

# THE REPUBLICAN POST

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# Not Just for Show and Tell: The Need for Sincerity in Volunteerism

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There are many ways to contribute to worthy causes.

I have been volunteering since my early teens and the introduction to volunteerism was a turning point in my life.

Before the world was hit by Covid-19, I was involved in all kinds of volunteer work, which included promoting and executing events, and helping with food distribution.

One of the most memorable moments was at Sunlove Home, a nursing facility, where I met an adorable Malay makcik (auntie). Weeks prior to the visit to the

nursing home, volunteers were encouraged to learn some phrases beyond our mother tongue to be able to engage with the elderly. I spent two weeks learning and memorising Malay phrases.

That helped me strike a decent conversation with the Malay auntie, despite it being what some would describe as 'broken Malay'. My efforts paid off — I felt she understood my sincerity. She also probably had a good laugh at my struggles to put words together and make sense.





## THE HEART MATTERS

Humour aside, that experience made me realise how important sincerity is in the field of volunteerism.

And that knowledge has often left me with disappointment when I hear accounts of students volunteering merely to stack up their portfolio for future university applications and employment.

One student I spoke with shared that her journey into volunteerism began with the desire to enhance her portfolio. However, her love for volunteer work grew as she got more involved.

“I get like a short burst of serotonin after volunteering,” she said.

While it is noteworthy that a love for volunteering is gained through its introduction, it would be more laudable if inflating one’s portfolio is not the main reason to kickstart the process.

I feel that youths should be encouraged — not compelled — to volunteer. That way it comes from the heart and is sincere.

However, like in the case of my friend, she volunteered to build her portfolio but ended up enjoying it. Perhaps a sign of maturity and a deeper altruistic need have been fulfilled.

I cannot stress how important it is that when educators ask students to volunteer, they have to stress the importance of sincerity and caring. With sincerity imbibed at an early age, we can then look forward to a more resilient and compassionate society as generations go by.

If there’s one thing the pandemic has taught us, it’s that those two virtues are quintessential for our survival.

Students need to feel the need to carry on the good work they have done and not just use it as an accomplishment to pursue more material goals in life.

## CAN WE DO MORE?

Beyond the realm of requirements, more can be done to encourage youths to volunteer.

Could there be more awareness on the opportunities to do so for students? Or perhaps even more emphasis on the importance of helping those in need in whatever way we can?

Life stories are often shared during these encounters, which enable students to understand diverse perspectives. We get a better understanding of the dynamics in society as a result and this, in turn, makes us wiser and society stronger.

It’s in the field of volunteerism that we also find some of the future leaders of society.

Admittedly, volunteering can be tiring, especially with the demands of academics and other aspects of life.

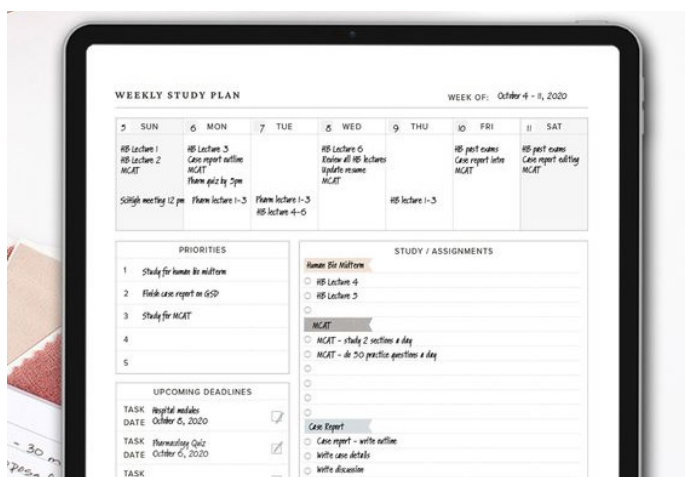
But volunteers, when sincere, are rewarded with so much more in return. The skills and experiences volunteers gain are as priceless as time itself.

This commentary was first published in AsiaOne as part of a collaboration between the digital news website and Republic Polytechnic’s School of Management & Communication.



# Your Guide To Surviving the Exam Season

Writer: Shakthishree D/O Vijayasankar  
Page Designer: Patricia Santos Anthony



Organising weekly and monthly schedules can be done through digital study planners. (PHOTO: BlueCatLoft on Etsy)

It's that time of the semester again when students start mugging up books and getting all nervous about the upcoming End-of-Semester (ESE) exams. But, take a leaf from our Guide here and you might even enjoy the exam preparation!

## ORGANISE YOUR TIME AND SPACE

Organisation helps you manage your workload so your time is used effectively. You can start by creating a conducive desk space and drafting a daily timetable to ensure that you allocate enough time to revise the notes for all modules.

This will help you stay on track and motivated, as nothing beats the satisfaction of crossing things off your to-do list.

## STAY ATTENTIVE IN CLASS

This might be the last few weeks of lessons before the study break. Make full use of your time by paying attention in class. Clarify any doubts that you may have with your facilitators and answer your questions on the spot.

It can be challenging to stay awake during lessons, but small steps such as participating actively in class discussions and eliminating distractions can go a long way towards your learning. Try putting your phone away and closing all irrelevant tabs on your browser. You could also take notes during the lecture to keep yourself awake.

## REVIEW PAST EXAM PAPERS

Do you recall mugging for your 'N'/'O' levels? As daunting as it sounds, reviewing past exam papers can be a lifesaver in preparing you for what to expect during the exam.

You can look for past exam papers through RP's resource library. When going through the exam papers, make sure you understand the concepts tested. If you don't, arrange time with your lecturer to go through the answers with you. While most exams in RP are open-book exams, it is better to be 100 per cent sure of what you read rather than take a chance at guesswork.

These are just some tips you can use and if you have more exam studying tips, we would like to hear from you!



# 5 Must-Try Items on Reakella's Menu

Writer: Jeevana Kalaithasan  
Page Designer: Ashley Tan Tze Chyi

**P**icture this. Brunch on a Saturday afternoon with your friends. You bite into a crispy, warm, buttery toast topped with a sunny side up, golden yolk oozing out with each bite. At the same time, the aromatic smell of a hot latte wafts into your nostrils with each breath you take. Sounds amazing right?

You can experience that at Reakella.

Here's another reason to visit. The cafe was started by RP alumni Tan Yi Ling, along with three friends. From creamy carbonara pasta to kaya croissants, Reakella serves value-for-money food that is could just be the choice to satisfy your brunch cravings.

Here are five must-try dishes.

## 1. CARBONARA

This classic Italian dish is one of Reakella's best-sellers. The perfect combination of ingredients makes this pasta creamy, luscious and wonderfully indulgent.



Reakella's carbonara is made with cream, egg, bacon and parmesan cheese. (PHOTO: Tan Yi Ling)

Additionally, the crispy and crunchy bacon serves as a perfect contrast against the soft and silky pasta, making each bite delightful.

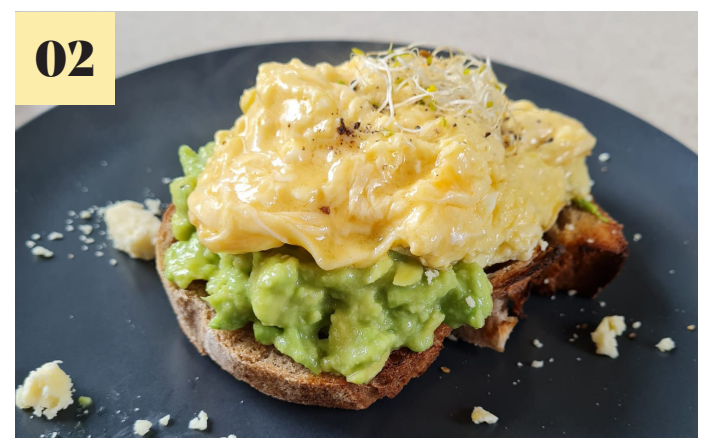
The dish costs \$9.80 — making it a worthy and scrumptious meal.

## 2. AVO-STACK

No brunch is complete without the iconic avocado toast. Avo-stack is Reakella's take on the famous toast that both millennials and Gen Zs are obsessed with.

The combination of flavours could just satisfy your palate. Apart from the creamy goodness, this dish also has a hint of sour and tanginess that comes from the sourdough bread used.

Avo-Stack costs \$12.80.



Avo-Stack is made with sourdough bread, eggs, avocado and feta cheese. (PHOTO: Tan Yi Ling)



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R's Buggie Breakfast comes with sourdough bread, bacon, spinach, mushrooms, avocado and eggs, making it a well balanced meal. (PHOTO: Tan Yi Ling)

### 3. R'S BUGGIE BREAKFAST

One of Reakella's most sought-after dishes, R's Buggie Breakfast is a plate with a variety of tastes. This dish could satisfy your tastebuds and your hungry belly at the same time.

If you are looking for something that is filling and healthy, this could be the dish for you. R's Buggie Breakfast costs \$23.80.

### 4. KAYA CROISSANT

Sometimes all we need is a good croissant - light, buttery, flaky, and slightly sweet. This fusion pastry is heaven on a plate and could be just what you need to satisfy your sweet tooth.

At \$3, Reakella's kaya croissant is seen as a wallet-friendly delight.

04



This kaya croissant is an upgrade to the traditional kaya toast. (PHOTO: Tan Yi Ling)

05



What makes this drink even better is that it pairs well with almost every main dish on Reakella's menu. (PHOTO: Tan Yi Ling)

### 5. CAPPUCCINO

Made from coffee beans imported straight from Australia, Reakella's cappuccino is aromatic and perfect for coffee lovers.

The drink offers a bold and nutty flavour balanced with natural sweetness from the milk, making this the best drink to start your weekend.

Perk up with Reakella's cappuccino at \$5 (regular) and \$6 (large).

Reakella opens from Monday to Friday at 7.30 am to 4.30 pm and on Saturday from 7.30 am to 12.00 pm. They are closed on Sundays and public holidays.



# The Rise of Light and Dark Academia

Writer: Aleemah Basirah

Page Designer: Nurin Afifah Bte Norman

## WHAT DOES ACADEMIA MEAN?

The term “Academia Fashion” refers to a group of aesthetics that focuses on learning, studying and research.

Tiktok has birthed lots of fashion aesthetics during the pandemic, and whether it is a fashion trend or style overtaking Instagram, fashion aesthetics are always changing online.

However, compared to the fleeting fads that emerged during lockdown, Academia has set its place in the books of fashion and aesthetics with good reason, with these aesthetics being reminiscent of educational institutions such as Oxford or Yale, and the environments surrounding them.

## DARK VERSUS LIGHT ACADEMIA

According to the New York Times, the dark academia aesthetic first emerged on TikTok last year.

Dark tones, Greek mythology, and ancient Hogwarts-worthy libraries come to mind when thinking about Dark Academia, with this subculture romanticising classic literature, the pursuit of self-discovery and the nostalgia of 19th-century and early 20th-century private schools in England.

Light Academia offers a visually bright and lighthearted twist on its goth-leaning counterpart, through its nude colour palettes and simple, yet elegant, fashion styles.

Light academia promotes motivation, optimism, and friendships, with the latter more focused on motifs such as the meaning of life, escapism, and philosophical values.

Fashion-wise, the difference between light and dark becomes apparent when comparing their colour palettes. Regardless, they are classy and timeless aesthetics that combine the sensibilities of academia with modern pieces for better wearability.

## NOW IT'S YOUR TURN...

To put together an academia-inspired wardrobe, wear long sleeve blouses, turtlenecks, sweaters, tailored pants, and boots - these basics can be easily found in retail stores such as Uniqlo, The Editor's Market, Zara, and Dr. Martens.

Now that you know more about the light and dark academia aesthetics, which one fits you best?



A “light academia” outfit uses light colours while a “dark academia” outfit applies dark tones. (Photo: Clozette)

# Capturing Memories With Film Photography

Writer: Cassandra Binte Kasman  
Page Designer: Soh Yu Xi



Online shops like [@filmio](https://filmio.com) provide a wide variety of cameras at an affordable price, while Carousell is an option for second-hand cameras. (PHOTO: Unsplash)



The numbers on film rolls indicate the ISO - the lower the number, the slower the film speed, producing a finer picture. (PHOTO: Unsplash)

It is no surprise that the grainy look of film photos appeals to the aesthetic-conscious youth. Though it is a popular hobby, beginners may find navigating through the process confusing. Here are some tips that can help you start your journey with film.

## 1. THE CAMERA

There are three main types of camera – disposable, point-and-shoot, and single-lens reflex. For beginners, a point-and-shoot would be a good choice due to its automatic settings.

A decent point-and-shoot costs around \$30 online, which is cheaper than buying multiple disposables. Popular models include: Kodak M35, Olympus Mju, Canon AF3.

## 2. FILMS

Along with Digital Cameras, you'll need film to start. A typical roll has 36 shots, and some popular films include Kodak TMAX 400 and Fujifilm Acros 100 for black-and-white shots, or Kodak Gold 200 and Kodak Ultramax 400 for coloured shots.

Kodak Gold 200 is an affordable and accessible option for capturing warm-toned images. Films can be purchased online or at stores.

There are many film-loading tutorials online (or check out our full feature on the Republican Post website) but remember never to open the back of the camera if you still have leftover film. Otherwise, you might come back with a blank frame or even leaks in the developed pictures.

## 3. DEVELOPING FILMS

Once you've finished the roll of film in the camera, you'll need to unload and bring the roll to film labs to get the photos developed.

Whampoa Colour Centre and Shalom Colourlab are some of the cheapest developers out there. If speed is your priority, check out Konota Digital Services.

Film photography is known for its authenticity and surprise. Though it can be nerve-racking to get a hang of it at first, the thrill of seeing your developed photos will send you over the moon. Take a leap of faith and explore the spectacular world of film photography!



# Musings From the Republican Post Writers

Page Designer: Patricia Santos Anthony

“  
Sometimes you just  
gotta turn on some  
music and stare  
blankly.”



**Kassandra Kasman**  
Social Media Producer

“  
I'd like to work as  
little as possible  
and make as many  
dollars possible.”



**Jeevana Kalaithasan**  
Section Editor (Food)



**Soh Yu Xi**  
Design Team

“  
Always be sincere  
and work hard in  
whatever you do.”



**Aleemah Basirah**  
Reviews Team

“  
I have watched  
F.R.I.E.N.D.S. ten  
times... and I am not  
mad about it.”



**V. Shakthishree**  
Reviews Team

“  
You can always  
change, grow, and  
get better.”



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