



Digging into the oil and gas industry

Women in MBA scholarship recipient Helena Wu is trailblazing a path for women in the petroleum engineering industry as a rising star at Santos. [more...](#)



Join us on an adventure around Kangaroo Island

Tour de Cure, Flinders Foundation and the University of South Australia are joining forces in May to stage an ambitious three-day cycle through the rugged beauty of one of the country's most stunning destinations to support our cancer researchers. [more...](#)



Beating the heat in Hong Kong

Professor Albert Chan heads the Department of Building and Real Estate at The Hong Kong Polytechnic University. Leading his own research he is also challenging common practices in the industry to ensure wellbeing of its growing workforce. [more...](#)



Can a peaceful sleep change the world?

We know sleep is important, but do we know how greatly the simple act affects us, not as individuals, but as a productive society? In their interactive exhibit, Sleep Ops, armed with a team of UniSA Sleep experts, MOD, aims to shed light on this mystery. [more...](#)



>> Image gallery: UniSA alumni events

Alumni Events

- 31 MAR** **HortPark Garden and Kent Ridge Park Heritage Tour - Singapore**
Take a stroll with your family, friends and fellow University of South Australia Alumni on the HortPark Garden and Kent Ridge Park Heritage Tour.
- 1 APR - 25 APR** **Fire and Flavour - Exhibition**
A collection of photographs recording the journey photographer Tony Lewis and writer Nigel Hopkins made with chef Nu Suandokmai, to Nu's family farm in Thailand, where he was taught to cook by his mother and older sister Lek.
- UNTIL 05 APR** **Adelaide/International**
The Adelaide/International is a new series of exhibitions for the 2019, 2020 and 2021 Adelaide Festivals, each comprising works by artists from Australia and overseas, along with associated forum programs.
- 11 APR** **View From the Top: 'Why Tech - the Australian Tech explosion'**
Presenter Max Cunningham, Executive General Manager of Listings and Issuer Services at ASX, will share exclusive industry insight on the key trends ASX's tech companies; and how Australia has become the global technology hub for tech firms in the Asia-Pacific region.



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Digging into the oil and gas industry

Helena Wu

WIMBA

Team Leader New Development, Santos Ltd
 At Large Director, Society of Petroleum Engineers International



When Helena Wu was introduced to the world of petroleum engineering in her mechanical engineering honours year, she was hooked. A love of the challenging roles within the field blossomed and she became fascinated with decision making under uncertainty for capital intensive projects.

Fast forward to 2008 and Helena joined the graduate program at Santos where she spent two years in the middle of the Cooper Basin desert in the regional northeast South Australia and southwest Queensland as a Field Production Optimisation Engineer.

"The time I spent in the field was invaluable as a young engineer learning about operations and working alongside people of all ages, backgrounds and disciplines," she says.

Over the next eight years, Helena took on a variety of roles at Santos supporting gas and oil fields, and developing hydrocarbon network plans or analytical models for the appraisal and development of onshore and offshore fields.

In 2016 she joined the Corporate Planning and Strategy Team, which has led her to manage new development for Santos within the Papua New Guinea Asset Team.

Now Helena is tackling a mixture of petroleum engineering, strategy, planning and project management, and revels in the real world transformations her work provides.

"Access to clean and affordable energy is linked to a society's standards of living."

"I enjoy seeing and contributing to the difference our industry makes to improving people's lives," she says about what motivates her work.



(Image: Helena at the final stage of the 2019 Tour Down Under in Willunga)

This desire to better the lives of others and create opportunities may have come from her traditional Chinese family's humble beginnings. When Helena was young, her parents made the difficult decision to leave Hong Kong and escape the country's growing concerns for future political unrest.

Helena's parents were regretful they were unable to give her and her sister the same opportunities that other children had when it came to education. Because of this, she has worked tirelessly to show her parents that, with the right attitude, growing up in a low-income household does not have to be a drawback.

"My parents have had amazing influence in my life. Following the 1989 Tiananmen Square incident, my parents made a selfless sacrifice. They sought a brighter future for my sister and I, and left their lives in Hong Kong behind to immigrate to Australia."

"My sister and I are the first, from both sides of the family, to complete high school – let alone university," says Helena.

To honour their selflessness, Helena has chosen to live her life seeking to make a difference in everything she does. As she moves into more senior leadership positions, she has developed a passion to help others do the same.

As a result of her tenacity, she excelled through the ranks at Santos, spending time as a Senior Reservoir Engineer and then a Group Planning and Portfolio Analyst, before her current as Team Leader of Development.

It was when she commenced with Santos' Corporate Strategy and Planning team that Helena decided to take the chance and complete an MBA.

"The skills and experience would complement my role and it was a fantastic opportunity to learn about something in the classroom and immediately be able to apply it in the real world," she says.



(Image: Helena in Dallas, Texas for the 2018 SPE Annual Technical Conference and Exhibition)

Helena was encouraged and supported by her leaders at Santos to apply for the UniSA Women in MBA (WIMBA) scholarship program. The UniSA WIMBA actively addresses leadership inequality and champions women with leadership potential to advance their career into senior management and executive roles.

In order to maximise success, employers are required to provide flexibility in working arrangements to support study in the program, a career mentor and supportive career pathway options.

"I am very thankful for the opportunity and support I received to complete an MBA," says Helena, who was supported by Santos and the UniSA Business School as part of the scholarship's matched funding requirements to cover the full MBA tuition costs.

Helena found the skills and experience she developed through the MBA have better equipped her for future leadership positions, whether it be managing a team, stakeholders or thinking strategically.

"It has also given me a greater appreciation for how executives and boards think and what is important to them," she says.

With the myriad of opportunities education has opened up for Helena, she truly believes in its role as an enabler to solving many issues we face in the world today.

"If I could change one problem, I'd raise the global population's general knowledge of science," she says. "I believe this would help people assess problems and solutions using their own judgement and on individual merit."

She also suggests finding mentors from a variety of backgrounds, "I've found the support they provide whether it be practical advice or acting as a mirror for self-reflection, to be invaluable".

"Be open, positive and back yourself! Your attitude drives how people see you and what you think you can do," she says.

"Attitude is really important. It's not something that can be taught or acquired like skills or experience."

Ultimately, Helena aspires to lead within the energy industry, where she can influence and drive change in sustainability, community education, diversity and inclusion.

MBA INFO SESSIONS



If like Helena, you are an experienced management professional, driven to create new solutions, lead innovative teams and deliver exceptional results in a context of disruptive change, the UniSA Business School's MBA may be for you.

Attend one of the UniSA Business School's MBA information sessions and learn more about our 5-star MBA experience. Attendees will hear from academic teaching staff, current students, alumni and industry.

NEXT SESSION:

Date: Wednesday, 12 June 2019

When: 6.00pm - 8.00pm

Location: Executive Education Space, Yungondi Building, UniSA City West Campus

For more information on the sessions and UniSA Business School, visit our [website](#).



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Join us on an adventure around KI



Do you want to experience one of Australia's most beautiful paradises? Walk amongst the penguin colonies and striking coastal rock formations, explore the wild plains, towering cliffs and the most stunning bone white beaches of Kangaroo Island on the 2019 SA Discovery Tour.

Tour de Cure, Flinders Foundation and the University of South Australia will be staging a three-day ride around Kangaroo Island in May to raise vital funds for our cancer researchers at the university

Funds raised from the tour will see major research projects from the University of South Australia realised, including Professor Shudong Wang's lifesaving new therapies for children with leukaemia and Professor Cory Xian's work into the prevention of bone damage and bone growth defects for child cancer patients during chemotherapy.



(Image: Patrick Jonker (right) will be joining Team UniSA again for the SA Discovery Tour)

Along the journey with us will be a number of high-profile riders, including Patrick Jonker, Former Professional Cyclist & Olympian, Tour de France Racer and 2004 Tour Down Under Champion.

Other cyclists on the adventure with us will be:

- Drew Ginn OAM, five-time world champion rower, part of the 'Oarsome Foursome'
- Tracey Gaudrey – Two-time Olympic Cyclist & President of the Oceania Cycling Confederation
- Ryan O'Keefe, former professional AFL footballer and coach with the Sydney Swans – part of the Swans' 2005 and 2012 premiership-winning sides and 2006 All-Australian
- Kevin Russell, industry veteran and current CEO Vocus, previously of CEO Optus & Vodafone
- Dave Curran, the former Westpac Chief Information Officer
- Phil Lynch, Vice President of Commercial Growth & Innovation at Johnson & Johnson
- Murray King, Chief Financial Officer of Singtel Optus
- Jeff Ellison, CEO and Managing Director of SeaLink Travel Group
- Paul Crawford, Managing Director, CMV Group



(2019 SA Discovery Tour route map)

Together we'll be covering 350+ kilometres in three stages around the pristine wilderness and unspoilt beaches of Kangaroo Island and the Fleurieu Peninsula, Friday 24th to Sunday 26th of May 2019.

Join our passionate team and dedicated riders in our efforts to raise over \$300,000 for world-class cancer research at the University of South Australia.

If you can't ride or join us a support crew member, you can donate to the effort [here](#).



Funding Cancer Research for Flinders Foundation & UniSA

Discover South Australia and help us discover a cure.



Victor Harbor – Kangaroo Island – Victor Harbor
Friday 24th – Sunday 26th of May 2019

TOURDECURE.COM.AU  

Want to do your part in eradicating the most pervasive and devastating diseases on the planet? Join the SA Discovery Tour, experiencing the best South Australia has to offer, all while funding vital cancer research and saving countless lives.

As part of Team UniSA, you will be privy to expert fundraising support and one-on-one mentoring, along with a community of supportive cyclists and cancer researchers from all walks of life and abilities along the journey with you.

What: SA Discovery Cycling Tour

When: 23 - 26 May 2019

Where: Return trip from Victor Harbour, to Kingscote via SeaLink Kangaroo Island Ferry. 300 - 450km over 3 stages around Kangaroo Island.

Route Details: <https://tourdecure.com.au/tours/sa-discovery-tour/>

If you are interested in riding please contact Jacinta Mazzarolo at jacinta.mazzarolo@unisa.edu.au for more information or expressions of interest.

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Beating the heat in Hong Kong

Professor Albert P.C. Chan

Head, Department of Building and Real Estate, The Hong Kong Polytechnic University
 Chair - Professor of Construction, Engineering and Management,
 The Hong Kong Polytechnic University
 PhD Business & Management



Professor Albert Chan spends his days immersed in the Hong Kong buildings and real estate industry as one of the most respected figureheads in the area at The Hong Kong Polytechnic University.

He has studied the intricacies and needs of the industry for over three decades as a Chartered Construction Manager, Engineer, Project Manager, and Surveyor by profession. He then embarked on a PhD at the University of South Australia in the early nineties.

Professor Chan is recognised for his thoughtful, 'outside of the box' approach to creating solutions for the issues that affect Asia's building and construction industry.

His career journey from studying a PhD in project management at University of South Australia has steered a course away from project managing large scale building works to research and teaching academia that has benefited thousands.

"As a high school leaver, I was fascinated by the many construction works being executed at that time in Hong Kong. I chose construction as my future career and aspired to become an engineer to project manage a complex development from inception to completion," says Professor Chan.

"I have to admit, I never thought I would end up down the pathway my career has taken. I just kept pushing my own limit and always walk one step further and I have found that the outcome is often rewarding.

"As a Head of Department, I need to set a vision for the Department and I need to provide good leadership to motivate all colleagues and students to strive for excellence. I am mindful to provide a friendly and conducive environment to enable my colleagues and students to develop their full potential.

"I am a strong believer of leading by examples, therefore work closely with my colleagues as a team and share the gain and the pain with them.

"In addition to my administrative duties as Head of the Department of Building and Real Estate, I also engage actively in research."



One area of research that has been particularly important to Professor Chan is the wellbeing of the many individuals who carry out the hard-work that the building industry depends upon.

"Construction workers have to work outdoors for long hours under hot and humid weather conditions, which may affect their health," he says.

"In Hong Kong, their work requires them to do a lot of physically demanding tasks to make a living in a climate that can be especially challenging, so about 10 years ago I asked what we could assist and improve to make their work conditions better."

Professor Chan and his research team devised a uniform to alleviate heat-stress and reduce associated health hazards. It was also important that the clothing be designed ergonomically to ensure it fits all situations.



Modelling of the new anti-heat stress uniform at the project launch in 2017

"The fabrics we selected comprise specially engineered polyester fibres to provide superior breathability. The trousers were made from the proprietary material 'Dry-inside', which incorporates new moisture management technology developed by our research team.

The uniform was adopted as an industry standard in 2017. And as of September that year, more than 116,000 polo shirts and more than 36,000 trousers have been ordered by contracting companies throughout Asia. Importantly yielding a 20 per cent cost reduction and enhanced functionality.

As a result the health hazard of heat stress of some of the most under pressure workers in Hong Kong is much relieved thanks to the research and development of the uniforms from Professor Chan and his team.

"It was a great feeling of accomplishment to see these uniforms make such a practical and protective contribution to the overall wellbeing of construction workers in Hong Kong and beyond," he says.

The research garnered Professor Chan the Construction Industry Council 2015 Innovation Award, the UK's Chartered Institute of Building (CIOB) Innovation Achiever's Award, and Grand Prize and Gold Medal at the 44th International Exhibition of Inventions of Geneva, under the patronage of the Swiss Federal Government, the State, the City of Geneva and of the World.

He was also recently honoured as a high-achieving UnISA Alumni when he joined a number of other high-achieving Australia China Alumni at the 2018 Association Awards as a finalist for the Award for Research and Science.



Professor Chan also fondly remembers his time at UnISA, where he also lectured in the field of building and planning and further developed his academic skills.

"I was grateful to have received great supervision and care from Professor Tricia Vilkinas, Founding Professor for the School of Business, from whom I learnt not only the professional knowledge in my area of interest, but also other soft skills such as management, perseverance, lateral and critical thinking," he says.

These lessons remain with Professor Chan as he leads his own Department now at Hong Kong Polytechnic University. Under Professor Chan's management, the Department has made significant contributions to the university's Civil and Structural Engineering, and the Architecture and Built Environment disciplines, which were recently ranked among the top 20 QS Subject Ranking 2019 in the World.

Professor Chan sees this role as a crucial step in nurturing the next generation of much-needed infrastructure experts and innovators, and delights in being able to play a part in changing the once bleak landscape.

"There is a huge and continuous demand in the construction and real estate industry and because of severe scarcity of land supply, we need to construct taller and faster buildings. We need more young talents to join and work in this vibrant, challenging, and rewarding industry."

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Can a peaceful sleep change the world?



While sleep is an instinctive, intrinsic, universal part of life, its value is often underestimated. We've always known the importance of sleep and how strongly it can influence our ability to make sound decisions, but more recently scientific understanding and research into the matter holds greater weight.

This is why the team at MOD, are shining a light on how beneficial some shut eye can really be – not just for our individual bodies and cognitive function – but for peace on earth.

Enter Sleep Ops.

The interactive gallery, part of MOD's larger WAGING PEACE exhibition, is nestled in the Cancer Research Building on North Terrace housing a number of 'sleep pods' specifically designed for comfort with sounds and scents to explore the impact of sleep quality.

A looped eight-minute soundscape has also been composed exclusively by songwriter Jason Sweeney to support a temporary state of slumber and decreased brain activity, modelled after the proven effects of a simple nap.



(Image: UNSA Sleep expert and MOD contributor, Dr Siobhan Banks, projected onto a sleep pod.)

Director of the Behaviour-Brain-Body Research Centre at UNISA, Dr Siobhan Banks, was MOD's resident expert meeting with the team running workshops and discussion sessions about sleep, circadian rhythms, and impact on shift work and sustained operations.

"This exhibit brings to life the significant place sleep has in healthy functioning," she explains.

"Sleep is as important to our daily lives as eating and exercise. If we don't get enough good quality sleep our physical and mental health are affected and our cognitive function declines. Sleep loss can impact mood, cognitive processing, decision making, and if chronic, it can adversely affect health.

"Long term poor sleep has even been associated with a number of chronic diseases such as type 2 diabetes, cardiovascular disease and some cancers.



Associate Professors Siobhan Banks and Jill Dorrison's Enterspring Research Talk on the importance of sleep.

"This exhibit explores the biology of sleep, what happens when you don't get enough and looks at the 'sleep hacks' sleep researchers have uncovered that may help people achieve a better quality of sleep.

"Good restful sleep leads to improved mood, better cognitive processing and decision-making, and might well be a path to global peace."

According to research that informed MOD's Sleep Ops exhibition, after 17 hours of wakefulness, the decline in cognitive performance is comparable to alcohol intoxication of 0.05% blood alcohol content.

Furthermore, it has been proven if you can't get a decent sleep, naps can be a powerful tool for maintaining performance during conditions of sleep deprivation. For example, a 20-minute nap in the afternoon improves cognitive performance for up to three hours.



Of the unorthodox approach to WAGING PEACE and the overlooked impact of physical sleep on a fruitful society, MOD Director Kristin Alford explains the thought behind creating not just any typical exhibition.

"We wanted to move beyond hackneyed peace associations and drill down into systems and technologies that might actively promote peace – especially on a collective or global scale," Dr Alford says.

This is why, on top of the interactive sleep pods that make up Sleep Ops, MOD, also opted to offer meditation to embrace and learn about how to WAGE (inner) PEACE.

Attached to the exhibit, the Wednesday lunchtime meditation classes are hosted by professional practitioners from LUME Pilates & Movement in the gallery amongst the sleep pods and provide the greater community some time to rest and slow down.



While much of the science behind sleep is still not understood, there is no denying how vital it is to us as humans and our cognitive and functional wellbeing.

According to MOD, it may be to help us relax, rebuild and grow. It may be to help us store memories and organise what we learn. Maybe it's a time to chemically wash the brain clean, or a combination of all these things.

Whatever the answer turns out to be, it's clear that sleep is important for our mood, health and performance. Sleep patterns have evolved over millions of years across species to enhance survival by optimising our time while also allowing us to maintain the most agile brains for the benefit of (hopefully) a more peaceful society.

MOD's WAGING PEACE Exhibition

The Waging Peace exhibition ends on 28 April, so there's still time to visit if you've already seen it, share your feedback with others via [TripAdvisor](#).

MOD.itate weekly meditation classes will also operate every Wednesday until the end of April 2019:

Date – 3, 7, 10, 17 & 24 April 2019
Time – 1:00 pm to 1:30 pm ACDT
Location – MOD, Adelaide, SA 5000

[Register here now.](#)

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