

# NUDGE!

My dearest fellows at Nagoya University,

I hope you are having a wonderful time away from textbooks and lecture notes.

We are happy to announce that you — yes, you — have successfully finished another semester with flying colors. It is time, now, for you to enjoy the last few days of summer without the impending gloom of exams.

Since our inaugural issue, we have been humbled by the support our newsletter has received, which has been acting as our motivation to keep up Nudge!'s quality of work. In the jolly bright month of August, we bring you colors (oh, that's bright), enlightenment (even brighter?), and feelings (ah, there it is).

We truly appreciate every single one of our readers: your support, feedback, and contribution.

Now, please do take a seat, and enjoy your monthly Nudge!

WORDS BENTO  
PHOTOGRAPHY BENTO

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## *Every day's Best Highlight : The Sunset*



“

*... the sunset is  
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waiting for us.*

”

BY KARL

“Hey man! What time is it?”

“Oh, it's almost 7pm!”

It's that time – it's sunset time! Everyone's Instagram stories and posts this summer always involves the sunset – one way or another.

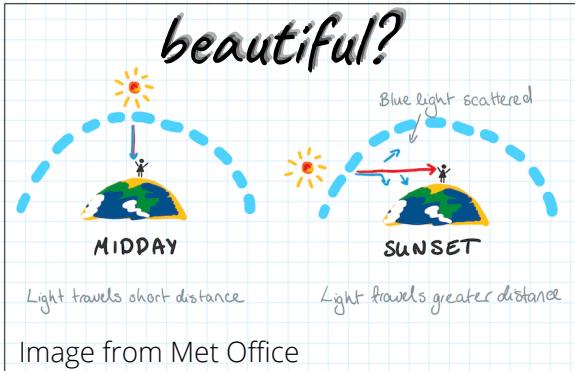
Imagine having a very long class on 5th period that ends an hour or so after the golden hour. I peek out of my balcony and, suddenly, I see the sky colored in pastel – pink, orange, a deep dark blue color, sometimes even purplish. Sometimes, it's just plain cloudy. Yet, whatever the color is, it always seemed like I was living in a painting. After classes, I would take a walk or short bike ride, just to enjoy the view. It'd take my stress, worries, and anxieties away for a moment – an escape I needed after a stressful day at school.

Something I always looked forward to during my first summer in Nagoya was the beautiful sunset at around 7:00 pm. I always wondered why the sunsets here are so beautiful and calming!

Now, here's a little something on sunsets and our perception of them. Human vision works because of electromagnetic radiation from the sun, of which we can distinguish only a tiny portion: the visible wavelengths corresponding to the light waves that we see. With different wavelengths, different colors can be perceived by the eye. However, when these waves reach the earth, it travels through several "obstacles" in the atmosphere.

So, what happens to light during this journey? Some of these wavelengths are absorbed by the atmosphere, and thus do not reach us. The beautiful colors we see are produced by a filtering phenomenon in the atmosphere called light scattering. As light travels through the atmosphere, and hits "obstacles" — gas molecules like oxygen and nitrogen — its wavelengths are sent off in different directions. Since these gas molecules generally have smaller wavelengths than that of light, lights of colors with short wavelengths like blue and purple can't overcome these obstacles (imagine a wave hitting a rock), and are scattered around the atmosphere. In the afternoon, when the sun is directly above us, the light does not have to travel far before reaching us, and hence very little scattering happens to blue light. As such, the sky appears blue to us on any regular day.

## Why are sunsets so



As the day finishes, light starts travelling longer distances, and this amazing scattering phenomenon happens millions more times before the beam from the sun reaches our eyes. This results in blue and purple light no longer reaching our eyes, and what's left are the lights with longer wavelengths (i.e. red, orange, and yellow). These waves are able to "reach the shore" since they are big enough to avoid the "rocks", leading to the amazing mirage of colors we see during the sunset!

But what determines whether the sky is redder, more orange, or more yellow?

It depends on the composition of the atmosphere, as that in turn affects the scattering of sunlight. If extra gases, such as those from human activity, are also present, they affect the light's path, and could cause the sky to appear redder to us. If you witness the sunset after a rainy day, you might see it's very orange or yellow, since the atmosphere is free of impurities and "clean".

Aside from being a mirage of wavelengths that reaches us, I believe that the sunset is also our daily reminder that in whatever we do or go through, there will always be a beautiful ending that awaits. It is our symbol of hope, telling us that there is always a new dawn to look forward to. Even if you didn't have a great day, there's always tomorrow to try again.

Each sunset is also different and beautiful in its own way. Perhaps, they are also a reminder to cherish every moment that we have, as each experience we have is always unique!

*So what are you waiting for? Get out there, and watch a sunset – it can really help you to think about life :)*

*Karl is a shy yet friendly guy who always strives to spread positivity and good vibes. When you see him, you'd be wondering why this guy always smiles and laughs! He also tries his best to cater to his friends' needs. Still working on boosting his confidence, he will surely respond when you reach out to him. Oh, and he loves eating (a lot)! If you ever need a companion when you eat out, try asking him!*

**J**apan is well-known for its expensive living costs. This can be concerning for students like us who want to live in a convenient place, but that is still relatively cheap in order to not overwhelm ourselves with part-time jobs. With over one year of experience living with two other *Homo sapiens*, I'd say consider giving the idea of living with your friends a chance! Here's why:

### **Most Important: Cheap! (and spacey)**

Think paying ¥32,000 for the dorm is expensive? Guess what, most single-room apartments cost ¥45,000-¥60,000 per month. On the other hand, family apartments usually cost around ¥100,000-¥130,000. Plus, you can share your bills, furniture, and moving-in fees (unnecessarily takasugiru)! You'll also get to have a spacious living room, kitchen, and bathroom — things that will definitely make your troglodyte-living friends jealous.

### **Need for Company**

Have you ever gone home after a very tiring day and realised how empty your apartment wanjus? Have you ever felt sad at the end of a trip, even when it was just a one-day trip to Sakae? Imagine having those friends living with you. Wouldn't that prolong your happiness?

When the pandemic started, I realised that having company really helped a lot. Even during the period of time when people would normally get depressed from not having enough human interactions, I barely felt any anguish when compared to other people. At that time, I had two friends who I could talk to, to share my jokes with, and who were always there for me.



### **Privacy?**

Sometimes you may want some time and space for yourself, yet having roommates definitely turns this into a scarcity. Your bedroom door cannot hide everything in your room and your bedroom walls

cannot muffle everything that you do. However, is that much privacy really necessary? When you want some me-time, you can always go out on a date with yourself! (Which, I guarantee, is very fulfilling!)

## !! Cautions !!

Here are some other points to take into consideration before moving in with others!

### a. Open-mindedness

Be very understanding and try to avoid conflicts when your mates do minor things that annoy you (chores, small habits, etc.). In fact, I have only fought with my roommate twice (one of which was when solving Basic Mathematics homework...)

### b. Closeness/Comfort level

Make sure that you are comfortable with your potential roommates before deciding to live with them. Don't force yourself to live with someone just because it is cheaper!

### c. Similar majors

When your majors are similar, you are bound to take similar subjects, so you can study or take classes together!

### d. Co-operative chore scheduling

Doing chores is, indeed, *mendokusai*, but dirt won't go away if you do nothing! Share and rotate your chores!

**e.** (Recommended) Roomie night once a month

Not as important, but I highly

recommend having a roomies' night once in a while and sharing your concerns with everyone! It will deepen your friendships!

## Final Thoughts

At first, I thought living with friends seemed impossible, given that I only knew them for one semester. However, living with them gave me more joy than I could ever have imagined. Now, not hearing a sound when I come home feels weird — as though something is missing. If I live alone, who would give me medicine when I get close to passing out? Who would listen to my rants about chigaimasu events at my baito? Who would entertain me when Zoom lectures get boring? Our friendship definitely became closer from living together.

I am writing this for two purposes: to encourage everyone to take a chance at tasting the happiness I got from having roommates; and to give my two roommates, Raissa and Anny, a huge shout-out for adding color to my once-monochromatic college life.

To everyone who reads this: I hope you have a new perspective on living with others now!

Words Gifta  
Photography random nice  
people on the street



# T

he notion of taking a gap year or a break has progressively become more common. There are various reasons why people might choose to defer a school semester. Financial reasons, health concerns, or a desire to try something else like switching majors or working straight away. The feeling of being at the crossroad is universally similar. If you find these feelings of uncertainty relatable, then this piece was written to give you hope, and to encourage you to either resume what you used to do, or to start afresh.

When I was "college-aged", I enrolled in an art school studying Fine Arts, specializing in Sculpture for two years before dropping out. After that, I plunged into the café industry as a barista with only a high school qualification. My family was disappointed with my choices. As I was deeply ashamed of not being a college graduate, it was many, many years later that I was able to examine my failings and change my perception of "failure". My re-enrollment into college after all these years has taught me a lot, and here are some aspects I'd suggest you pay attention to when you decide to return to school after a break.



Words Low Qiuling  
Photography Low Qiuling

Firstly, remember to give yourself time to get comfortable with everything again.

The first semester back in school can be overwhelming. Before this degree, I was doing a part-time diploma in Business while working full-time. I remember feeling swamped and, indeed, flunked the first semester.

Afterwards, when I enrolled into G30, I thought I would have gotten used to the academic pace by then. Hahaha. I had not! In fact, I did worse. Way worse. I needed four semesters to feel even remotely comfortable dealing with economics and maths. Be patient with yourself.

Secondly, recognize your academic weaknesses and seek help early.

Many of the skills I picked up in the workplace were not transferable to a classroom setting, making me feel out of place. Moreover, some of my study techniques were ineffective. Depending on your major, you may need to brush up on certain crucial academic skills. Find out what exactly they are. It could be that your

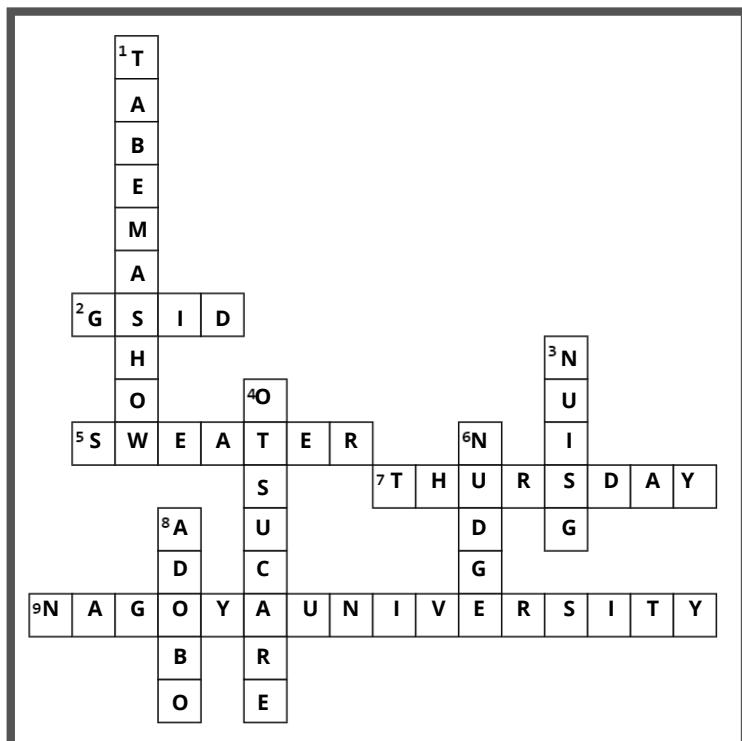
writing skills require some work. Perhaps you need to level up your reading skills. In my case, these were quantitative skills, such as maths. The good news is that these can be trained. You just need to be patient and stay consistent. I recommend finding a tutor or taking some basic courses to build them up. Go to office hours often, even if you believe you are doing well academically, and get feedback from professors. Be aware that you may not be able to obtain certain academic skills from your usual G30 courses. If so, there are still plenty of resources at the university and online that you can use to find help. For example, Mei-Writing is a great place for learning to write logically.

In spite of the challenges I faced, the experience had plenty of blessings in disguise. The biggest lesson I learnt was to not be afraid of taking breaks and slowing down. Feeling fear or worry is not a weakness. A mistake I made was that I did not speak to anyone at all about my anxiety. Do not handle this alone. I recommend speaking to (1) someone you trust for emotional support, (2) a mental health professional and (3) a professor or academic counsellor who can advise you on your future plan before taking a gap year.



*Qiuling, also known as QQ, is going to be a 3rd year Economics student from Singapore. She enjoys café culture so much that she does Nagoya's morning service almost everyday.*

## Prize Puzzles: Crossword VOL. ANSWERS!



The winner of volume  
1's Prize Puzzle is... **Nadia Eliora!**

Congratulations!!! You've won an NUISG Breezy T-shirt! We will contact you soon to let you choose your favourite color :)

**Stay tuned to Volume 3 for a new  
Prize Puzzle and new prizes!**

*Check out NUISG's latest releases:*



NUISG Merch:  
Summer 2021 Release!

## Announcements

Summer break dates:

Aug 7 - Oct 1

Vaccination campaign:

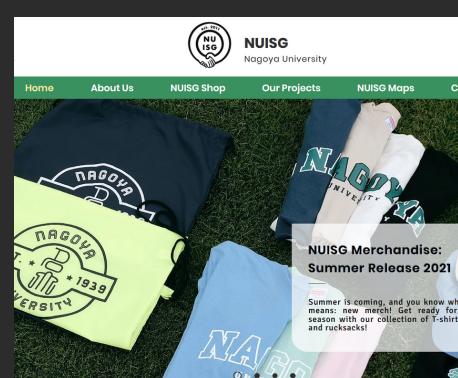
2nd shot: Aug 9 - Sep 9

(following the appointment date and time)

Summer Merch 2021 Round 1:

Round 1's Payment Period:  
first week of September

Round 1's Arrival: 2nd/3rd  
week of September



# SUMMER 2021 MERCH

THE FIRST OFFICIAL  
LITERARY PUBLICATION OF NUISG

VOL. 2



**Thank you for your kind support**

Special thanks to our contributors:

Gifta

Qiuling

**See you in the next issue!**

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