

BOND

MDIS
ALUMNI MAGAZINE

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Linking Alumni Together . . .



MESSAGE FROM SENIOR DIRECTOR



Dear Alumni,

For many of us, we are happiest when we are able to kick our shoes off, put our feet up and just relax after a hard day at work. However, those times always seem so few and far between. Our days of annual leave never seem enough, and the few precious hours we have for ourselves between finishing work and going to bed always seem so very short.

At MDIS, we believe that it is as important to work hard as it is to play hard: a philosophy that is evidenced by our many alumni activities such as the 2D1N Batam Escapade, a movie screening of Transformers: Age of Extinction at VivoCity, and intimate networking events such as Members' Day and a meeting with the University of Sunderland's Vice-Chancellor Professor Peter Fidler.

Of course, what could be a better way to spend your time off than by going on a holiday? Our very own alumni Liza Hassan did just that and travelled to Korea for some sight-seeing, some cultural exchange and some absolutely scrumptious food. You can read more about her adventures on page 6.

If you have any adventures of your own you would like to share with the Bond team, feel free to write in to us at alumni@mdis.edu.sg. We look forward to hearing from you, and hope that you will enjoy reading this issue!

Best Wishes,

Tan Gek Khim, PBM
Editor

Quote

*“Focus on making yourself better,
not on thinking that you are better.”*

- Bohdi Sanders

CONTENTS



HAPPENINGS

- 01 Professional Etiquette Workshop
- 02 Members' Day 2014
- 03 University of Sunderland Alumni Meet the Vice Chancellor
- 04 Batam Escape 2D1N
- 05 Transformers: Age of Extinction

LIFESTYLES

- 06 Heart and Seoul, I Fell in Love with You

COMMUNIQUE

- 08 Upcoming Activities
- 09 MDIS Homecoming 2014

“First impressions are dependent on the social and business networks that we create, as well as how we present ourselves through our personal branding. We must develop a personal brand that makes us look unique and stand out from the crowd,” said Ms Diana Anne, associate trainer of Image Flair Academy of Modern Etiquette.

The Professional Etiquette and Personal Branding workshop was conducted on 22nd February 2014 at the Tropical Breeze Training Centre on the MDIS Campus. Diana, the guest speaker and an expert in image and etiquette, was on hand to share all sorts of useful tips and tricks that one can use to easily improve one’s personal brand.

Apart from her impressive grasp of such techniques, Diana also managed to engage the group through practical exercises and demonstrations. When speaking about posture, for instance, Diana demonstrated how a simple change in one’s stance and body language can quickly elicit different responses from the audience.

“It is a great workshop that everybody should attend,” said one attendee, who was a member of the MDIS Alumni. “The entire presentation was an eye-opening experience, and we walked away inspired to improve our own personal branding and workplace protocol.”

ReBranding Yourself



Members' Day

The Membership department – along with the Management Development and Consultancy (MDC) and Corporate and Student Development – recently organised a complimentary seminar for their members.



Entitled “Emerging Trends in HR Practices” on 7th March, the seminar featured three prominent guest speakers: Mr Andrew Chan, CEO of ACI HR Solutions, who spoke on leading trends and developments in the field of human resource; Mr Chia Boon Cher, advisor of Virtual HR Pte Ltd, who spoke about the importance of understanding local labour laws; and Mr Andrew Chow, Managing Director of Ideasmart Pte Ltd, who shared how social media can impact hiring and development decisions.

All three speakers also stayed behind to conduct a panel discussion on the “war for talent”, which examined some of the strategies that HR practitioners can adopt to both retain and attract the right talent for the right job.

We would like to thank our event strategic partner, NTUC, as well as our event sponsors – the Small Medium Business Association (SMBA) and Great Eastern – for their support and assistance.

University of Sunderland Alumni *Reap Rewards*

Singapore-based alumni of the University of Sunderland were treated to a private audience with the University's Vice-Chancellor, Professor Peter Fidler, during his recent tour of Singapore.



During an informal networking event on Monday 2nd June, held at Parkview Square, Professor Fidler set out the university's vision for growth, and offered insights into the strong collaborative partnerships that are bringing unique qualities and depth to the University's academic offerings.

As well as providing a rare opportunity to talk directly to the University's Vice-Chancellor, the event allowed alumni to re-discover lost friends, and make new acquaintances.

The evening also featured a touch of romance, proving that the University of Sunderland not only enriches students' minds, but their hearts as well. Two engineering students, who had studied in Sunderland more than twenty years ago, came along to the alumni event and re-connected with one of their lecturers.

Mr. Leslie Brown, who is still at the university, recalled how the couple had shared their happy news, on the day of their graduation, that they intended to marry. Two decades later university alumni were delighted to meet the couple, who not only have gone on to enjoy thriving careers, but also a successful marriage, since leaving the University.

It just goes to show that you get more than you expect when you study with the University of Sunderland!

Contributed By: Tamsin Greulich (UOS Singapore Alumni President)

Batam Escape **2D1N**

The MDIS Alumni's recent 2D1N Batam Escapade trip, held from 22nd to 23rd March, attracted 64 participants who were all looking forward to a great regional getaway! Not only was the trip a great way for them to bond with their family and friends, it was also a fantastic opportunity for the alumni to meet and catch up with one another.

Participants were already streaming in even before the appointed meeting time of 8am, and registration went off without a hitch, with everyone aboard the ferry and raring to go. By the time the ferry arrived in Batam 45 minutes later, those who had recognised old friends were quickly caught up on all the latest news and gossip, while those who haven't were soon making new friends!

The rest of the trip was spent in a delightful whirlwind of activity, and participants visited all manner of attractions ranging from Batam Chocolate House and Kueh Lapis Factory to cultural and historical sites such as the Maha Vihara Duta Maitreya Buddhist Temple, one of the largest Buddhist temples in the whole of Southeast Asia.

By the end of the two days, everyone was all tuckered out and – admittedly, with some reluctance – ready to return to Singapore. It was a most memorable trip, and everyone involved, organisers included, are looking forward to the next time we're able to get together and travel again!



Transformers: Age of Extinction

MDIS Alumni Relations organised an exclusive movie screening of Transformers: Age of Extinction on 26th June at Golden Village, VivoCity. The private screening attracted 157 alumni and their family members.



It was heart-warming to see alumni remain connected with the MDIS Spirit and supported the activities. This event was highly popular among the MDIS alumni community as it provided a platform for ex-classmates and friends to network.

“It was an awesome movie for all age groups and well received. I brought my kids and everyone enjoyed the evening out! Hope to see more of such events in the future, especially in arenas where alumni can get together and have fun,” said Dr Chris Yang, a member of the MDIS Alumni.





My Travelling Companions in 2013: Lloyd Png on my left and Pei Qi on my right

Heart and Seoul, I Fell in Love with You

Celebrating Korean Food

Contributed By: Liza Hassan, MDIS Alumni,
Bachelor of Arts (in Liberal Studies with concentration in Mass Communications)

IT TOOK ME JUST ONE BITE TO FALL IN LOVE WITH SEOUL.

It all began in 2012 and I have since visited South Korea another two more times after that memorable first trip. In fact, make it three years in a row and I am already contemplating of booking my next flight to Seoul as I am typing this.

Seoul and South Korea, in general, have completely enraptured me. I discovered a country and its culture that knocked me over and made me fall head over heels. From their street food to fashion, café hopping, music scene, facial products and places of interest, Seoul has become my new favourite destination.

Being a foodie, one of the things I love the most about this country is their food. Spicy rice cake (Tteokbokki), seafood pancake (Haemul Pajeon), mixed rice with beef and assorted vegetables (Bibimbap), sweet shaved ice dessert (Patbingsu) and the list goes on. Korean cuisine has definitely become my comfort food.

Even as I tried to replicate the recipes back home in Singapore, nothing beats like indulging in the authentic Korean cuisine in their home ground. The sight and smell are tantalising enough to whet your appetite for the mouth-watering dishes.

Whether you are travelling solo, a couple or even as a group, remember to engage in the local culture, feast on good local food and soak up the ambience. Travelling should always be a memorable experience for all the right reasons.

Without further ado, allow me introduce to you the list of the must try food, snacks and dessert when you are in Seoul. I have actually sorted them in different categories so it would be easier for you to plan your food itinerary.



1. Meat and Poultry Andong Chicken | 안동찜닭 (Andong Jjimdak)

Andong Jjimdak literally means Braised Chicken of Andong. The chicken is the main ingredient, with various vegetables like carrot, potato, onion, ginger and green chilli, marinated in Ganjang (Korean fermented soy bean-based sauce). The pot is then boiled over high heat till the potato and carrot slices softened and the dish is completed by adding shredded scallions and sesame seed.



Beef Patty | 떡갈비 (Tteok Galbi)

The Korean beef side dish Tteok Galbi is a very tasty dish that is a good representative of Korean food flavour. Tteok means sticky rice cakes and galbi is a marinated Korean meat dish.



2. Soup and Stew Spicy Braised Chicken with Potatoes | 닭도리탕 (Dakdoritang)

Dakdoritang is a traditional braised chicken dish that is full of spices and flavours which is known to be quite spicy in taste. Succulent chicken pieces such as thighs, breasts and/or drumsticks are simmered in a base soup where the meat tends to fall off the bones. It is marinated with hot pepper and soy sauce, containing assortments of vegetables such as green & red chili peppers, potatoes, onions and carrots.





Assorted Seafood Stew | 해물탕 (Haemultang)

Haemultang or spicy seafood stew is one of Korea's most famous traditional foods, particularly amongst foreigners looking for an authentic dish. Immerse yourself in a spicy but yet sweet, soup-based dish packed with abundant seafood, including but not limited to blue crabs, octopus, lobster tail, squids, scallops, shrimps and clams, all seasoned with gochujang, red pepper paste.



Chicken Soup With Ginseng 삼계탕 (Samgyetang)

Samgyetang, sometimes called chicken ginseng soup, is an energising soup-based dish. It is traditionally served during the summer for its nutrients which can easily be lost through excessive sweating and physical exertion during the hot summer. Commonly, a whole chicken is boiled in a broth with Korean ginseng, dried jujube fruits, garlic, ginger and glutinous rice.



4. Noodles Vermicelli Noodles | 잡채 (Japchae)



Spicy Ramen Noodle 신라면 (Shin Ramyun)



3. Rice Beef & Mixed Vegetable Rice | 비빔밥 (Bibimbap)

Bibimbap literally means mixed rice or mixed meal in Korean. It is a popular meal consisting of a bowl of steamed white rice topped with vegetables, beef, a whole egg, and gochujang (red chilli pepper paste). A variation of this dish, dolsot bibimbap (dolsot meaning stone pot) is served in a heated stone bowl, in which a raw egg is cooked against the sides of the bowl.



Kimchi Fried Rice 김치볶음밥 (Kimchi Bokkeumbap)

5. Appetiser Korean-Style Seafood Pancake | 해물파전 (Haemul Pajeon)



Pajeon is a traditional Korean-style pancake which is a very popular appetiser or snack. It is made with pancake mix batter, eggs, and green onions/scallions, served with a mixture of soy sauce and vinegar for its dipping sauce. The most popular pajeon dish is the seafood Haemul Pajeon, which usually consists of little bits of oysters, fresh baby clams, shrimps and even squids.

6. Snacks & Dessert Shaved Ice With Sweet Beans And Fruit | 팔빙수 (Patbingsu)



Poop Bread | 동빵 (Dong Bbang)



Seasoned Fried Chicken | 양념통닭 (Yangnyeom Tongdak)



Tornado Potato 회오리감자 (Hue Ori Gamja)

AND THAT, LADIES AND GENTLEMEN, ARE VERY MUCH THE QUINTESSENTIAL KOREAN CUISINE THAT YOU SHOULD DEFINITELY TRY. AND I WILL DEFINITELY BE GOING BACK FOR MORE! SO 감사합니다 (THANK YOU), SEOUL AND MY TRAVELLING COMPANIONS. 사랑해 (I LOVE YOU) ♥♥♥



July-December *Activities*

5 & 12 JULY 2014

Investment Workshops

Check out the investment workshops for beginner and advanced levels! Discover valuable investment strategies and learn how to make your money work for you.



31 OCTOBER 2014

Alumni Dine & Networking Night

This is an occasion for you to make contacts with alumni and explore trends with fellow professionals. Come and join us if you want to expand your network and create the opportunity to share information about professional development.



11 JULY 2014

Wine Appreciation & Networking Night

Join us for an exciting evening of fine wine and good times as you learn the delicate art of wine tasting. Learn to swirl, sniff and sip like a pro.



20 NOVEMBER 2014

MDIS Alumni Movie Night

You are invited to the highly anticipated blockbuster movie screening with your MDIS buddies!



27 SEPTEMBER 2014

Parenting Seminar

This seminar is designed for parents with children below 2 years old. You will discover the ideas and tips on children development and the importance of children's feelings, shared by early childhood specialists.



21 NOVEMBER 2014

Alumni Gathering

Do you want to chat with fellow alumni? Join the fun dine and networking event that will allow you to fellowship and friendship building. It is an awesome opportunity to socialise and make new connections.



11 OCTOBER 2014

Career Workshop & Networking

Do you understand the current and future job market trends of our career interests? The workshop will strengthen your career-related skills to prepare for your job search.



13 DECEMBER 2014

Feng Shui Workshop for 2015

Learn Feng Shui from the expert and find the best tips and forecast for 2015!



IT'S MDIS HOMECOMING 2014!

Date: 18 October 2014, Saturday

Time: 11am to 2pm

Venue: SAMTAS Hall, MDIS Campus 501 Stirling Road

Tickets: \$15 (alumni), \$17 (guest)

Early Bird Special (Register by 30 Sep 2014)

Tickets: \$10 (alumni), \$12 (guest)

Calling all MDIS alumni! We invite our alumni for the MDIS Homecoming 2014. Brace yourselves for a day of fun you will never forget! Enjoy talented student performances and a scrumptious buffet lunch while rediscovering MDIS by catching up with old classmates and making new friends.

No matter if you come alone, with a guest or with your whole family, there's bound to be something for everyone. What's more, we'll also be giving away goodie bags to everyone. So what are you waiting for?

Three lucky participants stand the chance to take home an iPad Mini!



Contact Details

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