SEP Pre-Departure Briefing
France

November 2019
Agenda

1. Presentation by International SOS
2. Preparing for SEP
3. What to expect at your destination
4. Settling in
5. Homecoming
6. Q&A + Networking
TOP REASONS FOR GOING ON SEP
(as reported by students)

1. To experience a different culture
2. Personal development
3. To experience a different education system

AFTER THEIR SEP EXPERIENCE...

~99% Felt more capable of taking care of themselves
~99% Felt more willing to try out new things
SATISFACTION SURVEY
AY2018/19

99%
were either extremely satisfied or satisfied with their exchange

98%
would recommend SEP to other students
LIFE CHANGING STUDY EXPERIENCE

PRE-DEPARTURE VIDEO

https://www.youtube.com/watch?v=OZl4ckH5Sc0
Preparing for SEP

ROAD MAP

• Set personal goals
• Find out about host destinations
• Plan itinerary
• Work out budget

After applying with your host university

While waiting for your acceptance package
• Read pre-departure guide
• Attend country briefing

Upon receiving your acceptance package
• Follow instructions in acceptance package (read carefully & meet deadlines)
• Apply for visa
• Book accommodation
• Make travel arrangements
Preparing for SEP

STUDY PLAN

• Complete the module mapping process via the NUS Student Information System (select Self Service – External Study).
• Include some spare modules in your study list in case you are unable to secure your preferred modules or when your enrolled module(s) has been cancelled.
• Should there be any changes to your study plan, seek approval from your home faculty immediately.
Ensuring a valid passport

- Ensure that passport is valid for 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.
• Normally a **student / long term visa** is needed for a stay of more than 3 months. Various nationalities may have different visa requirements.

• Take note of visa requirements in **neighbouring countries** as some may require visas even for transit purposes.

• You may be required to submit original documents for visa applications, remember to **keep a copy of the submitted documents**.

• Your passport may be kept at the Embassy during the decision period.
Preparing for SEP

VISA

• Generally the following is necessary for visa application:
  * Completed application form (online/paper)
  * Passport with required validity
  * Passport-sized photos with specific requirement
  * Acceptance Letter from host university
  * Financial Proof (please note the specific required amount/period of deposit/format)
  * Health Insurance
  * Flight Ticket

• You should follow the instruction from Embassy for the required documents strictly.

• It is important that you proactively keep yourself updated and be aware of the latest visa requirement as well as your visa application status at all time as the policy may be updated anytime without notice. You may keep checking the embassy website regularly.
Preparing for SEP

VISA - FRANCE


1. Receive an acceptance letter from host university, then create your "Études en France" account and pay the fee for this Campus France procedure. (https://pastel.diplomatie.gouv.fr/etudesenfrance/dyn/public/authentification/login.html?codeLangue=EN). **All students who wish to study in France must follow the Campus France procedure on Etudes en France online platform before applying for a visa.**
2. Proceed to Campus France Interview (you will be notified by email if interview is necessary)
3. Once you completed the interview and your application is verified by Campus France, print your Acceptance letter / Confirmation of acceptance in your Études en France account.
9. **STEP 6 – Collect your passport and visa from the visa centre where you applied.**

- **Visa Fee: Campus France Procedure SG$150, Visa Fee €99**
- **Visa Processing Time: Campus France Procedure – 3 weeks, Visa – up to 2 months**

Note: The above information is valid as at April 2019. You should keep yourself updated on the latest requirement via Embassy’s website.
NUS students going for SEP are covered by the NUS Insurance for Official NUS Trips, details of which are available at: http://www.nus.edu.sg/finance/students/student-travel.html

The following tips are over-and-above the NUS student insurance, and are subjected to the requirements set by your host university / country.

- Your host university may require you to purchase a specific in-country insurance package. Check with them if the NUS insurance is sufficient to cover the requirements; you may be required to submit a waiver request.
- When applying for your visa, the embassy may require you to show proof of insurance coverage as a supporting document.
- Always check if the insurance packages cover your intended activities whilst overseas. In general, having additional insurance coverage is never a bad thing.
France

• Most universities require students to subscribe to the French National Health Insurance Scheme which cost about €210 a year; some universities allows private health insurance

• Check host university’s website / info package for insurance requirement and subscription procedure
<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valid passport and visa</td>
<td>Medical records (including vaccinations)</td>
</tr>
<tr>
<td>Proof of acceptance by PU</td>
<td>Insurance</td>
</tr>
<tr>
<td>Study plan</td>
<td>Forms of identification (ISIC youth card, driving license, etc.)</td>
</tr>
<tr>
<td>NUS transcripts (to facilitate module registration)</td>
<td>Bank draft/ credit card/ cash</td>
</tr>
<tr>
<td>Proof of financial support</td>
<td>Confirmed flight ticket</td>
</tr>
<tr>
<td>Letter confirming accommodation</td>
<td>List of emergency contacts</td>
</tr>
<tr>
<td>Receipts of payments made (housing, admin fees, etc.)</td>
<td>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.</td>
</tr>
</tbody>
</table>
Preparing for SEP

CHECKLIST OF THINGS TO BRING – NECESSITIES

- Appropriate clothing
- First-aid kit
- Medication
- Adaptors and chargers
- Umbrella/raincoat
- Appropriate footwear
- Toiletries
- Hairdryer
- Digital camera
- Photos and souvenirs of home/Singapore
- Foodstuff
- Passport photos
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/pr eLoginEregisterView.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.
USEFUL RESOURCES

- Partner university specific information:

- Partner University application instructions and university information:
  https://share.nus.edu.sg/ng/Partner%20Univerisity%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:
What to Expect at Your Destination

About FRANCE

U-wide destinations: Paris, Lyon, Grenoble, Troyes, Compiègne
Fac-level destinations: Paris, Toulouse, Bordeaux, Cergy and La Défense

• Speaking French makes a difference, even attempts to speak French will be more welcoming.
• The French are often perceived as taking a great pride in national identity and the positive achievements of France.
• One of the oldest wine producing regions of Europe.
• Grande Ecoles are prestigious and specialized institutions; often has low student-teacher ratio.
What to Expect at Your Destination

WEATHER (WINTER / SPRING)

- Winter (Dec to Feb) and Spring (Mar to May)
- Air will be dry – put on lots of moisturiser.
- Have a good coat with you; the weather can change rapidly and it can be expensive to buy winter wear at your host country.
- You may experience gloominess because you are not used to the short days and cold weather. Try winter activities (e.g. skiing) to cheer yourself up.
- Weather gets warmer towards the end of your SEP, but still cold by Singapore’s standards (max. hovers around the low 20s celsius).
COST OF LIVING

What to Expect at Your Destination

You should work out a budget covering accommodation, food, transport, clothing & entertainment.

Estimated cost of living per month:
- **France** @ €1,000 per month (approx. SGD 1,500)

*Exchange rate as of November 19 (via Google)*

You can save money by shopping at local supermarkets, buying tickets in advance and taking budget airlines.
COST OF LIVING – SENIORS’ TIPS

• Cook!
• Enjoy student discounts/privileges (with your student card)
• Consider eating in school
• The nearest grocery store might not be the cheapest
• Plan your trips in advance to save cost
• Source for alternative means of traveling (e.g. bus rides instead of flights, buying a bike, etc.)
• Use apps that will give you discounts

What to Expect at Your Destination
What to Expect at Your Destination

ACCOMMODATION – SENIORS’ TIPS

Apply as soon as you receive email on school accommodation
Accommodation (especially for city campuses) are in short supply and run out quickly

Keep your room neat
- Not every hostel has a housekeeping service
- Some hostels conduct spot checks
- You might forfeit your deposit if you leave your room in a mess when you leave

Check the location of your room
There might be different campuses and hostels located across the city – make sure you know where you’re staying before signing on.
Different academic culture

- Lecturers expect a 2-way conversation, and students are not afraid to speak up during classes
- You are expected to learn independently, do your own readings and not just rely on lecture notes
- Schools might conduct an oral exam instead
- Class size can be from as small as 5 to 50 students

Secure modules and keep track of school work

- Map extra modules – the module list can vary from year to year, or change when the semester starts
- Check if you might need to email the lecturer or just turn up in classes to secure the module, in addition to/in lieu of registering online
- Some classes require you to be at the classroom on a first-come-first-serve basis, to secure the module
- Modules might be cancelled unexpectedly
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
Settling In

MAKING THE MOST OF YOUR SEMESTER

• 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.
Settling In

MITIGATING CULTURE SHOCK

- Recognise feelings of surprise, disorientation, confusion, etc. is normal and okay
  1. Honeymoon phase
  2. Negotiation phase
  3. Adaptation phase
- Talk to friends or a counselor
- 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
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.
In the event of an attack, adopt the following:

1. **RUN (if escape is possible)**
   1. Consider the safest route
   2. Move quickly and quietly
   3. Stay out of view of the attackers
   4. Insist others leave with you
   5. Leave your belongings behind

2. **HIDE (if escape is not possible)**
   1. Find cover from gunfire and stay out of sight
   2. Lock yourself in, but do not get trapped
   3. If you are unable to lock the doors/entrances, place objects such as tables or cupboards behind the doors or entrances to prevent access of attackers
   4. Move away from doors
   5. Be very quiet and switch your phone to silent mode

3. **TELL**
   - Provide details about the attackers (Total number of attackers, Equipment or weapons being carried, Look of the attackers, Location of attackers (where they are now and moving towards))
   - If it is safe to do so, stop others from going towards danger areas
   - Follow the police’s instructions and do not make any sudden movements

Adapted from "Advisory in the aftermath of Paris and London attacks", circulated by the Singapore Police Force
Settling In

USEFUL CONTACTS

• Make your own list of emergency contacts

1. Embassies/ High Commissions: 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)

6. International SOS
Homecoming

BEFORE LEAVING YOUR HOST UNIVERSITY

• Say your goodbyes and ‘thank you’s
• Complete ex-matriculation process at host university
• 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
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
     - http://tinyurl.com/peeradvisingNUS
     - @NUSPeerAdvisors

5. Help out at SEP outreach activities and help your juniors prepare for their SEP journey ahead
Take part in The ONE Award

- Represent NUS at your exchange university’s exchange fair/ information session
- Join the NUS SEP Ambassador Training before leaving (*compulsory*)
- Join the Welcome Back Session upon return (*compulsory*)
- Participate in exchange events and activities upon return
- Collect your card at the SEP Ambassador Training and start accumulating points to be awarded the Outstanding NUS Exchanger Award
SESSION ONE

Date : Monday, 9 Dec 2019
Time : 2pm – 4pm
Venue : Global Lounge
       Shaw Foundation Alumni House, L1

SESSION TWO

Date : Wednesday, 11 Dec 2019
Time : 2pm – 4pm
Venue : Global Lounge
       Shaw Foundation Alumni House, L1
1) How many months from your SEP return date, must your passport remain valid for?
2) Which of the 4 seasons are you unlikely to experience during your SEP semester?
3) Which important item of yours will the embassy need to keep to issue you a visa?
4) Name the 3 steps to ensure personal safety in the event of an attack.
5) When are the 2 ambassador training dates?
6) Name two activities that will contribute towards qualification of the ONE Award.
WELCOME TO YOUR BIG ADVENTURE!
THE WORLD IS YOUR OYSTER – GO OUT THERE AND OWN IT!