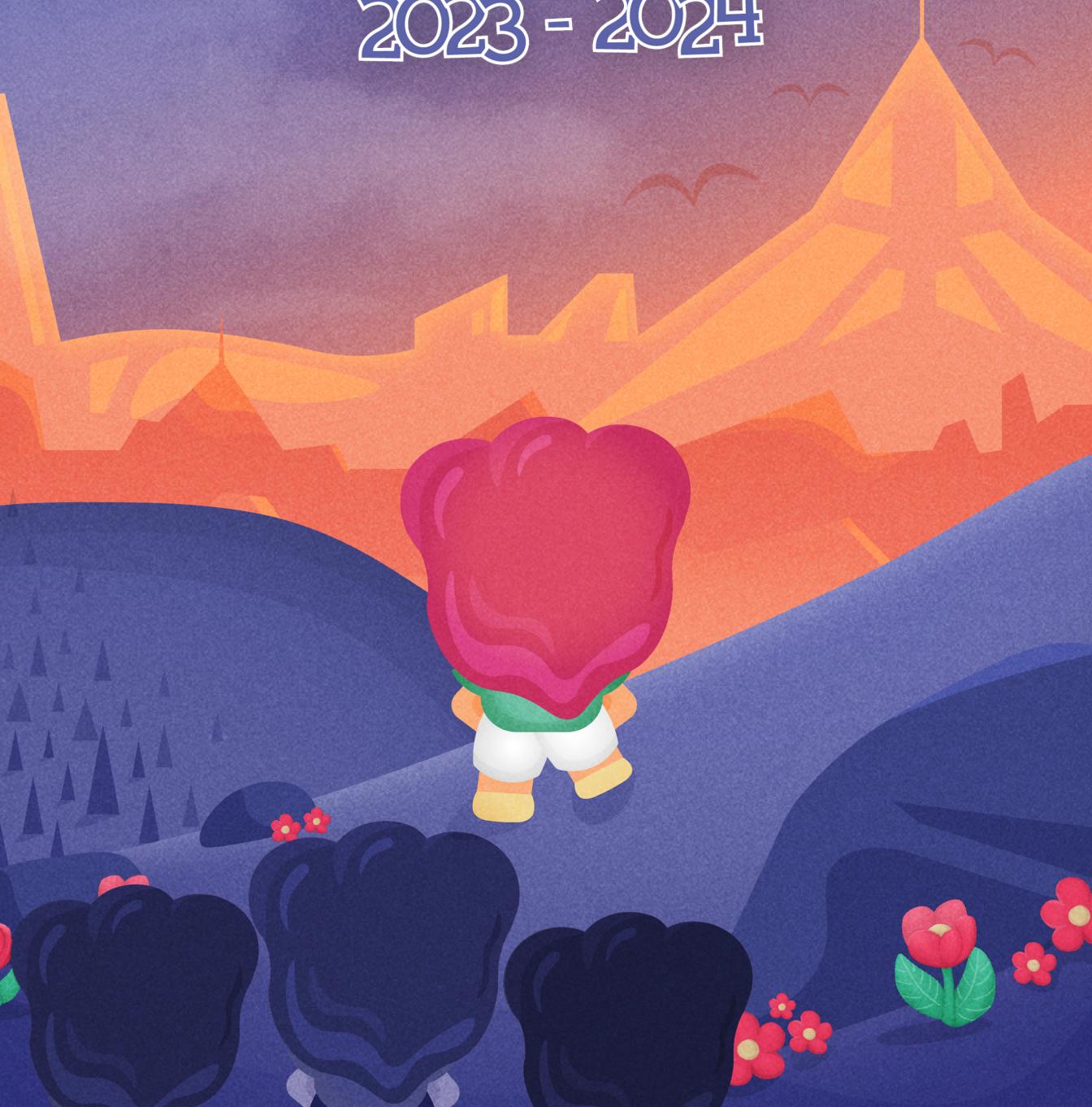




Vantage Magazine

# Freshmanual

2023 - 2024





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# A Letter from the O-Chairs

Kumusta, freshies at transferees!

Before anything else, we want to congratulate you for making it as our newest Ateneans! Getting to where you are today may have been a different experience amid unprecedented circumstances, but we hope you remember that you have earned this opportunity to start anew with our vibrant university culture and community!

True to this year's theme, OrSem Muli marks the beginning of a new journey—your chance to rediscover yourself and who you can become within the Ateneo community. As we, your upperclassmen, celebrate you and welcome you with open arms, we also assure you that you will not be the same person as you were the moment you set foot in the Ateneo. University life with the Ateneo community shapes you in ways you cannot begin to imagine, and we hope that you open yourself to experience the next years in its entirety. Let this season of change be able to mold you into the person that you are destined to be for the glory of God.

There may be no telling what the next four or five years will hold—but we can promise you that through whatever circumstances, there will always be a community unwavering in their love and support for you. If there is one thing we learned after navigating the uncertainties of the pandemic and finding our footing as we eased into this new normal, it is that magis manifests itself in more ways than you can imagine. How this manifests in your university experience is for you to discover, and what becomes of your next years is yours to create.

We wish you congratulations once again, Atenista, and welcome to the Ateneo!

*Kasama niyong matuklasang muli  
ang bagong panahon,*

**Maureen Tan and Joey Tekiko**  
OrSem 2023 Chairpersons



# Meet the MVPs:

## The student-leaders of Ateneo

BY TAN DELA CRUZ AND  
RAFAELA SERAFICA  
LAYOUT BY ZANTI GAYARES

**THE COLLEGE** experience is an arduous and challenging chapter of one's life. One of the trials you may face is pursuing your advocacies and passions outside of academics. Although the call to serve the community alongside your duties as a student may be daunting, it's definitely not impossible.

There are students who face these same difficulties and persist to push themselves to greater heights. Brave and purpose-driven, they have stepped up to become students who can help light a freshman's path in their new chapter of their life. Freshies, meet the real MVPs: the student-leaders of Ateneo!

### Being human with Jill Barreiro

Jillian Barreiro (2 AB COM), or Jill, is an incoming sophomore student—but she's also the Co-Commissioner of the Sanggunian's Commission on Disability Inclusion. Like many other students who just recently entered the Ateneo, Jill still encounters several uncertainties in her career path. "I felt overwhelmed by the amount of opportunities I could explore," she shares.

Although these apprehensions sound like they would stop someone in their tracks, they actually pushed Jill to where she is now. Her doubts pushed her to explore opportunities outside her course that she never would've gone to, such as her responsibilities in the Sanggunian.

"[It's] about making connections, trying new things, and serving your community," Jill mentions. Through these experiences, she realizes that her college experience so far has been more than just the grade.

Although low grades still affect her, Jill reminds herself that she's more than a student through healthy practices of learning how to balance work and life. "I am [also] a [servant-leader], an artist, a friend, and a human [being]," she shares. Through this, she's learned to take a step back when her mind and body needed it.

In fact, Jill reminds you to allow yourself to be human, to make mistakes, and to let go of things out of your control. Likewise, she finds value in knowing your "why," as this will provide direction in everything that you do.



### Building resiliency with Karl Borromeo

Karl Borromeo (3 AB POS) finds solace and strength from observing the graceful wonders of the campus. When he looks at the Bellarmine Field, he recalls *One Big Pride*, which took place a year ago. When he takes a glimpse of the Rizal Mini Theatre, Karl remembers *Tartuffe*, a TA production he helped stage. And when he traces his route to the famous *hagdan* in LST, Karl thinks of all the nights he went home feeling happy and content.

Karl finds that this environment of hope is the reason why he believes he can enable so much change. Now, as the Co-Commissioner of the Sanggunian's Commission on Gender Equality, Karl is determined to advocate for safe spaces inside and outside of Ateneo, especially for women and the LGBTQIA+ community. "I can't just sit still because I know there is work to do and a hope to be fulfilled," he stresses.

However, being purpose-driven doesn't mean that Karl's no stranger to hardships—from receiving failures in academics to making countless mistakes in orgs. "Being an Atenean in general is difficult. The academic standard is very high, and the overall culture of the Ateneo challenges you to always be more. Being a student-leader is even more difficult," he adds.

Amid these challenges, Karl believes he owes his resilience to the people who continue to embrace him and make him whole. "They have made me more than resilient—they have kept me alive," he states.

Freshies, Karl leaves you with three pieces of advice to take to heart. First, don't forget to eat well! He says that you will make better decisions with a full and happy stomach. Second, Karl says to join all the orgs you want, but not to the point of comprising yourself and your academics. "Learn [how] to excel within this circumstance," he mentions.

Lastly, Karl stresses that knowing yourself deeper should always be the end goal of everything you do. While you can try to do everything all at once, being aware of your limitations and boundaries along with your goals and desires, is the most crucial of all.



## Embracing uncertainties with Pau Matabang



Coming into Ateneo with no plans set in stone, **Pau Matabang (5 AB PSY)** is living proof that uncertainty is not the enemy—rather, the fear of it is.

Pau is the current **Company Manager of Tanghalang Ateneo (TA)**, the longest-running theater company on campus. Like several of us, she entered college with the mindset that "as long as I get my degree, I'm good." However, upon joining TA and experiencing production management, Pau realized what she truly wanted to do. She applied her lessons as a Psychology major, as well as electives in organizational development and leadership, to her managerial roles in TA. "I would learn the theories in the morning, execute them in the afternoon, then celebrate success with my orgmates at night," Pau shares.

Like most success stories, Pau's triumphs did not come to fruition without challenges. Her line of work necessitates dealing with internal and external stakeholders while taking account of the organization's administrative side. These responsibilities, coupled with balancing her studies and personal life, present inevitable trials. But after heartfelt conversations with her mentor, she opened up to the support and guidance she needed.

For the freshies reading this, Pau encourages you to try out everything as early as you can. She emphasizes that freshman year is the best time to explore the different orgs and fields you're interested in. Eventually, you'll find the community that will capture your heart.

With this, she's also a firm believer in not confining yourself in a box or any kind of stereotype or expectation. "Feel free to express yourself however you want and join any organization you want," she states.

Finally, the **TA Company Manager** values the importance of learning your priorities. Pau shares that for the times you will feel like you have to choose between studies and orgs, remembering that you're a student first before an org member will help prioritization easier. "Know your limits [as well], don't force yourself to do everything all at once, and learn when you need to ask for help. The LS community is more than happy to provide assistance wherever you need it," Pau reassures.



Freshies, this new chapter of your life will not be easy. For the next four to five years, things will not always go as planned or expected, but these drawbacks are just part of the journey. There is comfort and reassurance in knowing that our admirable student-leaders also went through your current worries and fears. So, keep your head held high, and don't forget to enjoy the adventure!

# An Atenean's Guide to the Campus

By Rafaela Serafica and Bea Quinto

From food hubs to sanctuary-like environments, the Ateneo campus is an abode to numerous legendary places that are paramount for every Atenean to visit. For the freshies reading this, you're in for a remarkable ride of scenic wonders and meaningful experiences as you discover these iconic spots on campus and relish your time in them.

## Red Brick Road



### Description

Although it's not as red as it used to be, RBR is at the heart of the college campus. Connecting most of the buildings, you're bound to find yourself rushing down this road a few times.

### What to do here

Aside from occasional strolls, RBR is also where you can annually enjoy awaited events like COA RecWeek, LSOPCS Career Fair, and even the unofficial Halloween celebration!

### Tips and Tricks

Embrace the Atenean clout and take pictures with your *barkada*! As an Ateneo staple, RBR is famous as a background for videos, TikToks, and pictures for the 'gram.

### Description

Gesú has been a safe haven to many Ateneans looking to escape the hustle and bustle of university life. Found right in front of Bellarmine Field, it calls to those who yearn for a solemn place where they can reconnect with their faith.

### What to do here

Its walls have seen multitudes of stories—of celebration, love, and sometimes grief. Feel free to come to Gesú anytime you're feeling overwhelmed and you'll find no judgment at all.

### Tips and Tricks

During *Simbang Gabi* season, you'll also find food stalls selling delicious Filipino holiday staples in the field in front of Gesú!

## Church of Gesú



## Zen Garden



### Description

Boasting a majestic and remarkable rain tree, the Zen Garden is the iconic pebbled garden on campus that is close and dear to any Atenean's heart. It serves as an oasis for students who need a breather from the usual college grind.

### What to do here

Zen Garden is a perfect place to reunite with old friends and exchange new interactions with Ateneans—just make sure you don't block the walkways!

### Tips and Tricks

While Zen flaunts a graceful green scenery, keep your eyes peeled for the hairy caterpillars (*higad*) that can suddenly come out at you.

### Description

The Gonzaga Cafeteria is an Atenean go-to spot for a wide variety of snacks, meals, and drinks. Home to Atenean staples such as Sutra, Chillers, and Blue and Gold, Gonz continues to keep and attract loyal students with their regulars.

### What to do here

Apart from the obvious meal-eating, Gonz is a vibrant hub for catching up with your friends and taking a break in between classes.

### Tips and Tricks

Don't be shocked if students in the cafeteria suddenly applaud whenever a chair falls. It's a bizarre Atenean tradition that you'll get used to.

## Gonzaga Cafeteria



## University Residence Halls

### Description

Situated beside the Church of Gesú, Cervini and Eliazo Halls are both currently the on-campus, all-male student dorms. On the other hand, University Dormitory (UD) North and South Towers are currently the all-female dorms.

### What to do here

While it seems like the halls are exclusive to dormers, anyone on campus can drop by the Cervini Cafeteria to grab sweet cakes and freshly baked bread at Ebai's Cafe & Pastry, a Baguio-based eatery particularly famous for their carrot cake.

### Tips and Tricks

The best part about Ebai's mouth-watering desserts and savory meals is their reasonable price points perfect for when you're on a tight budget! Don't miss out on trying Ebai's almond cake with their lemongrass tea!



## Matteo Ricci Hall



### Description

Found right at the end of Science Education Complex-B (SEC-B), Matteo Ricci is the easiest study hall to visit if you're coming from classes in SEC, School of Management (SOM), or PLDT-Convergent Technologies Center (CTC).

### What to do here

During exam season, this library is actually open 24 hours! Add a "Matteo Up All-Nighter" to your bucket list for the full Atenean experience.

### Tips and Tricks

Although it's known to be Matteo or Macci, most students say "Matteo Up" or "Matteo Down" to refer to which floor they're going to.

### Description

Named after Ateneo's most famous alumnus, the biggest library on campus boasts an extensive collection of knowledge. Make the most of your tuition and use its resources or stop by for a (hopefully) productive study session.

### What to do here

The first four floors are perfect for "serious" studying or if you need a quiet nook for resting. The fifth floor is for people who want to study in groups and chat a little. Bonus: The third floor offers booths where you can watch movies or enjoy board games with friends!

### Tips and Tricks

During the rainy season, students leave their umbrellas on the umbrella stand outside the entrance of the library. Take extra precaution, as your umbrella can go missing!

## New Rizal Library



## Manuel V. Pangilinan Center for Student Leadership



### Description

Home to student organizations, publications, and a few other offices, the MVP Center for Student Leadership is where all the magic happens. They say org life is central to every Ateneo's college experience so make the most out of your time here!

### What to do here

Attend org meetings, meet new people, and drop by for the occasional tambay. Each org room is unique and has been personalized by generations of org leaders.

### Tips and Tricks

If your org room is located on the 3rd floor, you can hear the Ateneo Musicians' Pool (AMP) members rehearsing in one of the rooms. It's like an occasional free concert.

### Description

Located near the edge of the campus, LST offers a scenic walk and a stunning view overlooking Marikina City, making the mini-hike worth it at the end.

### What to do here

The walk to LST is perfect for clearing your mind and enjoying the beautiful nature around campus. If you're going with a significant other, be wary of the old myth about how couples who go on dates to LST break up. Don't miss out on trying Iggy's Food Hub too! The spot has garnered well-deserved hype for its all-day silog meals and tusok-tusok corner!

### Tips and Tricks

If you're tired from walking, take a breather and ride an e-jeep to LST! Along the route to LST you'll also find the famous hagdan, a staircase that serves as a shortcut to Marikina City.

## Loyola School of Theology



# One Big Foodie



## The \*Updated\* Katipunan Food Crawl List

By Chanel G. Ang and Jules Ng

If you're a stranger to the Katipunan food scene, it's understandable to be overwhelmed by the variety of available options. Luckily, Vant has rounded up a list of our most recommended food hubs in the area!



### The Hawker Group



Get your fix of Asian dishes at The Hawker Group! This bustling spot at the ground floor of One Avisha Residences offers rice meals like their hunger-busting **K-Fried Chicken** poppers and best-selling **Cilantro Pork Sisig Bowl**. Not to mention, they also have a **tofu version** of the latter for plant-based foodies! With generous portion sizes and a diverse menu to choose from, it's no wonder why students dine regularly at The Hawker Group.

### Sweetbread Cafe



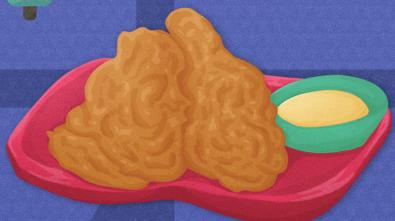
Offering a wide assortment of **drinks, pastries, and savory dishes**, this cozy cafe at The Xavier Residences has something for everyone! Sweetbread is a go-to for comfort food whether you're craving a **classic Cheesburger** or a tasty serving of **Truffle Cream Pasta**. Aside from their delectable coffee and sweet treats, you can also get your **Moloko Cookie** fix here! The next time you're deciding where to go for your next study date, give Sweetbread Cafe a try.



### Tetsuo



Located behind Regis Center, this JSEC-rooted institution has a reputation that truly precedes it—and for good reason. Having the perfect umami and a satisfying mouthfeel, their **Chicken Karaage** is a staple of their menu. Their boneless chicken pairs crunch with juiciness and customizable levels of spice, ranging from **sansho** (citrus & pepper notes) to **kaneda** (hot & smoky flavors). Aside from this, their **Torched Salmon Bowl** also has its own cult following for those who crave something more refreshing while still packing a tasty punch. With true blue origins and harmonious flavor pairings, Tetsuo is a definite must-try!



## Chubby Chicken



This iconic place along Esteban Abada is your one-stop shop for **anything and everything chicken!** The restaurant offers usual crowd favorites, such as sumptuous **chicken tacos** and satisfying **pasta-and-chicken meals**. They also sell reinvented versions of popular dishes like their '**Chubbyfied**' **breakfast sausage** and **chicken parmigiana**! Chubby Chicken has your present and future chicken favorites, all at an affordable price.



## La Carnita

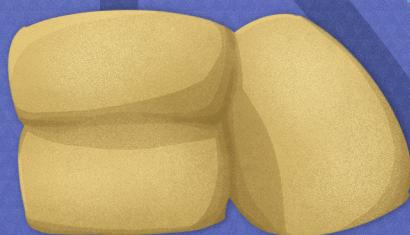


The small grub joint at Fabian de la Rosa Street is perfect for satisfying your **Mexican food craving**. Their best-selling **Nachos Ala Bomba** is packed with gooey cheese and flavorful ground beef that always hits the spot! If you're looking for something more hearty, they also offer **rice meals** where you can **choose either ribs, pork belly, or chicken as your viand**. Craving some **classic tacos** or **burritos**? They've got those, too! Apart from its variety, La Carnita truly never disappoints in quality.

## Sweet Inspirations



This food paradise on Katipunan Avenue is great for all sorts of occasions with its endless food choices. Sweet Inspirations is most known for **Mongolian bowls** done well, complete with fresh vegetables, juicy meat, and comforting noodles or rice. If Mongolian flavors aren't your thing, you can also check out their appetizing **all-day breakfast meals** or **creamy plates of pasta**. Make sure to leave some room for dessert, as they also offer **cakes, pies, and tasty local treats** like **sylvanas**!



## Honorable Mentions

- ① Kozykook
- ② Gino's Brick Oven & Pizza
- ③ Ukiyo Tavern
- ④ Beanleaf
- ⑤ GotBaked
- ⑥ Shiok Shiok Singapore Hawker

## Price Legend

	Affordable
	Moderate
	Pricey

# Block Bestie Bucketlist!

by Tan Dela Cruz

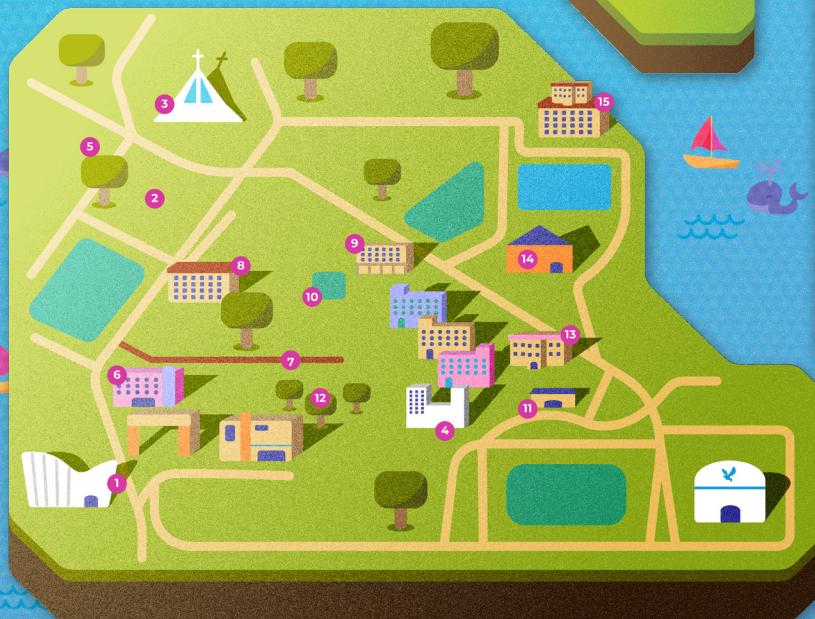
AS NEW friendships are expected this school year, there's no denying the amount of new memories to be created!

There's no better way to start your college life than exploring the Loyola Schools—and Katipunan—with your newfound friends. Luckily, Vantage Magazine is here to provide you and your blockmates with all the certified must-do activities for any new Atenean.

Note: The list provided are things that you can try throughout your first year in Ateneo, so there's no rush to finish it all in your first week. We hope you're able to try these out and get to know your new home just a little bit better!

- Experience the intensity of enlistment with your blockmates
- Plan a block date at Areté's museum exhibit
- Watch your favorite band perform at the Bellarmine Field
- Go through an emotional moment at the Church of the Gesù
- Run from CTC to Bellarmine Hall within 10 minutes
- Take a nice nap in LSOGC's Blue Snooze corner
- Walk along the Red Brick Road while listening to music
- Catch a play from one of Ateneo's theater orgs in either the Rizal Mini Theater or the Doreen Black Box Theater in Areté
- Eat lunch at Gonzaga Cafeteria
- Find a few minutes to relax by the Zen Garden
- Support fellow students during JSEC Challenge
- Search for Ateneo's old Eco Car near the SOM forest
- Pull an all-nighter with a friend in Matteo Ricci Hall
- Play a round of your favorite sport at the Covered Courts
- Enjoy the fresh breeze with the overlooking view of Marikina City at the Loyola School of Theology
- Indulge in some street food for merienda over at Iggy's Food Hub
- Visit UP Town Center (UPTC) for a block movie night

Record your experiences and make sure to tag us on TikTok (@vantmag)!



1	Areté	9	Gonzaga Cafeteria
2	Bellarmine Field	10	Zen Garden
3	Church of Gesù	11	JSEC
4	CTC	12	SOM Forest
5	Bellarmine Hall	13	Matteo Ricci Hall
6	LSOGC	14	Covered Courts
7	Red Brick Road	15	LST
8	Rizal Mini Theater		

# Vantage Help Desk

By Therese Garcia and Rei Jamola

NEED A little more guidance around the campus? From room organization tips to study music recommendations, Vantage Magazine has rounded up a list of articles that will (hopefully!) help you ease in a little bit better into Ateneo.



## Establishing rituals for busy students

You can never go wrong with a little routine to keep you grounded as a busy freshie. Start your first year right with these helpful ritual hacks, from setting your personal goals to finding your own circadian rhythm.

## Rearranging living spaces

Whether you want to tidy up your childhood bedroom or settle in your new dorm, this photo set is chock-full of tips on how to organize your living spaces!

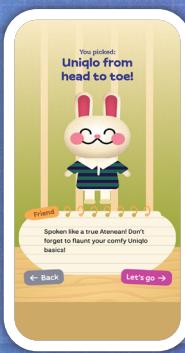


## Finding your next fave film soundtrack to study with

Headphones in, highlighters out, Spotify at the ready. Make a moodboard out of film stills to discover your next fave film soundtrack to listen to while studying!

## Rounding up the best plant-based food around Katipunan

Atenean foodies, this is for you! These establishments offer affordable plant-based food, without you having to stray too far from campus!



## One Big Adventure



Feeling excited for what's in store for you this school year? Immerse yourself in the vibrant campus life with this interactive game!

