

# SEP Report

## 1. Student Information

Faculty/Major	Faculty of Science/ Life Science with Specialisation in Biomedical Science
Host University	University of Bristol
NUS Semester & Year of Exchange	AY16/17 Semester 2

## 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

My pharmacology lectures were conducted in small lecture theatres while seminars for all of my units were conducted in classrooms in small groups of around 8-12 people. The sessions are quite interactive and everyone is encouraged to engage in open, free discussion. I really enjoyed the supportive environment in the University of Bristol, where we had the opportunity to discuss a wide variety of topics, sometimes even sensitive or taboo ones like sexuality and abuse, and learn from one another's breath of experiences. Be sure to read all the module descriptions before planning which subjects to take, as some modules or parts of modules are only offered during specific terms.

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
HUMS20004	Introduction to the Medical Humanities	20	GDM9999	GEM/SS Dummy Module	4MCs
PHPH20012	Principles of Pharmacology 2B - Pharmacology of Body Systems	20	LSM3211	Fundamental Pharmacology	4MCs
SOWK10002	Children in Society II: Children and Contemporary Society	20	GDM9999	GEM/SS Dummy Module	4MCs

## 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 at The Courtrooms (Rupert Street, Bristol BS12AF), which was about a 10 min walk away from campus. While slightly more expensive than the other options available due to its central location in the heart of Bristol as well as its distance from school, it is one of the more contemporary student

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accommodation options on offer with modern facilities like a fully-equipped kitchen and flatscreen TV in each flat, as well as wonderful students/staff. Each flat comprises about 3-6 students who each have a private room with an en-suite bathroom, as well as a large shared kitchen and living area. There are many welfare events organised throughout the semester such as pub crawls and movie nights in the common room, and many senior residents are available and ever-willing to provide great support and advice for anyone who needs it. Entry to the building, flat and room are all strictly through fob access. I will definitely recommend The Courtrooms to anyone who is looking for a safe, convenient, reliable, comfortable and supportive place to stay while in Bristol.

## 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?**

For anyone looking for a meaningful activity to embark on while in Bristol, I highly recommend volunteering with Above & Beyond, which is a local charity raising funds for Bristol city centre hospitals. I personally partook in many of their events, such as a bake sale and a heart health seminar. Through this experience, I not only had the opportunity to befriend many people, but also helped to fundraise for the local hospitals in many different fun and enjoyable ways. Their volunteer coordinators are extremely friendly and approachable, and we remain in close contact up till today. At the end of my exchange semester, I also conducted a charity garage sale at my accommodation in partnership with Above & Beyond during the summer, which saw a really heartening turn out – I had lots of fun while raising funds for a cause I greatly believed in!

I also took part in weekly yoga classes which was conveniently held at the common room of my student accommodation every week. This helped me to ease my stress levels and make many new friends at the same time.

## 4. Cost of Living

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

**Please list travel expenses separately.**

I spent approximately SGD6,000 on accommodation, SGD2,500 for food and daily expenses and a separate SGD2,500 on travel.

## 5. Challenges

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

My greatest challenge during SEP was the communication differences between my coursemates and me. Firstly, there was the difference in accents which resulted in many awkward moments in

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conversations, which my friends and I eventually learnt to accept and laugh off. Despite being able to use English as our common mode of communication, there were also many colloquial differences in the language and certain phrases whose difference in meanings took some time to get used to. However, in retrospect, it is these things that I now look back on fondly as they exposed me to another culture and way of life, which I found very fascinating. As cheesy as this may sound, it also showed me how in spite of differences such as in the way we talk, we find we always speak the same language in our hearts.

## 6. Overall SEP Experience

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

Through my exchange experience to Bristol, I have indeed learnt so many new things – not only academically but also personally. It was my first time alone overseas for such a long time and I definitely gained more independence, responsibility and a stronger sense of adventure and fascination towards the amazing world we live in! My exchange city is a beautiful and very welcoming place - I have grown to love it very much and this is an experience I will definitely cherish for life!

## 7. Suggestions for future outgoing students

**Please share any other suggestions for future outgoing students.**

Always keep an open mind and have a sense of adventure to maximise your exchange experience – do not be afraid to immerse yourself in foreign activities or explore unfamiliar areas; more often than not you will find that these will be the things and places you will grow to love.