



# WUR Goes Abroad

## 1. Student information

<b>Study programme WU</b>	Nutrition and Health
<b>Exchange semester (dd/mm/yyyy)</b>	15-01-2024 until 15-05-2024
<b>Exchange destination: University</b>	National University of Singapore
<b>Faculty</b>	Faculty of science/medicine/ social sciences
<b>Country</b>	Singapore
<b>City</b>	Singapore

## 2. Motivation for exchange

### a. Why did you choose to go on study exchange?

To learn more about myself and different cultures.

### b. What is the reason you chose for this country?

I wanted to go to an English-speaking country and I heard that Singapore was a very nice place to go.

### c. What is the reason you chose for this university?

It is the best university in Asia and had courses I was very interested in.

## 3. Accessibility to reach destination

### a. Do you have any advice about reaching your exchange destination? Plane

## 4. University and studying

**a. Could you provide some general information about the followed courses?**

	<b>Course</b>	<b>ECTS</b>	<b>Short description of the contents</b>	<b>Appreciation of course: 1(low) – 5(high)</b>	<b>Remarks</b>
<b>1</b>	From DNA to Gene Therapy	7.5	learn how the discovery of the DNA structure ultimately led to tools for gene therapy, enabled by the interplay between disciplines beyond molecular biology.	3	The lectures were online and you had a tutorial once every two weeks. So, there was more self-study and groupwork
<b>2</b>	Advanced immunology	7.5	The highly competitive areas of immunology research focus on innate immunity, macrophage and dendritic cell biology, anti-viral defence, molecular mechanisms of cell death and inflammation, mucosal immunity and host-microbiome interaction, lymphocyte development and differentiation, induction of tolerance, mechanism of autoimmunity and allergy, and vaccine development.	4	This course was quite hard with a lot of content. It was very interesting though.
<b>3</b>	Topics in Biomedical Science: Brain, Metabolism, Ageing	7.5	From genetics to metabolism, developmental biology to ageing, neurobiology to physiology, these key topics interplay to build up our understanding of the human body and how it responds to internal disruptions and external disturbances especially in disease conditions	5	I really like this course it was very interesting. A lot of different ways to learn the content: lectures, tutorials, groupworks, individual projects.
<b>4</b>	Mental health and distress	7.5	This core course covers most of the common mental health problems identified for children and adults, e.g. eating disorders, behavioural problems, attention deficits, learning disabilities, schizophrenia, anxiety, stress, depression, personality disorders, sexual adjustment, substance abuse, suicide, and dementia.	5	This course was really interesting. The teacher was great. The tutorials were very chill and are more group discussions.
<b>5</b>					
<b>6</b>					

**b. I had sufficient possibilities to select suitable courses that were taught in English (Yes, No - Explain):**

Yes, there are a lot of courses to choose from.

**c. I had sufficient possibilities to select suitable courses in my field of interest (Yes, No - Explain):**

Yes, but there are not a lot of nutrition courses.

**d. I am satisfied with the level of the courses that I followed (Yes, No - Explain):**

The courses are quite hard, the locals are very competitive because they work with a bell curve. But in the end it is very easy to pass.

**e. I am satisfied, in the end, with the selection of courses I followed (Yes, No - Explain):**

Yes I was very satisfied with my selection. The courses were mostly interesting.

**f. What is it like to study there?**

*E.g. Study forms, academic level, examination, workload, lesson material?*

It really depends on the courses you have. There are a lot of differences between the courses. The work with a bell curve which is different than we are used to, but it is very hard to fail your exams. I would say the courses are harder than at WUR.

**g. What is the culture of the university?**

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

The local students are really busy with school and all their extra curriculums. The locals are really nice, but a bit shy I would say. But there are a lot of exchange students. In only one class I was the only exchange student. The lecturers are all very nice and always willing to help.

**h. What does the university offer students additionally?**

*E.g. Catering, sports facilities, laundry facilities?*

They are offering a lot. There is free excess to the gym and the pools. The halls have their own small gym, laundry facility and they have meal plans. The food in the canteens is really good and very affordable.

## **5. Housing-traveling-living**

**a. What are the possibilities for housing?**

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

You should definitely sign up for a room on campus. Especially the colleges are great. The halls could be fun, but if you can choose, I would suggest: Tembusu (with a meal plan) or U-town residents (no-meal plan).

**b. What is the culture like?**

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

The culture is very different. It is western Asian, which I really liked. The locals are very strict with their school work and extra curriculums, because it's all very competitive. But everyone is very nice and willing to help.

**c. Could you give some information about public transport infrastructure?**

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

The public transport is great. Buses and MRT are very cheap, and you can go around the city very easily. Grabs (ubers of Asia) are bit more expensive, but when you share it is fine.

## 6. Expenses

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

Category	Expenses
Travelling there	Flights are expensive so book in time
Visa - if applicable	41 euro for students pass I believe
Vaccinations - if applicable	Mine were included in my insurance.
Insurances (extra) - if applicable	5,70 for travel insurance
Daytrips/sight-seeing	Depends it is very easy to go around the city and a lot of stuff is free to see. But the things where you have to pay are a bit expensive around 35 euro
Housing costs per month & type of housing/accommodation	I was in a hall and spend 2000 euro for 4,5 months with breakfast and dinner included.
Grocery costs per month	Groceries are very expensive, but eating out is not. Cooking is not really an option in on campus housing.
Public transport costs per month	12 euro
Restaurant/going out for dinner costs per month	The food centres are very cheap, and meal is around 4 euro. If you really go to a restaurant, it is a bit more expensive.

**b. The price levels were in general [higher; lower; equal] in comparison to in the Netherlands:**

It depends somethings are some things aren't. Groceries are a lot more expensive in Singapore and some activities as well. But my rent was a lot cheaper eating out is way cheaper. Drinking and going out is a lot more expensive.

**c. Additional remarks regarding expenses?**

I spend the most for travelling.

## 7. Free time

**a. What are must-sees in the area?**

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

I travelled a lot around Southeast Asia, these are the places I went:

- Kuala Lumpur (take a bus, it's a lot cheaper)
- Ho Chi Minh
- Thailand: Phuket, Krabi and Ko Phi Phi
- Indonesia: Bali, Lombok, Nusa Penida
- North Vietnam: Hanoi, Ha Giang, Halong bay → (the ha giang loop is a lot of fun!)
- Cebu island
- Hongkong

**b. What does not appear in a travel guide, but is definitely worth seeing/doing?**

- go up to skygarden in capita spring, it's free
- sky bar ion sky in orchard → very nice view of the city
- Georgetown bar at boat quay → is where a lot of exchange student are hanging out before going out.
- The meadow at gardens by the way, is a nice spot for a picnic
- ice cream museum is very fun if you like ice cream, it's a bit expensive though.
- Mustafa centre in little india, is a great and cheaper options for buying all you stuff.
- gluttons by the bay is small hawer centre but really good.

## 8. Challenges & best moment abroad

**a. Any challenges? How did you deal with them?**

Not really

**b. Best memory?**

Travelling with my friends

## 9. Contact details

<b>Is the reader allowed to contact the writer?</b>	yes <input checked="" type="checkbox"/>	no <input type="checkbox"/>
<b>Name &amp; email address (if yes)</b>	Amy Ann Hut. <a href="mailto:Amyann.hut@wur.nl">Amyann.hut@wur.nl</a> Please send me an email if you have any questions or want any further information. I really had the best time in Singapore!	