daniel | Lim Daphne | Lim Glenda
 | Lim Joo Jin Ruth | Lim Melvin | Lim Pei Pey Nicole | Lim Zephania | Ling Ngee Siang | Loh Wan Qing Angeline
 | Lopez Julian | Low Charis | Low Lu Yi | Low Wen Zhong Lewin Abdiel | Luah Hannah | Lui Emily | Lytchier Julia
 Victoria Christina | Mahmood Alisha | Mak Wei Zhi | Mark Caryn Mireia Miaki Mei-Yan | Marti Thierry Dominique |
 Moh Darius | Nam Derek | Ng Darren | Ng Gabriel | Ng Jing Qi | Ng Kai Lin | Ng Kin Wei Bryan | Ng Randy | Ng Shi
 Kai Shandon | Ng Xiang Yun | Oh Jing Ke | Ong Chuan Kai | Ong Shun Hong Benjamin | Ooi Gene Anne | Pang Erh
 Syen Triston | Pang Pei Yi | Pang Wan Sia Michelle | Pang Ying En | Pawa Josias | Pless Carl Emil | Png Zheng Min
 Stella | Poh Jin Yu Vanessa | Poon Cherie | Quek Titus | Rao Aishni Cherukuri | Rappe Pauline Cecile R | Seah Chan
 Kwang Milton | Shum Tsz Hin | Sim Jie Yu | Sng Wei Yang | Soh Sammi | Stylianou Christina Despina | Tallia Colby |
 Tan Beverly | Tan Hui Ying | Tan Josiah | Tan Ka Heng | Tan Cassandra | Tan Lei Zuo | Tan Ngiap Hao Darren | Tan Tan
 Syin Yi Felicia | Tan Wei Ji Dexter | Tan Xing Jun Timothy | Tan Yan Ling Annabel | Tan Yan Xi Aaron | Tan Yang Jie | Tay
 Evelyn | Ten Shawn | Teo Jolene | Terrendip | Toh Jamie | Vidoe Emilie | Wan Shui Yan | Wong Jin Mei Rachel | Wong
 Ming Kang | Wong Yui Hin Isaac | Yao Xuan | Yap Hui Lin | Yeo Zhi Hui Benjamin | Zhang Keyan | Zhong Victor | Zhou
 Jiadi | Zhu Cheng | Zhu Yilun



6TH Dragon House Committee

Does your neighbourhood have an nickname?

Dragonites.

What is one of your neighbourhood's favourite events?

Dragon Kitchen. It was one of the more memorable farewell events that the house committee had organised for the seniors who were leaving. Some of the people in Dragon came together and volunteered to prepare a three-course dinner meal for everybody in Dragon.

What is one memorable or treasured episode/experience in your neighbourhood?

It will have to be during the ING period where many of the Dragon sportsmen and sportswomen saw their friends coming down and supporting them during their games. Many even bought isotonic drinks as encouragement for the players.

How would you define your neighbourhood spirit?

I feel that Dragon is a house that is centered on family. It comprises of numerous smaller communities of people who serve as a support system where people can rely and count on one another.

Where do you see your house in five years?

I don't envision Dragon to veer away from its current core values, which are that of family and relationships. I envision a house in which every single member is more involved and play active roles in shaping and growing the family culture.



**Dr
Anne Raffin**
Dragon
Resident Fellow

Dragon as a neighbourhood is a big family for me, but a hectic one that is always busy with many activities and group as well as individual meetings. Being in Dragon has made me reflect on my own trajectory and how I wish that in my time as a student, we had such dorms in France offering so many activities and interactions with various people. I hope that my daughter will be able to take advantage of the colleges in NUS or other parts of the world when she is of age to go to university. I would advise Dragon residents this: get involved in activities, make friends, but do balance your life; you also need to cherish your academic studies! My most memorable moment in the neighborhood is when people celebrate my birthday. I know that it is selfish thinking, but home is far away and it's always nice to be reminded by your students that you matter on this special day. Lastly, one hope that I have for the future is that one day we can remove these old carpets in the lounges!

GARUDA



Aldora Narda | Ang Geng Yi | Ang Jia Jun | Ang Zi Yun Victoria | Babinski Alexander Tomasz | Binte Zalizan Nur Amirah | Bte Mohd Amin Siti Nur I'faaf | Chan Alastair | Chan Sarah | Chan Yi Shyn Claire | Cheah Heo Tong Agnes | Cheng Woon Jo | Cheng Yuwei | Cheow Yong Jian | Chew Ding Xiang | Chew Jonathan | Chew Yun Qing | Chew Zheng Xiong | Chia Cui Ting Charlene | Chin Deborah Jiamin | Choh Yun Bin | Choo Wen Ting | Chung Cherie Sara | Do Khanh Vy | Erh Hannah | Fok Theng Fong | Geerken Janik Johannes | Goh Rui Ying | Goh Shuang Vanessa | Halim Eunice Halim | Ho Mun Yong | Ho Nicholas | Ho Shi Xian | Hong Daryl | Hong Yijun | Hsu Li Cih | Jiang Lingshuo | Khoo Kim Hoe Benedict | Khoo Zi Rui | Koh Jun Leng Alex | Koh Koh Yao Jie | Koh Yan En | Kok Xiao Thong | Kwan Keith | Lai En Qi Ada | Lam Hui Chyi | Lassen Cecilie Byrum | Lau Shi Mian | Lee Min Jia Bernice | Lee Qiao Le | Lee Xing | Lee Yen Yee | Lee Yixin Natalie | Leow Jian Zhong | Li Sitong | Li Xin Rui Sharon | Li Xing | Lim Daniel Xinwei | Lim Diane | Lim Han Xuan Jackson | Lim Isaac | Lim Khang Hwee | Lim Lim Yee Hui | Lim Vanessa | Lim Wei Heong | Lim Xiu Qing | Lin Ya Hsuan | Ling Ya Qi Aggie | Low Eden | Low Jia Yu Jeraldine | Low Nicole | Loye Hean Wei Jeremy | Miranda Rubina Winnie | Moh Regine Jia Wei | Moy Jun Jie | Mun Qin Jie Ian | Nanoo Nagendra Das Ahvineesh | Neo Jana Ann | Ng Charlotte | Ng Jia Yen Grace | Ng Jing Yi | Ng Qi Hao Joshua | Ng Reuben | Ng Shanice | Ng Shao Wen | Ong Boon Cheng | Ong Jing Xue Nicklaus | Ong Xin Yi | Or Hon Sheng Marshal | Ow Victoria | Pang Shun Wai Philippe | Phua Keng Yung | Phua Yue Jun | Phuan Melody | Poh Yi Jie Sebastian | Qian Jiayi | Santoso Edward Giordan | Schouten Eva Femia Hedwig | Seah Heng Yong | See Benjamin | She Sirui | Shoon Jun Hui | Shriya Sriram | Sia Kian Zhong | Sim Marcus | Smith Kyle Robert | Sng Xin-En Sarah | Song Tao | Tan Jit Yee | Tan Kieran | Tan Rebecca | Tan Rongde Darius | Tan Shawn | Tan Tao Yang | Tan Wei Jie | Tan Ying | Tan Yong Kang Jasper | Tan Yu Wen Taylor | Tang Wai Kit | Tang Wei Guan Jordan | Tang Yat Shun | Tay Bing Sen | Tay Gideon | Tay Kai Yuan | Teo Michelle | Teoh Wei Shan | Tew Wen Jia Wendelyn | Tham Hui Hui | Tim Yi Hao | Tun Zaw Myo | Wang Hao Yu | Weldon Cian John | Xi Yizong | Yu Cheng En Benedict | Zheng Jia Li Kelly



6TH Garuda House Committee

Does your neighbourhood have a nickname?

Bay of bananas

What is one of your neighbourhood's favourite events?

Angel & Mortal and Open Mic!

What is one memorable or treasured episode/experience in your neighbourhood?

Open door hour! People just came out of their rooms and talked to their new and old neighbors, while going around chalking each other's doors.

How would you define your neighbourhood spirit?

FAMBAM FAMBAM ALL THE WAY - warm, accepting, comfortable

Where do you see your house in five years?

A house is defined by its community, so it's almost impossible to predict how Garuda will be like five years down the road. But I do hope that the spirit of inclusivity, fun-loving and family will continue being passed on from seniors to juniors through the years.

What makes your neighbourhood special? Are there any particular quirks of your neighbourhood?

- Xiaohearts
- Fambam
- 'Lepak' a lot for batch 14/15
- The 'jios' are pretty legit - from the usual suppers, to swimming, to watching movies (in and out of capt) and even playing mahjong (using a self-funded mahjong table).
- Always being able to find food in the lounge!!
- Buying yellow stuff is a quirk because no one ever buys stuff in yellow.

What do you love about your neighbourhood?

- Family spirit!
- How people rise to the occasion
- Homely
- Everyone is chill and nice.
- The community is one that I'm really thankful for. Despite changes in the people who make up the



Dr Tan Lai Yong

Garuda
Resident Fellow

It's been fascinating and encouraging to watch our Garuda CAPTains grow in leadership and maturity, and acquire wonderful people-skills. I am very happy that good friendships are being forged; it is good to see that our CAPTains are committed to building healthy relationships. My advice to Garudians would be to make good use of the opportunities and the very affirming CAPT community to come out of your shell to grow in heart values, mental acumen and servant leadership skills. It will be “ปวดหัวใจ” (Thai for heartache) if someone spends two years at CAPT and has not invested good time or effort in learning how to be an effective servant leader. That aside, I hope to eventually have a frank discussion with Garudians about “illegal overstayers” and that the CAPT community will set practical guidelines to facilitate our honest and enthusiastic support of college regulations.



Abdullah Ermanda | Ang Hui Yu | Arriola Micaela | Bhatnagar Ridhi | Boon Keng Yang Darryl | Bte Ahmad Kamal
 Nur Haidah | Bte Jupri Nur Haseena | Calderon Zermeno Miguel Esteban | Chai Wen Cong | Chamadia Mustafa |
 Chan Ee Ray Adrian | Chan Max Chan | Cheo Kai Lun Kenneth | Cheo Kai Qing | Chiang Reyna | Choo Chia Lynn |
 Chooi Arie Bo Wen | Chow Reeka | Choy Ting Yi | Chua Jia Qi Nathania | Chua Michelle | Chua Wan Lin Cheryl | Ding
 Weiting | Foo Timothy | Forsberg Linn Marie | Frederiksen Andreas Henrik | Goh Mei Ying Alicia | Goh Zong Han
 | Haist Jasmin | Haug Sondre | Hee Jonathan | Hiranyajinda Jocelyn | Ho Jessica | Ho Merrick | Ho Yu-Ling | Hoe
 Isabelle | Hoo Xin Lin | Hughes Harriet Eva Mary | I'anson-Holton Heather | Julian Randy | Jun Cheng Dave Thio |
 Khor Ru Shan | Koh Benjamin Xuan Ming | Koh Jia Ning | Kom Victoria Hui Ching | Kong Xiangchen | Kuo Yi Chen
 | Lee Daryl | Lee Isaac Shung Yi | Lee Jing Hua | Lee Vivienne Qi Yan | Lee Xin Yu | Lee Yi-Fan Fiona | Lee Yong Qin
 | Lee Zong Han Lexus | Li Jia-Yin | Lie Hsien Yong Sebastian | Liew Shan Jun | Lim Alyson | Lim Bryan | Lim Ivan |
 Lim Jia Rui | Lim Jing En | Lim Shuen Sophia | Lim Wei Shan | Lim Ying Xuan | Lin Shih Hong Scotts | Liu Hon Jin
 | Loo Lek Yang Jovi | Lucente Erica Marie | Neo Hwee Shuen | Ng Allison | Ng Hian Leong Jonathan | Ng Shoon
 Phing Jarret | Ng Way | Ng Yu Heng Nicholas | Ngiam Heng Kee | Ngu Geraldine | Nguyen Thao Ngan | Nur Afqah
 | Ocampo Christine | Oh Jooyoung | Oh Shi Ming Natasha | Ong Isabella | Ong Li Jing | Ong Rachel | Ooi Ming Hui |
 Ow Yong Yuan Matthew | Peng Xu | Phang Ye Sheng | Phoe Eva | Phua Wei Keong | Poh Hong Kai Terence | Povey
 James Oliver | Prapta Utama Fiona | Quek John | Quek Zi Ying Megan | S/O Feroz Ahmad Muhammad Afiq | Savas
 Sila | Seo Yoo Gyoung | Sim Gloria Hui Zhen | Sivalingam Denesh | Soh Mindy | Solberg Kristoffer Rakstad | Staubli
 Flurina Andrina | Sullivan Kathleen Davenport | Sung Chen Ru | Tan Huai-Bin Gregory | Tan Hui Shan Amelia | Tan
 Jean Hann | Tan Li Ning Tiffany | Tan Ying Xin Rachel | Tan You En Euan | Tang Yew Tong | Tay Jie Ming Jacob | Tay
 Zephan Wee Loong | Teh Mun Yee | Teh Wen Yi | Teo Esther | Teo Fiona | Thian Brian | Thong Germaine | Tian Fu
 Kai | Tong Wei Hao Joel | Trouslard Guillaume Hugo Denis | Wah Gemonn | Wan Jia Shun Nicholas | Wee Wei Yew
 Leonard | Wei Renkai | Wong Wai Kit | Wun Chun Hou | Xu Ling | Yang Hao Yuan | Yeo Jon-Hann | Yeo Tze Hern | Yeo
 Wan Ling | Yeo Ysanne | Yong Khee Fui



6TH Phoenix House Committee

Does your neighbourhood have a nickname?

We are also known as the firebirds.

What is one of your neighbourhood's favourite events?

All the events in Semester 1 were good! In particular, we enjoyed Angel & Mortal the most in Semester 1! We had really nice Angels and Mortals who gave gifts, and that was unexpected! If possible, we hope to play this again soon and do more for our Mortals.

What is one memorable or treasured episode/experience in your neighbourhood?

When our seniors, Heng Kee and Randy, volunteered to organise an Indomie night! Their Indomie is on another level! I really loved how everyone came to eat and catch up amidst studying for finals.

How would you define your neighbourhood spirit?

A house on fire - we are warm, open and spontaneous people, full of passion in giving our best and in supporting one another!

Where do you see your house in five years?

A house without closed doors. Ultimately, interaction levels are self-determined. Corridor or suite, we should make an effort to understand others, starting with those around us. Admittedly, not everyone may be receptive. But at least we can say that we tried. And sometimes, that's better than doing nothing at all.

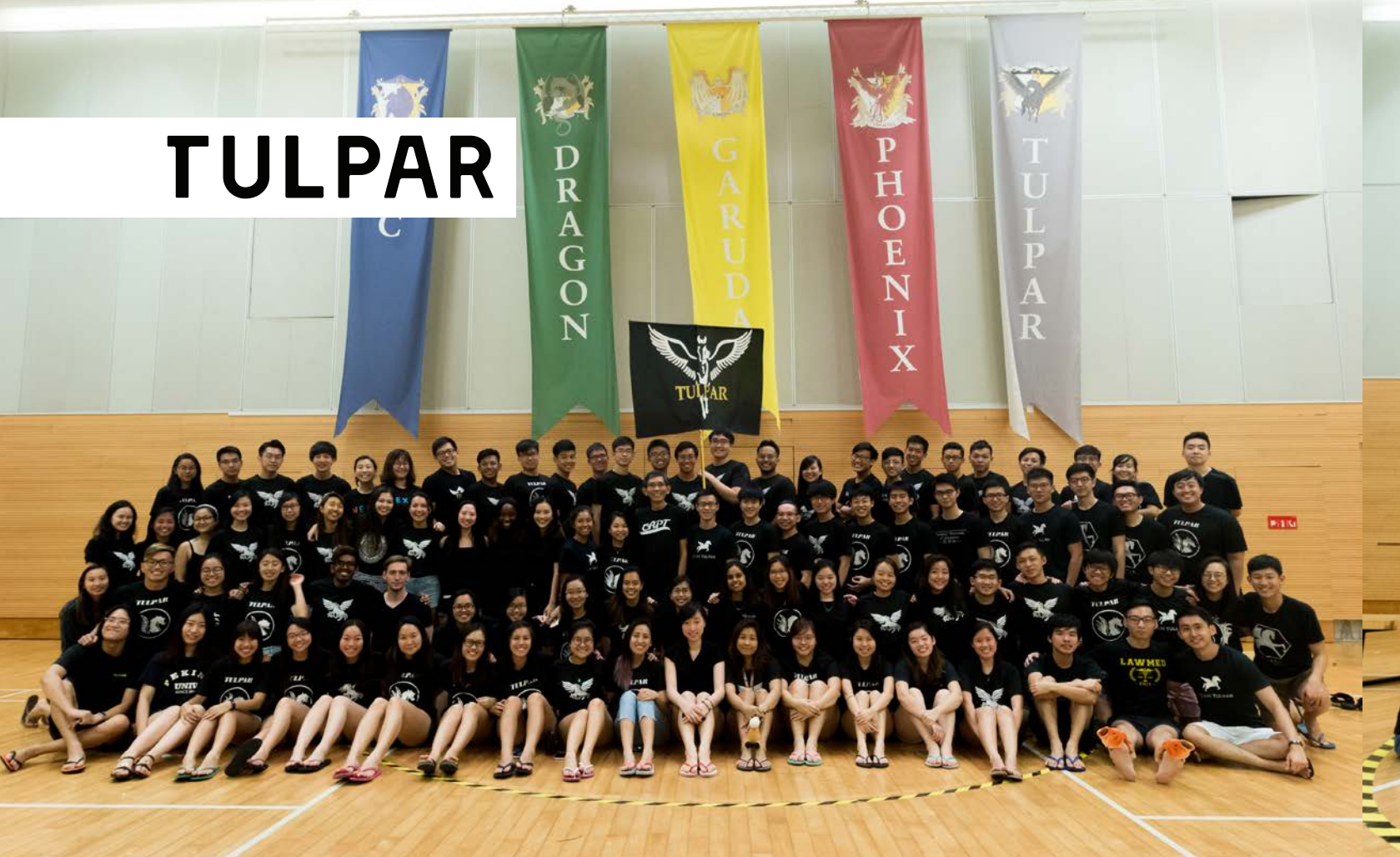


Dr Greg Peterson

Phoenix
Resident Fellow

Living in CAPT and Phoenix House over the last few years makes me feel like a combination of an anthropologist, biologist, school counsellor, school principal, friend and a dad. In my first year, I felt more like an anthropologist, learning much about Singaporean youth and NUS student culture. The students were very open to my questions and observations. They were my professors, and I was the student. Throughout my time, and to the largest extent possible, I try to play the role of a biologist, watching and observing, but trying not to interfere. Watching students run their own community gives me great hope and trust in many of their futures, and the future of Singapore. However, I also learned, the hard way, that it's easier to help people make course corrections early, rather than waiting – hence, I'm also the school counsellor and principal. My favourite memories will always be being a friend, especially the silliness and laughter while playing games together, or the heart-to-heart talks, when someone wanted to talk to me as if I were his or her dad. But what I value most about being an RF is the way students greet me around CAPT with their typical cheerful "Hi Prof Greg." It makes me feel loved and at home.

TULPAR



Akindiya Atinuke Omowunmi Ayo Oluwa | Aldora Nadia | Alkhatib Mohamed Adri | Ang Chasper Dominy | Bin Abdul Rahim Ahmad Nazaruddin | Bin Abdul Rahim Muhammad Nizam | Chan Chak Hong | Chan Natalie Hei Tsing | Chen Eugenia | Chen Jia-En Jonathan | Cheong Darren | Chien Tsuyoshi Timothy | Cho Yen Wee | Chua Cailin Cara | Chua Jin An Benedict | Chua Kian Liang Bernard | Chua Leon | Chuang Qin Kai | Clancy India Louise | Cohen Hila | De Carvalho Anauate Guilherme | De Silva Jeanette Mae | Doherty Siobhan Delilah | Dong Lingyun | Doshi Natasha | En Le Joyce-Marie Chan | ErYue Wen Thea | Erhart Luca Klaus | Fan Rong | Foo Qi Xuan Joel | Foo Weng Siang | Freddy | Gan Shien Ren Colin | Goh Shi Hui Kimberley | Gu Zihui | Han Songhan | Ho Clarissa | Ho Claryl | Ho Ding Heng | Hon Hui Yi | Jiang Dongyan | Kassim Kelysha | Kho Nicholas | Kowalski Wojciech Tymoteusz | Kuan Chung Kai | Li Aiyun | Lian Kay Xin | Liao Kian Howe Benjamin | Lim Amanda | Lim Bao Long | Lim Brandon Wee Siong | Lim Cheryl Jia En | Lim EnYong | Lim Jia Hui | Lim Kimberley | Lim ShiYun | Lim Siyuan | Lim Yan Xuan | Lim Yi Wei | Loon Brendan | Loong Sue-AnnChloe | Lui Kit Meng Justin | Lum Jeremy Lum Wei Jian | Mathieu Beni Marie Skye | Mohamad Asraf Bin Ramli | Mok Eugene | Muhammad Shadman Ishraq | Mun May En Faith | Ng ShuenYew | Ng Su Wen Nicole Louise | Ng Wan Jee | Nguyen Phuong Thanh | Ong Ke Yu Ronald | Ong Thaned | Ong Wei Sheng | Ong Yuki | Ou Isadora | Pang Jia Shan Gideon | Peh Vera Wei Na | Phua Han Siang | Quek Elouise | Quek Yi Ning Lois | Rachel | Relador Jan Adrienne | Rendeiro Galhardas Carlota | Sathyian Sree Shivani | Saw Yi Yin Wileen | See Yi Jia | Seow Wei En Rebekah | Sim Gillian | Sitt Tsz Tung Natalie | Sng Wei Xuan Jay | Sok Piseth | Tam Ji Lock | Tamm Matilda Thi Chin | Tan Hui Ling | Tan Jia Ying Amanda | Tan Jing Wei | Tan Rou Ming | Tan Wee Han | Tan Wen Yu John | Tan Xin Hui Hannah | Tandar Emily | Tay Cheryl | Teo Jen Min | Teo Jeremy | Teo Kang Zheng Ernest | Teo Raphael | Teo Wan Ching | Teo Wan Qi Eleanor | Teo Wei Yang | Teoh Ming Kwang | Tham Si Mun | Tischinger Stefan Thomas | Toh Eugene | Van Helvoirt Anouk Helena Martina | Wang Yifei | Wee Eugene | Wee Hong Jing | WeiYongji | Wong Jared Martens Zhi Wei | Wong Jia Jin | Wong Melanie | Wong Wai Ling | Wong Xue Min | Wong Yi Suen | Wong Ze Hui | Wong Zheng Kai | Yam Ting Yu Amelia | Yang Wei Ye | Yao Joyce | Yap Ting Sarah | Yeo Alison Ying Hou | Yeo Andrea | Yeo Katie Emmanuelle Khai Ting | Yeo Rui Ting Beatrice | Yeow Chen Kwei Annemarie | Yik Sin Kang | Yong Dilton | Zhang Keith | Zhang Yue



6TH Tulpar House Committee

Does your neighbourhood have a nickname?

Highest floor or above all!

What is one of the most challenging thing you did in your time?

The most challenging thing we had to do was probably to strike a delicate balance among things like our roles as househeads, our academics and our family and friends. Time management had never been more important!

What is one memorable or treasured episode/experience in your neighbourhood?

The Mooncake Festival was surprisingly fun and it was the perfect timing for a good break from studying. In fact, I think that this could actually become a Tulpar tradition since we got the trail idea from the previous year!

How would you define your house spirit?

Harmonious living with independence, fun, and freedom.

Where do you see your house in five years?

New faces but same homely feel, with our traditions and Tulpar-exclusive norms or secrets. I would have arranged more events in the earlier part of the year, which are more interactive to set the tone for the upcoming semester.

What makes your neighbourhood special? Are there any particular quirks of your neighbourhood?

Our neighbourhood doesn't try that hard, but we try our best to perform and somehow things always work out well.



Dr Seow Teck Keong

**Tulpar
Resident Fellow**

As the neighbourhood that occupies the top three floors of the College building, the Tulpar neighbourhood is “above all” other neighbourhoods. The residents of the Tulpar neighbourhood have the honour and privilege of spending the longest time in the lifts than other residents of the College. Potentially, that would mean that the notices could have the greatest impact on Tulpar residents. What that means in reality will have to be tested by the residents of the other neighbourhoods, by asking their friends from Tulpar what they know about a certain event or matter that was posted on the walls of the lifts. Besides time spent in the lifts, it is also interesting that the residents of the neighbourhood are food aficionados, some in the culinary aspect, but most as consumers. Hence, the Cooking Club is dominated by Tulpar residents, and unsurprisingly, the major bulk of the orders for suppers by the College residents comes from Tulpar residents. As the Resident Fellow of Tulpar, my family and I have had the good fortune of savouring the culinary delights that were conjured up by the many chefs of Tulpar. In addition to being courted as a food connoisseur, I have also enjoyed the many conversations with the residents over meals (food again!) at the Dining Hall. It is hoped that they would also have found the conversations, and laughter, to be enjoyable, meaningful and helpful. May the neighbourhood be continually characterised by the two words on the Tulpar crest, hope and growth.

EXCHANGERS

“Friendship is the only cement that will ever hold the world together.”

- Woodrow T. Wilson

These are the people who have been with us for only one semester, but they have helped expand our worldview, exposed us to different cultures and now leave with us irreplaceable memories. We hope all exchangers have had a memorable time in Singapore and we hope to see you again!

(P.S. Thank you Ceilie, Andreas, Jasmine, Aneri, Hinz and Abishek for being so sporting!)

How would you define your experience in CAPT?

Cecilie

It has made my whole exchange journey 10x better, compared to if I had stayed anywhere else in NUS. I like to travel because I like to learn about other cultures, so it has been cool to see the Singaporean culture up-close and experience how locals live. People are very open and welcoming, and CAPT has become my second home and I will miss it.



Cecilie Byrum Lassen, Denmark

Abishek

The experience in CAPT was really good for me. Every day there are different events happening and I can't even keep up with them. This is quite different from my dorm in Japan: there are fewer people and the majority of us are foreign students, so we do not really do much local stuff.



Abishek Gupta, Japan

Aneri

Pretty amazing, I'd say it's even better than my dorms back home because everyone is really close and friendly and they reach out... One of the things I experienced was CAPT Buddy. I met some really good friends through Capt Buddy, who are also on exchange. I got to meet a lot of people through CAPT, and I got to really know locals and exchangers. I wouldn't trade this experience for anything.



Aneri Shah, United States of America

What was your most memorable experience in CAPT?

Aneri

That's a tough one, but I would say kayaking in MBS with the exchangers. We were literally kayaking in the heart in Singapore. You don't always get to have that kind of experience, especially as a traveller. It was an amazing experience.

Hinz

The most memorable experience is probably watching soccer matches together. I would sometimes organise a soccer night and live stream matches in the lounge. Even though we don't always support the same team, we will still cheer together, eat together, talk together.



Shum Tsz Hin, Hong Kong

Andreas

Being emcee for the formal dinner! It was my first time emcee-ing! Even though I made mistakes, people didn't laugh at me but they clapped and when I asked them to stand up to clap for the president Professor Tan Chorh Chuan, they all stood up. After I emcee'd, everyone in CAPT knew me. I became famous and everyone said hi. From

that moment onwards, I never took the elevator in silence, there's always people to talk to.



Andreas Frederiksen, Denmark

Anything you want to say to your housemates?

Jasmine

Thank you for always helping me when I needed help, and when I had problems opening the door. And thank you to the people from the Frisbee, Floorball and Tchoukball IGs, who are so kind and patient with me because I'm not good at sports.



Jasmine Haist, Switzerland

Hinz

I would just want to say that I am very thankful for my stay in Dragon. Even though my stay in CAPT wasn't very long, they really helped me to better get accustomed to Singapore by taking me around to places such as Vivo City, Sentosa, Old Airport Road and Botanic

Gardens. A lot of times during these outings, they also treated me to food. I will probably miss them a lot too.

Aneri

Thanks for making me feel welcome and really going the extra step to break the ice and engage with me. I know when I see people in the kitchen or the laundry, they'll be like "Hi Aneri!" They all know my name and aren't shy to say hello. My friends say that nobody in their dorms is that friendly or that nice.

If your housemates were to visit you in your home country, where would you take them to?

Cecilie

We could take part in this summer tradition on the longest day of the summer, sankt hans aften, where the whole town gathers in small groups, make a big fire and sing songs while we watch it burn and watch the sky get dark in the evening.

Andreas

I would take them to Frederiksborg slot, the most beautiful castle in the whole of Denmark.

Abishek

I would recommend going to the big cities. However, if you want to relax and pamper yourself for the weekends, I would suggest going to the countryside which is rather accessible by public transport.

INTEREST GROUPS



SPORTS



Touch Rugby

Heads: Adri & Kee Jeng

Strategic, Fast-paced, Successor-less

We are happy to be able to bring touch rugby to those who have never tried the sport and seeing them have fun! Touch Rugby aims to foster a healthy community for anyone to learn, as well as grow interest in the sport.



Floorball

Heads: Lenard & Yi Yan

Tactical, Fiery, Team-spirited

After many cracked floorball balls, floorball aims to be more welcoming to newcomers. We hope that floorball will stay alive in CAPT, but with more people!



Frisbee

Head: Hui Ee

Brilliant, Exhilarating, Extraordinary

We are happy to see members loving the sport and enjoying themselves during the game. Being such a niche sport in CAPT, we hope that Frisbee will continue to be well-loved and have strong camaraderie.



Basketball

Heads: Jing Yi, Jackson, Keith & Vanessa Poh

Open, Fun, Growth

We are grateful to be able to meet new people from other houses, form friendships and share the love for basketball with others. We hope that the IG will have a steady flow of players, and a team that is united in fun and fellowship.



Tchoukball

Heads: Yen Yee & Si Jing

Family, Passionate, Like-no-other

Throughout the year, tchoukball has seen through the development of each player in the team and the importance of teamwork in the game. Humility and love above all else! We hope that we can continue to have an environment where people can come together, and be able to find themselves at home in our IG.



Dodgeball

Head: Tristan Tan

Throw, Siam, Catch

With a reputation for being the ones who caused the big hole in the MPSH wall, Dodgeball hopes to be a vibrant IG with alumni coming back to play with the current CAPTains.



Table Tennis

Heads: Joel Chew & Khang Hwee

Committed, Passionate, Fun-loving

It is heartening to see members stepping out of their comfort zones to challenge themselves, and new players enjoying a new sport. We hope that table tennis can be incorporated as an experience in JS/SS, and have a wider and tightly-knit table tennis community



Badminton

Head: Gregory Tan

Invite, Excite, Delight

Badminton provided an avenue to engage with CAPTains from all houses while promoting the sport and learning things from them. We hope to see this IG still continuing and thriving as one of the more popular sports in CAPT!



Soccer

Heads: Chun Kit & Shi Kai

Pass, Shoot, Score

One of the biggest takeaways from soccer would be the friendship within the team. We hope to see equal participation from both genders in the IG.

CLUBSOCS



Gardening

Resourceful, Diligent, Caring

We hope to continue to build ecosystems across UTown, growing food, habitat and materials for us and nature, while cooking delicious local food. Things can be tough, but if you let go of trying to control everything, then you can be surprised.



Cooking Club

Fun, Messy, Satisfying

It's amazing how easily people can come together through food, how excited people can get to eat it and how surprised they can be at their own abilities at making it. I hope that we can get more whacky with the dishes that we create; create things we've never dreamt of trying.



Guitarpella

Fun, Dynamic, Musical

It's definitely the times shared with the friends we've made in Guitarpella: the unplanned bouts of laughter and the musical moments that simply can't be replicated. We hope that our members continue to grow musically in the same synergic ways, all while having fun! Hopefully, we'll be venturing onto bigger stages too.



Baking Club

Fun, Friendly, Enjoyable

Besides learning how to bake, we get to make friends from other houses! We hope to continue passing down the idea of trying and determination and hopefully pique CAPTains' interest in baking.



Coffee

Learn, Brew, Serve

We thrive with our kickass coffee machine and a blooming appreciation for specialty coffee! We hope that the simple yet meaningful interactions made during the process of brewing and serving coffee will enrich both ours and your day.



MagiCAPT

Secrets, Creativity, Presentation

Self-taught magic has a steep learning curve. We hope to guide anyone who is willing to learn and kickstart their journey as magicians! We also hope we can inculcate a greater interest in CAPTains to join us in performing and bringing joy to others!



WildThings

Fun, Artsy, Wild

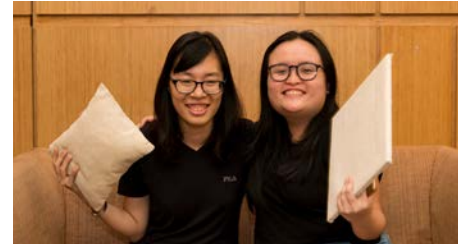
WildThings encourages people to explore the arts to their heart's content, without worrying about perfection or excellence. We'll always be doing art because it's fun.



CAPT Cafe

Ambitious, Passionate, Global

We hope to grow in empathy and learn more about diplomacy! We aspire to break down barriers between CAPTains and whatever's out there.



HanDIYcraft

Passion, Creativity, Stuffing

We seek to be able to try things we wouldn't, perhaps due to cost or other reasons. We also hope that CAPTains have fun while trying out something new!



CAPTS_Lock

Programming, Tech, Empowerment

We hope that by setting up CAPTS_Lock, we not only impart tech knowledge to other CAPTains, but also hone our skills through a "learning by teaching" method! We also hope to be able to work on software and hardware, such as apps and bots that will be able to benefit and serve the needs of fellow CAPTains.



Dance

Expression through movement

We seek to be expressive through movement, and hope to be able to expose others to different genres of dance, today while we continue expanding in numbers and growing in passion!



CAPT Theatre

Creative, Cooperative, Performative

Learning how sharing and listening to my members has addressed weak points or flaws in logic I wouldn't have noticed otherwise. Sharing is caring! We also strive to put up a strong array of fun and enlightening plays and other forms of engagement.



Capital

Ambitious, Inquisitive, Knowledgeable

Some things are worth the inconvenience and risk. We envision CC to be part of the CAPT curriculum, its impact reaching far and wide in NUS through the lives that we have impacted.



CAPT Conquerors

Self-exploration, Growth, Accountability

Some things are worth the inconvenience and risk. We envision CC to be part of the CAPT curriculum, its impact reaching far and wide in NUS through the lives that we have impacted. CAPTains.



JamCity

Vibrant, Warm, Community

The best part about JamCity is the people! Watching them grow, forming friendships, making their own music together. We hope to have greater fun and spread our love for music. Moving forward, we hope to one day have our very own JamCity concert!

CAPT COMMITTEES



CAPT Support

We're a just bunch of people who have a passion for making a difference to those who live with mental health issues. We also wish to encourage mental fortitude in all CAPTains. As a mental health initiative, CAPT Support conducts advocacy campaigns on self-care and runs the Peer Support system, all with the goal of raising awareness for mental illnesses and promoting mental wellness. Since 2016, CAPT Support has expanded from three people to over twenty individuals. This year, we have started dialogues within CAPT about the different types of mental illnesses that people around us might be suffering from. In the end, we hope that we can help build a more open, caring and understanding CAPT community.

Rag & Flag

CAPT Rag & Flag 2017 was an annual project held in collaboration with the NUS Students' Union, as part of Orientation Week. From 8-12 August 2017, CAPT R&F held a week-long fundraising drive for our beneficiary, Healthserve. The drive started with Flag Day, where CAPTains went out and engaged the public, collecting donations around the island. Then, we launched a series of merchandise sales to raise funds and awareness of migrant workers in CAPT. Sales from CAPT Karang Guni were also included in our proceeds. The week culminated in our booth sales on RAG Day where we celebrated a fulfilling week of Receiving and Giving (RAG). Through the week, we were truly heartened by all the love and support we have received from CAPTains. Due to everyone's contributions, we have amassed over \$10,000 for Healthserve and was presented with the RC Flag Shield, awarded in recognition of the RC with the highest amount raised per capita. Our team will like to dedicate the Shield to the College for sharing your love for the community as one CAPT. We are also thankful to see that many more meaningful initiatives for the community has since been sparked off as the academic year unfolds. May the spirit of community engagement continue to flourish here in 8 College Avenue East, for many years to come.



Open Day

CAPT Open Day 2018 was held on 10 March and the theme, "CAPT in Your Heart", aimed to showcase what CAPT means to us in our hearts and that CAPT is a place close to our hearts. Through guided tours led by our very own CAPTains, prospective students and visitors got a glimpse of our academic programme, student activities and residential facilities. We saw a huge turnout of over 1000 visitors and it was heartening to see CAPTains welcoming them by sharing memorable moments of their own CAPT experiences. We also got CAPTains to write a note for the prospective students who came on our tour, and many visitors were pleasantly surprised by the personalised gesture! All in all, Open Day was a great opportunity for CAPTains to unite and reminisce on our own CAPT journeys as we brought the visitors around, showing our CAPT spirit!



CAPT Ambassadors

Back in 2012, when CAPT was first established, the idea of a residential college was new to many. Visiting professors, donors and community partners were unfamiliar about how residential colleges operate and many were interested to find out more. The office would look for any CAPTains who were willing to share more about CAPT with these visitors. A group of CAPTains felt that there could be a more efficient way of finding CAPTains and training them to provide visitors with relevant and correct information. They saw an opportunity in this area, and thus, CAPT Ambassadors was formed in early 2015 to meet this need. The main role of a CAPT Ambassador is to share more about the college through their own stories of living here. This is done through outreach events and college tours to prospective students, parents and professors. It is important that external visitors are given a warm welcome and leave with a good impression of CAPT. As such, Ambassadors are equipped with lifelong public speaking, communication and interpersonal skills through in-house training which can be used not only in school but in their future careers as well. CAPT Ambassadors hope to continue growing and impacting the CAPT community by aiding others to see the best in CAPT through being a representative of the people as a whole. Lastly, the CAPT Ambassadors programme serves as an avenue for ambassadors to give back to the college through its tours and college-wide events such as Open Day. Having received and benefited much from CAPT, these various platforms allow every CAPT Ambassador to share from their personal experiences, the joys and excitement of being a CAPTain.





CAPTure

Not many know that CAPTure is not only an interest group, but also a sub-committee under the CAPT publicity team. As a photography club, we take pride in serving the college through documenting precious moments of the CAPT journey. CAPTure has come a long way since its inception, and much of its success as an interest group is attributed to the passionate seniors who are willing to keep the group alive. It is also worth noting that CAPTure is more than just being about event photography. We like to explore and experiment with various styles of photography too. We have also had opportunities to go on photography trails, participate in competitions and even attend master classes by renowned photographers such as Ms Wong Maye-E and more recently, Ms Pia Johnson. We also managed to partner with HealthServe for our very own CE initiative, teaching basic smartphone photography skills to migrant workers of Little India. Through these learning opportunities, we hope to ignite the passion for photography in our members, regardless of their background or level of expertise. As most of our work are behind the scenes, we would like to extend our sincerest gratitude to all our members for their hard work. The photographers are truly some of the unsung heroes of CAPT and we could not be more proud to have such a talented bunch serving the college wholeheartedly. We hope to keep the spirit of CAPTure alive in the years to come. Let us also take this opportunity to welcome anyone who is interested in photography to come join us and serve the college in meaningful ways. We welcome everyone with open arms. We have a few photography projects in mind for the future and we hope to get more members to help realise these ideas!

ALUMNUS



Foreword Coffee started in 2017 by CAPT alumni Wei Jie, who aims to bring us good coffee as well as fulfill a social mission - that is, to assimilate people with disabilities into the workforce. The CAPTsule Team went to interview Wei Jie to see what's brewing.

FOREWORD COFFEE

What made you start Foreword Coffee?

Oh, that's a really long story! What came first was the social mission to empower people with special needs. I feel that there's this social stigma against them, and we don't get to see them much in our daily lives as well, so the visibility isn't there. So, I began to think of ways to increase the visibility and interaction of people with special needs, such that the wider society will have opportunities to interact with them and from there, we can break down the social stigma. The

idea of coffee came in later, while I was on exchange in Amsterdam and I learned about their coffee culture. When I came back, I made comparisons between Singapore and Amsterdam. The coffee culture in Europe was slow and enjoyable, and often see parents bringing their kids to the cafes for their afternoon coffee with friends. That got me thinking that coffee could actually be used as a means to bring people together. Also, by using the slow-pour method, I assumed that a person with special needs will be able to pick it up more easily. Therefore, people will get to see that those with special needs are just as capable too, thereby breaking the barriers between them. Essentially, that was the idea and it all started with coffee.

The social mission started when my friends who interned at Pathlight [School] would tell me that the students who graduated are either unable to find jobs or are not being accepted by society. And those from Pathlight are actually already from a higher functioning group. I feel that there is a lot of untapped potential in this area and so, I felt like this could be a social cause to champion.



How has the experience been so far?

Quite exhausting! From the start all the way till now, it has been tiring, but also really exciting and meaningful. When we first started, it was hard to hire persons with special needs as we were new. Finally, through SG Enable, we publicised ourselves through a training program for persons with special needs. We then went to SG Enable's career fair, where we met our first current full-timer who is deaf, and he helps us with operations. Day-to-day operations are also run by me and my friends or batch mates who are also interested in coffee. This experience allowed me to create a system and workflow before we hire people with special needs. Since January, we have hired a trainee with autism, Nicholas, and he's working well with our deaf full-timer, although with some conflicts at times. We are looking to expand our operations and to train and hire more people with special needs.

What is the training process like?

Newcomers first learn to keep our café clean and support our baristas in the coffee-making. Only when they are familiar with the environment and the work systems then will they get to learn how to prepare the drinks. We start with the slow pour over method before the more complex, espresso-based drinks. The steps to make a cup of drink must be broken down into steps – just like how a baker would follow the recipe to bake a cake. We slowly go through the process step-by-step and repeatedly train them by going through the steps with visual aids. That's how we equip people with special needs with the required skills. It takes a lot of patience as they forget the steps sometimes, so we need to keep reminding and encouraging them. When they go through training with their own special needs schools or regular employers who may not be as patient, they may be scolded and feel discouraged. For us here, we want to create a culture of understanding where people of different abilities are able to work with one another and accommodate to one another's needs.



Using an auto tamper (above) instead of a hand tamper (top) helps to reduce the learning curve for people with special needs

Any funny stories or interesting things that happened here?

There were interesting things that happened within the café. Okay, let me ask you, how do you think a deaf person and autistic person interact? You can't really imagine that, right? Our trainee with high-functioning autism learns things very quickly, is very expressive and loves to talk. Hence, he enjoys talking to customers! He will also talk to our deaf barista who can still hear with his hearing aid on. As a parent, the barista also knows how children are, so he takes very good care of our trainee. It is quite heartwarming to see them interact. Our trainee can actually laugh till he cries in his interactions with our barista, Jimmy because he finds him very pleasant to work with. Therefore, I'm thinking that for a future employment model, a deaf barista, an autistic or intellectually disabled person and an able-bodied person will be able to come together to run a coffee kiosk. I hope it works out! You will also see a lot of regular customers, like the professors and students coming down with their own cups, which is really nice.

Speaking of the customers, which professor do you see the most? Any coffee-addicts?

Ms Soon Fen! She's always here every day to order her latte. As she is left-handed, we usually pour such that when she holds from her left-hand, the heart-shape faces her. Usually when people pour, they do it from the right-hand direction. So if you pour in that way, she'll really appreciate it.

Mr Pillay also comes by to get his Macchiato. Sometimes, Christine, his personal assistant, would mention that he misses our coffee when we are closed during the holidays.

Do you have any advice for future entrepreneurs?

Firstly, for the practical side of things, make sure that you have an idea that can earn money. Also, get the legal side of things right because nobody will teach you how to incorporate. Many start-up gurus will teach you how to find a particular product and how to validate. However, it is really due diligence on your part to read up about incorporation. You have to really understand the law and equity.

Secondly, really know yourself, because as a start-up, the company is an extension of yourself. As a start-up, if you cannot even manage yourself, you will not be able to manage the company because there is no system in place. You are the one that's creating the system. As it grows, that system should already be in place and that's when you can remove yourself from the company to run on its own. And that's when your company will start to grow. Oh, and discipline is important as well!



Look for means to create an inclusive enviroment for people with disabilities: such as writing instead of talking to communicate with our deaf barista Jimmy!

I hope students can continue spearheading something here in this space. I also hope that we can make it less commercial and more geared towards alumni-oriented, and student-run things.

-Wei Jie



**Meet the Brewtiful Crew
Jimmy the Barista**

How do you find working here?

It is interesting to learn many things about being a barista, like practicing latte art, brewing coffee, operating the cashier, cleaning and opening and closing [the shop].

Is it fun to work here?

It is fun to learn from my boss. He teaches me quite a lot, and challenges me in learning how to be a barista and interacting with the different staff like Keith and Yvonne. I have also learnt how to communicate in many ways.

Do you have anything to say to customers?

I'm happy when I see smiling customers. It gives me motivation to continue serving coffee of the best quality! That is my priority.

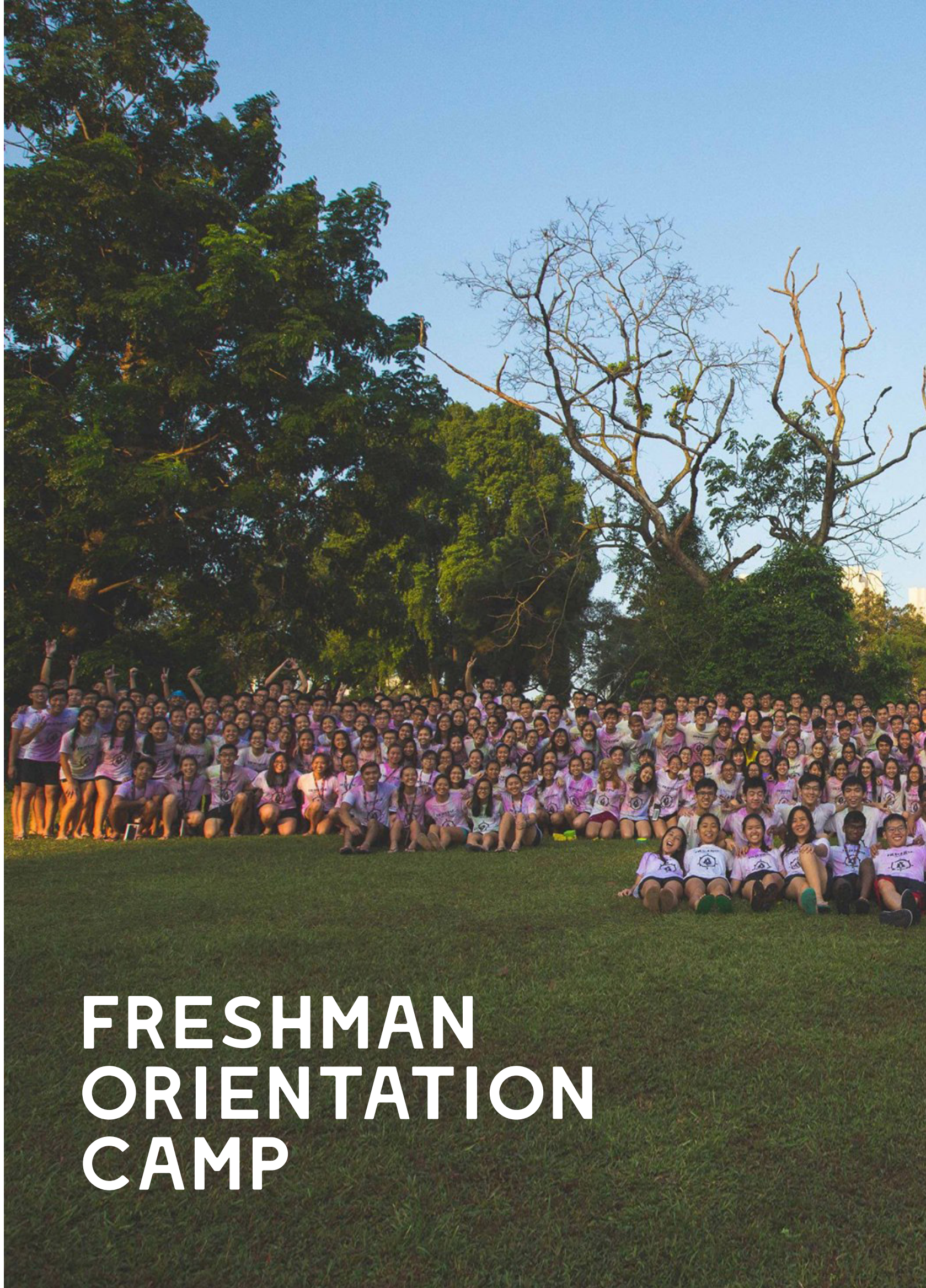
What is your favourite drink?

A mocha or a latte!

He hopes that CAPTsule will raise awareness on Foreword Coffee. So head down to B1 to support this social mission! :)

EVENTS

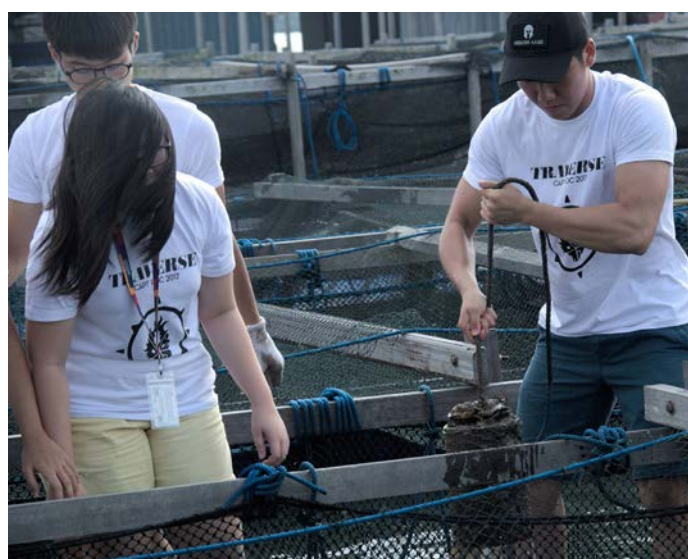




FRESHMAN ORIENTATION CAMP







FOC to me has always been more than a standalone event in summer. As the very first event that all freshmen encounter, it is in the unique position to set the tone for the rest of their 2-year stay in this place we call home. Everyone from the house committees to the CSC has a stake in FOC, and we work really closely with them to craft the perfect experience for the freshmen.

Having missed my own FOC in 2015, I was very much aware of the impact that attending FOC (or not doing so) can have on a freshman. I hope that the house committees to continue reaching out to freshmen that have missed the camp for whatever reasons. For the new FOC this year, I hope to see even greater participation rates, and for the camp experience to be as welcoming and fun for the new freshmen. Welcome home, CAPTains!





WELCOME DINNER

Held at the beginning and end of each academic year, the Formal Dinner marks a new chapter as well as a completed milestone to the lives of CAPTains. The welcome dinner held in 2017 was an occasion formally welcoming freshmen to their first ever Semester at NUS, and seniors back to CAPT. Dressed in dresses and suits, CAPTains enjoyed the excellent performances and got to know one another better. And by the time you are reading this, the Farewell Dinner provides closure for the year, acknowledging the service and achievements of CAPTains, and as a final farewell to our graduating CAPTains. One tradition that every formal dinner upkeeps is the recitation of the CAPT pledge at the end of every session, providing a quintessential reminder of the college's values as well as the everlasting memories and friendships that were made in CAPT. For many of us, it is definitely one night to remember.



INTER-NEIGHBOURHOOD GAMES

ING is the very first inter-house event after Freshmen Orientation Camp ends, and it plays a pivotal role in the building of the CAPT spirit. ING brings people together through sports and creates an opportunity for CAPTains to pick up new sports. After the previous ING ended, Wei Yang, Hao Yuan and I sat down to discuss what we wanted to do for our ING (over indomee in Wei Yang's room at 1am) and we envisioned a grand closing ceremony for an unforgettable ING. This meant that much more effort had to go into the planning stages, but with committee members working tirelessly behind the scenes, as well as with all the help that we received, we managed to pull off a successful ING. It was definitely an arduous journey, but seeing CAPTains enjoy the experience made it all worth it!



INTER-COLLEGE GAMES



The Inter-College Games (ICG) is Utown's key flagship sports competition organised between all residential colleges. Held annually, it allows residents from each college: CAPT, Tembusu, RC4, USP, RVRC, Yale-NUS to interact and bond through sports and games they love. This year, it took place on 2nd-20th February, and there was an interesting variety of sports offered this year – from usual ones like Volleyball, Basketball, Soccer to Chinese Chess, Contract Bridge, and even virtual games like FIFA and DOTA 2. CAPT's strong athleticism was apparent in many sports we played, such as Floorball, Frisbee, Tchoukball where we emerged 2nd for all and took home the championship for Dodgeball, Table Tennis and Road Relay! At the end of the day, it was a well-fought battle and the hardwork, tears of joy and triumph was indeed worth it for our CAPT athletes.





CAPT Open Mic is an event organised by Clubsocs every semester, where CAPTains are encouraged to showcase their many talents to their fellow college mates. The theme of the first open mic in September was 'Into the Stars', aptly named as the Flying Seed was transformed into a sky full of stars with the help of fairy lights. It was truly a magical night filled with laughter and melodic voices as CAPTains enjoyed performances ranging from joke dance items to vocal acts. In the second semester, CAPT Open Mic was themed 'Letters' and was held on Valentine's Day. CAPTains could expect to be serenaded by the beautiful voices of those performing that night. The line-up also included an impressive 10-minute drum act. The two open mic sessions were definitely memorable nights for all CAPTains.

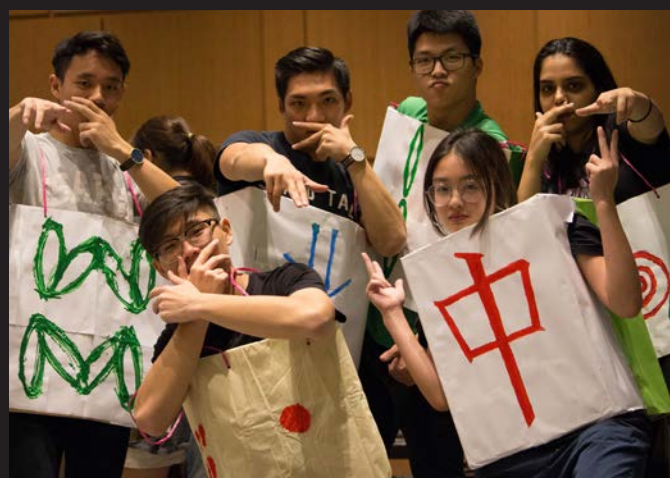




OPEN MIC



HALLOWEEN





1st November 2017, 7pm. CAPTains decked in their most extraordinary costumes filtered into the dining hall. Gazes fluttered around, as everyone stood on the lookout for the most flamboyant and creative outfits. Some of the more prominent group costumes included the People's Action Party and a bunch of nerds from Garuda, fellow Dragons dressed in poker cards, a set of mahjong tiles from Roc, and the Rugrats from Tulpar. The dinner began with a bang as The Vintage Haunting Experience performed a splendid rendition of Creep from Radiohead. Other highlights included bands like Blueberry from Jam City who played "The Ballad of Mona Lisa" from Panic! at the Disco and "Bring Me to Life" by Evanescence. Guitarpella's Mashed Potatoes also performed a mashup of Eurythmics's "Sweet Dreams (Are Made of This)" and The White Stripes' "Seven Nation Army". It was an unforgettable evening for CAPTains as we sat around in joyous camaraderie, enjoying a dinner while viewing the performances.

INTER-NEIGHBOURHOOD SHIELD

Inter-neighbourhood shield (INS) is an annual boards games competition between neighbourhoods in CAPT. Organised by the Student Affairs Committee (SAC), the INS was organised with aims to improve the welfare of all CAPTains and encourage inter-neighbourhood bonding. The 6th INS was held from 20th-22nd March 2018, featuring a variety of board games this year such as Space Cadets, Codenames, Escape the Temple, Sushi Go, Foosball and many more. The INS was rounded up with a closing ceremony on the night of 22nd, accompanied with prize presentations and light refreshments. Although it was only 3 days long, most CAPTains would agree that it was an enjoyable experience playing with other neighbourhoods and cheering for their housemates!

ARTS SHOWCASE

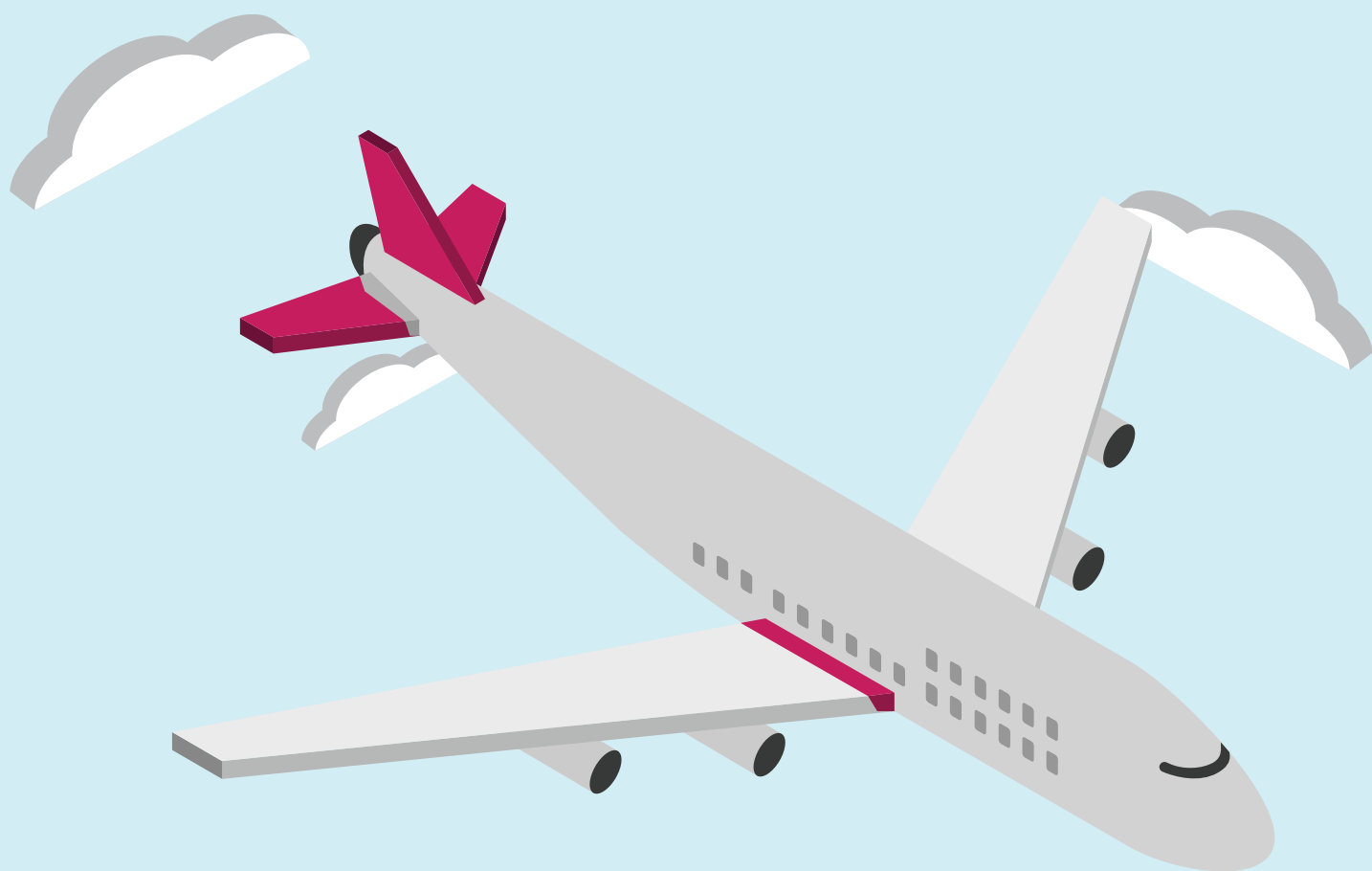
The catchy beat and hilarious promotion video indeed scored extra publicity points for the Arts Showcase committee, and we're sure it's bound to be an unforgettable tune for the 2017-2018 batch of CAPTains. CAPT Arts Showcase was a brilliant platform for performing IGs – CAPTheatre, Jam City and Guitarpella, to work towards a major project for the first time in CAPT's history. The theme of 2018's showcase was Taking Flight, which was about being brave and bold to help the community at large, and it tied in nicely with our college's vision. Held in the middle of Semester 2 when things started to get heated up due to mid-terms, the event provided a good moment for CAPTains to take a short break and reunite with their friends, while appreciating the Arts.



CE FEST

2018 was an exciting year for CE Fest, CAPT's annual flagship event that serves as a platform for different communities to mutually engage with and learn from one another. This year was a watershed in CE Fest history, where CAPTains ventured beyond the compounds of CAPT, not just to celebrate and engage, but also to learn. This year's CE Fest centred around Base of Pyramid communities (BoP) — communities that all make up parts of our society, but yet are overlooked or misrepresented. Together with the theme of "Keystone", our focus was not only on community partners, but also these BoP communities. From 23–24 March, CAPTains together with partners had an exhilarating time exploring one of 12 learning journeys, learning more about a variety of BoP communities, ranging from the deaf community, to the mortician industry, and many more! On Saturday afternoon, we gathered back together in CAPT for lunch and a sharing of what we had all learnt over the course of the 2 days. It truly was an amazing to see how much learning could be done through simply connecting with communities all around us. This year, we had close to 70 participants from community partners, including Healthserve, Sunlove and deaf students from Beatty Secondary School; over 150 student participants from Greendale Secondary, Evergreen Secondary, Innova Junior College; as well as over 200 CAPTains, who were involved in planning, executing and participating in the trails. This far exceeded our expectations, and we are glad to have had the honour of spreading the spirit of community engagement to all those who participated this year.

OVERSEAS



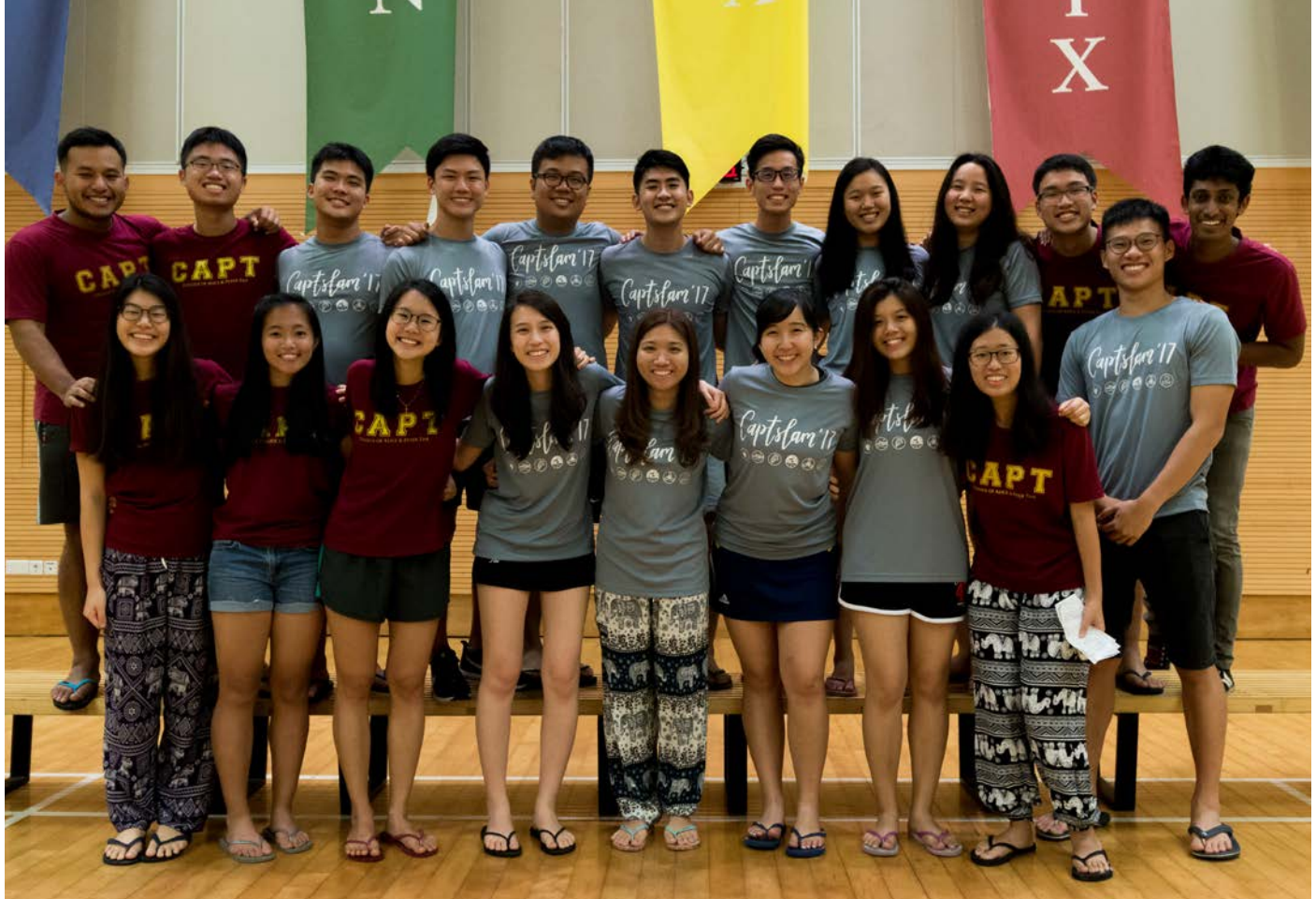
CAPT CLOUDS



Trip Duration: 16th May 2018 - 30th May 2018

CAPTClouds is an overseas Learning Project in its third year running, conducted fully by CAPTains. This year, CAPTClouds has a key focus on engaging and learning about communities in Yunnan. The team will be working with three partners, Lijiang University, Miao Zu Migrant Children's Drop-In Centre and Liangmei Primary School as well as live alongside the rural communities in Yunnan. May CAPTClouds be taken to greater heights!

CAPTSLAM



Trip Duration: 10th December 2017 – 20th December 2017

CAPTSLAM is a mentorship program that partners with Tanglin Secondary School (TSS) where CAPTains will mentor students from TSS. We use sports as a platform to engage youths and value-add to the participating mentees' lives by imparting worthwhile skills and values through mentoring. The project birthed out of a novel concept of sports mentoring and university students guiding youths through sharing of experiences. This concept eventually materialized and had its 1st run in 2016, before I took over as Project Director for its 2nd run in 2017. Organizing the project was tough, but witnessing the mentees grow from who they were in the first session to who they are now made all our efforts worthwhile. It was truly a privilege to have led a bunch of dynamic, passionate, fun-loving and exemplary mentors. I am grateful for this opportunity in CAPT and it was an extremely fulfilling experience for me!

STEER MYANMAR



Trip Duration:

STEER Myanmar was nothing short of a wonderful experience. Before heading on the trip, I heard many positive comments and learning points from the previous team. I expected to learn about democracy in Myanmar, how its recent opening up of borders is affecting its economy, tourism, sustainable development, and its people. These were there very broad expectations most of the team had before embarking to Myanmar. Amongst many other things, it was the individuals we met that truly touched our hearts. We visited Mandalay, Bagan, and Lake Inle. At every juncture of our trip, we had the opportunity to interact with locals – from University students, professors, local guides, students from rural primary schools, boatmen, teachers, humble restaurant owners, and even highly inspirational figures in society. Regardless of who they are, one thing in common was that the Burmese truly embraced our visit with a one-of-a-kind warmth and kindness. They shared with us their life experiences which were both universal and unique, and gifted us lessons we will keep dear to our hearts.

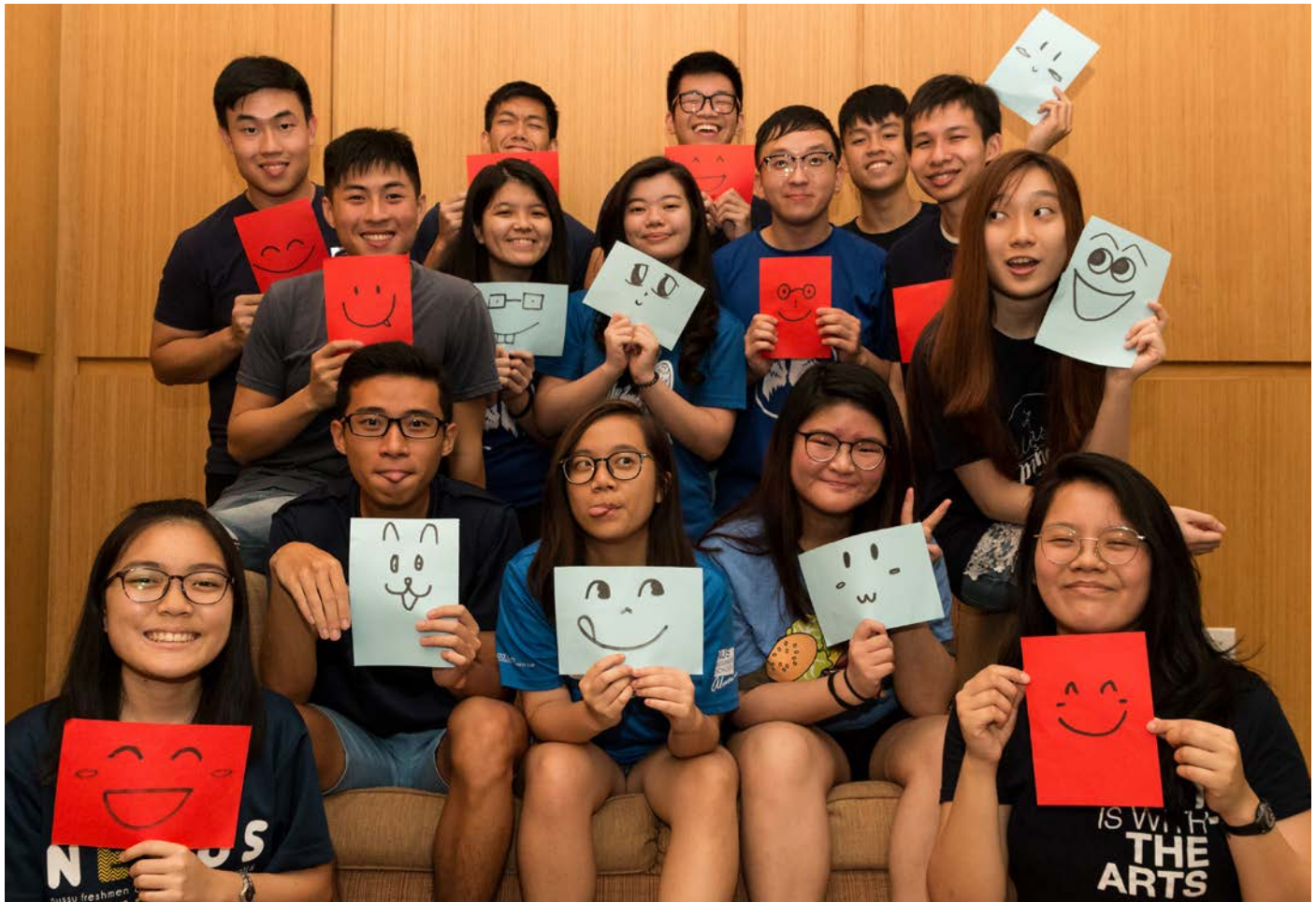
CAPT KAMAL



Trip Duration:

Welcome to Bangalore! CAPT Kamal is a partnership between CAPT and Dream School Foundation that involves planning and executing summer camps for students from vulnerable socio-economic backgrounds. Our project aims to inspire and encourage the pursuit of knowledge and character development through both academic and non-academic programs. This iteration will also involve a new partner, TalentEase, where we wish to inspire and educate first-generation learners from the villages in Yelagiri Hills. In less than 2 months, team Kamal will be heading to Bangalore for our OSL. We will finally be able to see the impact of our preparation on a community far away from Singapore, yet at the same time, close to the heart. Looking back, it is comforting to see how far we have come in our OSL journey. We fondly remember the first time the team came together during the initiation night when we lit our tea lights and conveyed the message "A candle loses nothing by lighting the flame of another". During the trip, there are many growth opportunities and we must make the most of it. We hope that everyone can share a collective experience of both good and bad, and strive through the 2 weeks together as a family. We look forward to completing this journey with our team with no regrets.

SI SMILE VILLAGE



Trip Duration:

Smile Village is a project in Cambodia maintained by STEP that reaches out to families living in slums and integrates them into a community where they are provided with better living conditions and are trained and equipped with the necessary skills to allow them to step out of poverty through the village's multiple social enterprises. CAPT's SI Wing was involved in liaising with STEP and Smile Village, and multiple discussions and a recce trip were conducted, where asset mapping of the village was done in order to pinpoint key issues and needs of the community. Design thinking was then employed to generate effective and sustainable solutions to address these needs. The team then engaged the community with plans that involved digital literacy and gamified learning, a cultural exchange that would enhance the arts scene in the community, and an expansion of the markets and products available to the village enterprises.

SI STEER NEPAL



Trip Duration:

SI-STEER Nepal is the first STEER in CAPT which is student-initiated, co-organized with fellows. With their unwavering support, Ms Wong Soon Fen, Dr Kankana Mukhopadhyay and the college have made this possible. Partnering RVRC, this trip revolves around the theme of "Development, Dilemmas, Design". RVRC lends its expertise of sustainability and environment conservation, adding another perspective to this trip. The Social Innovation (SI) Wing consider this a unique opportunity to learn about Social Innovation in a different context and more importantly, in practice. We will visit incubation hubs, social enterprises, and local entrepreneurs to explore how social innovation is encapsulated and expounded through their businesses. Not forgetting community engagement, we will also be engaging with the local communities there and beneficiaries of the social programs conducted by the businesses. We are excited at the possibilities of this trip, hope this will be the first of many such adventures! SI-STEER Nepal, here we come!

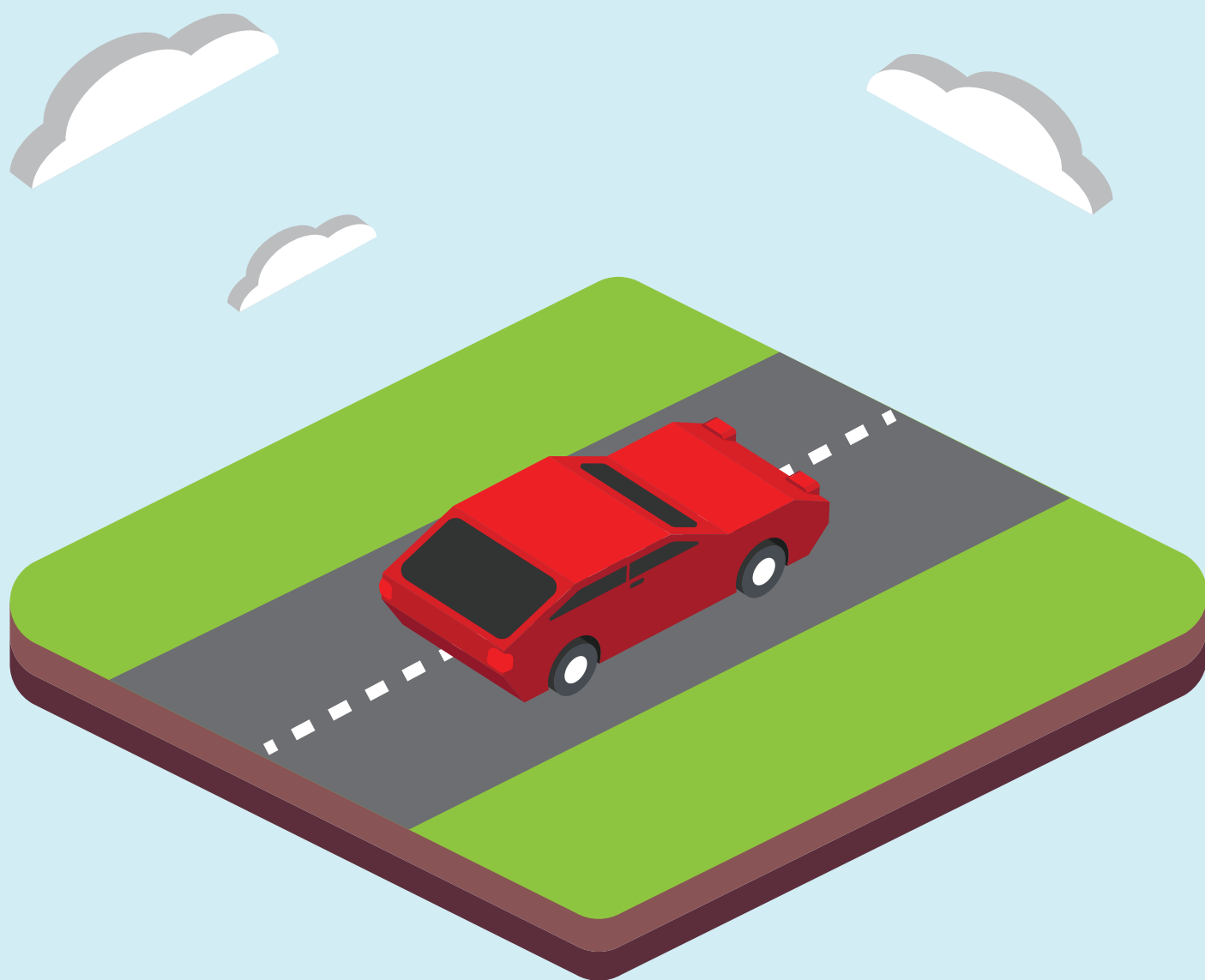
STEER BOTSWANA



Trip Duration:

The STEER Botswana trip focuses on three key themes: education, economy, and eco-tourism. Led by three fellows and one staff, the team will visit three cities in Botswana and make short stops in South Africa and Zambia. Through the three-week trip, the team hopes to gain a nuanced understanding of the lives of communities in the Southern Africa region, and have meaningful encounters through our visits to local colleges and universities. In preparing for the trip, the team will engage in pre-trip seminars and hear from several distinguished experts to learn about the culture and context of the region.

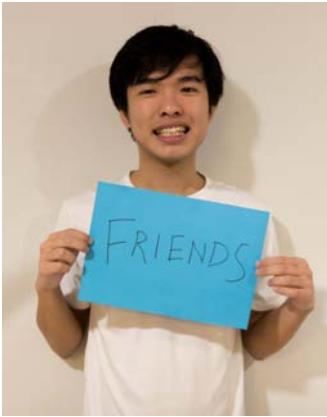
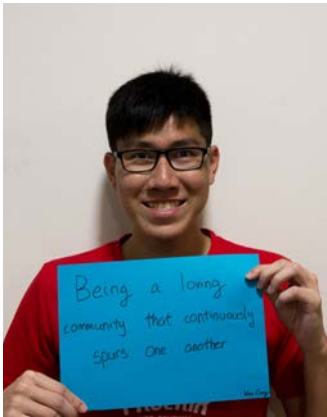
GRADUANDS



MESSAGE FROM THE YEAR FOURS

"Shouldn't your biggest takeaway be your boyfriend?"

WHAT
IS YOUR
BIGGEST
TAKEAWAY
FROM CAPT?



WHAT ARE
YOUR HOPES
FOR CAPT
IN THE
FUTURE?



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