



MOVING ON 2023

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EDITOR'S NOTE

Beneath every success lies an indomitable spirit of determination, unyielding in the face of challenges. Like a tiny seed pushing through tough soil, each milestone achieved by our students and alumni represents a triumph of dedication, resilience, and the unwavering pursuit of knowledge.

In this edition, we celebrate these burgeoning successes and cast a spotlight on the collective responsibility that we all share to preserve our natural environment for future generations. Just like a small acorn can grow into a mighty oak tree, each mindful decision we make has the power to shape a sustainable future.

As you read the accomplishments of our students and alumni, may you find inspiration in their stories of hard work and perseverance. Remember, you hold the potential to make a difference in your life and others'.

Make every choice and step, count.

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Sustaining Plans

Find out how ITE prepares you for your future

The Road Ahead

By Karen Sum

GROWING
SUCCESS



**Cheung Po Rui
Bryan, 26**

- Master of Science in Civil Engineering (Transport), Imperial College London
- Bachelor of Engineering (Electrical Engineering), National University of Singapore (NUS) (Graduated in 2023)
- Diploma in Aerospace Electronics, Temasek Polytechnic (TP) (Graduated in 2018)
- Nitec in Aerospace Avionics, ITE College Central (Graduated in 2014)

Bryan's learning journey was fraught with challenges. Acknowledging that he is a slow learner, Bryan has never let that deter him from pursuing his goal of graduating from university and making his parents proud. Despite facing several setbacks, he put in hard work, persevered, and is now doing his postgraduate studies at one of the top 10 universities in the world — the prestigious Imperial College London.

It was a remarkable learning journey for me at ITE. I truly enjoyed my time — it was a period of growth and development in areas such as leadership, presentation and sports, on top of acquiring knowledge in engineering fundamentals and technical skills.

What was it like for you when you realised it was not going to be smooth sailing for you, studies-wise?

It definitely did not feel good, especially because I was compared with my sibling and cousin who are the 'smart kids'! I suffered from the stigma and I admit that I was even ashamed of myself. That all changed when I entered ITE — I discovered that ITE provides a conducive learning environment for students who need more time to build a solid foundation. It was a safe and supportive place that allowed me to mature and develop crucial interpersonal skills.

As I progressed through my learning journey, I also recognised that personal growth involves stepping out of one's comfort zone to become a better person.

What happened after ITE?

My goal was to enter a polytechnic, but my grades were not good enough. Undeterred, I applied via the Direct Admissions Exercise, which considered non-academic factors like leadership and Co-Curricular Activities (CCA) involvement. I received numerous rejection letters, but thankfully, TP accepted me!

After completing my diploma studies, I applied for and got into NUS. I am very thankful that my parents are very supportive. Now, I am pursuing a postgraduate degree at Imperial College London and am aiming to earn a doctorate in the future!

Bryan with his NUS classmates



Bryan at Siglap Community Volunteer Appreciation Lunch with Dr Maliki Bin Osman, Adviser to East Coast Grassroots Organisations

I have faced a lot of failures and encountered numerous obstacles during my studies, and even now, it can be challenging and I feel like giving up sometimes. However, I firmly believe that by persevering and giving our best efforts, we can eventually achieve our goals, even if it takes a longer time.

What does a 'sustainable future' mean to you and how will it change things in your industry?

It is one where we make efforts to combat climate change and take significant steps towards sustainable development. Artificial Intelligence and automation will be an integral part of the transport industry. There is already a shift towards cleaner energy sources, one of the most significant being the transition towards Electric Vehicles (EVs). Organisations like Singapore Mass Rapid Transit (SMRT) Cooperation, which I aspire to work for, are actively converting its vehicle fleet to EVs, contributing to a more sustainable and environmentally-friendly future.

Turning Passion into Career

By Hans Yeo




Mohamed Tasriq Bin Helmi, 29

- Assistant Automation Engineer at Terasaki Electric Co Far East Pte Ltd
- Work-Study Diploma (WSDip) in Automation Engineering, ITE College Central (Graduated in 2022)
- Nitec in Mechatronics, ITE College West (Graduated in 2016)

Tasriq wanted to pursue a culinary course at ITE, but was offered the *Nitec* in Mechatronics course. He grew to enjoy his field of study and progressed to WSDip in Automation Engineering. He now works as an Assistant Automation Engineer at electrical switchboards manufacturer, Terasaki Electric.





I plan to continue upgrading myself, by taking a degree in electrical engineering.



Tasriq with other Top Graduates at the ITE Graduation 2023



Tell us what you do as an Assistant Automation Engineer.

I handle the programming and servicing of power management systems on ships. I also do wiring of automation modules and components on ships. My job requires me to be out at sea often, which I enjoy. It makes me love my job even more!

How has ITE helped you in your job/career?

ITE helped me to find my love for engineering. Before I joined ITE, I had little interest in studying. After entering ITE, I discovered that ITE has a good learning environment with very helpful lecturers. I got a perfect Grade Point Average (GPA) in my first semester, which motivated me to keep working hard and do well in my studies.

What does a “sustainable future” mean to you?


To me, it is about retaining and passing on knowledge to the future generations. It is also about doing more with less resources.

What roles do you play in this “sustainable future”?

I strive to be a mentor for the future generations, and pass on knowledge to them. I also hope to inspire them to improve and make things even better for those around them.

How do you think this “sustainable future” will shift/change things in your (future) work environment?

Besides passing on knowledge, there will be a need to do more with less resources. This also means reducing wastage of materials in the course of our work, such as wires that are left over from wiring.



I consider ITE as my life-saving buoy. Looking back at where I was in the past, I am surprised that I am doing well now. ITE really turned my life around, and took me to where I am today.



The Green Whisperer

By Josephine Lefort



Makesvary D/O Krishnasamy, 22

- Landscape Supervisor, BNL Services Pte Ltd
- Work-Study Diploma (WSDip) in Arboriculture and Horticulture, ITE College East (Graduated in 2022)
- Nitec in Facility Technology (Landscaping Services), ITE College East (Graduated in 2019)

Makesvary is currently working full time at a local landscaping company that supported her WSDip journey. She began her career as a Landscape Technician but quickly climbed the ranks to become a Supervisor and is en route to assume the role of an Operations Manager. Makesvary discovered the fascinating world of flora through her exposure in Nitec in Facility Technology (Landscaping Services) and has taken a keen interest to develop her understanding and appreciation for them.



Providing proper care, nurture, and attention allows plants and trees to flourish and reach their full potential, much like us humans. Witnessing this growth and learning from it is what truly satisfies me in my job.

Makeswary potting plants at work



Tell us about your life after ITE.

Since graduating, I have been on a continuous learning journey and am currently working towards becoming an International Society of Arboriculture (ISA) Certified Arborist, which excites me greatly. Getting this internationally recognised certification will demonstrate my commitment and expertise in arboriculture. Professionally, my role as supervisor in arboriculture projects for various clients has been fulfilling. Duties on my daily checklist includes tree inspections, prevention of tree failures, team coordination, and project documentation.

How has ITE helped you in your job/career?

ITE offering a reputable WSDip in Arboriculture and Horticulture is a boon for graduates like me, who aspire to carve out a career in this niche field — we get to earn while we continue to learn! Moreover, ITE facilitates connections with landscape companies through networking programmes. This empowers students like me to explore Singapore's landscape companies, helping us to confidently launch our careers in this exciting industry.

What does a “sustainable future” mean to you?

To me, a sustainable future is one in which everyone plays an active part in preserving nature for our future generation — it is an important act of balancing present needs with future resources. We need to think of better ways to live and work without depleting our natural resources.

What roles do you play in this “sustainable future”?

I do my part by adopting sustainable practices like opting for reusable bags instead of plastic ones when shopping and using reusable containers to pack my meals. My most significant contribution, however, will be educating both myself and others about the importance of nurturing plants and trees in our ecosystem. I aspire to contribute to nature conservation by ensuring the health and safety of trees and plants.

How do you think this “sustainable future” will shift/change things in your (future) work environment?

We are starting to make small but impactful changes at work, like installing irrigation systems with water recovery to reduce water wastage when watering plants. We are also exploring effective alternatives to replace strong chemical pesticides that cause great harm to our environment. We can commit ourselves to reintroduce and grow more native plant species that thrive better in our local conditions, to support biodiversity.



Makeswary making a presentation on digitalisation tools to Mr Desmond Lee, Minister for National Development

‘What you think is what you will become’. The only way you can achieve your dreams is to believe in your dreams.

Paying It Forward

By Dawn Koh



**Vivien Sng
Pei Yin, 36**

- School Administrator for the School of Sports, Health & Leisure (SHL), Republic Polytechnic
- Bachelor of Business (Sport and Recreation Management), University of South Australia (Graduated in 2010)
- *Higher Nitec* in Sports Management and Business Studies, ITE College East (Graduated in 2008)

After finishing her studies at ITE, Vivien went on to pursue a Bachelor's degree in Sport and Recreation Management at the University of South Australia. Prior to transitioning to a sports administrative position, Vivien worked as an Outdoor Adventure Trainer at the Young Men's Christian Association (YMCA) after she returned to Singapore. This role allowed her to share her love for the outdoors and lead numerous avid hikers on overseas hiking adventures.

Vivien abseiling down a rock wall



Tell us what you do as a School Administrator.

I manage student relations and handle various aspects of the Student Overseas Travel (SOT) programme for SHL. This encompasses creating trip itineraries, securing necessary approvals, recruiting students, and ensuring that preparations are in order, up until students' departure for overseas programmes. Additionally, I provide support for student financial matters, including bursaries, opportunity funds for SOT, and the compilation of names for award nominations.

How has ITE helped you in your job/career?

ITE nurtured my self-confidence. I was a timid and reserved individual who found it challenging to express myself and would tear during class presentations. Thanks to the consistent encouragement and guidance from my lecturer, Mr Trevor Ian Lim, I overcame my fear of public speaking and developed the ability to confidently deliver presentations in front of my peers and others.

I hope to share my love for the outdoors with people I come into contact with, so that they can embark on their adventures of a lifetime!

Y.O.L.O! You only live once!

Define what is a “sustainable future” to you.

To me, a sustainable future is one where everyone receives equal opportunities and access to quality education. I also believe that it is important to harness the power of technology to enhance productivity and efficiency at our workplaces.

What are your contributions in this “sustainable future” that you envision?

I can contribute by drawing from my past experience as an Outdoor Adventure Trainer to provide meaningful advice and assistance to students participating in SOT programmes. By offering valuable guidance and support, I can help students maximise their overseas experiences and make the most of their time abroad. Through my expertise, I strive to empower students to develop a deeper understanding of different cultures, foster personal growth, and hopefully, cultivate a sense of environmental responsibility.

How will this “sustainable future” shift/change things in your work environment?

As at March 2023, our progress in digitalisation for the SOT administration has reached nearly 70%. Whenever students use our in-house mobile application to register for an event, processes such as obtaining parental consent, checking for financial support, processing payments, and taking attendance are automatically initiated. Previously, these tasks were performed manually, taking twice as long to complete. Digitalisation has undoubtedly contributed to a more sustainable future at my workplace.



Vivien during her overseas internship in Kuala Lumpur for the 9th FESPIC Games

Survival of the Fittest

By Mah Yen Ling

GROWING
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Charlie Teng Chong Yao, 30

- Owner, Fitstop Orchard and Captain of TeamSG Rugby 7s Men Squad
- Nitec in Fitness Training, ITE College West (Graduated in 2012)

Sports has always played an integral role in Charlie's life. At the age of 11, he was introduced to rugby. He started playing for the national team at 18, while pursuing a Nitec in Fitness Training. The current captain of TeamSG Rugby 7s Men's Squad, Charlie is the proud owner of a fitness gym.

I think ITE is one of the best places to go in terms of pursuing an education, be it in sporting pathways or in other trade-specific routes.

Charlie with wife and co-owner, Amanda Fung, who was also his former ITE classmate



Tell us about your life after ITE.

I started out as a rugby coach after serving National Service. However, when coaching engagements halted due to the Covid-19 pandemic, I switched to working in a gym. After gaining experience as a fitness trainer, I decided to set up my own gym to offer functional fitness training. My goal is to transform people to become healthier and more confident.

How has ITE helped you in your job/career?

I acquired fundamental knowledge and skills in fitness training through my course. I also learnt useful life skills, such as effective communications. ITE not only furthered my interest in sports, it is also where I met several good friends and encountered wonderful lecturers. Needless to say, I had a great time in ITE!

What does a “sustainable future” mean to you?

In my view, sustainability is a matter of personal choice, and the extent to which one embraces it depends on their individual comfort level. It can involve various sustainable efforts, ranging from small actions like conserving water at home to more comprehensive eco-friendly practices.

What roles do you play in this “sustainable future”?

In my line of work, I encourage others to incorporate simple exercises into their daily activities. Rather than taking a bus, individuals can take short walks as a form of exercise and take the chance to enjoy the fresh air, or choose to use the staircase over taking a lift. This reduces carbon footprint and is good for health and overall wellbeing!

How do you think this “sustainable future” will shift/change things in your (future) work environment?

We can probably expect an increase in outdoor functional training sessions using portable equipment. Such equipment should be foldable, detachable and easy to assemble, making it convenient to set up in outdoor locations like parks. It is energy-saving as there is no need to rent a space utilising electricity and water. Such an approach is environmentally friendly as it eliminates the need to rent indoor spaces with electricity and water consumption.



Charlie training a member at Fitstop Orchard

Mental resilience is essential for everyone, not only athletes. Never stop dreaming and strive hard for what you want to achieve. If you hit a snag, bounce back and work harder. Without hard work, you would not be able to achieve anything.

Savouring Sweet Success

By Jamie Chan

GROWING
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Liew Xiao Xuan, 23

- Owner, Liu Kou Shui (at Bukit Canberra and Buangkok Hawker Centres)
- Bachelor in International Culinary Arts Management, Institut Paul Bocuse (Graduated in 2021)
- Technical Diploma in Culinary Arts, ITE College West (Graduated in 2020)
- Nitec in Western Culinary Arts, ITE College West (Graduated in 2018)

Xiao Xuan's passion for cooking comes from her parents, who worked in hotels and restaurants. Her dad is now the head chef at a big restaurant group. Xiao Xuan learned professional culinary skills as she progressed from Nitec in Western Culinary Arts to ITE's Technical Diploma in Culinary Arts course, before earning a Bachelor in International Culinary Arts Management, conferred by Institut Paul Bocuse (now known as Institut Lyfe). She also had lots of practice at home with her family, who often cook together.

My parents encouraged me to join the Food & Beverage business. They believe that as long as I have skills, I will always have a good future.

Xiao Xuan and her ITE classmates



Tell us about your life after ITE.

After graduating from ITE, I worked as a chef at a café followed by a hotpot restaurant. On the side, I prepared and sold *Char Siew* through my home-based business. In early 2023, I left my full-time job to start my own hawker business called 'Liu Kou Shui', which has stalls at Bukit Canberra and Buangkok Hawker Centres, selling our signature *Char Siew*, along with fusion rice and noodle bowls.

Why did you decide to leave your job to start your own business?

Working in a restaurant was exhausting, and running my own business is no different. So, to me, I might as well be my own boss. My parents have been incredibly supportive and they believe in my success. This boosted my confidence to take the leap too.

Now that you run two branches, what is your typical day like?

I put in long working hours every day, so I have to be physically and mentally strong. However, I enjoy my work, because I like what I do and I feel satisfied seeing regular customers come back to eat the food I prepare.

How has ITE helped you in your career?

ITE's training helped me understand the Food & Beverage sector, as well as the role I could play within it. This gave me a greater sense of clarity about my future career path. With the skills I learned in both the culinary and business aspects, I could confidently enter the industry.

How do you make your business more sustainable?

We are collaborating with a company that produces plant-based meat substitutes. Through the partnership, we have created a plant-based meat patty which is more environmentally friendly. We also encourage our customers to bring their own containers, instead of using disposables, when they order take-aways.

To all current and prospective ITE students, do not worry excessively about your education. Remember that life will bring you more experiences and opportunities, and these will shape your path too.

Xiao Xuan and her ITE classmates



A Special Calling

By Karen Sum



Arjuna's childhood dream was to be a pre-school teacher. Naturally, she was devastated when she was not able to enrol in an Early Childhood course, as intended. Arjuna did not give up. Instead, she carved her own pathway and is now one step closer to achieving her dream.

Noor Arjuna Sari Binte Noor Hirwan, 23

- Work-Study Diploma (WSDip) in Community Engagement & Development, Year 2, ITE College Central
- Higher Nitec in Event Management, ITE College Central (Graduated in 2020)



Arjuna and her colleagues at
The Purple Parade 2023

My ITE Experience...

Initially, I had reservations about studying in ITE but I soon realised that it is the right choice for me. In fact, I miss my *Higher Nitec* days; I miss my friends and teachers. The WSDip experience is different — I have to manage my time well as the content can be quite heavy, and I need to juggle both work and studies. But I appreciate that I could meet and interact with people from different backgrounds and exchange ideas.

What influenced your choice of *Higher Nitec* and WSDip courses?

I enjoy making connections and interacting with people. Although I could not enrol into Early Childhood courses successfully, my decision to take up Event Management eventually paved the way for my enrolment into the WSDip course.

Having worked with children with special needs for two years, it broadened my perspectives. Despite my initial anxiety, I became comfortable with caring for them and take great pride in witnessing their growth and increasing independence. Because of my experience in this area, I am now seeking opportunities to work as a teacher aide at special education schools. The WSDip and the practical experience that I have gained meant that I did not have to take up an Early Childhood course to fulfil my aspirations!



**What was memorable about ITE was the hands-on learning process — it made understanding much easier for me.
And meeting new friends!**

**Gain experience. Get
hands-on knowledge.
You will learn more.**



Arjuna and her colleagues at their
company Dinner & Dance



What does a 'sustainable future' mean to you?

To me, I would like to see a future where those with special needs are given more support and are taught skills to be independent and self-sufficient. My two-year experience working with special needs children has underscored the importance of this goal and I hope that through the use of technology, I can help not only them, but also benefit their caregivers.

Leader Extraordinaire

By Josephine Lefort



**Ethan Yeo
Ching Kai, 18**

• Higher Nitec in Chemical Technology,
Year 2, ITE College East

Meet Ethan, ITE College East's 19th Student Council President. It is an exciting role, though it comes with challenges. Amidst a busy schedule, he indulges in hobbies like reading and watching videos on science and contemporary issues. Ethan aspires to pursue a career in Bio-Science. Good Luck, Ethan!

Give your best effort in all you do,
for even the tiniest deeds can bring
about meaningful changes!



Tell us about your experience in ITE.

My time at ITE has been filled with fantastic learning experiences. As the Student Council President, I manage five committees and contribute to college- and national-level initiatives like the REACH Youth Advisory Panel and YMCA Youth for Causes 2023. I owe my growth to my Co-Curricular Activities (CCA) staff advisors who believed in me, even when I doubted myself, helping me to become a confident leader on this journey.

What are some of your memorable experiences leading the Student Council in ITE College East?

True leaders go beyond managing; they nurture and inspire people to excel. My goal as a leader is to help my team members grow and shine. Watching their journey and, eventually, seeing them lead confidently in events and projects fills me with pride. I know the hard work and heart work that go on behind the scene, and these are memorable moments that I cherish.

**Ethan receiving the Service Star Diamond Award
for his CCA contributions and achievements**



Ethan and fellow Student Councillors



What does a 'sustainable future' mean to you?

Well, it is all about being aware of the impact that our actions have on the environment and the people around us. We need to take care of our planet because it is the only one we have, and we should be kind and considerate to one another. To me, a truly sustainable future is about balancing these two aspects — living in harmony with nature and man.

As a leader, how can you champion/contribute to this "sustainable future"?

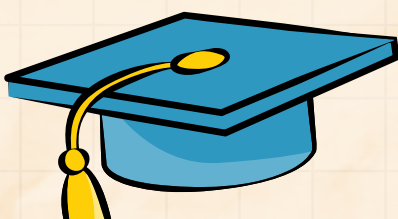
For a start, I can incorporate sustainability in my daily choices and lifestyle and, by doing so, encourage others to do the same. If I act as a role model and raise awareness of the benefits of sustainable actions to my peers, they will be inclined to do the same. This ripple effect could be the fuel for a successful "sustainable future"!

What are some changes you wish to see in this "sustainable future" that you envision?

I hope to see a shift in people's attitudes when it comes to sustainable actions. I often see my peers complain that our efforts for environmental sustainability make no difference or that social sustainability is not important. I wholeheartedly disagree. If everyone were to have that attitude, our environment and mental health will continue to decline.



I like to think of leadership as
a tool to inspire my peers to
push their limits and develop
their character.



Finding His Forte

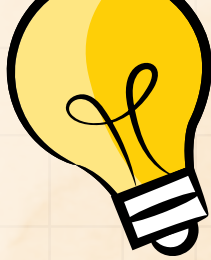
By Hans Yeo



**Dylan Seah
Wei Jie, 23**

Dylan started his ITE journey with the *Nitec* in Infocomm Technology (Networking & Systems Administration) course, but did not do very well. After National Service, he returned to ITE to pursue his true passion — audio-visual (AV) production. He is now ITE College West's Student Council President.

- *Nitec* in Electrical Technology (Lighting & Sound), Year 2, ITE College West



Dylan and Student Councillors with Dr Maliki Bin Osman, Minister for Education, at the National Day Rally 2023



Every day, I go to school feeling motivated to learn because I love what I am studying now.

Tell us about your experience in ITE.

I feel that there are many opportunities given to students to develop themselves and do well. The teachers are also very helpful and encouraging. They are always ready to help, whenever I have questions. I am grateful that ITE accepted my application into my current course and gave me the chance to pursue my passion.

What do you like about AV production?

I like to craft lighting designs and experiment various lighting colour effects. I also derive a lot of satisfaction from using lighting and sound to create good and captivating shows for audiences to enjoy.

How did this interest start?

As a member of the Infocomm Club in my secondary school, I was involved in managing my school's public announcement (PA) system during assembly. Through such experiences, I developed an interest in AV production.



My goal is to be a TV show producer one day.



Dylan and Student Councillors at the Institute of Policy Studies (IPS) 35th Anniversary

What does a "sustainable future" mean to you?

To me, a "sustainable future" is one with less food wastage. Food waste is a key contributor to the environmental problems that we face. Food waste is often discarded in plastic bags, which further harms the environment.

How do you think you (can) contribute to this "sustainable future"?

I bring my own container for take-away food and bring a reusable bag when shopping for groceries. These efforts reduce the use of plastic. I also share with my family and friends on ways to be more sustainable.

What are some changes you wish to see in this "sustainable future" that you envision?

I wish to see lesser plastic bags and more reusable bags being used, especially in supermarkets. I also hope to see less food wastage and people ordering only what they can finish.

Lit with Fin Lit

By Mah Yen Ling



**Sujaysharan
Devakumar, 18**

• *Higher Nitec in Financial Services, Year 2,*
ITE College Central

With Sujay's confidence and eloquence, he definitely looks the part as a future investment banker. Determined to work in the banking industry in future, Sujay grasps any opportunity to equip himself with knowledge on financial services and has even been investing since he turned 18!



**Self-discipline is important.
If you put your mind to it, you
will surely achieve results.**



Sujay at the Singapore Fintech Youth Chapter (SFYC) Community Kick-off Dinner 2023

Tell us about your experience in ITE.

Through ITE, I participated in a financial literacy programme that taught me to manage my finances wisely. I also led teams in competitions related to marketing, digitalisation and entrepreneurship. My performance at these competitions led lecturers to recommend me for the role of President of the Investment Club. It was a dream come true!

What do you like about your course?

When I was young, I was intrigued by stock tickers shown in financial news. It was only in my teens that I realised that the tickers symbolise trading prices. I was amazed by the stock market. Even before entering ITE, I started reading up on banking, trading and investing. My course in ITE definitely furthered my interest in finance.

What does a “sustainable future” mean to you?

In future, there will be more emphasis on sustainability in our daily routines. It can be as simple as using recyclable bags. More companies will embrace and undertake sustainable measures in their operations, such as the use of synthetic fuel in car racing. When I participated in the Junior Achievement x Abbvie Sustainability Competition, my team presented on how pharmaceutical companies can treat wastewater so that the water is reusable.

How do you think you (can) contribute to this “sustainable future”?

Green finance has become so prominent that companies now have to include their sustainability ratings in their annual reports. Given my interest in investing, I can play a part by seeking out investments that support and promote sustainable economic ventures or initiatives.

What are some changes you wish to see in this “sustainable future” that you envision?

I hope to see sustainability increasingly becoming the norm with more people recognising the potential advantages rather than the challenges. There must be enough charging outlets available to drivers of electric vehicles (EVs). Who will bear the cost of installing these charging outlets? Will savings outweigh the cost of constructing solar panels on buildings? If there are satisfactory answers to such questions, I believe more people will embrace sustainability.

Sujay moderating a panel discussion at the Singapore Fintech Youth Chapter (SFYC) Fintech Day 2023



I feel that my personality is really suited for banking. I get a deep sense of satisfaction from sharing financial knowledge with others. You must identify what motivates you and play to your strengths.

Eco-Warrior of Tomorrow

By Ng Ying Hao



Rohin Sachchiit
S/O Mahenthiran, 17

Formerly shy and introverted, Rohin blossomed into a confident and outgoing individual after embarking on his ITE journey. He has a profound love for technology, particularly in coding and programming, and intends to apply his skills in this area to promote eco-friendly practices and encourage others to work towards a sustainable future.

- Higher Nitec in Electronics Engineering, Year 1, ITE College East

Tell us about your experience in ITE.

I have achieved tremendous personal and academic growth. I used to be very shy and reserved, but after joining ITE, I have become more outgoing, forged many friendships and benefitted from the guidance of my lecturers. I am deeply grateful for all these experiences.

What do you like about your course?

I have a deep interest in technology so I consider myself fortunate to be enrolled into the course. I have always been intrigued by the logic and processes presented by technology experts on YouTube and in movies. The skills that I have picked up through the course, like coding, programming and others taught me exactly what I have always sought to learn, and more!

What does a “sustainable future” mean to you?

Waste disposal in landfills has adverse environmental consequences, as it results in the release of toxins and greenhouse gases. Although many of us try to reduce our environmental footprint, this objective is not always straightforward to achieve. This is why I firmly believe that good practices like Reduce, Reuse, Recycle are important as it directly influences the prospects of a sustainable future.

Rohin and Green Ambassadors with
Mr Heng Swee Keat, Deputy Prime Minister



Rohin and his classmates



**Nothing is impossible if we put
our hearts into achieving it.**

How do you think you (can) contribute to this “sustainable future”?

I can do my part by sharing information, ideas, and tips with others to help them make better decisions and adopt eco-friendly habits in areas like energy saving and waste reduction.

What are some changes you wish to see in this “sustainable future” that you envision?

I envision a future where clean energy becomes the predominant source of power, pollution is significantly reduced, waste management is more efficient and more efforts are directed toward preserving and saving our natural environment. Additionally, new technologies will be developed to address environmental issues and improve our coexistence with the planet.

What do you do as an active Green Ambassador Club (GAC) member and what do you enjoy as a GAC member?

I have made new friends from other courses in ITE through the club and had the opportunity to go on various educational trips, such as Semakau Island to learn about landfills. I also visited kindergartens and interacted with children as part of community service learning. I look forward to having more experiences like these in the future!

**Do not be afraid to fail.
Take courage to move on.**

Green Ambassador of Change

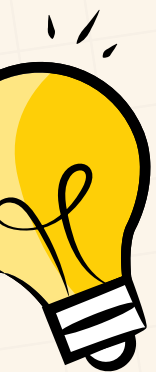
By Jamie Chan



Laksmeek Prakash, 18

- Higher Nitec in Leisure & Travel Operations, Year 2, ITE College West

Laksmeek, who joined ITE through the Direct-Entry-Scheme to Polytechnic Programme (DPP), is a dedicated student leader. She not only excels academically but also takes on key roles as both Class Chairperson and Chairman of the Green Ambassadors Club (GAC). Laksmeek's unwavering dedication revolves around championing sustainability and igniting environmental awareness through a range of eco-friendly initiatives among her peers.



I'm deeply passionate about animal environmental issues, like habitat loss due to deforestation and human activities. It is unjust to subject wildlife to brutal habitat destruction. We must take global action to combat deforestation, poaching, and illegal wildlife trade.



Tell us about your experience in ITE.

My ITE journey has been filled with ups and downs. I am fortunate to have supportive friends and dedicated lecturers in school. With my lecturers' guidance, I overcame challenges, including all-nighters and last-minute project changes. My Co-Curricular Activities (CCA) experience in the GAC was equally rewarding, thanks to my supportive executive committee team. We make sure we leave no one behind and work together as a team for all our events, no matter the challenges.

What do you like about your course?

I am interested in travel and exploration. I am a free-spirited person who enjoys learning and meeting new people. This course allows me to delve into various aspects of the industry, from travel planning to theme park operations and Meetings, Incentives, Conferences and Exhibitions (MICE) events. I appreciate its comprehensive coverage, providing me with in-depth insights into the dynamic tourism sector.

Why did you choose to join the GAC? How have you grown from the experience?

I initially joined the GAC after seeing some members cultivate mushrooms and I was eager to try it too. However, I soon discovered that the club had much more to offer. Being part of the GAC expanded my understanding of sustainability. It provided opportunities to build soft skills, broaden my knowledge, and step out of my comfort zone through local and overseas community service projects and external engagements.



I would like to tell all students entering ITE, to come with an open mind and heart. Opportunities here abound for personal and academic growth. My advice is to live life to the fullest, laugh with all your heart, and spread love abundantly.

Laksme and other Green Ambassadors with Mr Baey Yam Keng, Senior Parliamentary Secretary for Sustainability and the Environment, at the ITE-Brickland Green Festival 2023



What does a "sustainable future" mean to you?

A sustainable future for youth entails three key aspects: equity and social justice, climate action, and environmental stewardship. Sustainability encompasses more than environmental concerns, extending to social and economic dimensions. It involves reducing inequality, ensuring access to clean water and education, and promoting inclusivity. Climate action involves cutting greenhouse gas emissions and adopting sustainable lifestyles. Environmental stewardship entails safeguarding natural resources and conserving biodiversity to create a healthy world for future generations.

Currently, what do you do to contribute to this "sustainable future"?

I actively contribute to a sustainable future through small, yet impactful changes. I have stopped using one-time-use cups and straws. Instead, I opt for reusable alternatives by using a tumbler and metal straw. I also carry my own container instead of using styrofoam and other disposables. Plus, I have replaced plastic bags with tote bags for my groceries and purchases, reducing my environmental footprint.

Why do you think it is important to protect the environment?

Preserving our planet is crucial because we have no alternative. We should safeguard Earth's unique beauty for future generations. It is not just about saving the environment; it is about being socially responsible, making economic sense, and doing the right thing. Sustainable practices are the way to go for a healthier planet and a better life for all, humans and all the creatures sharing this wonderful home with us.

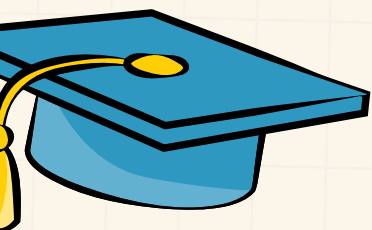
Inspire, Educate, Empower!

By Alfonso Andrew



**Vijayendran
Kanakalingam**

• Lecturer, Marine & Offshore Engineering,
ITE College Central



"Progress. Not perfection."



Vijay and Work-Study Diploma trainees from class AZ2104V

Why did you choose to teach?

After graduating from Nanyang Technological University, I pursued a career in Keppel Offshore & Marine as a graduate engineer in the commissioning department. During my service, I had the privilege of mentoring many student interns and freshmen from polytechnics and ITE. The numerous on-board vessel knowledge-sharing sessions with these students developed my passion for teaching in this niche industry.

Tell us about your teaching experience in ITE.

Most students are unaware and not mentally prepared for work demands in the marine industry. As a lecturer, apart from teaching, I feel that a key aspect of my role is to foster and sustain students' interest in the field and to help them develop soft skills such as teamwork, leadership and conflict resolution. These skills are essential in the challenging and high-pressured environment of the marine industry.

The launch of the Singapore Green Plan 2030 to combat climate change has put greater focus and emphasis on the importance of "sustainable actions". What are some of the changes/shifts you have observed in the area of your specialisation/industry?

Shipping companies are increasingly embracing green practices by using cleaner fuels such as liquefied natural gas (LNG) and hydrogen, as well as adopting energy-efficient vessel designs to reduce their carbon footprint.

Significant shifts toward alternative propulsion, including hybrid and electric systems for smaller vessels and ferries, are also gaining momentum. Initiatives like the Singapore Green Plan 2030, are expected to further hasten these green practices for the marine industry.

How has these changes/shifts affected your area of specialisation/subjects that you teach?

For our Marine & Offshore Engineering course, we have had curriculum adjustments, such as the new Green Marine module, to incorporate new technologies and practices related to decarbonisation. This includes teaching students about alternative fuels, energy-efficient propulsion systems, and emission reduction technologies. In the aspect of practical sessions, we have restructured the workshop to accommodate a new electric vehicle (EV) propulsion module.

What do you think are essential skills that our students need to have to navigate these changes/shifts?

Students must be made aware of global environmental challenges such as decarbonisation in the marine sector. Through curriculum updates, they would be able to develop their technical expertise in digitisation, alternative propulsion, and emission reduction technologies. These skills will benefit both their careers in the maritime industry and the industry's environmental sustainability efforts.

Vijay and his students from class AR2304P



**"It's not where you begin.
But where you end."**

Igniting Young Minds

By Alfonso Andrew



Vony

- Lecturer, Info-Comm Technology, ITE College East

**"Don't Be a Know-It-All,
Be a Learn-It-All"**



Why did you choose to teach?

After a decade in the IT industry, I took a break to look after my children. This transformative period of parenting not only redefined my professional goals, but it also set me on a purpose-driven path to become an educator. The idea of sharing my industry and life experiences in the classroom while mentoring our future generations resonated deeply within.

Tell us about your teaching experience in ITE.

My ITE journey embodies mutual growth for me and my students. Witnessing them overcoming their limits and discovering their potentials has been incredibly rewarding. Teaching goes beyond imparting knowledge; it sparks change, fuels curiosity, and nurtures confidence. This growth is not one-sided. The saying, "To teach is to learn" emphasises that teaching is a shared voyage, enriching both students and me, as a teacher.

The launch of the Singapore Green Plan 2030 to combat climate change has put greater focus and emphasis on the importance of "sustainable actions". What are some of the changes/shifts you have observed in the area of your specialisation/industry?

In my field of expertise, the Singapore Green Plan 2030 is driving sustainable practices throughout the digital value chain. This includes sustainable supply chains, carbon emissions assessments for equipment, green hosting methods in cloud and data centres, and the development of greener software and data solutions. These shifts play a significant role in advocating a more sustainable digital ecosystem.

Vony and students at the Microsoft Singapore office for ITExMicrosoft Women-In-Tech Programme



How has these changes/shifts affected your area of specialisation/subjects that you teach?

As an IT Applications Development lecturer, I have recognised the importance of integrating awareness of green coding and sustainable software practices into my lessons. This knowledge empowers our students to become responsible developers and positions them to be at the forefront of creating positive solutions that align with our environmental needs.

What do you think are essential skills that our students need to have to navigate these changes/shifts?

Inculcating a green awareness mindset serves as the foundation for our students to embrace a greener future. ITE's upcoming baseline sustainable module and the integration of sustainability use cases are commendable steps in this direction. Additionally, students must develop adaptability and critical thinking to remain relevant in industries which are continually evolving to meet the demands of a sustainable future.

Vony and students on Overseas Students Exchange Programme (OSEP) to Denmark in September 2023



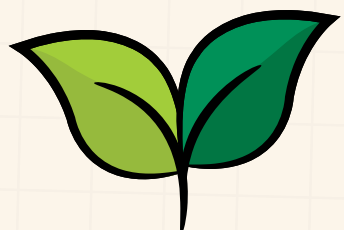
Shaping Bright Minds

By Alfonso Andrew



Iwan Bin Ismail

- Lecturer, Business & Services,
ITE College West



"Choose to be kind,
everyday. To yourself,
and to everyone else."



Iwan with students on Overseas Student Exchange Programme (OSEP) at Boxhill Institute, Melbourne in September 2022

Why did you choose to teach?

I chose to teach because I feel that it is a profession that allows me to grow individually while nurturing others in their own growth. I feel that I possess the right mix of personality, compassion and strong desire to excel in this role.

Tell us about your teaching experience in ITE.

I began my journey with ITE in 2016 as a Fitness Training lecturer. After a six-month attachment with the Sports & Wellness department, I went on to teach Nitec in Fitness Training and Higher Nitec in Sport Management courses. At present, I am part of the team responsible for the development of the Work-Study Diploma (WSDip) in Fitness Management, which I also teach.

The launch of the Singapore Green Plan 2030 to combat climate change has put greater focus and emphasis on the importance of "sustainable actions". What are some of the changes/shifts you have observed in the area of your specialisation/industry?

There has been a shift towards minimalist workouts that emphasise bodyweight and natural movements. This approach aligns with sustainability principles as it reduces the need for workout equipment.

The Covid-19 pandemic accelerated the adoption and acceptance of virtual workouts. Although this trend was primarily driven by health concerns, it brought about sustainability advantages by reducing the need to commute and cutting the need to purchase expensive, bulky fitness equipment.

How has these changes/shifts affected your area of specialisation/subjects that you teach?

These changes have influenced the way fitness and sports are taught in our Higher Nitec in Sport Management and WSDip in Fitness Management courses. They have led to a greater emphasis on bodyweight and functional training, the adaptation to online platforms, the integration of technology, a heightened focus on wellness and mental health and the incorporation of sustainability education.

What do you think are essential skills that our students need to have to navigate these changes/shifts?

Our students require a comprehensive skill set that encompasses a combination of both technical and soft skills. This includes adaptability, effective communication, sustainability awareness, a client-centred approach, cultural sensitivity and inclusivity.

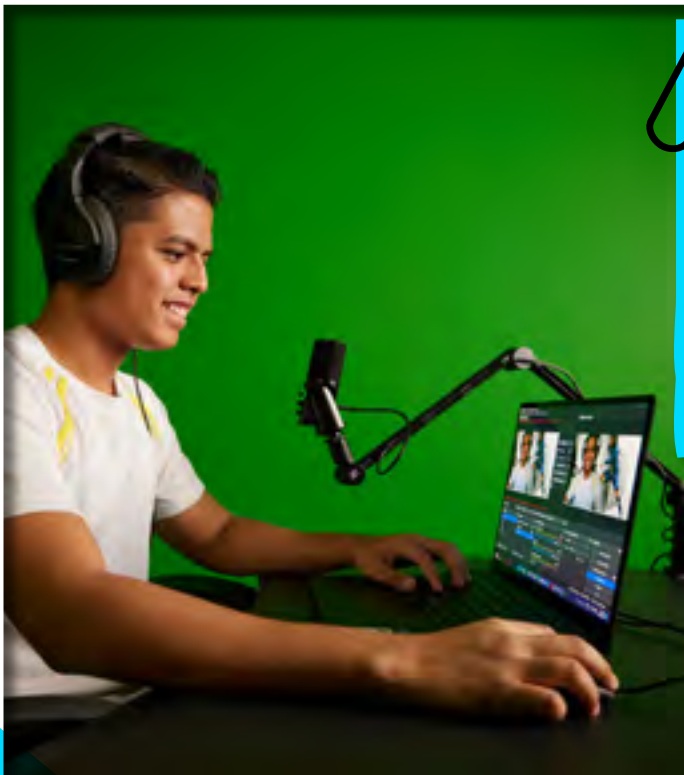
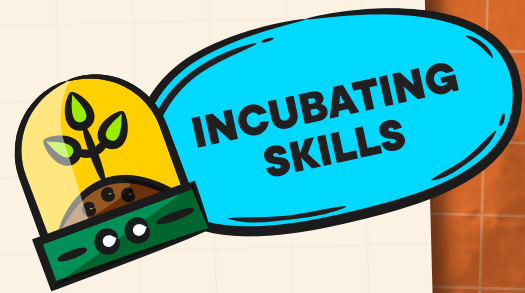
Iwan at group exercise session led by Fitness Training and Sports Management students for staff @ ITE College West Piazza



Game on, in Aircon!

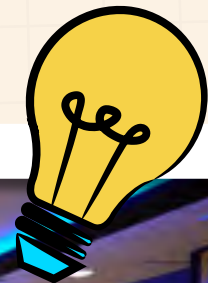
By Terence Foo

Where else to experience adrenaline-pumping, competitive action while sitting in a comfy environment, but at the newly launched Esports Centre in ITE College Central?



What is it?

This Esports Centre is the first purpose-built space in an Institute of Higher Learning (IHL) in Singapore dedicated to catering to students and adult learners interested in Esports, and fostering of intergenerational understanding and social bonding between students and seniors.





I am game, but who is this centre open to?

All ITE students! Under the Sports & Wellness module offered to all ITE students, they are introduced to the hardware and software used in the Centre, and get to try out a range of Esports titles.

Moreover, students from our College Esports Co-Curricular Activities (CCA) Club train to compete with players from other IHLs and overseas gamers on international platforms and competitions. Community-based Esports programmes and workshops will also be organised for seniors, where they can have fun interacting with our students.

More than just having fun

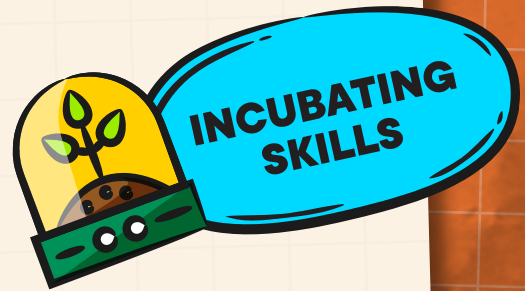
Apart from game-specific technical skills, Esports hone one's communication skills, teamwork and strategic thinking. Through this Centre, students also learn more about Esports as a viable career option in Singapore's growing gaming industry.



Drinks, Anyone?

By Terence Foo

Prepare and serve drinks in style at Vine West in ITE College West to indulge the palate. Sure to delight anyone after a hard day's work!



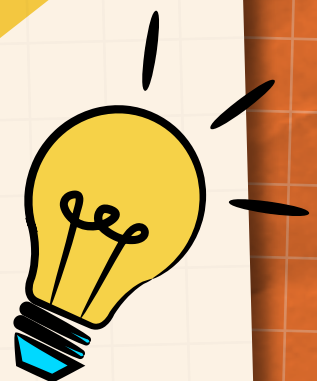
What is it?

An authentic wine and beverage training venue equipped with a full bar set-up, as well as a practice bar where up to three students can prepare drinks concurrently. Get to know more about various types of alcoholic and non-alcoholic beverages and how to prepare, mix and serve them like a pro!



What is on the menu?

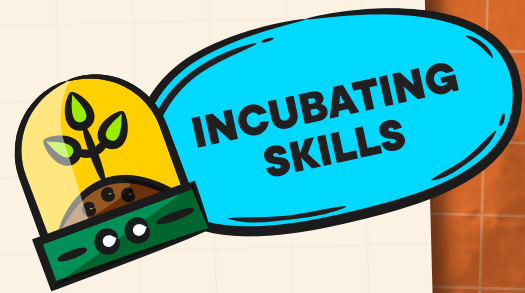
Apart from familiarising with different varietals and types of wines and their production process, you will get to pick up wine tasting techniques and the art of pairing wine and food, etc. Enjoy experimenting with beverage concoctions in a series of mixology sessions for both alcoholic and non-alcoholic drinks. This facility is also open to adult learners interested in picking up some nifty mixology skills from ITE's Short Courses.



Farming? No Sweat!

By Terence Foo

Step into the Horticulture Technology Hub (HortITEch Hub) at ITE College East and be amazed at how technology has revolutionised the face of farming!



What is it?

A fully automated indoor farming facility which requires minimal human intervention in seeding, watering and harvesting, etc. Learn how farming can be smart and sustainable, leading us towards Singapore's "30 by 30" goal of producing 30 per cent of the nation's nutritional needs by 2030.

Great, but what exactly is Smart Farming?

Basically, technology takes over the backbreaking work. For instance, Collaborative Robots (Cobots) are deployed to automate seeding & harvesting process and Autonomous Mobile Robots (AMR) automate the process of soil transportation. Digitalisation capabilities such as Internet of Things (IoT) and data analytics are also incorporated to enhance the growth productivity and efficiency of the crops.



Where may I taste these greens?

The harvested leafy greens and micro-greens are sold to ITE students and staff. We are also collaborating with Amber West (fine dining training restaurant in ITE College West) to include the delicious greens in their menu!






TEEMING WITH JOY



My experience working with ITE trainees has been pleasant. Their eagerness and enthusiasm in acquiring new knowledge are qualities that Mitsubishi values and looks out for when we hire new talents.

Mr Ryan Teo

Learning & Development Manager,
Mitsubishi Elevator (Singapore)





ITE ignited my daughter's passion for her future career and achievements. She also gained valuable skills that made her a better person. We are thankful to her lecturers who have supported her throughout her years at ITE.

Mdm Evelyn Tee, mother of:

Phedra Yeo

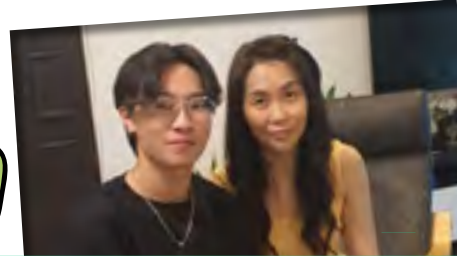

Higher Nitec in Sport Management, ITE College Central
Recipient of ITE Community Scholarship



Our WSDip graduates have been a group of young, forward-thinking talents of the future. We find that providing them with the right platform and exposure, they have the right skills sets and determination of what it takes to succeed in today's world. The skill-based approach clearly has allowed their talent to shine through.

Mr Gabriel Hong

Managing Director, RMS Marine &
Offshore Service (S) Pte Ltd





ITE was where Ee Shen realised he could do well in studies by putting his mind to it. The institution provided him with many opportunities to grow through competitions and workshops, and we are proud of his maturity and academic improvement.

Mdm Chin Yen Looi, mother of:

Yap Ee Shen


Higher Nitec in Electrical Engineering, ITE College East



We are delighted to have ITE graduates as part of our team. We find that they are fast learners who are able to grasp new concepts quickly, and are very resourceful and adept at problem solving. We appreciate the energy they bring which helps to create a more vibrant and lively workplace environment.

Mr Ronnie Seah

General Manager - Administration,
Sankyu Singapore

ITE has been a source of confidence and inspiration for my son. The teachers provided great attention and guidance, which helped him to succeed both in his studies and extracurricular activities.

Mdm Vijaya, mother of:

Rupak s/o Siva Kumar

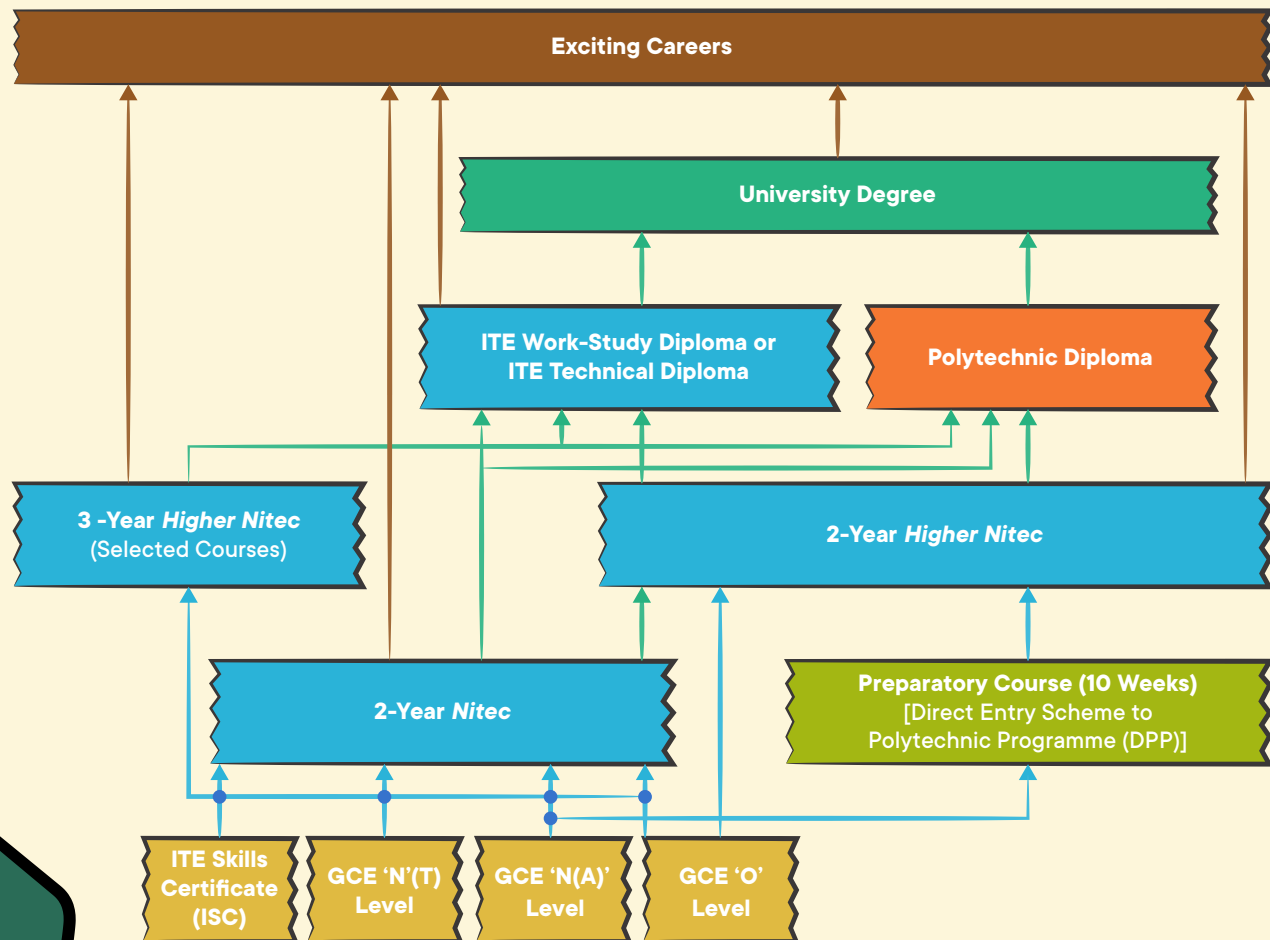
Higher Nitec in Electronics Engineering, ITE College West
(Graduated in 2020)

Recipient of NEC Sponsorship Award 2020

Leader to team that clinched 1st Runner-Up title at Office of the Vocation Education Commission (OVEC) Competition in Chiang Mai, Thailand, 2019

Discover how an ITE education opens up different pathways for you to reach your goals!

SUSTAINING PLANS



ITE also has 3-Year Nitec courses with Enhanced Nitec Foundation Programme (eNFP):

Offered to N(T) students with 0 or 1 GCE 'N' Level pass. The available 3-Year eNFP courses are:

- Nitec in Built Environment (Mechanical & Electrical Services) offered at ITE College West
- Nitec in Mechanical Technology offered at ITE College Central
- Higher Nitec in Retail & Online Business (4 Years) at ITE College Central and ITE College West



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For deeper info
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