**ART RELIEVES STRESS**

Art activities are relaxing and rewarding hobbies that can lower your stress levels and leave you feeling mentally clear and calm. It provides a distraction, giving your brain a break from your usual thoughts. When you get totally immersed in a creative activity, you may find yourself in what’s known as “the zone” or in a state of “flow.”

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**THE ARTS ENCOURAGES CREATIVE THINKING**

Art encourages creative thinking and lets you come up with your own unique solutions. Unlike math, there is no one correct answer in art!!!! Out-of-the-box thinking also stimulates your brain.

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**10 REASONS WHY THE ARTS IS GOOD FOR YOU**

**THE ARTS IS GOOD FOR THE SOUL, BODY AND MIND**

**It’s TRUE!**

**Arts Improves Quality of Life**

**AMAZING**

**THE ARTS IS FOR EVERYONE**

It isn’t just for those born with talent

The Arts gives an opportunity to experience processes from beginning to end.

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**THE ARTS CONTRIBUTES TO THE RICHNESS OF LIVING IN A SOCIETY. A WORLD WITHOUT THE ARTS WOULD RESULT IN A STERILE EXISTENCE FOR ITS INHABITANTS.**

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**THE ARTS DEFINES WHO WE ARE AS PEOPLE AND PROVIDES AN ACCOUNT OF OUR HISTORY FOR THE NEXT GENERATION.**
**NUS Centre For the Arts**

NUS Centre For the Arts (CFA) strives to provide a supportive environment for creative exploration and nurturing of inquiring minds. Engaging the NUS community in the arts is central to what we do. From a broad array of performing arts disciplines and genres, to internships and docent opportunities, CFA offers opportunities to explore new ideas and provides a multitude of ways to get involved and have meaningful encounters with the arts.

CFA comprises the NUS Museum and NUS Baba House, the University Cultural Centre, a world class performing arts centre, and 22 student arts excellence groups in music, dance, theatre and film. On campus and beyond, we take pride in providing opportunities for the appreciation of the arts and seek to champion creative possibilities and inspire strong communities through programming, exhibitions, workshops and outreach such as the university’s flagship arts event, the NUS Arts Festival and Singapore’s longest running arts outreach programme, the ExxonMobil Campus Concerts.

**Friends of CFA**


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**Find out more:**

<table>
<thead>
<tr>
<th>Website</th>
<th>NUS Centre For the Arts</th>
</tr>
</thead>
<tbody>
<tr>
<td>🌐 <a href="http://cfa.nus.edu.sg">cfa.nus.edu.sg</a></td>
<td>University Cultural Centre</td>
</tr>
<tr>
<td>📧 <a href="mailto:joinus@nus.edu.sg">joinus@nus.edu.sg</a></td>
<td>50 Kent Ridge Crescent</td>
</tr>
<tr>
<td>📞 (65) 6516 2492</td>
<td>National University of Singapore</td>
</tr>
<tr>
<td>📝 NUSCentreForTheArts</td>
<td>Singapore 119279</td>
</tr>
</tbody>
</table>

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**University Cultural Centre**

A focal point of the University, the University Cultural Centre (UCC) serves as a vibrant, innovative performing arts venue for high-quality events that reflect both the interests of campus communities and the best in international arts and entertainment. With state-of-the-art facilities and quality professional services, performers and producers can expect to present a myriad programmes to diverse audiences.
NUS Museum

With four collections and over 8,000 artefacts and artworks of ancient Chinese materials, Indian classical sculptures, modern and contemporary Chinese, Southeast Asian and Singaporean art, the NUS Museum serves as a vital curricular resource, providing an exciting learning experience for students.

Our year-round programming of exhibitions, talks, film screenings and walking tours is guided by contemporary, critical and collaborative approaches. For students eager to explore and deepen their interests in the arts, culture and heritage, internships and docent opportunities are offered regularly.

Internship Programme

The NUS Museum Internship Programme provides opportunities to undergraduate and graduate students to gain practical museum work experience, build up professional skills, and receive exposure to museum practice through dialogues and visits. Interns work closely with the Museum’s curatorial and outreach staff, and contribute to on-going curatorial projects, research, outreach and education programmes.

Find out more:

www.museum.nus.edu.sg
nusmuseum
nusmuseum
museum@nus.edu.sg

To Visit:

NUS Museum
University Cultural Centre
50 Kent Ridge Crescent
National University of Singapore
Singapore 119279

Opening Hours:

Tuesday - Saturday
10am-6pm

Monday
School and Faculty visits by appointment only

Closed on Sunday & PH
Free Admission
The Spirit of CFA Groups

With professional tutors, local and international arts practitioners, we are here to help you learn, practice and develop your existing skills. You can expand your knowledge and social horizons; find others who share your interest and passion.

That’s not all. With a supportive network and full technical and management expertise, you can participate in international festivals and competitions.
- Be Involved

Whether it is artistic exploration and expression, collaboration and exchanges, or the prospects of learning and performing alongside international artists that sparks your interest, our 22 student arts excellence groups have something for everyone.

EITHER AS A PERFORMER OR AUDIENCE, THERE ARE MANY WAYS TO GET INVOLVED.

**CLASSICAL MUSIC**
- The NUS Choir
- NUS Guitar Ensemble
- NUS Harmonica Orchestra
- NUS Piano Ensemble
- NUS Symphony Orchestra
- NUS Wind Symphony

**ETHNIC MUSIC**
- NUS Chinese Orchestra
- NUS Indian Instrumental Ensemble
- NUS Rondalla

**DANCE**
- NUS Chinese Dance
- NUS Dance Blast!
- NUS Dance Ensemble
- NUS Dance Synergy
- NUS IIsa Tari
- NUS Indian Dance
- NUS Lion Dance

**THEATRE & FILM PRODUCTION**
- NUS Chinese Drama
- NUS Stage
- nuSTUDIOS Film Productions

**PRODUCTION & EVENT MANAGEMENT**
- ExxonMobil Campus Concerts Crew

**CONTEMPORARY MUSIC**
- NUS Electronic Music Lab
- NUS Jazz Band
CLASSICAL MUSIC

THE NUSCHOIR
The NUSChoir comprises a group of diverse students who share a common passion for singing and choral music. Conducted by Professor Nelson Kwei, we have received international recognition in our choral excellence - from clinching gold medals in all categories of 2014 World Choir Games, to being the only Asian choir invited to perform at the Yale International Choral Festival in 2015.

nuschoir.org
nuschoir
thenuschoir
TheNUSChoir
enquiries.thenuschoir@gmail.com

NUS HARMONICA ORCHESTRA
NUS Harmonica Orchestra caters to all students with or without harmonica or music background. We offer a structured training programme to help new members gain proficiency at harmonica playing techniques and prepare them for performances and international competitions. (No prior experience needed)

NUSHarmonicaOrchestra
NUSHO
nusharmo@gmail.com

NUS GUITAR ENSEMBLE
The pioneer Nibori guitar ensemble in the region, NUS Guitar Ensemble provides members opportunities to try out various exotic guitars, ranging from bright-sounded alto guitars to lower-pitched basses guitars, and even the 12-string cembalo. Members also experience an extensive repertoire ranging from major classical works to familiar tunes from Japanese anime.

nusguitarensemble.weebly.com
NUSGuitarEnsemble
NUSGuitarEnsemble
nusguitarensemble@gmail.com

NUS PIANO ENSEMBLE
NUS Piano Ensemble is a group that values friendship and artistic collaborations at the piano. We focus on ensemble playing, with the aim of spreading the joy of music through quality performances while preserving the appeal of classical music.

nuspe.tk
nuspianoensemble
nus.pianoensemble
NUSPiano
TheNUSPianoEnsemble
nus.pianoensemble@gmail.com
NUS INDIAN INSTRUMENTAL ENSEMBLE
The NUS Indian Instrumental Ensemble is a platform for cultural conversations. Under the tutelage of highly reputable tutors who have decades of mastery in their art forms, we provide an open and inclusive environment to explore and engage with a rich tradition of Indian music with a unique blend of world music. (No prior experience needed)

nusiie.org
nusiie.info@nusiie.org

NUS CHINESE ORCHESTRA
The NUS Chinese Orchestra is led by a group of esteemed musicians - Conductors Lum Yan Sing and Moses Gay, and a team of professional tutors. We foster camaraderie amongst the orchestra through music making, and strive towards excellence in every musical performance through cultivating teamwork and dedication.

nuschineseorchestra.com
NUSChineseOrchestra
nus_huayue
nuschineseorch
nuschineseorchestra@gmail.com

NUS SYMPHONY ORCHESTRA
NUS Symphony Orchestra is a youth orchestra at the frontier of Singapore’s vibrant arts scene that displays musical excellence, allowing NUS undergraduates and non-music majors to continue to pursue their passion in orchestral performance. We are led by Music Director Mr Lim Soon Lee.

nussymphonyorchestra.wordpress.com
nussymphonyorchestra
nussymphonyorchestra
nusso.contact@gmail.com

NUS WIND SYMPHONY
One of the pioneer bands in Singapore, NUS Wind Symphony emphasises creating quality music and exposure to a wide range of quality repertoire of varying difficulty - from orchestral transcriptions, chorales, marches, standard band works to modern band music. We are led by Conductors A/P Ho Hwee Long and Francis Tan.

nuswindsymphony.weebly.com
NUSWindSymphony
nuswindsymphony
NUS Wind Symphony
nus.wind.symphony@gmail.com

ETHNIC MUSIC

NUS INDIAN INSTRUMENTAL ENSEMBLE
The NUS Indian Instrumental Ensemble is a platform for cultural conversations. Under the tutelage of highly reputable tutors who have decades of mastery in their art forms, we provide an open and inclusive environment to explore and engage with a rich tradition of Indian music with a unique blend of world music. (No prior experience needed)

nusiie.org
nusiie
info@nusiie.org
--- NUS RONDALLA
The first and only Rondalla ensemble in Singapore, NUS Rondalla is a music group comprising exotic Spanish, Filipino and Italian string instruments. Our unique instrumentation ranges from Neapolitan Mandolins to Guitars and an assortment of percussion instruments. We welcome beginners to be exposed to our array of instruments. (No prior experience needed)

nusrondalla
NUSRondalla@gmail.com

--- NUS ELECTRONIC MUSIC LAB
Be part of a community that is at the forefront of original electronic music in Singapore - all you need is a laptop and a willingness to try! Come learn to express yourself through electronic music, and you could also join us to play at festivals such as the Baybeats Music Festival and the Singapore Night Festival. (No prior experience needed)

eml.org.sg
ElectronicMusicLab
emusiclab
emusiclab
electronicmusiclab
electronicmusiclab@gmail.com

--- CONTEMPORARY MUSIC

--- NUS JAZZ BAND
The NUS Jazz Band delivers rich brews of indulgent and captivating jazz music of everything from swing to soul, fusion to funk, bossa to blues. We are proud to be the only tertiary jazz group that houses its very own big band, vocal ensemble and combo bands. Our members bond over a wealth of opportunities to showcase their skills, ranging from concerts to YouTube publicity covers.

nusjazzband.com
nusjazzband
nusjazzband
NUSJazzBand
nusjazzband@gmail.com

--- DANCE

--- NUS CHINESE DANCE
NUS Chinese Dance is an accomplished dance group performing both traditional and contemporary Chinese dance forms. We are under the tutelage of Artistic Director Ding Hong and Technique Tutor Zhou Lei - both are distinguished alumni from China’s accomplished dance institutions and have won various national awards.

www.nuschinesedance.com
nuschinesedance
nuscdd
chinesedance.nus@gmail.com
DANCE

NUS DANCE BLAST!
NUS Dance Blast is a street dance club formed in 2001. Our members are exposed to different styles and genres due to the diverse culture among us. Members also compete actively with their peers and under the guidance of experienced seniors, they have an enhanced learning experience both in terms of competing and choreography. We are currently led by Artistic Director, Mr Patrick Loo.

NUS Dance Blast
nusdanceblast
danceblastnus
danceblast.nus@gmail.com

NUS DANCE SYNERGY
NUS Dance Synergy, led by Technique Tutor Mr Albert Tiong, is a unique corps known for its dedication and passion in dance, and welcoming spirit. We offer dancers of varying levels of experience opportunities for training in contemporary dance style that incorporates elements of jazz, ballet and lyrical contemporary dance.

nusdancesynergy
nusdancesynergy
NUSDanceSynergy
nusdancesynergy@gmail.com

NUS DANCE ENSEMBLE
NUS Dance Ensemble, under the tutelage of Artistic Director and Resident Choreographer Mr Zaini Mohammed Tahir, is a dance group with a unique style and highly distinctive repertoire that focuses on contemporary dance while incorporating Asian elements within their choreography. We welcome individuals who are looking to explore something new and challenging.

nusdanceensemb13
nusdanceensemb13
nusdanceensemb13@gmail.com

NUS ILSA TARI
NUS Ilsa Tari is under the tutelage of Artistic Director Osman Abdul Hamid, the People’s Association Malay Dance Group’s choreographer and Singapore Young Artist Award recipient. We are a unique Malay dance group that specialises in traditional and contemporary dance forms where dancers move with free flow or sharp movements.

ilsatari.blogspot.com
nusilsatari
NUSIlساTari
ilsatari@gmail.com
**DANCE**

- **NUS INDIAN DANCE**
  NUS Indian Dance was established in 1977. Under the faithful guidance of its Artistic Director and Resident Choreographer, Santha Bhaskar, a pioneer in the Indian cultural dance scene and a Cultural Medallion recipient, we focus on three different styles of Indian dance: bharathanatyam and kathak.

  - [@nusindiandance](https://www.nusindiandance.com)
  - [nusindiandance@gmail.com](mailto:nusindiandance@gmail.com)

- **NUS LION DANCE**
  NUS Lion Dance offers undergraduates the chance to immerse themselves in the unique and rich lion dance culture. We have participated and won accolades in intervarsity and local lion dance competitions. During Lunar New Year and auspicious occasions, we bring our craft and high performance standards to audiences within and beyond campuses. *(No prior experience needed)*

  - [nusliondance](https://www.nusliondance.com)
  - [nusliondance@gmail.com](mailto:nusliondance@gmail.com)

**THEATRE & FILM PRODUCTION**

- **NUS CHINESE DRAMA**
  NUS Chinese Drama aims to equip members with professional theatre performance and management skills, and establish the group as a semi-professional student theatre group. Members are trained in all aspects of theatre - from backstage to front stage, and from the creative process of creating a performance to stage and administrative management. *(No prior experience needed)*

  - [nuschinesedrama](https://www.nuschinesedrama.com)
  - [nus_chinese_drama](https://www.nus_chinese_drama.com)
  - [nuscfacd](https://www.nuscfacd.com)
  - [nuscfacd@gmail.com](mailto:nuscfacd@gmail.com)

- **NUS STAGE**
  NUS Stage strives to promote the love for theatre on and off campus. We offer the opportunity to work with established industry professionals, and welcome all who wish to hone their craft or are keen to learn about acting, script-writing, theatre production and design to be part of this university-wide English language drama group. *(No prior experience needed)*

  - [nusstage](https://www.nusstage.com)
  - [nusstage](https://www.nusstage.com)
  - [nusstage@gmail.com](mailto:nusstage@gmail.com)

**THEATRE & FILM PRODUCTION**
PRODUCTION & EVENT MANAGEMENT

**EXXONMOBIL CAMPUS CONCERTS CREW**

Relishing the challenge and thrills of working behind the scenes of stage productions, ExxonMobil Campus Concerts Crew is a platform for unique insights into how productions are carried out and numerous opportunities to interact with professional artistes. (No prior experience needed)

- ExxonMobilCampusConcerts
- exxonmobilcc@nus.edu.sg

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UPCOMING EVENTS

**Dance Plus Programme**

Whether you have no background in dance or are hoping to polish your basic dance skills or have no background in dance, the Dance Plus Programme (DPP) is catered for you. Conducted by professional dance instructors, DPP offers structured, targeted and progressive dance training in three different dance genres - Ballet, Hip Hop and Contemporary.

There will be 8 x 1.5 hours weekly sessions conducted at Stephen Riady Centre, University Town. Charges apply.

- cfa.nus.edu.sg
- cfadanceplus@nus.edu.sg

**Trio Camp**

Live and breathe music for three days with NUS’ very own Jazz Band, Symphony Orchestra and Wind Symphony. TRIO Camp welcomes all NUS undergraduates or freshmen with a passion for music to interact with fellow musicians and gain an immersive experience through masterclasses and rehearsals. Break boundaries. Challenge yourself. Join TRIO.

Trio Camp 2017 will be held from 30 June to 2 July (3D2N) at Stephen Riady Centre, University Town, NUS. To sign up, please visit bit.ly/TRIO2017. Registration closes 10 June 2017.

- NUSTrioCamp

**Open Classes for Dance**

Open classes for dance groups will take place between 19 and 26 August 2017. Classes are free and open to all who are interested in joining a dance group.

<table>
<thead>
<tr>
<th>NUS Chinese Dance</th>
<th>NUS Dance Ensemble</th>
</tr>
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<tbody>
<tr>
<td>Open Class: 24 August</td>
<td>Open Class: 19 August</td>
</tr>
<tr>
<td>Audition: 29 &amp; 30 August</td>
<td>Audition: 22 &amp; 28 August</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>NUS Dance Synergy</th>
<th>NUS Dance Blast!</th>
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</thead>
<tbody>
<tr>
<td>Open Class: 26 August</td>
<td>Open Class: 21 &amp; 22 August</td>
</tr>
<tr>
<td>Audition: 8 &amp; 9 September</td>
<td>Audition: 28 August</td>
</tr>
</tbody>
</table>

**NUS Ilsa Tari**

Open Class: 23 August

Information is accurate at time of sharing. Please check the groups’ Facebook pages for updates.