SEP Pre-Departure Briefing
China

Global Relations Office
Nov 2019
Who are we?

Global Relations Office (GRO)

What can we do for you?
Agenda

1. Highlights of SEP
2. Preparing for SEP
3. What to expect at your destination
4. Settling in
5. Homecoming
6. Sharing by returning NUS exchange students
7. Presentation by iSOS
8. Networking
STUDENT EXCHANGE PROGRAMME

Stand out as a **global citizen** and **future-ready graduate** by embarking on SEP – our longest-running and largest student mobility programme – during your time at NUS!
SEP is an opportunity for students to:

1. Spend **one or two semesters** studying at a partner university
2. Earn **modular credits** toward their major in a new academic setting
3. Immerse themselves in a **new place and culture**
4. Enjoy **tuition-fee waiver** from the partner institution, and pay NUS tuition fees for the exchange semester(s)

**What is SEP?**
TOP REASONS FOR GOING ON SEP (as reported by students)

1. Personal development
2. To experience a different culture
3. Travel opportunities

AFTER THEIR SEP EXPERIENCE...

~99% Felt more capable of taking care of themselves
~99% Felt more adaptable to new environment /changing
SATISFACTION SURVEY
AY2018/19

99% were either extremely satisfied or satisfied with their exchange

99% would recommend SEP to other students
STUDY PLAN

- Do your module mapping via EduRec (select Self Service – External Study).
- Have some back-up modules for “just in case”.
- Any changes to study plan, must seek approval from your home faculty immediately.
- For China, modules information may not be readily available prior to your exchange. May need to work with home faculty for study plan approval when you are at the host university.
• Passport needs to be valid for min. 6 months after return date.

• Do NOT confirm flight booking until you have received the acceptance from the host university and gotten your visa.

• Arrive at least 2 weeks before study period and attend orientation programme.
Preparing for SEP

VISA

China

• Apply for student visa X1 or X2

<table>
<thead>
<tr>
<th>Visa type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>X2 (one semester SEP)</td>
<td>For stay of no more than 180 days; single entry only</td>
</tr>
<tr>
<td>X1 (full year SEP)</td>
<td>For stay of more than 180 days; single/multiple entries available</td>
</tr>
</tbody>
</table>

• Students who have been accepted by the host university in China will receive the acceptance letter with JW202 student visa form.

• Please only apply for visa about one month in advance of your intended date of entry into China and not too early.

• Students are advised to remain in Singapore prior to visa application.
China (con’t)

- Apply at China Visa Application Service Centre
  - Address: 80 Robinson Road, #16-01/02/02A, Singapore 068898
  - Visa Enquiry: +65 67139380
  - E-mail address: singaporecentre@visaforchina.org
• Covered by NUS Students Travel Insurance

• Have a comprehensive travel and health insurance coverage for the full duration of your stay abroad, including travelling.

• Consider additional health and/or travel insurance.

• Bring along the emergency hotline numbers and a copy of your insurance policy.

• Report accident/loss at the earliest possible opportunity.

• Most partner universities would require inbound exchange students to have valid insurance coverage. Submit a copy of your insurance certificate to the host university for waiver of insurance fees if applicable.
Preparing for SEP

COST OF LIVING

- Estimated monthly cost of living:

<table>
<thead>
<tr>
<th>Item</th>
<th>China</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-campus accommodation</td>
<td>$200 - $550</td>
</tr>
<tr>
<td>Meals (On-campus)</td>
<td>$170</td>
</tr>
<tr>
<td>Books, stationery supplies, etc.</td>
<td>$50</td>
</tr>
<tr>
<td>Transportation</td>
<td>$60</td>
</tr>
<tr>
<td>Personal Expenses</td>
<td>$70</td>
</tr>
<tr>
<td>TOTAL</td>
<td>$550 - $900</td>
</tr>
</tbody>
</table>
Preparing for SEP

CHECKLIST OF THINGS TO BRING – DOCUMENTS

☐ Valid passport and visa
☐ Proof of acceptance by host university
☐ Study plan
☐ NUS transcripts (to facilitate module registration)
☐ Proof of financial support
☐ Letter confirming accommodation
☐ Receipts of payments made (housing, admin fees, etc.)

☐ Medical records (including vaccinations)
☐ Insurance
☐ Forms of identification (ISIC youth card, driving license, etc.)
☐ Bank draft/ credit card/ cash
☐ Confirmed flight ticket
☐ List of emergency contacts

Please remember to make a copy of all important documents. Keep separate sets in different places. You might also like to leave a set at home, so that these documents can be easily sent to you in the event that you lose those with you.
<table>
<thead>
<tr>
<th>Preparing for SEP</th>
<th>CHECKLIST OF THINGS TO BRING – NECESSITIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Appropriate clothing and footwear</td>
<td>- Toiletries</td>
</tr>
<tr>
<td>- First-aid kit</td>
<td>- Hairdryer</td>
</tr>
<tr>
<td>- Medication</td>
<td>- Digital camera</td>
</tr>
<tr>
<td>- Adaptors and chargers</td>
<td>- Photos and souvenirs of home/ Singapore</td>
</tr>
<tr>
<td>- Umbrella/ raincoat</td>
<td>- Foodstuff</td>
</tr>
<tr>
<td>- N95 masks (especially for those going to China/Beijing)</td>
<td>- Passport photos</td>
</tr>
</tbody>
</table>
PACK IT RIGHT FOR YOUR FLIGHT

The unauthorized carriage of dangerous or prohibited items by air may pose a risk to aviation safety. These items may seem harmless but can be a safety hazard when brought on board aircraft. It is therefore important to comply with the regulations on the carriage of items and ensure that you pack right for your flight.

**PROHIBITED ITEMS**
- Explosives, storable, corrosive or poisonous items
- Firearms and weapons

**CHECKED BAGGAGE**
- Sharp objects
- Bulky items
- Liquids, aerosols and gels of more than 100ml

**HAND CARRY BAGGAGE**
- 1 liquid, aerosol and gel kept in containers of not more than 100ml each
- All must fit in a transparent, re-sealable, re-actable plastic bag with a maximum capacity of 1 litre that is completely sealed
- Up to 2 spare lithium batteries for portable electronic devices (excluding power banks)
- Potted plants only to prevent plant diseases
- Must be hand carried, cannot be checked in

https://www.youtube.com/watch?v=LlbnnWyDalQ&feature=youtu.be
Preparing for SEP

DON’T FORGET TO REGISTER WITH MFA!

• Singaporeans/PRs should register themselves with Singapore MFA at https://eregister.mfa.gov.sg/eregisterportal/common/preLoginEregisterView.action.

• NS men must notify MINDEF of their trip and apply for the Exit Permit if required at www.ns.sg.

• International students should contact their country’s diplomatic missions.
ABOUT China

- Population of over 1.4 billion people - world's largest population
- Total land area - 9.6 million km² (13,770 X Singapore)
- Being the most populated country, the Chinese comfort zone of personal space is much tighter than those of Westerners
- No. of world heritage sites in China – 50
ABOUT China

- A very fast-growing and developing country
- Cities are well-connected by railway
- A cashless society – Alipay & WePay wallet
- Social media and censorships in China
  - WhatsApp -> WeChat
  - Twitter -> Weibo
  - Google -> Baidu
  - Facebook messenger -> QQ
  - YouTube -> Youku
- VPN may be helpful
- Drink bottled or ordered water – not tap water
- Frequently used: 你好，您，老师(for admin staff), 服务员 (not 小姐)
- Police number: 110
What to Expect at Your Destination
Weather (Winter/Spring)

What to Expect at Your Destination

China

- Depends on the city you are in; cities closer to the northern part of China can often experience intense weather while cities in the southern part of China can be warmer.
- Winter is the coldest season in China - from December to next February, featuring cold, dry weather and short daytime. January is the coldest month with average temperature lower than 0°C throughout two thirds of China.
- Day time will be shorter; sun may set at 5pm.
- Air will be dry – put on lots of moisturiser.
- Have a good coat with you; the weather can change rapidly; advisable to buy winter wear in China as it is more affordable.
What to Expect at Your Destination

ACADEMIC CULTURE

China

• More lecture-based classroom learning; tutorials may be combined with lecture; may have less interactions in classes at the host universities.
• Limited English-taught modules.
• Modules information may not be available online; modules selection upon arrival at host universities; be prepared to go to different faculties to request to take specific modules from the schools/departments.
• Communication with academics and students/class can be via WeChat.
• Connect with Singapore Students' Association (Beijing) (http://www.ssabeijing.org/) or email: exco@ssabeijing.org) or Fudan University Singaporean Students Association (FUSSA) at https://www.facebook.com/groups/fussaroars/?fref=nf
What to Expect at Your Destination

ACCOMMODATION
What to Expect at Your Destination

SAFETY

• Safety should be the priority in all that you do.
• Assess the risk of what you are about to do and try to minimise and even avoid unnecessary risk.
• If confronted, give up your valuables and do not resist as your safety is the most important.
• Ask locals about any dangerous areas or locations that should be avoided.
What to Expect at Your Destination

FIND OUT MORE ABOUT...

• Climate and time difference
• Exchange rate and cost of living
• Regional map and local transportation
• Cultural similarities and differences
• Health and safety
• Meet and greet services
• Living and studying at host university
• Expectation and academic assessment at host university
• Activities for exchange students at host university
USEFUL RESOURCES

What to Expect at Your Destination

- Partner university specific information:

- Partner University application instructions and university information:
  https://share.nus.edu.sg/ng/Partner%20University%20SEP%20application%20material%20for%20s/Forms/AllItems.aspx

- Read seniors’ reports of host university:
  https://share.nus.edu.sg/ng/SEP%20Report/Forms/AllItems.aspx

- On being prepared while overseas:
  https://www.mfa.gov.sg/Where-Are-You-Travelling-To
MAKING THE MOST OF YOUR SEMESTER

Settling In

- Don’t just stick to Singaporeans! Make an effort to meet different people and be open-minded about differences.
- Even while having fun, make sure you are aware of any important academic dates and not miss any deadlines!
- Take note of your exam dates. If your semester overseas overlaps with the new NUS semester, start making arrangements for early exam or alternative assessments. If neither is possible, apply for an extension of your leave of absence from NUS.
- Activate the email account given by your host university to receive important notices and announcements.
- Check both host university and NUS email frequently.
- Always stay in touch with your family and friends back home.
- If a problem arises, try to resolve it. However, if you are unable to, ask for help.
MITIGATING CULTURE SHOCK

Settling In

• Recognise feelings of surprise, disorientation, confusion, etc. is normal and okay
  1. Honeymoon phase
  2. Negotiation phase
  3. Adaption phase

• Talk to friends or a counsellor

• Keep in regular contact with friends and family back home

• Join university and community activities
Settling In

EXPECTED CONDUCT

- Respect others and behave respectably too.
- You are representing yourself, your school and your country.
- Obey laws and regulations of host country, host university, Singapore and NUS.
- Read rules and regulations at host university and ensure that you do not violate them. (e.g. rules on plagiarism and cheating)
- Do not be pressured into anything. Just because everyone is doing it, doesn’t make it right. Be comfortable being your own person.

Anti-drugs campaign by Singapore’s Central Narcotics Bureau (CNB)

Hotline for Central Narcotics Bureau: 1800-325-6666 | Website: www.cnb.gov.sg
Settling In

USEFUL CONTACTS

- Make your own list of emergency contacts

1. Embassies/ High Commissions: [www.mfa.gov.sg](http://www.mfa.gov.sg)

2. Local emergencies numbers

3. Credit card and bank telephone numbers

4. Insurance hotlines

5. NUS Emergency contact: +65 6874 1616 (24 hours)
Singapore Embassy in Beijing, China

Address:
No. 1 Xiu Shui Bei Jie, Jian Guo Men Wai, Chao Yang District, Beijing 100600

Phone:
Tel : (86)-10-6532-1115
After office hour Tel : (86)-13910755251

Email:
singemb_bej@sgmfa.gov.sg

Website: http://www.mfa.gov.sg/beijing/
BEFORE LEAVING YOUR HOST UNIVERSITY

• Say your goodbyes and ‘thank-yous’
• Complete ex-matriculation process at host university
• Follow through the host university’s transcript request procedures, if any (e.g. HKU requires students to apply for hardcopy transcript)
• Make sure your room is in a presentable state before leaving
• Follow NUS’ deadlines for CORS module bidding and application for on-campus housing
• Prepare and submit your SEP report
Homecoming

THINGS TO WHEN YOU RETURN

1. Submit your SEP report

2. Join the Welcome Back Session (to accumulate point for the Outstanding NUS Exchangers Award)

3. Complete the SEP Evaluation Survey

4. Join the Peer Advising Programme
   - Advising Programme seeks to build a community of Peer Advisors (PAs) consisting of students who have been on SEP and are keen to contribute.
   - Link up with our Peer Advising Leaders (PALs) to find out more:
     - peeradvising@nus.edu.sg
     - @NUSPeerAdvisors

5. Help out at SEP outreach activities and help your juniors prepare for their SEP journey ahead
TAKE PART IN THE OUTSTANDING NUS EXCHANGER AWARD
Be a SEP Ambassador for Singapore and NUS!

SESSION ONE
Date: 9 Dec 2019, Monday
Time: 2pm – 4pm
Venue: Global Lounge

SESSION TWO
Date: 11 Dec 2019, Wednesday
Time: 2pm – 4pm
Venue: Global Lounge
WELCOME TO YOUR BIG ADVENTURE!
THE WORLD IS YOUR OYSTER – GO OUT THERE AND OWN IT!