



Camp
Spofy FOP 2023

Camp Booklet

Freshies Edition.

Welcome.

A message from the Camp PDs.

Hello Freshies!

We're so excited to welcome the Class of 2027! This year, we'll be bringing back our annual three days, two nights Freshman Orientation Camp! That means three whole days of non-stop soaring, flying, running, jumping, and pure fun!

And while you're having all the excitement you could possibly have, we hope that you'll also get to know your amazing batchmates and seniors, and form lasting friendships.

This is gonna be a special one... we just know it!

So come chill out, take it slow and then rock the show at the Dentistry FOC 2023!

Hilary and Justin,



1. Points of Contact



POCs.



Save Our Contacts (Please).

STAFF ADVISORS		STUDENT BODY	
MS. ANN FONG	9796 0420	Camp IC: MOH XIN QIAN, HILARY	9722 2432
		Camp 2IC / CSO* 1: KONG JAY-EN, JUSTIN	9818 7079
		Orientation Director: XIE JINGHAN	8876 4018
		CSO* 2: QUEK SENG JOO, CLARENCE	9262 2920
		Dental Club President: WANG KANG RUI	9398 1212

***CSO:** Chief Safety Officer.

OGLs.

Your New Favourite People.

One
Zhengyu, Silvester

• OG. 1 •



FOP

OG1

Li Zhengyu @Li_Zhengyu
Silvester Chew @chewurbutt

OG 2

Ada and Shih Chi

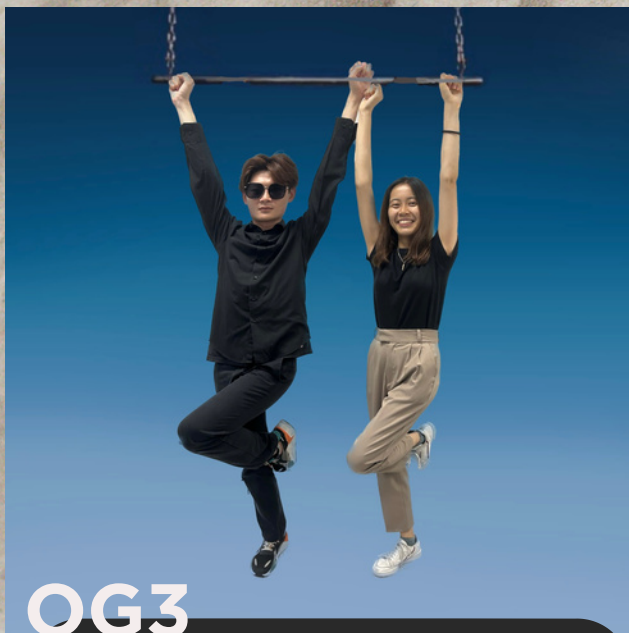


OG2

Ada Poh @adapoh
Soh Shi Chi @sohhhsc

OG3

Lucas Teoh @lucasteoh
Francille Ong @francilleong



OG4

Marcus Low @marcus_low
Rachel Loke @rac_hello



Side Quest: There are no prizes for guessing, but try to guess which album covers we've recreated!

OGLs.

Your New Favourite People.



OG5

Wang Junwen @junwens
Rosemary Tan @rosemarytan



OG6

Matthias Ong @mattyong
May Phu @mayayayayay



ZHI PING, JISELLE
OG7

OG7

Phua Zhi Ping @zhiping
Jiselle Teou @jiselle



OG8

Ryan Kwok @ryankwokadoodledo
Tan Min Yan @mintheyan

Side Quest: There are no prizes for guessing, but try to guess which album covers we've recreated!

OGLs.

Your New Favourite People.



OG9

Ahmed Fuaadi @monkeyballsacc

Shannon Ng @karageyama



OG10

Ashley Heng @ashleyheng

Foo Juinn Ryong @juinn_ryongggg

Side Quest: There are no prizes for guessing, but try to guess which album covers we've recreated!

2. Safety



Safety Appointment Holders Contact Details.

STAFF ADVISORS		STUDENT BODY	
MR. MALIK	9233 7955	OFFICE OF CAMPUS SECURITY	6874 1616
MS. ANN FONG	9796 0420	Camp 2IC / CSO* 1: KONG JAY-EN, JUSTIN	9818 7079
		CSO* 2: QUEK SENG JOO, CLARENCE	9262 2920
		Dental Club President: WANG KANG RUI	9398 1212

CSO to notify Dent. Club President and Staff Advisors in the event of an emergency (see Emergency Flowchart).

General.

A. Safety Checks and Roll Calls.

- **Safety Check:** Every morning (i.e. reporting time), OGLs and OG Seniors are required to check on Freshmen.
- **Roll Call:** Strength will be checked by OGLs upon arrival and before departure at every location / major activity.

B. Weather.

- <http://www.weather.gov.sg/lightning/lightning/lightningalertinformation/system.jsp> (NUS is in **Sector 14**).
- Automated Lightning Alert Hotline: **6542 7788**



General.

C. Hydration.

- **OGs** and **Station Masters** will enforce hydration throughout the camp (i.e. direct Freshmen towards water coolers).
- Major water breaks will take place before and after major activities, namely: **Mass Games**, **Amazing Race** and **RAG Practice**.

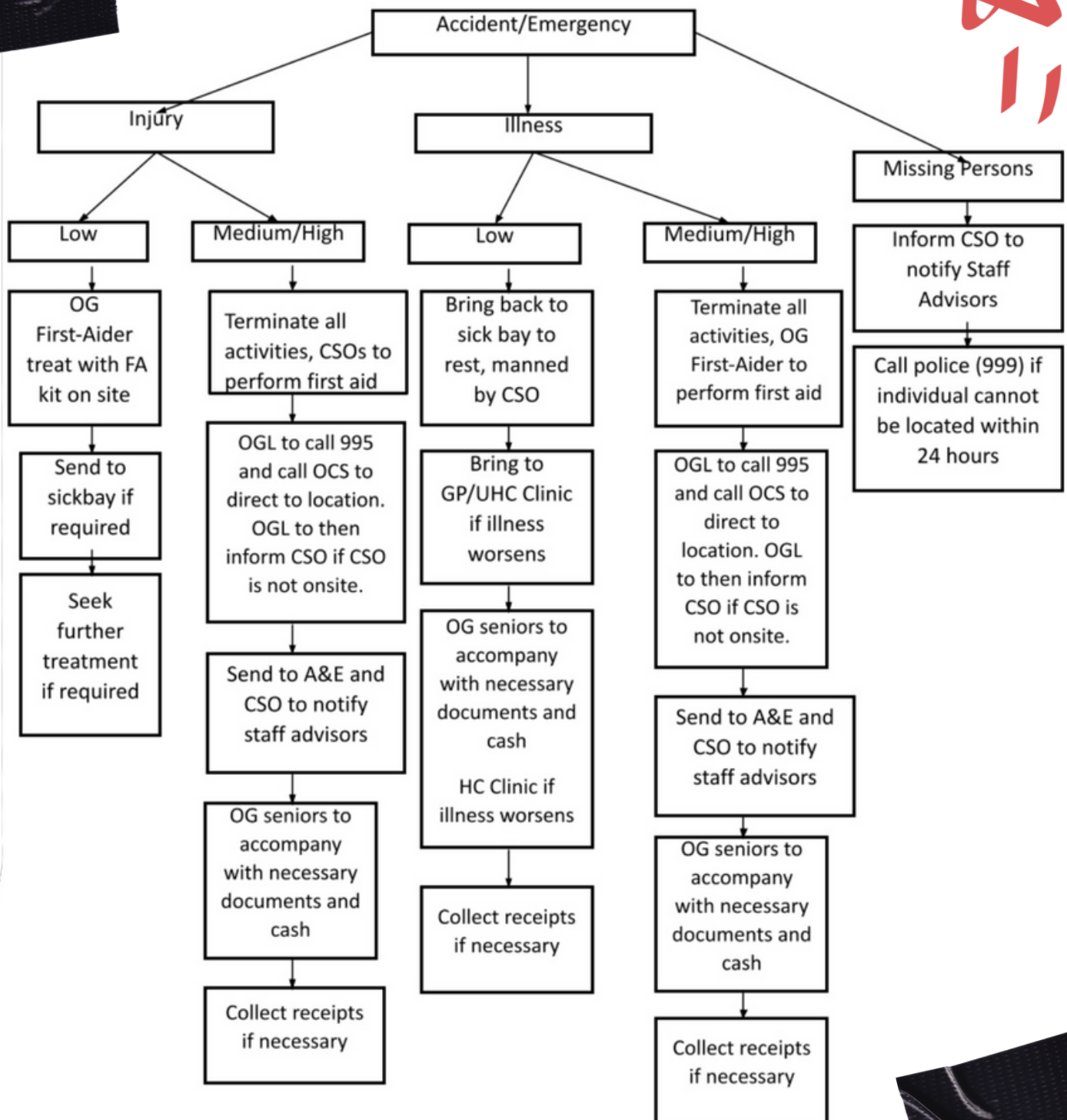
D. AED Locations.



U-Town



Emergency Flowchart.



Key Points: Keep CSO updated! If a freshman is sent out to the hospital, one OGL / OG Senior will accompany him / her and provide updates to the CSO.

TL;DR

**If at any point you are
feeling unwell or injured,
please immediately inform
your OGL, who will then
inform the CSO / PDs!**

**Your safety is so, so
important to us!**

**No activity is compulsory,
so if you do not feel well,
come to us!**



3.

Schedule & Events

Impt. Dates.

DATE	EVENT	INVOLVEMENT
17 JUNE 2023	ADMIN DAY	Camp Comm, OGLs, Other helpers
26 - 28 JUNE 2023	CAMP	Y2 Batch
28 JUNE 2023	BUFFET NIGHT	Y1 - Y5 Students

Overall task.

Freshmen will guess a list of 20 songs using hints* about the song title and the artist's name.

****Note:** Each song has at least 2 hints - 1 for the title and 1 for the artist.*

1. **Collect Hint Chances:** OGs can collect hint chances from games (i.e. SG, MG, AR).

2. **Obtain Hints:** OGs will use hint chances to obtain hints. They can decide the specific song to obtain hints about, and specifically the song title OR artist name.

- e.g. "Song Title for Song #3 from Justin's list".
- Submit a request to use hint chances to Prog ICs through the OGLs.

3. **Make Your Guess:** Based on the hints obtained, the OGs will guess the 20 songs in the list!

Day one.



DAY 1 | 26TH JUNE 2023 (MONDAY)

Time (H)	Event	Location	Committee
0830 - 0900	Registration	Dental Auditorium	Camp PDs, OGLs
0900 - 1100	<i>Hello (Adele)</i>	Dental Auditorium	Camp PDs, CSO, OSA
1100 - 1200	<i>Small Talk (Katy Perry)</i>	S10-5, S10-6	Camp PDs, OGLs
1200 - 1300	Lunch	S10-5, S10-6	Food ICs
1300 - 1315	Briefing for <i>Ready or Not (Bridgit Medler)</i>	Dental Auditorium	Prog ICs, CSO
1300 - 1600	<i>Ready or Not (Bridgit Medler)</i>	Seminar Rooms	Prog ICs, CSO
1600 - 1800	<i>Talk! (The 1975)</i>	S10-6	Camp PDs, OGLs
1800 - 1900	Dinner	S10-5, S10-6 / RC	Food ICs
1900 - 2000	<i>Home (Edward Sharpe and The Magnetic Zeros)</i>	RC	Camp PDs
2000 - 2030	<i>Before You Go (Lewis Capaldi)</i>	RC	Camp PDs

Day two.



DAY 2 | 27TH JUNE 2023 (TUESDAY)

Time (H)	Event	Location	Committee
0900 - 0930	<i>Wake Up (Julie and the Phantoms)</i>	RC	OGLs
0930 - 1030	Breakfast / Travelling Time	RC Dining Hall, NUCHOS	Food ICs, OGLs
1030 - 1200	<i>Hello (Adele) / Talk! (The 1975)</i>	Dental Auditorium	Camp PDs, OGLs
1200 - 1300	Lunch	S10-5, S10-6	Food ICs
1300 - 1315	Briefing for <i>Secrets (OneRepublic)</i>	Dental Auditorium	Prog ICs, CSO
1315 - 1400	<i>Secrets (OneRepublic)</i>	Seminar Rooms	Prog ICs, CSO
1400 - 1430	Briefing for <i>The Great War (Taylor Swift)</i>	S10-6	OGLs
1430 - 1445	OG Bonding / Travelling Time	UTOWN/ Soccer Field	Prog ICs, CSO
1445 - 1700	<i>The Great War (Taylor Swift)</i>	Soccer Field	Prog ICs, CSO
1700 - 1900	Wash up / Travelling Time / Dinner	RC / UTown	Camp PDs
1900 - 2130	<i>Can We Dance (The Vamps)</i>	Dance Studio / RC	RAG PDs, RAG Dance ICs
2130 - 2200	<i>Sing! (My Chemical Romance)</i>	Dance Studio / RC	-
2200 - 2230	<i>Before You Go (Lewis Capaldi)</i>	Dance Studio / RC	Camp PDs

Day three.



DAY 3 | 28TH JUNE 2023 (WEDNESDAY)

Time (H)	Event	Location	Committee
0830 - 0900	<i>Wake Up (Julie and the Phantoms)</i>	RC	OGLs
0900 - 0930	Breakfast / Move out of RC / Travelling Time	RC Dining Hall	Food ICs, OGLs
0930 - 1000	<i>Hello (Adele)</i>	RC Dining Hall	Camp PDs
1000 - 1200	<i>Can We Dance (The Vamps)</i>	Dance Studio/RC	RAG PDs, RAG Dance ICs
1200 - 1300	Lunch / Travelling Time	MPSH	Food ICs, OGLs
1300 - 1315	Briefing for <i>Chasing Pavements (Adele)</i>	MPSH	Prog ICs, CSO
1315 - 1700	<i>Chasing Pavements (Adele)</i>	Various	Prog ICs, CSO
1700 - 1830	Wash up / OG Bonding / Travelling Time	UTown / RC	OGLs
1830 - 2130	<i>Bon Appetit (Katy Perry)</i>	RC Dining Hall	Year 1 - 5 Dental students
2130 - 2200	<i>Closing Time (Semisonic)</i>	RC Dining Hall	Camp PDs



4. Packing Lists

Packing list.

Compilation of Daily Packing Lists.

1. Clothes

- 1 set of formal attire* (i.e. black RAG shirt, long pants)
- 3 sets of sports attire (i.e. shirt, shorts/sports attire, socks; including navy blue NUS dent shirt)
- 1 pair of sports shorts

2. Small day bag

3. Water bottle

4. Blindfold / bandana

5. Personal medication

6. Writing materials

7. Umbrella (optional)

8. Sunblock (optional)

9. Cap (optional)

10. Extra pair of covered shoes (optional)

11. Cash, EZ-Link Card, Matric. Card (if issued)

12. Overnight stay

- Toiletries - bath soap, shampoo etc.
- Towel
- Change of clothes for sleeping
- Shower slippers (optional)

***Note:** this does **NOT** include the Day 1 Reporting Attire (see Day 1 Packing List for details). See also **5. Admin / FAQ** for details of **formal attire**.

Day one.

Reporting Attire:

- **Formal attire***: Light blue RAG shirt with long pants, covered shoes.

1. Small day bag
2. Water bottle
3. Personal medication
4. Blindfold / bandana
5. Writing materials

*See **5. Admin / FAQs** for details of formal attire.

Day two.

Reporting Attire:

- Black RAG shirt with long pants, covered shoes

1. Small day bag
2. Change of clothes
 - 1 pair of sports shorts for Mass Games (i.e. Freshmen continue wearing reporting attire and only change into shorts)
 - 1 set (i.e. shirt, shorts/sports attire, socks) after Mass / Wet Games
3. Water bottle
4. Personal medication
5. Blindfold / bandana
6. Umbrella (optional)
7. Sunblock (optional)
8. Cap (optional)

Note: Freshmen are encouraged NOT to wear new / white shoes (i.e. due to Mass Games).

*See **5. Admin / FAQs** for details of formal attire.

Day three.

Reporting Attire:

- Navy blue NUS dent shirt with sports shorts, covered shoes

1. Small day bag
2. Change of clothes (shirt, shorts / sports attire, socks)
3. Water bottle
4. Blindfold / bandana
5. Personal medication
6. Writing materials
7. Umbrella (optional)
8. Sunblock (optional)
9. Cap (optional)



5. Admin / FAQs

A Bunch of Important Final Notes.

A. Dress Code.

- Stick to the reporting attires/clothes set in **4. Packing List**.
- When in NUCOHS or when attire is listed as "formal attire", **please follow the guidelines on the dress code:**
 - T-shirt and jeans or long pants.
 - **NO** crop/spaghetti strap tops.
 - Preferably no skirts/dresses for girls because we will be playing a lot of games!

B. Reporting of Inappropriate Behaviour

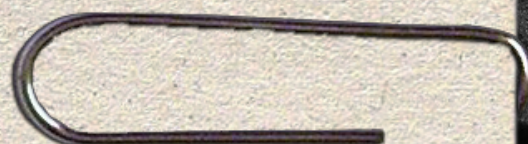
- **Ragging of Freshmen is prohibited and disciplinary action will be taken.**
- Should you encounter behaviour that makes you feel uncomfortable, please alert the FOP Committee (i.e. inform your OGL or approach Hilary or Justin).
- You may also make use of the anonymous feedback form to voice your concerns:
 - NUSSU Whistleblowing form.

C. Participation / Programme.

- **NONE** of the activities are compulsory! Let your OGLs know if you do not feel comfortable/healthy enough to participate!

D. Privacy

- Abide by **PDPA guidelines**: No media (i.e. photos and videos) should be shared outside the Orientation Group unless consent has been granted by all parties involved. Similarly, contact information should not be shared without permission from the person.



Summary

Your one-stop, last-minute guide.

DO

1. **Respect each other** - respect the dignity of your fellow participants and encourage one another.
2. **Stay well-hydrated and energised.**
3. **Look out for your health** - let your OGLs know of any allergies/health conditions, and inform us if you feel unwell!
3. **Be aware of your surroundings** - watch the roads as we travel all over the school!
4. **Clean up after yourselves** - let's leave every location more beautiful than we found it.
5. **Have an open mind** - you're coming into a whole new phase of your life!
6. **Follow all rules set for an overnight stay** - no leaving the accommodations, and abide by Quiet Hours!
6. **Get excited!**

DON'T

1. **Leave the group** - don't leave the group without informing someone in charge (e.g. your OGL).
2. **Stay quiet if you feel unwell or uncomfortable** - we would love to help you!
3. **Engage in violence** - we want our games to have the fun and action of a Marvel movie, without the devastating consequences of a Marvel movie.
4. **Partake in bullying, harassing or peer-pressuring** - we're all in this together, don't forget it.
5. **Be a public nuisance.**



Bright Smiles

IG PHOTO CONTEST

26 - 30 June 2023

01. Follow @nusdentistry Instagram page
02. Upload your photo and tag @nusdentistry with the hashtag #NUSDentistryFOP23
03. Include a caption, relevant to the Freshmen Orientation Programme, in your post

STAND A CHANCE TO WIN

\$50 WORTH OF VOUCHERS!



[facebook.com/
NUSDentistry](https://facebook.com/NUSDentistry)



[@nusdentistry](https://www.instagram.com/nusdentistry)



FOP

treasurer

OG 10
Juinn Ryong
Ashley



Camp
Spofy
FOP 2023

Freshies Edition.