

SEP Report

1. Student Information

Faculty/Major	Science, Life Science
Host University	University of Glasgow
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**

Learning culture:

At my host university, lectures are conducted in a different style depending on the lecturers. There will be lecturers who make use of powerpoint slides like what we do in NUS most of the time. But I like how some lecturers actually upload handouts onto Moodle (IVLE equivalent), yet make use of the chalk board to write out notes while they lecture and explain at the same time. In a way, I think the students or rather myself, can follow the lecture better because we know exactly which part of the content the lecturer is referring to. There are quite a few other lecturers who follow this style too except that they write out the notes onto paper and project it onto the screen.

However, there may be a downside to such a lecture style if this is a physiology lecture. As I was busy following the lecturer in the drawing of anatomical structures and very brief notes, I was not able to take down the rest of the explanations that he was saying.

Most of the lectures in the university are limited to a time slot of one hour as opposed to NUS' 1.5 hours. While I am used to NUS' system, I like this system at the host university. I thought one hour for a lecture is just right before students start to become restless and distracted or lose focus. This would be really effective especially for modules or lectures which are especially content-heavy.

Module registration:

Module registration at the host university is easy. While applying for exchange at the host university, we can select the modules that we would like to take for the semester. If these classes are available, we would be automatically registered for the class during the module registration period. If any changes need to be made, we simply need to email to our exchange advisor who will help us make the relevant changes.

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

SEP Report

BIOL20 15	Immunology 2 (13A)	10	LSM32 23	Immunology	4
BIOL20 35	Physiology & Neuroscience 2 (4C)	10	LSM32 15	Neuronal Signalling and Mechanism	4
ASTRO 1002	Astronomy 1	20	PC3991	Exchange enrichment module	4
ARCH1 001	Archaeology of Scotland 1A	20	HY2741 HY2731	Exchange enrichment module	8

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?

Cairncross House – I stayed in a double room with a Life Science major friend whom I got to know before coming for exchange.

It is a student hall that offers single and double bedrooms. Each level has many rooms, and a few rooms are allocated their own communal kitchen and bathrooms.

Other features:

15 minutes' walk from campus

Along the walk to the campus, we will pass by the Kelvingrove Park and Kelvingrove Museum. Nearby, there are three supermarkets with one being only 5 minutes' walk away. There is a main street beside the accommodation which you can find a lot of shops, restaurants, cafes, convenience shop, post office etc.

I would definitely recommend this accommodation to future outgoing students because it is one of the cheapest available accommodations that is located in a very good neighbourhood.

Other suggestions:

Kelvinhaugh House

It offers an apartment-styled accommodation with 5 rooms in each apartment, and each apartment has their own kitchen and bathrooms.

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?

The school welcomes international students and organises an orientation, which includes walking tours, bus tours and social nights.

SEP Report

After the international students orientation, there's a Freshers Week from the freshmen. It is a one week long event that has a lot of activities (sports, volunteering tea sessions, and so many more) and parties that anyone can join. They also have a fair where all the CCAs will have their own booths to promote their activities.

The university also links up to an external organization called Student Tours Scotland that organizes various weekend tours offered at student rates. They bring students to various popular destinations around Scotland. For students who are unable to rent cars for road trips, this is a good alternative because many places in Scotland require driving to get to.

4. Cost of Living

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

Please list travel expenses separately.

Return air ticket: \$1420

Accommodation: \$3200

Insurance: \$400

Expenses in Glasgow: \$2000 (Inclusive of groceries, souvenirs, winter wear, trekking items, stationery, printing of notes and other miscellaneous items)

Travel expenses: \$6000 (Travelling before, during and after the semester)

Places include: UK (London, Brighton, Sheffield), Austria (Vienna, Innsbruck), Germany (Munich, Berlin), Czech Republic (Prague), Slovakia (Bratislava), Hungary (Budapest), Scotland (Edinburgh, Scottish Borders, Scottish Highlands, Isle of Skye), Switzerland (Lucerne, Interlaken, Zermatt), Italy (Cinque Terre, Rome), Netherlands (Amsterdam).

5. Challenges

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

SEP Report

6. Overall SEP Experience

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

“To travel is to take a journey into yourself.”

To me, I think that every new experience is akin to a journey of self-discovery, and this exchange trip is no exception. Because with every new experience, new environment and new people, I discover a new side of myself as I try to adapt to these "new" things and produce reactions and behaviours that I never did. In this manner, I was learning more about myself - my likes and dislikes, my tolerance level, my passion, my take on certain controversial issues etc. And given that this exchange is all about stepping out of my comfort zone and being really independent and accountable for myself, it really stretches me too. Hence, besides all the above mentioned takeaways, I think this exchange trip is also about personal growth and development, shaping me into a stronger and wiser person.

7. Suggestions for future outgoing students

Please share any other suggestions for future outgoing students.