

LIFE CHANGING STUDY EXPERIENCE



PRE-DEPARTURE VIDEO

https://share.nus.edu.sg/goabroad/Video/Pre-Departure_Video.wmv



Pre-Departure Briefing (Germany and Norway)

Global Relations Office
November 2019

Who are we?



Global Relations
Office

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. International SOS
7. Sharing by returning NUS exchange students
8. 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!

What is SEP?

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)



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

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

- Follow instructions in acceptance package (read carefully & meet deadlines)
- Apply for visa
- Book accommodation
- Make travel arrangements

Upon receiving your acceptance package

STUDY PLAN

- Complete the module mapping process via the NUS Education Records System (EduRec) (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.

What to Expect at Your Destination

VISA (Norway)

Norway

General information about visiting Norway:

<https://www.norway.no/en/singapore/services-info/visit/>

Information about holding a study permit:

<https://www.udi.no/en/want-to-apply/studies/studietillatelse/?c=sgp>

Application for Residence Permit:

http://www.vfsglobal.com/Denmark/Singapore/english/residence_work_permit.html

- Apply for a Study Permit/Residence Permit
- Processing time: approx. 2 months

Apply as soon as possible. VFS manages the Residence Permit application for Norway. To check with embassy for more information/updates.

Information correct as of November 2019.

Preparing for SEP

VISA – GERMANY

Information for application of National Visa:

<https://singapur.diplo.de/sg-en/service/05-VisaEinreise/-/1349502>

Since 1 April 2019, the German Embassy has outsourced the submission of Schengen Visa applications. The German Visa Application Centre is operated by VFS Global and located at:

79 Anson Road #15-02, Singapore 079906.

If you are not a Singapore passport holder, please check if you need to:

- Apply for an **entry visa**. (Single entry / multiple entry)

Documents required for application of National Visa – Student Applicant's Visa/Student Visa:

<https://singapur.diplo.de/blob/1257976/fba8b03c23be24c8d54313c794ea5038/download-visa-study-applicants-data.pdf>

Information correct as of Nov 2019.

VISA – GERMANY

- Apply for a long-term National Visa in Singapore and convert it to Resident Permit in Germany
- Long processing time – could be more than 2 months.
- **Must open a bank account early** and provide it as proof for the visa application. Sufficient fund of at least €720 per month in the bank account

1. **Late/Incomplete exchange application to host university leads to late issuance of offer letter**
2. **Student should apply for visa immediately after the receipt of the offer letter**
3. **Do not enter Germany with a tourist visa.**

VISA – SENIORS’ TIPS

- Recommend to follow the **flowchart** to maneuver the complicated **German visa application process**
- Login to VPN to access the flowchart (updated in August 2018) saved in [SharePoint](#)
- Alternative source of information from your senior: <https://courseware.nus.edu.sg/e-daf/cir/la3203%20gr/Sequence%20to%20apply%20for%20VISA%20to%20Germany.pdf>
- Very strict requirements on photo. Take photo at the big photo shop on the ground floor in the same building as the German Embassy



VISA – GERMANY

There is a German Embassy based in Singapore:

<https://singapur.diplo.de/sg-en/botschaft/-/1225596>

Visiting hours of the **Visa Section**:

Monday - Friday: 08.30 am - 12.00 noon

E: *visa@sing.diplo.de*

MFA Singapore: <https://www1.mfa.gov.sg/Countries-Regions/G/Germany>

Information correct as of November 2019.

ACCOMMODATION

- 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:
 - Universities fact sheets: [<http://nus.edu.sg/gro/student-exchange.php>](http://nus.edu.sg/gro/student-exchange.php) >>> Partner universities
 - Resources provided by partner universities:
[<https://share.nus.edu.sg/Partner%20University%20SEP%20application%20material%20for%20s/Forms/AllItems.aspx>](https://share.nus.edu.sg/Partner%20University%20SEP%20application%20material%20for%20s/Forms/AllItems.aspx)

HEALTH & INSURANCE

- Read through the coverage from the NUS Students Travel Insurance <http://www.nus.edu.sg/finance/InsuranceCoverforOfficialNUSTrips.html>.
- Have a comprehensive travel and health insurance coverage for the full duration of your stay abroad, including travelling.
- 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.



HEALTH & INSURANCE

Norway

- If your stay in Norway is between 3 and 12 months, apply for [Norwegian National Insurance Scheme](#) which provides coverage for health services.
- The form must be sent to the insurance office in the municipality in which you are staying.
- Otherwise, the social security coverage from your home country should have minimum insurance coverage amount for each benefit as follows:
 - Medical expense EUR30,000
 - Medical evacuation EUR30,000
 - Repatriation of mortal remains EUR30,000
(<https://www.studyinnorway.no/study-in-norway/Health-insurance>)
- UiO: <https://www.uio.no/english/student-life/health-insurance/>
- NTNU: <https://www.ntnu.edu/nirs/welfare-system>

Germany

Get mandatory health insurance recommended in the offer letter from host university

The health insurance valid in Germany is an essential document to support your visa application

COST OF LIVING

- Work out a budget covering:
 - Accommodation
 - Food
 - Transport
 - Clothing
 - Leisure
- Estimated cost of living:



Country	Cost of living/ month	Estimated SGD
Norway	NOK\$10,500 – NOK\$16,000	S\$1,680 – S\$2,600
Germany	€930 – €1,165	S\$1,510 – S\$1,890

Tips on costs saving

- Cook!
- Potluck
- Enjoy student discounts (with your student card)
- 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, etc.)
- Use apps that will give you discounts

CHECKLIST OF THINGS TO BRING – DOCUMENTS

- Valid passport and visa
- Proof of acceptance by your host university
- Study plan
- NUS transcripts (to facilitate module registration)
- Proof of financial support
- Letter confirming accommodation
- Receipts of payments made (housing, admin fees, etc.)
- Medical records (including vaccinations)
- Insurance
- Forms of identification (ISIC youth card, driving license, etc.)
- Bank draft/ credit card/ cash
- Confirmed flight ticket
- List of emergency contacts

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.

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

PACK IT RIGHT FOR YOUR FLIGHT



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	CHECKED BAGGAGE	HAND CARRY BAGGAGE
Items not allowed on an aircraft	Items that must be checked in	Items that passengers can carry on board an aircraft
EXAMPLES*		
<ul style="list-style-type: none">▶ Explosive, flammable, corrosive or poisonous items▶ Firearms and weapons	<ul style="list-style-type: none">▶ Sharp objects▶ Bulky items▶ Liquids, aerosols and gels of more than 100ml	<ul style="list-style-type: none">▶ Liquids, aerosols and gels kept in containers of not more than 100ml each<ul style="list-style-type: none">• All must fit into a transparent, re-sealable plastic bag with maximum capacity of 1 litre that is completely closed▶ Up to 2 spare lithium batteries for portable electronic devices (including power banks)<ul style="list-style-type: none">• Packed individually to prevent short circuits• Must be hand carried, cannot be checked in

*Please note that the items listed above are not exhaustive. For more information or additional restrictions, please check with your airline or visit www.caas.gov.sg/carriage_of_items.

CAAS
Civil Aviation Authority of Singapore

<https://www.youtube.com/watch?v=LbnnWyDalQ&feature=youtu.be>

REGISTER WITH MFA!

- Singaporeans/PRs should register themselves with Singapore MFA at
<https://eregister.mfa.gov.sg/eregisterportal/common/preLoginRegisterView.action>.
- NS men must apply for the Exit Permit if travelling for more than 6 months:
<https://www.ns.sg/web/portal/nsmen/home/nstopics/overseastravel/article/overseas-travel>.
- International students should contact their country's diplomatic missions.

3 Simple Steps on how to eRegister



Step 1: Decide if eRegistering for individual or group



Step 2: Proceed to eRegister



Step 3: Receive email/SMS acknowledgement

What to Expect at Your Destination

ACADEMIC CULTURE

- Smaller class size for seminar style classes and **more interactive amongst students as well as professors**
- Courses may not be confirmed until you arrive or register at Host University
- For some PUs, classes may be conducted in other languages even if initially indicated as 'taught in English'
- Professors are approachable and friendly; less formal student-teacher relationship
- **Less competitive learning environment yet rigorous**
- May expect **higher degree of independence in learning**
- Students are expected to share their views in class or engage in **open discussion** of topic
- Strict on plagiarism; if you use the exact words or even paraphrasing, of the reference source, you must use quotation marks and credit the source
- Exam schedule may not be available till later during semester - alternative assessments may not be available

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)



What to Expect at Your Destination

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



USEFUL RESOURCES

- Partner university fact sheets:
[>>> Partner universities](http://nus.edu.sg/gro/student-exchange.php)
- Partner University application instructions and university information:
<https://share.nus.edu.sg/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/AllItems.aspx>
- On being prepared while overseas:
<https://www.mfa.gov.sg/Services/Singapore-Citizens/Travel-Tips>

MAKING THE MOST OF YOUR SEMESTER

- Don't just stick to Singapore friends! Meet different people and be open-minded about differences.
- Be 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.

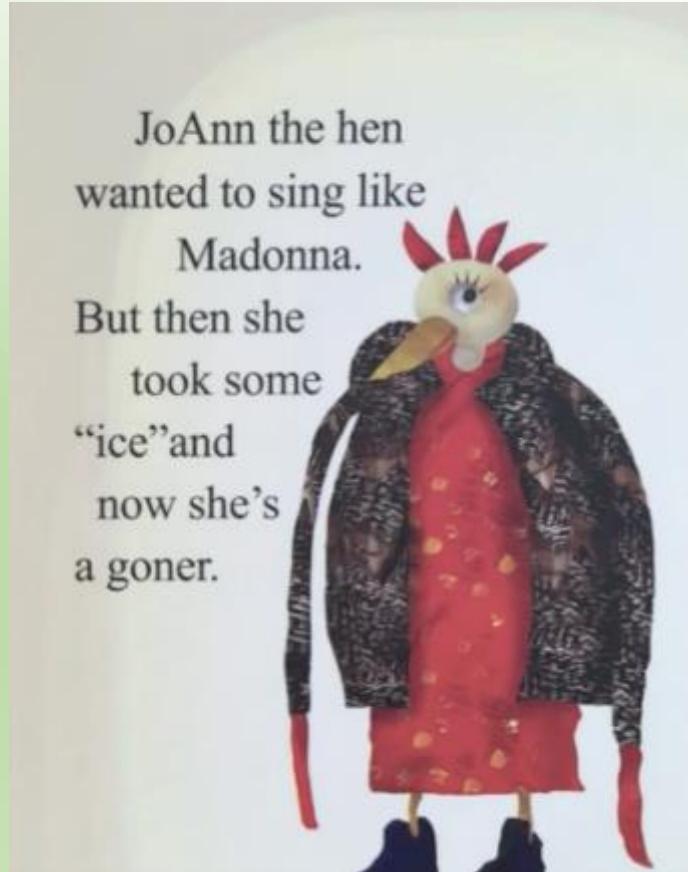


MITIGATING CULTURE SHOCK



- 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 counsellor
- Keep in regular contact with friends and family back home
- Join university and community activities

EXPECTED CONDUCT



Anti-drugs campaign by Singapore's Central Narcotics Bureau (CNB)

- 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.

EXPECTED CONDUCT

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.**



CENTRAL NARCOTICS BUREAU

A member of the Home Team

[CNB Video: https://www.youtube.com/watch?v=43lTVHFyGPY](https://www.youtube.com/watch?v=43lTVHFyGPY)

When caught in a threatening situation



RUN.



HIDE.



TELL.



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)

USEFUL CONTACTS - EMERGENCY CONTACTS

✓ Honorary Consulate-General of Republic of Singapore – Norway (Oslo)

Address:

Strandveien 17, 7th floor
1366 Lysaker Norway
PO Box 132, 1325
Lysaker, Norway

Phone:

+47 67 10 99 20

Fax:

+47 67 10 99 21

Email:

sgconsulate@easternbulk.com

Website:

<http://www.mfa.gov.sg/oslo>

✓ Singapore Embassy in Germany

Address:

Voßstraße 17
10117 Berlin
Federal Republic of Germany

Phone:

+49-(30) 2263-430

Fax:

+49-(30) 2263-4379

Email:

singemb_ber@sgmfa.gov.sg

Website URL:

<http://www.mfa.gov.sg/berlin>

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

THINGS TO DO 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>
 -  <http://nus.edu.sg/gro/student-exchange.php>
 -  @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

Outstanding NUS Exchanger Award

BRIEFING & NETWORKING

1 point for every activity participated in this category.

NUS AMBASSADOR TRAINING PROGRAMME

Compulsory

WELCOME BACK SESSION

Compulsory

BRIDGE NETWORKING SESSION

PAL'S EVENTS^A

^ASign up as a Peer Advisor to receive invites to PAL's events.

OUTREACH

2 points for every activity participated in this category.

HELP OUT AT STUDENT EXCHANGE FAIR

To be conducted at the host university.

CONDUCT NUS INFORMATION SESSION

HELP OUT AT INTERNATIONAL EXCHANGE DAY^{*}

To be conducted at the NUS.

SHARE EXCHANGE EXPERIENCE AT SEP TALKS

^{*}Help out by manning IED booth and/or share exchange experience at IED talks.

- To qualify, you must complete at least 1 SEP semester abroad and attend at least 2 compulsory activities
- 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)



Be a SEP Ambassador for Singapore and NUS!

SESSION ONE

Date: 9 Dec 2019, Monday

Time: 2 pm – 4 pm

Venue: Global Lounge

SESSION TWO

Date: 11 Dec 2019, Wednesday

Time: 2 pm – 4 pm

Venue: Global Lounge

Not to worry - An email with the sign-up links will be sent to you! ☺

WELCOME TO YOUR BIG ADVENTURE!

THE WORLD IS YOUR OYSTER – GO OUT THERE AND OWN IT!

