Internship Log - NTU ARISE

# Week 1

## Day 1 - 20/11/2023

Senior on Site: Chris BX

Role: Game Trainer

Session: Centre Competition

Location: SATA@Jalan Kayu

Helped set up and guided seniors in competition styled games.

Senior on Site: Tran Nguyen

Role: Game Trainer

Session: 4

Location: LB@366 Clementi

Helped train and guide seniors on Nintendo Switch Bowling. Discussed internship goals with Senior on Site, understood tasks and expectations for internship.

Conversing in English and Chinese, limited proficiency with Hokkien and Cantonese, felt a slight communication barrier. Despite that, could communicate through physical demonstrations as well as hands on guidance.

Ended day at 3.30pm

## Day 2 - 21/11/2023

Senior on Site: Chris BX

Location: ARISE

Briefing by Chris, understood survey procedures in English and Chinese as well as SPPB and MOCA related test procedures.

Senior on Site: Tran Nguyen

Role: Game Trainer

Session: Centre Competition

Location: LB@Meiling

Helped set up and guided seniors in competition styled games. Keep Track of the scores as well as guide seniors along the games if needed.

Ended day at 3.00pm

## Day 3 - 22/11/2023

Senior on site: Chris BX, Thomas Koh

Role: Interviewer

Session: 12, survey required

Location: St Luke Bishan

Helped set up and facilitated the game session as well as interviewed **5 seniors** in english and chinese. Facilitated brain games during free time.

Received temporary access card for ARISE office.

Noted inexperience with SPPB test, taking measures and further research/practice to improve accuracy and consistency of the test for future reference.

Needed help explaining physical and moca tests due to inexperience with the tests as well as in chinese.

Ended day at 2.30pm

## Day 4 - 23/11/2023

Senior on site: Ben Pham

Location: Arise

Carried out admin details, as well as coordinated the team to create a centralized discussion board for further project development. Completed the MOCA test certification as well as done further research to improve my knowledge and familiarity with the survey.

Briefing by Ben Pham about the projects available to do as well as updated portfolio website, created a skills showcase slide deck and microsoft teams account.

Helped Clevon with a setup video, for centers to set up the nintendo switches, TVs and Ring Fit games. Due to slight technical issues, we stayed back to edit the video as well as exported it via email for further use.

Ended day at 6.00pm

## Day 5 - 24/11/2023

Senior on site: None

Role: Interviewer

Session: 12, survey required

Location: NTUC Boon Lay

Helped set up and interviewed **7 seniors**. Noted need for practice as the crowd made it hard to hear/explain, as well as felt overwhelmed by the number of interviews in a row.

Ended day at 5.00pm

# Week 2

## Day 1 - 27/11/2023

Senior on site: Chris BX

Role: Game Trainer

Session: 12

Location: Sarah AAC

Helped set up the stations as well as guided the seniors in the games. Due to lack of manpower, I helped with coordination of the stations as well as attendance, noted inexperience and inability to recognise faces, thus making it slightly harder to remember and guide seniors between stations. Lastly, interviewed **3 seniors**, noting no SPPB test as well as slightly revised survey for demographics.

Noted seniors with no formal education due to the location as well as the rental location, most seniors are living alone in rented 1-room apartments, coupled with the run-down quality of the neighborhood. Around **a third of seniors** couldn't take the survey today, thus Thursday will have a makeup session for them after the games.

Ended day at 6.00pm

## Day 2 - 28/11/2023 **Medical Leave**

## Day 3 - 29/11/2023

Senior on site: Thomas Koh, Chris BX

Role: Interview

Session: 12

Location: Seen Bukit Batok

Set up location and interviewed **3 seniors**, noting no SPPB test. Due to the helpful staff as well as many colleagues, we had no rush and instead ended much earlier and smoother than usual, with around 1 hour ahead of expected.

Ended day at 5.00pm

## Day 4 - 30/11/2023

Senior on site: Chris BX, Thomas Koh

Role: Interview

Session: Competition

Location: Sarah AAC

Met with Jiaxu in the morning to pass equipment, Interview **seniors** from the previous session. Left before competition started to go to the next location.

Senior on site: Thomas Koh

Role: Trainer

Session: 12

Location: LB Tampines

Arrived at location midway of session, helped guide seniors in games, interviewed seniors, guided seniors in stations for the rest of the time

Ended day at 5.00pm

## Day 5 - 1/12/2023

Senior on site: Chris

Role: Trainer

Session: Competition

Location: NTUC Boon Lay

Help setup competition styled games for seniors, record scores and coordinate seniors. Interviewed **1 senior** from the previous session. Returned to ARISE office to return equipment.

Ended day at 5.00pm

# Week 3

## Day 1 - 4/12/2023

Senior on site: Thomas

Role: Trainer

Session: Competition

Location: SEEN Bukit Batok

Arrived late at the location, the center was set up before arrival, handled the game station and guided seniors in competition style games.

Ended day at 4.00pm

## Day 2 - 5/12/2023

Senior on site: Thomas

Location: Arise, NTUC Corporate Office, AAC Golden Clover, CornerStone@Cheng San, SATA@Jalan Kayu

Went to the office to pack the competition sets as well as clean up the place by packing/organizing sets. Went to NTUC Corporate Office to receive vouchers and returned to Arise office to deliver them. Then went to various centers around Singapore to gather TVs and more switch sets before bringing them back to the office.

Ended day at 6.00pm

## Day 3 - 6/12/2023

Arrived at Arise office and packed, stock taking all equipment. Then helped to load the courier service.

Ended day at 4.00pm

## Day 4 - 7/12/2023

Reached Suntec Convention Hall at 9.00am, Helped set up stations, then went for briefing about the roles and allocation of tasks, then went for lunch. Finished the stations and set up the games within the Nintendo Switches, then rested before the seniors came. Went on water runs to give water to the seniors, noted very tiring. Waited for the end of the carnival games as well as for all seniors to arrive. Went to the assigned station in preparation of the games. Guided seniors in the games and recorded scores for the Singaporean representatives. We were visited by classmates from the previous intern batch, then watched the international segment together, cheering on with the crowd. Helped usher the seniors out of the hall. Then started dismantling and packing the sets, stocktaked the sets and helped pack them into boxes and taped them.

Ended day at 6.00pm

# Week 4

## Day 1 - 11/12/2023

Unpacked the sets and organized them into set numbers and games.

Packed sets going outwards to return to the centers

Played the meta spark AR games as well as briefed on what to do for future development.

Tasks: Started converting a disc to MP4, 6 videos. -> didn't finish due to long time taken to convert each video

Went to SATA@Jalan Kayu to return equipment.

Ended day at 3.30pm

## Day 2 - 12/12/2023

Tasks: Finished converting the disc to MP4 videos.

Familiarizing with Meta Spark Studio

Learning from scratch the software as well as navigating the UI.

Went to CornerStone@Cheng San, to return equipment as well as set up and pack the different equipment. Taught the center staff how to use the equipment as well as played games with the seniors during their free play session.

Ended day at 5.00pm

## Day 3 - 13/12/2023

Reading into the documentation as well as watching video tutorials from past projects to learn about Meta Spark Studio. Contacted previous batches about the projects in order to understand their design process and learning outcomes from using the software. Noted loss of assets from a few games given by the previous batches and is recovering the assets now.

Went to FeiYue@TeckWhye to return equipment.

Ended day at 4.00pm

## Day 4 - 14/12/2023

Went to Sasco@Compassvale to interview 1 Senior.

Ended day at 12.00pm

## Day 5 - 15/12/2023

Went to the office, found the ipads and macs and exported the effects, failed due to inexperience with IOS as well as no permission settings for bluetooth sharing. Other methods also proved ineffective to export and publish them.

Tasks: test the effects on messenger and mobile player application. ->didn't finish due to technical complications

Ended day at 5.00pm

# Week 5

## Day 1 - 18/12/2023

Went to Sasco@Khatib to interview seniors, interviewed 2 seniors. Set up location and packed up after.

Ended day at 1.00pm

## Day 2 - 19/12/2023

Went to AAC Golden Clover to interview seniors, interviewed 5 seniors, set up and packed up after.

Ended day at 4.00pm

## Day 3 - 20/12/2023

Went to the office to continue testing, downloaded applications needed and reviewed the testing procedures and revised the report.

Tasks:

1. Exporting previous batch work from macs, scrubbed github accounts and emails as well as 4 macs to find most updated folders. -> completed
2. Received log-in details for the ipads and tablets to install 2 programs
3. Updated ipads and tablets with new projects, used developer mode and debugger to test effects on devices. -> completed
4. Tested the effects on mobile meta spark player -> completed
5. Revised report with above data -> completed
6. Tested the effects on messenger video call, both perspectives -> completed
   1. Screen recorded tested effects -> completed
7. Revised report with above data -> completed
8. Received extra developer/testing emails, checked login credentials against given accounts and passwords -> completed

Ended day at 6.00pm

## Day 4 - 21/12/2023

Went to sasco@khatib to interview seniors, interviewed 2 seniors, set up location as well as packed up after.

Ended day at 3.30pm

## Day 5 - 22/12/2023

Went to kallang@travista to interview seniors, interviewed 5 seniors.

Ended day at 6.00pm

# Week 6

## Day 3 - 27/12/2023

Went to golden clover to interview seniors, interviewed 2 seniors, set up location as well as packed up after.

Ended day at 12.00pm

## Day 4 - 28/12/2023

Went to SATA@Jalan Kayu to interview seniors, interviewed 3 seniors, set up location as well as packed up after.

Ended day at 12.00pm

## Day 5 - 29/12/2023

Went to AAC@Golden Peony to interview seniors, interviewed 3 seniors, set up location as well as packed up after.

Went to the Arise office to handle logistics and organize outgoing survey sets.

Tasks:

1. Research current VR headsets and compare specs in a document - finished
2. Exported setup and price range and use case for each headset - finished

Ended day at 6.00pm

# Week 7

## Day 3 - 3/1/2024

Went to Esther@AAC to interview seniors, interviewed 5 seniors, set up location as well as packed up after.

Ended day at 5.30pm

## Day 4 - 4/1/2024

Went to SATA@JalanKayu to interview seniors, interviewed 4 seniors, set up location as well as packed up after.

Went to FeiYue@TeckWhye to interview seniors, interviewed 5 seniors, set up location as well as packed up after.

End day briefing and future work briefing by Mr Thomas for work done in the past 2 weeks as well as the assigned work in the future.

Ended day at 6.00pm

## Day 5 - 5/1/2024

Went to NTUC@BoonLay to interview seniors, interviewed 5 seniors, set up location as well as packed up after.

Ended day at 5.30pm

# Week 8

Assume full time in office unless specified. Weekly briefing on monday and fridays for current week’s tasks as well as overview of completed work respectively. Work time stipulated at 10.00am to 6.00pm

## Day 1 - 8/1/2024

Research vr headsets

Redid the rubrics and research fields

Completed new research data

Proofread and factcheck data

Other people data is really bad

Left empty portions, I filled up for them

Fixed their work

Completed document

Briefing by Mr Thomas Koh on future work

1. Design a vr game based on big brain academy
2. Research on React and Node.js to create a scoring application
   1. Next.js front-end
   2. Express.js backend
3. Design the fields and data structures with dynamic design in priority
4. Draw the UML and UI

## Day 2 - 9/1/2024

Briefing and QNA with Mr Tran Nguyen on the VR games, fixed research further.

Researched on TypeScript, Node.js, React, Next.js and Express.js.

Learning javascript and typescript from scratch.

Successfully installed both next.js and express.js as well as setup dummy projects within their respective files.

## Day 3 - 10/1/2024

Interview at St.Luke@Bishan

Work from home, more research and completed UML, outlined functions as well as user profiles

## Day 4 - 11/1/2024

Work from home, watch setup videos of prototype projects as well as deployment of webapps

Interview at FeiYue@TeckWhye for afternoon

## Day 5 - 12/1/2024

Interview at NTUC Health@BoonLay

Office briefing and meeting with lecturer and supervisor

Research mySQL and mariaDB

Presented and evaluated the erd and research materials, fixed the various fields after consultation.

# Week 9

## Day 1 - 15/1/2024

Went to office

Primary task: organize the switch sets as well as stock taking of all inventory.

Researched more on previous tasks

Started a dummy project with focus on MATH and simple logic, next task to handle interaction.

## Day 2 - 16/1/2024

Briefing on work done for the rest of the week.

Completed basic interactions as well as basic express server run by nodemon. Nodemon running failed errors, crashing server. Removed nodemon for time being

2 github repositories for the frontend and backend.

To create a login for admin. The users should not be able to edit the data once keyed in. ->friday

Google slides for the vr app/designs -> by wednesday

## Day 3 - 17/1/2024

Current tasks: make slides for the game design for VR as well as make them concise, presenting on friday, mailed by today.

Start on the login and authentication of admin accounts.

Imported password hashing and json web tokens to store and assess the passwords. Debugging current work.

Experimenting with reactive layouts

Completed tasks: completed slides and made game design documents slightly more concise, abit of rushed job but shipped at the end of the day

## Day 4 - 18/1/2024

Researching encryption methods ->probably using asymmetric method for names and hashing for passwords with express.js

Continue with the learn nextjs example.

Reading and writing to a database hosted on server, will create api layer for security and ease of access.

## Day 5 - 19/1/2024

Continue nextjs example

Using nextauth for login, failure on openssl

Meeting with supervisor

Revised the miro as well as the database

Made new functions and outlined future work done with the website.

Completed nextjs example

Started on extending examples and removing unneeded features.

# Week 10

## Day 1 - 22/1/2024

MC

Missed interview session at seen bukit batok

Missed graduation phototaking session at nyp

## Day 2 - 23/1/2024

MC

## Day 3 - 24/1/2024

Current tasks:

1. Retrieve video call footage and send to mr Tran - Complete
2. Await database and github creation from mr Thomas
   1. Await invitation from email
3. Research and run frailty app and record usage video - Complete
4. Update the website with themes and replace the entrance screen with user and admin login.
   1. Basic theme switcher - Complete
   2. Stuck on user profiles and locking users out of some features
5. Research on backend applications and start on basic backend
   1. On hold

Populating games page with same settings as sessions

Removing participants functionality

## Day 4 - 25/1/2024

Cornerstone@ChengSan interview -> LB@Tampines interview

## Day 5 - 26/1/2024

Back to Office for supervisor meeting.

Starting on git repo, using my code base. Handled the first commit by coordinating the intern batch and extracting their code with features and integrating them.

Learning about Role-based Access Control(RBAC) to create multiple user profiles using Auth.js

# Week 11

## Day 1 - 29/1/2024

Went to Cornerstone@ChengShan to interview seniors.

Went to the office to continue game research and report writing.

Researched on nextjs, no progress done on the scoreboard webapp.

## Day 2 - 30/1/2024

Debugged previous push, fixed errors and added new table by duplicating rules from template.

Continued with the report of the i-sing games.

## Day 3 - 31/1/2024

Focussed on mysql and database related code

Assigned new tasks:

* Test and record videos of the usage of fb games via meta spark ar
  + Requires research into dependencies and development process of meta spark to debug effects. Due by 8th january
* Test and build frailty app in android apk
  + Requires an android sdk
  + Requires a development team

## Day 4 - 1/2/2024

Attempt at remote development by installing flutter on computer to debug and test the above tasks. Computer failed to initialize the download process. May hold off on this tasks for the moment.

Working on connection issues with the interns, where they cannot access the same database as me, thus unable to continue programming.

## Day 5 - 2/2/2024

Attempt to make firebase hosted website instead of vercel and postgres

Making the report more concise and suitable for presentations

Grading the domains and time taken as well as senior engagement level for the games

Research on muscle groups and targeted movement in sports

TEST: Transferred ownership of database and website

Research on sharpWrap property in Apply Frenzy - Meta Spark AR effect, where it isn't supported by messenger.

# Week 12

## Day 1 - 5/2/2024

Researched encryption again as well as web based design.

Researching more on firebase functions and authentication.

Fixing meta spark ar effects, progress slowed due to previous error

Will be building the frailty app on my end over the day as well.

## Day 2 - 6/2/2024

Working on frailty apps and fb effects, bug fixing.

Working on documentation for handover.

## Day 3 - 7/2/2024

Went to St.Luke@Bishan to distribute vouchers, returned to the office for lunch and continued programming.

## Day 4 - 8/2/2024

Office->programming and documentation

Supervisor presentation -> handover slides and documentation

Lecturer meeting -> task allocation and progress check presentation

## Day 5 - 9/2/2024

Half day for CNY eve, documentation.