LIFE CHANGING STUDY EXPERIENCE

PRE-DEPARTURE VIDEO

https://share.nus.edu.sg/goabroad/Video/Pre-Departure_Video.wmv
Pre-Departure Briefing for Japan

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. 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. 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
Preparing for SEP

BEFORE WE CONTINUE...

Have you:

1. Submitted your application to our partner university?
2. Received/accepted offer by partner university?
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
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.
PASSPORT & FLIGHT

- 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.
Preporing for SEP

VISA

Japan

- **Embassy of Japan**
  
  Address : 16 Nassim Road, Singapore 258390
  Operating Hours : Monday to Friday except during Embassy holidays.
  8.30am to 12pm (application)
  1.30pm to 4pm (collection)
  Website : [https://www.mofa.go.jp/j_info/visit/visa/index.html](https://www.mofa.go.jp/j_info/visit/visa/index.html)

- Host university will apply for **Certificate of Eligibility (CoE)** with Immigration Bureau of Japan as your proxy & proof of financial ability is required.

- Apply for visa at the Embassy of Japan with CoE issued by your host university along with other required documents.

- Enter Japan with both your visa and CoE.
Japan

- Students going to Japan are required to subscribe for the National Health Insurance Plan
- Approximately 2,000 yen (~$25) per month
- Cover 70% of medical expenses at hospitals due to sickness or injuries in Japan
- Apply through your host university
Preparing for SEP

HEALTH & INSURANCE

• Before leaving
  • Get professional advice on vaccinations and medications

• If you have chronic health conditions, you may need to work out a health management plan with your doctor:
  • If you are taking medication, please continue
  • Make sure that your medication is available at your destination
  • If you intend to bring your own medication, please ensure that you are allowed to enter the country with the quantity
HEALTH & INSURANCE

• Have a comprehensive travel and health insurance coverage for the full duration of your stay abroad, including travelling. *Travel insurance is ≠ health insurance, different insurance covers different things.*

• Read through the coverage from the NUS Students Travel Insurance http://www.nus.edu.sg/finance/InsuranceCoverforOfficialNUSTrips.html.

• You may need to purchase additional health and/or travel insurance from your preferred agent.

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

• Report accident/loss at the earliest possible opportunity.

• Your host university will require a copy of your insurance policy.
ACCOMMODATION

General Guidelines:

• Accommodation application instructions would usually be attached with your acceptance package or may come later.

• Always follow the stipulated deadlines and apply on time to increase your chances of securing housing.

• Depending on the universities, on-campus or off-campus housing may be available. The host universities will provide instructions and assistance in securing housing.

• For more information on housing refer to:
  • Resources provided by partner universities: [https://share.nus.edu.sg/ng/Partner%20Univerisity%20SEP%20application%20material%20for%20s/Forms/AllItems.aspx](https://share.nus.edu.sg/ng/Partner%20Univerisity%20SEP%20application%20material%20for%20s/Forms/AllItems.aspx)
Preparation for SEP

COST OF LIVING

- The estimated cost of living, including accommodation, food, transport and entertainment is as follows.
  
  Japan: S$1,900 – S$2,800 per month

Currency exchange rate as at 14 Nov 2019: JPY1,000 = Approx. S$12.55

It is important that you record your expenses to make the most out of your budget and to ensure that your budget will last until the end of your SEP.
<table>
<thead>
<tr>
<th>Preparing for SEP</th>
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<tbody>
<tr>
<td><strong>CHECKLIST OF THINGS TO BRING – DOCUMENTS</strong></td>
</tr>
<tr>
<td>□ Valid passport and visa</td>
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<tr>
<td>□ Proof of acceptance by PU</td>
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<tr>
<td>□ Study plan</td>
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<tr>
<td>□ NUS transcripts (to facilitate module registration)</td>
</tr>
<tr>
<td>□ Proof of financial support</td>
</tr>
<tr>
<td>□ Letter confirming accommodation</td>
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<tr>
<td>□ Receipts of payments made (housing, admin fees, etc.)</td>
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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.
# Preparing for SEP

## Checklist of Things to Bring – Necessities

<table>
<thead>
<tr>
<th>□ Appropriate clothing</th>
<th>□ Toiletries</th>
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<tr>
<td>□ First-aid kit</td>
<td>□ Hairdryer</td>
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<td>□ Medication</td>
<td>□ Digital camera</td>
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<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>□ Appropriate footwear</td>
<td>□ Passport photos</td>
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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.

DON’T FORGET TO REGISTER WITH MFA!
Preparring for SEP

PACK IT RIGHT FOR YOUR FLIGHT

The unauthorised 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 an aircraft. It is therefore important to comply with the regulations on the carriage of items and ensure that you pack it right for your flight.

PROHIBITED ITEMS
Items not allowed on an aircraft
- Explosives, inflammables
- Corrosive or poisonous items
- Firearms and weapons

CHECKED BAGGAGE
Items that must be checked in
- Sharp objects
- Bulky items
- Liquids, aerosols and gels of more than 100ml

HAND CARRY BAGGAGE
Items that passengers can carry on board an aircraft
- 1 liquids, aerosols and gels in containers of not more than 100ml each
- All need to be in a transparent, re-sealable, zip-locked plastic bag (approximately the size of a takeaway coffee cup)
- Up to 2 square lithium batteries for portable electronic devices (including camera batteries)

Please note that the items listed above apply to all airlines. You may also refer to the Do Note list for each airline. For more information, please check with your airline and visit www.caas.gov.sg/travellers/guide/travel.

https://www.youtube.com/watch?v=LlbnnWyDalQ&feature=youtu.be
What to Expect at Your Destination

Faculty level PUs
- Akita International University
- Hokkaido University
- Kwansei Gakuin University
- Kyoto Institute of Technology
- Meiji University
- Osaka University
- Rikkyo University
- Ritsumeikan University
- Tokyo University of Foreign Studies
What to Expect at Your Destination

JAPAN

• Highly efficient and extensive public transportation
• High standard of living
• Known for its advanced technology, subcultures (Kawaii, cosplay, manga, anime), sushi, sashimi, soba/ramen, sake, sumo, vending machines, onsen etc.
• 20 UNESCO World Heritage Sites including temples & shrines, castles and natural sties
• Generally a safe place to live and study
• Academic Calendar:
  Fall/Winter: Sep/Oct to Jan/Feb
  Spring/Summer: April to August
What to expect at your destination

WEATHER

Japan

• You will experience Spring (Mar - May) and Summer (June - Aug) in Japan which are nice and warmer seasons. Note that there could be significant climatic differences between the Northern part of the country and the Southern part.

• Have a good jacket with you; the weather can change rapidly between seasons.

• Rainy season starts in June and typhoon seasons starts in August.

• Bring warm and waterproof coats, jumpers, jeans/warm trousers, scarves, waterproof shoes, umbrella etc.
What to Expect at Your Destination

ACADEMIC CULTURE

• Similar to NUS - lecture, seminar-style classes/discussion-based classes similar to tutorial; some courses may only have lectures
• English-taught classes may have small class size
• Japanese-taught classes require high level of Japanese proficiency
• Attendance will be taken at the host university. Most universities may have a strict attendance policy. Please adhere to your host university’s academic requirements.
• Find out about the academic expectations and examination format for your modules at the host university.
Japanese people are generally very polite and friendly, but take care not to cross personal boundaries.

The Japanese believe that turning down someone’s request causes embarrassment and loss of face to the other person. If the request cannot be agreed to, they will say, ‘it’s inconvenient’ or ‘it’s under consideration’.

The Japanese society emphasises harmonious and cooperative relations. They place great emphasis on working together harmoniously. Look out for the non-verbal messages when communicating with them to know how someone feels.

Japanese are very conscious of age and status. In social situation, the senior person in a group will be served first. ‘San’ is commonly used to replace Mr/Mrs/Ms. To address a teacher, call by his last name followed by ‘sensei’.
Greetings in Japan are very formal and ritualised. It is important to show respect to those who are more senior than you. It can be impolite to introduce yourself. If possible, wait to be introduced. The traditional form of greeting is the bow. The deeper you bow, the more respect you show.

- Slight bow: 15 degrees
- Salute: 30 degrees
- Respectful bow: 45 degrees
What to Expect at Your Destination

LIFESTYLE

Japan

• Drinking is a norm in Japan but do not feel pressured into drinking and know your limit! Read up regarding the Japanese Drinking Etiquette.

• The typical Japanese meal consists of a bowl of rice (gohan), a bowl of miso soup (miso shiru), pickled vegetables (tsukemono) and fish or meat. While rice is the staple food, several kinds of noodles (udon, soba and ramen) are cheap and very popular for light meals.

• Japanese is the main language of communication in the country. Learn some basic Japanese language as it will help you better settle into lives there.

USEFUL THINGS TO NOTE

- 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

• Partner university fact sheets: http://www.nus.edu.sg/gro/student-exchange.php >>> Partner universities

• 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/AlllItems.aspx

• On being prepared while overseas: https://www.mfa.gov.sg/Services/Singapore-Citizens/Travel-Tips
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.

IMPORTANT: Update your contact information in EduRec (previously known as myISIS)
Japan is an earthquake-prone country. Get yourself familiar with earthquake preparation, be vigilant and alert to local safety announcements.

- host university’s website, Yurekuru call, Japan Meteorological Agency website, local media etc.

- When there is swaying:
  - Stay calm
  - If you are indoor, stay indoor
    - under a sturdy piece of furniture or under a doorway. If there is nowhere to hide, cover your head with something like a pillow. Don’t move until the earthquake stops.
  - If you are outdoor, take shelter
    - falling debris from rooftops after an earthquake is a common cause of injury. If you’re out in the open, crouch down on the ground and cover your head to protect from falling debris until it’s safe to move. Find an open space.
What to Expect at Your Destination

SAFETY – JAPAN

• Useful reference:

  http://bestlivingjapan.com/earthquake-preparation/
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. Adaption phase
- Talk to friends or a counsellor
- Keep in regular contact with friends and family back home
- Join university and community activities
EXPECTED CONDUCT

• Respect others and behave respectfully 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
It is **NOT TRUE** if someone tells you that it is not an offence to consume illegal drugs overseas. You can be arrested and will face the same penalties as if the offence has been committed in Singapore.

**FACT, NOT FICTION**

All Singaporeans / Permanent Residents found to have consumed illegal substances, **EVEN OUTSIDE SINGAPORE**, will face the penalty of **IMPRISONMENT of up to 10 years**, **FINE not exceeding S$20,000 or BOTH.**
When caught in a threatening situation

RUN.

HIDE.

TELL.
Settling In

USEFUL CONTACTS

- Make your own list of emergency contacts
  1. Embassies/ High Commissions
  2. Local emergencies numbers
  3. Credit card and bank telephone numbers
  4. Insurance hotlines
  5. i-SOS App – emergency call option in the app (24 hours)
    - non-emergency email contact Singapore@internationalsos.com
  6. NUS Emergency contact: +65 6874 1616 (24 hours)

Singapore Ministry of Foreign Affairs
Duty Office (24 hours)

Web: www.mfa.gov.sg
Tel: +65 6379 8800 / +65 6379 8855
Email: mfa_duty_officer@mfa.gov.sg
USEFUL CONTACTS

Japan

• Singapore Embassy in Tokyo
  Address: 5-12-3, Roppongi, Minato-ku, Tokyo 106-0032, Japan
  Phone: +81 (3) 3586 9111/2
  Emergency: +81 (90) 3208 4122
  Fax: +81 (3) 3852 1085
  Email: singemb_tyo@mfa.gov.sg

• Singapore Honorary Consulate-General in Osaka
  Address: 3-77 Oimatsu-cho, Sakai-hu, Sakai City, Osaka 590-8577, Japan
  Phone: +81 (72) 223-6911
  Fax: +81 (72) 223-6913
  Email: HCG-Osaka@sic.shimano.co.jp
Japan (cont’)

• Public Emergency Service
  Call 110 for police
  Call 119 for fire or ambulance service

• Singapore Students’ Association (Japan)
  http://www.ssaj.net/
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
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
     - 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 OUTSTANDING NUS EXCHANGER AWARD
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

Depending on the award category, ONE Award recipients will receive:

☐ a certificate

☐ a token of appreciation

☐ a personalized testimonial (for Gold Award)
Outstanding NUS Exchanger Award

To qualify, you must complete at least 1 SEP semester abroad and attend at least 1 compulsory activity.

Proof of participation is required for receiving stamps.

8 Points = Gold Award
6-7 Points = Silver Award
4-5 Points = Bronze Award

Submit this log card to GRO by 30 May (Sem 1 SEP) or by 30 Dec (Sem 2 SEP)
SEP Ambassador Training

SESSION ONE

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

SESSION TWO

Date: Wed, 11 Dec 2019
Time: 2pm – 4pm
Venue: Global Lounge
Shaw Foundation Alumni House, L1
Don’t just stick to your Singaporean clique! Go out there & make friends with the other exchange students & especially the Koreans! That’s how exchange should be.

Record your spending and budget carefully.

As you are having fun, taking care of your belongings, and most importantly – health.

Bring a travel adapter. An extension plug would be useful as well.

Learn some basic language of the host country before going, especially money, directions and food.

Cherish all opportunities of making new friends.

Try to pack light, especially for clothing as luggage space will be an issue. Almost all of my friends, including me, had to send things back beforehand as we had too much luggage.

Reach a few days early to acclimatize and settle down.
Senior sharing

A glimpse into your SEP
WELCOME TO YOUR BIG ADVENTURE!
THE WORLD IS YOUR OYSTER – GO OUT THERE AND OWN IT!