



WUR Goes Abroad

1. Student Information

Study programme WUR	Bachelor Voeding en Gezondheid (BVG)
Exchange semester (dd/mm/yyyy)	until 09/12/2023
Exchange destination: University	National University of Singapore (NUS)
Faculty	Science
Country	Singapore
City	Singapore

2. Motivation for exchange

Why did you choose to go on study exchange?

I chose to go on study exchange for various reasons. First, the personal challenge/growth. I wanted to take on the challenge of living independently in a new place, handling new responsibilities and to step out of my comfort zone. Secondly, the global perspective: understanding global issues and challenges from different viewpoints. Thirdly, adventure. The opportunity to explore a new city or country, experiencing different lifestyles and fostering a broader perspective of the world. And lastly, career advancement. To show my adaptability, cultural awareness, and diverse skills.

What is the reason you chose for this country/university?

I wanted to study at a university where the learning material would be harder or the same level as WUR. So, I checked the ranking scores of various universities and compared them to the WUR. The National University of Singapore is a highly ranked university.

I chose Singapore because the city is very internationally oriented compared to other Asian countries. Additionally, to challenge myself I wanted to study outside of Europe. Lastly, English is one of the official languages in Singapore, which I found very convenient to train my English.

3. Accessibility to reach destination

Do you have any tips to reach your exchange destination?

Try to book your flight ticket as soon as you can since it gets (even more) expensive shortly before the start of the semester.

4. University and studying

Could you provide some general information about the followed courses?

	Course	ECTS	Short description of the contents	Appreciation of course: 1(low) – 5(high)	Remarks
1	Vitamins & Minerals in Health and Diseases	7,5	You will understand the role of essential vitamins, minerals and trace elements in the human body and health risks associated with nutrient under-supply as well as over-supply	5	
2	Nutrition and Disease Prevention	7,5	You will examine the role of nutrition and application of dietary therapy in the prevention of chronic disease	4	Did not learn much new. It was a combination of some nutrition courses at WUR.
3	Public Health in Action	7,5	You will learn how the health of an entire population impacts individuals and how complex problems can be prevented or addressed using culturally appropriate solutions.	1	Focus in mainly on Singapore, which makes it quite a difficult course for Exchangers.
4	Darwin and Evolution	7,5	The central focus is on the life and work of Darwin and how biological evolution was uncovered, elaborated, debated, and accepted by the international scientific community in the 19th century, and beyond.	5	More a history course than science. Very detailed and interesting course.
5					
6					

What is it like to study there?

E.g. study forms, academic level, examination, workload, lesson material.

Academic level is higher than at the WUR. Most students spent there a lot of time on the assignments and exams to get a higher grade. Grading at NUS is different than at WUR: your grade depends on the rest of the class. Meaning it is more difficult to get a higher grade.

Each course has quite a lot of (writing and presenting) assignments and mid-terms. Therefore, I would say there is more workload at NUS than at WUR.

What is the culture of the university?

E.g. How approachable are the lecturers, engagement with local students? What are the differences with the WUR?

Some lectures are mandatory. You do not have much engagement with local students, because their priority is more on learning than socializing. Students at NUS are more focused on their grades than at WUR.

What does the university offer students additionally?

E.g. catering, sports facilities, laundry facilities?

There are several food and sport facilities.

5. Housing-travelling-living

What are the possibilities for housing?

E.g. Availability to sign up for a room on campus, private rooms, rent rates?

There is a possibility to sign up for a room on campus.

What is the culture of the country like?

E.g. Differences with home, local cuisine, habits, manners?

Most homes are rather small because of the high rent rates. Additionally, most people get takeout and so, do not cook at home because it is cheaper to eat somewhere else. People are friendly but reserved.

Could you give some information about public transport infrastructure?

E.g. Cost public transport card, taxi prices, how to travel to the university?)

Most Singaporeans travel by metro or bus; therefore, the prices are relatively cheap. At midnight most buses and metros stop, so then taxis are used which are also affordable compared to taxis in Holland. When you live on campus your expenses for transport are lower because the university has its own bus system for which you do not have to pay.

6. Expenses

Can you give an indication of your expenses for/during your exchange?

E.g. you can also indicate price differences (higher/lower/equal) in comparison to the Netherlands.

Ticket there: 1000 euro

Visa if applicable: 70 euro

Vaccinations if applicable:

Insurances (extra, if applicable):

Housing costs per month & type of housing/accommodation: 700 euro for a room in a apartment between uni and city center.

Groceries: 40 euro per week (most people do not cook so only drinks and snacks)

Public transport: 150 euro per month

Restaurant/going out for dinner: 10 euro per day

Daytrips/sight-seeing: higher

Additional remarks regarding expenses?

Living in Singapore is more expensive than in Holland.

7. Free time

What are must-sees in the area?

E.g. nearby destinations, how do you prefer to travel, when to plan?

Gardens by the bay, the beach, Chinatown, high tea at raffles hotel, botanical garden and go to a viewpoint (especially at night).

What does not appear in a travel guide, but is definitely worth a visit?

Tjong Bahru Food Market

Do you have general tips and tricks about leisure time?

E.g. recommendations for restaurants, going out?

Marquee and c'est la vie are the most popular clubs for exchange students in Singapore. Eating Korean BBQ at Chinatown is also recommended!

8. Challenges & best moment abroad

What challenges did you encounter and how did you overcome them?

Making new friends because most exchange students stuck with their home university buddies. I overcame this by attending every exchange student activity that was planned where enough students came wanting to meet new people.

What is your best memory of your time abroad?

Going to Singapore F1 Grandprix with my friends

9. Contact details (optional)

Is the reader allowed to contact the writer?	yes <input type="checkbox"/>	no <input type="checkbox"/>
Name/e-mail		