

EVG VIBES

volume 2



New Skills

Haven't been productive during CB? Check out some ways to improve on your efficiency!

Fun Activities

Get to know some of the popular trends that teens are crazy over!



**Other
COVID-19
topics!**

DISCOVERING A NEW HOBBY

BY FRANCHESKA TAN
(IITG)

During this circuit breaker period, boredom was an everyday thing for me and I had nothing much to do around the house except for homework and watching dramas. I really wanted to do something new and interesting that would really suit me, so I decided to try out something that was quite new to me and that I did not have much experience in.

I did not have much confidence in doing this because it was new to me and I had never really tried it out except during music lessons. What I tried was songwriting. To me, writing lyrics for songs is interesting and I find it fun and enjoyable. The lyrics mostly relate to teenagers nowadays, the things going on around the world or sometimes just based on my feelings.

Usually, when I am trying to think of ideas for lyrics, I like to think of what other people can relate to as I want people to understand the songs and be able to relate to the lyrics. Lyrics are hard to come up with if you don't have any ideas or an overall main topic.



Even though there isn't any music accompaniment with my lyrics, I still enjoy doing it as I am able to express myself in any way that I want to. I would say music really helps me to relieve more stress than I ever thought it could. To me, listening to songs is an everyday routine and I can listen to the same songs for hours and hours and not get sick of it.

Some people may not be able to listen to and enjoy your lyrics as you do and some may even criticise the way you express yourself in songwriting. Nevertheless, I feel that you can do anything that you enjoy, and if people are against it, you should still enjoy it because it's your hobby and it's what you like to do. There is nothing wrong with expressing yourself through your hobbies and I think everyone should have confidence in themselves. If you want to do something, you should go ahead and do it.



LEARNING TO LOVE BADMINTON

BY CHING YU ENG (1 DYN)

I have always had very mixed feelings about badminton. I associated it with the badminton practices my father had made my whole family attend when I was younger. Back then, I had absolutely no interest in the sport, even falling asleep in the stadium once during a break! I saw it as a chore and was glad when my father stopped pestering my family to join in his badminton practices. I also despised having to play badminton during PE lessons back when I was in primary school as it meant that I would have to find a partner to play with. Being the weird, hot-headed loner girl, I was often the only one left without a partner and ended up having to intrude upon another pair of classmates which left me feeling severely out-of-place and unwanted.

Needless to say, while I still liked playing badminton to a certain extent, I would much rather prefer to read a sappy romance story or just laze around on my bed. This continued into secondary school as I was still one of the people who would hover awkwardly when other people paired up during PE, hoping that someone would take pity on me and ask me to play with them. Once, no one noticed and I had to linger around awkwardly while other people were playing. Everyone already had a partner and I was too afraid and embarrassed to tell the teacher that I had no one to play with. However, most of that changed after the Circuit Breaker. During the COVID-19 Circuit Breaker period, I was stuck at home, staring at the bright fluorescent lights emitting from my phone. While I liked being lost in the expansive pocket world my phone provided, I still felt like I was going to go mad with boredom. One afternoon, my father dug out some badminton rackets and shuttlecocks and asked me to play a few rounds of badminton in our living room. I agreed, having nothing much to do, and before long, much to my surprise, I was the one pleading with my father to play a few matches with me.

Other than being a good way to get rid of boredom, badminton was also a kind of healthy exercise that would benefit everyone. However, those weren't the main reasons I started asking my father to play more Badminton with me. I started relishing the way a good game would make my heart beat faster and how the feeling of adrenaline coursing through my body would make me shake in excitement. I was by no means an exercise-nut or a fitness enthusiast but I enjoyed the feeling and I started enjoying playing badminton.



Although my serving is still a bit shoddy and I am far from a good player, I'm still learning how to develop my serve and deepen my love for badminton. Furthermore, as a silver lining, I've started to make friends with people. These days, during PE, I have one or two classmates who will play with me. Even now, in phase 2 of the circuit-breaker period, I'm still up for playing badminton with friends and family. I hope to at least become a decent player by the end of this year. And well, even if I'm not, I don't have to be good at badminton to appreciate it and have fun playing it.

HOW TO IMPROVE ON OURSELVES AT HOME

BY CHEW YEN WENG

(2 DYN)

Covid-19 has forced us to go into hiding at home. During the Circuit Breaker, we were not allowed to go out unless it was absolutely necessary. So what do we do with all the spare time we have at home?

For starters, we could brush up on the skills we have. There is always room for improvement, and you will have an immense sense of satisfaction when your skills have improved greatly. In order to develop your skills, you must first identify the gaps you have and find a way to fill up these gaps.

For example, I do digital drawing on my phone. I got into drawing last year. At first, I was not good at it. However, the more I drew, the more I noticed an improvement in my skills. This is an example of identifying the gap and filling it up. At first, I could not do hair shading, but I took the time to watch video tutorials and just recently, I managed to see improvements in the way that I shade hair.

You must also be open-minded, and unafraid to receive criticism from others. Instead of thinking how negatively the criticism will affect you, take it as a source for improvement, and you have the chance to correct it. If you are not open-minded, it will be much harder to improve.

Now, with all the extra time we have at home, we have the tendency to get bored. Most people would turn to social media sites such as Facebook, Instagram, Snapchat or TikTok for entertainment. Even children at the young age of eight years old have their own smartphones and are already surfing through social media.

Social media is incredibly influential. Many popular celebrities are on these platforms. There are also large amounts of your favourite content available for you to watch during your free time. For example, your favourite game developers could write a post telling the community about future updates. People are usually drawn to these types of content like moths to a flame.

You might have noticed that some classmates of yours who do not surf social media very often may have a higher chance of getting good grades in their exams. However, those who spend a long time on the internet might get average grades. Why? One reason is because of how they have let social media draw them in, and this is something that you should not let happen to you.

Social media is not boring, nor is it tedious like homework. That is one of the many reasons why students are addicted to social media, and when that happens, nothing good comes out of it.



This is why we should never let these platforms consume us. Remember, social media is not your life. It is not as important as your future and it does not determine it. Instead of wasting precious time on these platforms, you could do other things such as check-in with your friends, play online games with them or even have some quality family time with your loved ones.

ACTIVITIES TO DO IN CALLS

BY ZARIFAH BINTE ZAIDI
(2 DYN)

From friends to family, calls have been a common way for people to spend time together in this Circuit Breaker period. However, is there a way to spice things up during these calls?

A classic way to spend time in calls is to play online games together. The games can range from simple ones such as skribbl.io, a game similar to Pictionary, to Roblox, a multiplayer game targeted towards young children, or even CS:GO, a multiplayer shooting game. Compared to playing these games solo, it is much more engaging and fun to play these online games with friends.



For instance, I have never seen my brother play online games without his friends. He would fill the entire house with screams and laughter as he calls with his friends. As annoying as it is, I imagine he must be having a lot of fun as whenever I see him, he would have a huge grin on his face.

Another way to spend time is to watch a movie together. Watching movies is fun, but what is even more fun is to watch movies together with friends or family. However, for this, I suggest calling on Zoom or Discord. These are apps with a screen sharing feature which can be useful during the call.



In my case, I was in a Discord chat with hundreds of other users. The chat had an event where we would all watch the movie, “Spirited Away”. I was lucky enough to get into a call and watch the movie with virtual friends. Watching the movie with other people and engaging in a conversation with them was so much more thrilling than just watching the movie by myself.



Another activity you can do while you are on a call is to sing karaoke together. Something as simple as playing music on a call with friends can definitely liven up the mood. It is recommended that you play songs that your friends would also know.

For example, my friend and I would get on a call and we would play songs like “Are you bored yet?” by Wallows or “Daughter” by Ryan Cassata. We would sing along together, and would have so much fun. I really look forward to the next time we can call and sing our favourite songs together.

Although times are changing and we are now encouraged to stay at home, calls can be fun, especially when you partake in these activities to liven the mood up even more!

BY LIM EN YU

(3 RSP)

FOCUS

As Covid-19 hits Singapore and the number of local contracted cases increases, the government announced the Circuit Breaker as a preventive measure to curb the spread of the virus. People were restricted to staying at home, only going out to purchase necessities. These measures were put in place very quickly and it was hard for people to adapt to it with such short notice.



One of the most common issues that people have to face during the circuit breaker is their lack of efficiency. They have a hard time focusing at home and their rate of productivity decreases. Having to focus at home is just so difficult, as there are way too many distractions around us the whole time: the bed, the phone and even the television. This makes us procrastinate on doing things that we are supposed to do and instead, we choose to watch television, play video games and eat food when we are not supposed to. So here are some tips on how to stay focused and efficient in a comfortable environment!

First of all, one should turn their mobile phones and computers to silent mode. To be motivated to complete your task, you should lay out the things that are required to be completed tomorrow and divide it into smaller tasks. Then, the next step is to divide them in terms of which one is more urgent. You can colour code the urgent ones with red while the ones that need to be handed in later in green. By taking these steps, you will be more motivated to continue your assignments and you know which task to do first, saving the amount of time spent on each piece of work.

The other effective way is to use the Pomodoro technique which is to focus for 25 minutes and then rest for 5 minutes before continuing with other tasks. This allows the brain to rest and refresh itself before continuing with other tasks.

Keeping ourselves healthy and staying fit is difficult during this time, so here are some apps that I would like to recommend to help keep you in shape. The first app that I would like to recommend is My Plate. My Plate allows people of all ages to customise their own calorie intakes and understand the types of nutrients that are suitable for their age. The other app that I would like to recommend is DownDog. This app can suggest to you what types of exercise are suitable for you depending on your age. Focusing at home requires discipline, but I believe that finding your own technique will definitely help you. I hope that these tips will help you to focus better, be it at home or in class, and to always remember to have self-discipline and not get distracted.

PLASTIC WASTE PRODUCED DURING THE CB PERIOD

BY LIM JIA HUI
(3 CMT)

7 April 2020 officially kickstarted the 2-month long Circuit Breaker (CB) which was put in place to reduce the infection rate of the highly infectious virus, Covid-19. During this period, all forms of food and beverage outlets no longer supported dine-in services. There were only takeaway and delivery services available. Due to these measures, there was a significant increase in the number of single-use plastic disposables thrown away by residents. Studies have been done which found that each plastic container was deemed to be 25g while each cutlery set weighed about 10g. In just 2 months' time, 1334 tonnes(1,334,000kg), which is equivalent to the weight of 92 double-decker buses, of plastic waste was generated by numerous households in Singapore.

During the CB period, there was a rise in the frequency of ordering delivery meals. These meals, often packed with plastic consumables, have contributed greatly to the 1334 tonnes of plastic waste. These plastic consumables were disposed of once they were used. Plastics are not biodegradable materials and they will take years to decompose. A simple plastic cup could take at least 50 years before it eventually begins to decompose. It takes 500 years or more for the plastic bags that are used thoughtlessly by everyone to begin decomposing. Despite taking years to decompose, plastics do not break down completely; they would just photo-degrade and become microplastics which will continue to add to the pollution of the environment. Judging by our usage of plastic, the world will be filled with plastics in no time.

The frontline medical workers have had to put in extra effort to keep Covid-19 at bay. However, with the rising number of infected cases, more and more medical waste is produced. Examples of such waste include gloves, masks, gowns and other protective equipment. These products have also caused a rise in the number of single-use plastics produced. Medical waste workers have to put in extra hours to collect the medical waste produced. According to the National Environmental Agency (NEA), an average of 10.3 tonnes of pathogenic waste is collected each day.



Here are some ways to help you reduce plastic waste:

1. Use your own containers instead of using plastic containers when ordering for takeaway. As mentioned earlier, single-use plastic disposables have caused a huge increase in the amount of plastic waste produced. By opting for your own reusable containers, there would be a decrease in the usage of plastic which will then reduce the amount of plastic waste produced.

2. Stop using disposable straws and start using reusable straws. Disposable straws are also a part of single-use plastics as they are made from non-biodegradable materials which will cause devastating harm to our environment. Reusable straws are not made of plastic; hence, they will not contribute to plastic waste. Therefore, it will be a good decision to use reusable straws instead of disposable straws.

3. Bring your own reusable tote bags when shopping for groceries. In the current situation where Covid-19 is still prevalent in Singapore, there is an increase in the frequency of residents shopping for groceries. To accommodate the large number of consumers, more plastic bags are used to hold the items purchased by customers. These plastic bags are unable to contain heavy items and are considered to be fragile in comparison to tote bags. Why not opt for the better option? Since tote bags are more sustainable and environmentally-friendly than plastic bags, we should start using them before the plastic waste situation worsens.

HOW TO KEEP ENTERTAINED DURING LOCKDOWN

BY SONAL R.
VEER (3 CMT)

During the circuit breaker, many of us were very bored and had nothing much to do at home. Not being able to socialise with other people stressed many of us out. However, there are still many other fun activities to keep us occupied during the quarantine.

One activity I would suggest is cooking. Cooking is a very important life skill for when we enter into adulthood. It can occupy your time and it would be a satisfying treat as you would be able to accomplish making something tasty.



Reading is another activity that could keep your mind occupied. Reading can improve your communication skills and increase your knowledge and ability to retain information. It also expands your creativity and causes your personality to develop. If you want to discuss the books you have read, you could find online book clubs on various websites, or even call your friends to read the book with you and discuss it afterwards! Don't let the closing down of libraries stop you from reading. There is a wide variety of ebooks found online that can be borrowed from e-libraries.

The next activity I'm recommending to you is programming. It is a very special skill that could be useful for you if you want a future in computer science. Programming will help boost your knowledge of computing. You can learn to code with many different kinds of web languages such as HyperText Markup Language (HTML) and JavaScript. I hope that this would be of great help to any students who are considering pursuing careers that need computing knowledge.

Gardening is another fun activity you could partake in. Not only is this good for the environment, it's also fun and calming for the mind. To grow simple plants such as tomatoes or green beans, you just need to order seeds from stores that sell them and then plant them at home. NParks has an initiative for people to plant seeds, so you could order seeds from them. Instead of going out to buy pots and soil for gardening, we could help save the environment by reusing old bottles as containers to grow the plants. The alternative for soil could be cotton.



Watching shows could also be a good way to spend your time during the circuit breaker. Documentaries are entertaining and could also be educational for us. A Netflix documentary that I recommend is "Our Planet." It's a documentary about nature and its exotic flora and fauna. It showcases the magnificent wildlife of our planet. If you're not into documentaries, another show I recommend would be Netflix's "The Umbrella Academy". It's a show about 7 children with superpowers who are trying to stop an impending apocalypse. It's very emotional and highly action-packed.

With these suggestions, you'll never go bored in quarantine again! These are things you can do from home to keep you entertained, informed, and even healthy. Remember to stay safe and stay at home.

SAFE ENTRY: IS IT REALLY NECESSARY?

BY TEY YUAN FU
PAUL (3 DYN)

Safe Entry was launched on 23rd April by the Ministry of Health as a way to keep track of all entries and exits in all public places. Some of these places include supermarkets, hospitals, barbers, coffee shops and many more other locations. It also helps to locate areas and places that COVID-19 patients had been before and allows them to easily do digital contact tracings which helps to find clusters around Singapore. They would then disinfect these areas to reduce the potential outbreak of cases. Within the first week of launching Safe Entry, the number of new cases dwindled by almost half from over 1000 to below 600.

Many think that Safe Entry is a hassle as you would have to take out your mobile phones, fill in all your personal details, and check-in before you are permitted to enter a shop. However, this is a necessary precaution for the government to take so that Covid19 cases do not rise after Circuit Breaker.

Additionally, the government has been taking into consideration suggestions on Safe Entry from netizens and have introduced a new feature in the Singpass Mobile app. The feature allows you to log in to Safe Entry and it automatically fills in your personal details for you. Furthermore, the government has intentions to make a token that's more accommodating for the elderly who do not know how to use a smartphone. The government will continue to make more adjustments and improve the situation to make things more convenient for us. They are trying very hard to prevent future outbreaks of COVID-19 and other potentially contagious and deadly viruses that may lead to yet another global pandemic.



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