

# SEP Report

## 1. Student Information

Faculty/Major	Faculty of Arts & Social Sciences/Psychology
Host University	Uppsala University
NUS Semester and Year of Exchange (eg. AY14/15 Semester 1)	AY15/16 Semester 1

## 2. Study at Host University

Please provide information on the academics at your host university:

- Studying or learning culture at your host university. How were classes conducted?
- What did you like most or dislike most about the academics at your host University?
- Advice on module registration and module mapping

The classes that I took had a small number of students. There was an average of 2 hours of classes a week stretched across the whole semester for each module, and each semester typically consists of 4 modules with such a workload. Discussions were much more common in my classes in Uppsala, as were groupwork and discussions. There would always be a short break after every hour of lessons.

I like how flexible the academic staff are about deadlines and work, and how supportive they are of students. Exams can be done several times, make up assignments are possible for any missed classes/deadlines and professors are extremely approachable when it comes to class content or any class-related issues. They constantly seek feedback regarding the format of classes to ensure students find them effective and interesting.

The typical module in Uppsala University is worth 5 credits instead of 4, just keep that in mind when applying for modules that fulfill different NUS requirements (breadth, UE, major etc.) because they may not translate nicely into E.g. 3 major electives, 1 breadth, 1 UE. It may be necessary to shift one or two credits around – which you would have to seek approval for.

Please list the courses that you took during SEP. (Please take note that the list of modules available to exchange students at the host university are subject to change. This table merely serves as reference.)

Host University			NUS Equivalent		
Module code	Course title	ECTS Credit	Module code	Course title	Modular credit
1MV017	Critical Perspective on Sustainable Development in Sweden	7.5	GE37XX	Dummy Geography Module	5
5EN044	Practical English: Literature	7.5	EN10XX	Dummy Literature Module	5
2FE918	Fundamentals of Management	7.5	AXXXX	Dummy Business Module	5
2PS715	Cognition and Learning	7.5	PL37XX	Dummy Psychology Module	5

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## 2. Accommodation

**What kind of accommodation did you stay in during your exchange (eg. on campus / off campus)?**

**Would you recommend this accommodation to future outgoing students?**

**Do you have any other suggestions?**

I stayed in a dormitory-like residence, with a common area in each building but also a small private kitchen and shower in each room. There are 3 levels a building, about 10 rooms a level and 3 buildings in total. The room I had was a single room too. It was just beside the science campus of Uppsala University and 10 minutes from my psychology classes; 15 minutes from the English Park. It is an 8 minute cycle from the city and a 10 minute cycle to the nearest huge supermarket. I would definitely recommend my accommodation (Eklundshovsvägen) to future outgoing exchangers. This accommodation promises a perfect balance of privacy, comfort and social opportunities. I absolutely loved having my personal space but also the chance to interact and have fun with the other students living there/from other dorms. I highly recommend getting a bicycle though, because the supermarket is not exactly close (20-25 minute walk). It offers a great range at good prices (for Sweden) but the distance may be annoying especially when the weather gets too cold.

## 3. Activities during SEP

**Were there any activities organized by school/student group/external organizations at your host university which you would like to recommend to other students?**

All the activities organized by the student nations in Uppsala are just awesome – you get to meet people and they are a lot of fun! They do flea markets, themed tea breaks, dinner, pub crawls, trips etc. There are usually student groups for each of the residence/dormitory and they sometimes organise hikes/trips/dinners/parties too. The school has several events throughout the semester, some are not to be missed (the opening ceremony, nobel lecture etc.). The organizations that do trips to the baltics/Russia/laplands are really good too – most students have gone on at least one such trip! There are so many things to do in Uppsala you'll never be bored!

## 4. Cost of Living

**Please provide an estimation of how much money you spent during your SEP?**

**Please list travel expenses separately.**

My accommodation cost me 850SGD a month.

My living expenses about 2600SGD in total from mid august to mid December (I was away for one-third the time so I did not spend that much in Uppsala) This includes all the food I bought (quite a lot) and all the events I signed up for in Uppsala. It also includes the cost of my bike and repairs.

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Travelling out of Uppsala – about 5000SGD in total from when I reached Uppsala till the end of the year I went to Norway, weekend road trips around Sweden, to Macedonia, to Finland, to the UK, to Poland, Austria and Germany. I also hosted some friends who came to Sweden to visit. Expenses listed above do not include my flight to and from Sweden.

## 5. Challenges

**Did you face any challenging issues during your SEP stint? How did you overcome it/them?**

Not that much, Uppsala is great and the university is great and the people are all so friendly and open. I love the place – they have such a large number of exchange students that I doubt anyone would find it difficult to find a group of like-minded people and activities that suit their interests. Some of my friends were a little sad with the little sunlight – just wake up earlier if you are like this, and spend your late afternoon and evenings with people so that you wouldn't notice the lack of sunlight. This wasn't an issue at all for me. The weather was a little cold for some people too – just wear more layers, students don't exactly spend that much time outdoors too so there is really little reason to worry. Discussions are expected in class so don't be shy!

## 6. Overall SEP Experience

**Please write one paragraph about your exchange experience and attach some photos that represent your exchange experience.**

It is difficult to sum up the richness of what I experienced this semester in just a paragraph but I'll try. I think it was just a simply amazing and fruitful experience in so many ways – meeting people from literally all over the world, taking classes in fields that are not heard of in Singapore (sustainable development), learning to assimilate into a different culture (recycling, cycling), watching the seasons change, living on your own, exploring the city and other countries with new friends, learning the traditions of a new culture (having fika, eating lucia buns near Christmas, having Swedish Glogg), experiencing the different atmospheres of each student dormitory by visiting your new friends in their dorms and making dinner together, learning some phrases of different languages (Skol!), managing your finances, managing your priorities, time mangament, sharing about your culture with others.. My typical week consists of laundry, cooking almost every meal, having my meals with my exchange friends half the time, cycling to classes at 5pm in the cold, going to the student nations to shop at their flea markets/to eat/to party/make sushi, travel on some days, go for a hike/day trip on some days.. I thoroughly enjoyed my exchange experience – I've learnt so many things on my own and from others and forged so many great new memories with great new friends.

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## 7. Suggestions for future outgoing students

Please share any other suggestions for future outgoing students.

Brush up on cycling skills and save up for the experience of a lifetime!