Nanyang Technological University Exchange
Agenda/Introductions

- Introductions
- Logistics
- Academics
- Life in Singapore
- Health and Safety
- Finances and Budgeting
- Action Items
- Wrap up/Questions
Getting to know each other!
Boston University Study Abroad
Pre-Departure Roadmap

BU Study Abroad

twitter.com/BUabroad  facebook.com/BUabroad  bu.edu/abroad
Program Logistics

- Direct enrollment at Nanyang Technological University
- Maintain full-time status at BU
- Earn BU credits and grades

- Pay home university (BU) tuition
- Pay host university (NTU) room, board, and other services and fees

- Access to all on-campus resources at NTU
- Make use of local services and resources before and during your semester abroad
Office of Global Education and Mobility (OGEM)
www.ntu.edu.sg/GEM-Trailblazer
Gem-trailblazer@ntu.edu.sg

Ms. Deborah Wong, Assistant Manager

Ms. Pauline Ho, Deputy Director GEM Trailblazer Program

International Student Center (ISC)
NTU Program Dates

Program Dates
See NTU academic calendar online

January 10
January 10-11
January 15
March 5 - 9
April 20
April 23 – May 11
July/August

Arrive at NTU
Orientation
Classes begin
Recess week
Classes end
Final Exams
Transcripts sent to BU
Credits and Grades
- Classes are worth 3-4 credits each
- 12-20 credits per semester
- No pass/fail or incompletes
- All grades will appear on your BU transcript

Course Equivalencies at BU: Discuss in advance!

Academic Policies for exchange programs

Registration
- NTU will register you based on your list of preferences
- You can log in to their Web Portal to review your schedule
- Make changes during add/drop
Academics at NTU

Academic Differences and Considerations

- Very heavily weighted final exams
- Keep up with your reading – very independent
- Less homework than at BU
- Professor availability varies
## Academics at NTU

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CAS IP101  The Global Learning Experience: An Online Course

LEARN THE SKILLS IT TAKES TO BE A CITIZEN OF THE WORLD!

During the course you will:
• Set personal and professional goals for your study abroad experience;
• Learn to effectively articulate the value of your semester abroad to future employers or admissions committees;
• Learn tools for identifying cultural differences, patterns and values.

Quick Facts:
• 1-credit pass/fail – 5 very brief yet meaningful assignments.
• Open to students in all fall or spring semester programs
• Delivered entirely over Facebook

Check your Hub Page or www.bu.edu/abroad/gle for the syllabus and instructions on how to enroll!
WHAT STUDENTS ARE SAYING ABOUT IP 101:

“Being part of a community on Facebook helped me feel more connected” (Spring ‘17)

“The Global Learning Experience helped me to contextualize my experiences abroad and learn how to process my time in Spain in a way that will be useful for future employment, fellowships and academic endeavors” (Spring ‘16)

“The questions asked helped me identify what I had been learning, and by identifying these things, I have been able to see and reflect on how much I have changed” (Fall ‘16)

“After the point at which every day life abroad had become "normal", this program helped remind me to appreciate the special things around me.” (Spring ‘16)
Academic Policies

- All students are subject to BU’s Academic Code of Conduct
- Must take the full course load for a grade
- All coursework must be completed prior to end of program (or an F may be assigned)
- If accommodations are needed, notify BU Study Abroad and BU’s Office of Disability Services
- Attendance policies
  - Personal travel must NOT conflict with academic obligations
  - Details will be given during the on-site orientation and/or in syllabi
Academic policies for Direct Enrollment at a Foreign University

As a student enrolling in one or more classes at a foreign university, you are required to:

• Maintain full-time status (12+ BU credits)
• Verify course equivalencies with your academic advisor
• Follow host university policies for final exam registration
• Understand how grades and credits from your host university will be converted to BU grades and credits

As a student enrolling in one or more classes at a foreign university, you may not:

• Audit classes abroad
• Take pass/fail classes abroad (no credit will be granted at BU)

Withdrawals and Incompletes at Host Universities

• Withdrawals reported on your host university transcript will be reported as ‘W’ on your BU transcript
• Incompletes reported on your host university transcript will be reported as ‘F’ on your BU transcript

Please note:

All grades assigned to you by the host institution will be recorded on your BU transcript and all grades earned abroad will be factored into your GPA. Boston University cannot edit, modify or change in any way the final grades that are issued by your host institution and indicated on your host university transcript. You cannot opt to omit courses taken abroad and/or grades earned abroad from your BU transcript.

Remember to review the full set of Academic Policies on your program hub page.
**On-Campus Housing**
- On-campus housing not guaranteed
- 16 halls of residence (prices vary by hall and room type)
- Double rooms
- Apply online - Exchange Portal
- Learn assignment in December
- Pay for housing directly to NTU

**Private Accommodation**
- Difficult to find
- Expensive
- Some resources from NTU at [http://www.ntu.edu.sg/has/Off-Campus/Pages/index.aspx](http://www.ntu.edu.sg/has/Off-Campus/Pages/index.aspx)

**Meals**
- No meal plan; pay for meals a la carte
- Many dining options on campus and nearby in the city
- Average food cost per semester: approx. $1,100
Life at NTU: Campus

Get Involved!
- Clubs and organizations
- Community service
- Sports
- Special events

Utilize resources
- Libraries
- Career services

Explore the city!

Campus Map:
http://maps.ntu.edu.sg/maps
Life in Singapore: Getting Around

**MTR (subway)**
- Easy, modern, efficient
- Student EZ LINK card provides discount on rides
- Closest stops to campus are Pioneer or Boon Lay

**Bus**
- Run frequently
- Easiest way to reach NTU campus

**NTU Shuttle**
- Free Campus Shuttle for students

**Regional Travel**
- Bridge to Malaysia: 40 minutes from campus
- Other popular destinations: Thailand, Cambodia, Vietnam, Australia
- Do not leave Singapore until you have Student Pass!
- Notify IRO when leaving Singapore
Culture

- Language
- Communication
- Courtesies
- Rituals
- Roles
- Customs
- Practices
- Relationships
- Expected behaviors
- Values
- Thoughts
- Manners of interacting

CULTURE
Culture Shock

I LOVE IT HERE! FIGHT ON!

NO ONE UNDERSTANDS ME. EVERYTHING IS SO DIFFERENT...

OH IT'S NOT BAD HERE AFTER ALL. I EVEN KIND OF LIKE IT!
Top 10 Tips for Coping with Culture Shock

1. Research your host country prior to departure
2. Keep an open mind
3. Search out new experiences and friends
4. Do not judge the people of a country by one person or one experience
5. Keep a sense of humor
6. Listen and observe rather than merely see or hear
7. Reflect daily to process your experiences
8. Use your host university’s support system
9. Stay in touch with home
10. Remember you have traveled far to learn about and experience a new culture, and to represent your country and school; most people only DREAM about having this experience.

There is no "best way" to deal with culture shock; it always depends on the individual.
You will receive your Student Pass after you arrive in Singapore. However, there are important steps to take before departing.

**Steps:**

1. Submit online application to NTU
2. NTU enters your information into SOLAR
3. Complete and print eForm 16 through SOLAR (pay fees about $95)
4. Enter Singapore with eForm 16; save your embarkation card
   - Bring NTU admission letter if you booked a one-way ticket
5. Receive IPA letter at NTU registration*
6. Convert IPA letter to Student Pass at NTU orientation/registration

*Some students (non-U.S. Citizens) will receive their IPA letter via email or mail in advance
Communication

Staying connected with home
- Skype and Facetime
- Email, messaging, and apps (WhatsApp)
- Wifi widely available with good speed

Mobile Phones
- Make sure you have a local number for emergencies and ease of use
- Local pay-as-you-go plans are the easiest and most economical. You can either get a whole new cheap phone, or just a new simcard.
  - Most students purchase a phone after arriving in Singapore to use for local calls/texts
  - T-Mobile offers good options in Singapore
- Keep your current smartphone on “airplane mode” and use apps on Wi-Fi when it’s available.
- US-based international mobile phone plans are more expensive and often don’t work. Skip them.
In an Emergency

If you are involved in an emergency:
1. Call local emergency services
2. Contact the program staff
3. Contact your family or emergency contact

If there is an incident while you are abroad:
1. Let the program staff know you are ok
   - Respond to any emergency messages they send
2. Contact your family or emergency contact

Unacceptable reasons for being unreachable:
1. Your phone isn’t turned on or charged.
2. You have limited minutes and want to save them.
3. You don’t want anyone to know where you are or what you’re doing.

We don’t judge! We just want to know you’re okay!
Health

Plan ahead!

- Visit your doctor about any health concerns or for a physical, if overdue
- Maintain regular dental appointments
- Make a plan to access your medications abroad
  - Talk with your doctor
  - Make a copy of your prescriptions; keep them with your packed medications
  - Check with the host country consulate for restrictions
  - If allowable, obtain a supply for full semester
  - Do not plan to ship medicine abroad
- Learn about differences in medical facilities and the local health system
- Contact program staff with any concerns
Mental Health

• Talk to your therapist/counselor about mental health while abroad and make a plan before you go.

• Even if you may be excited about new opportunities, stress or anxiety may increase abroad.

• Stay Healthy:
  • Keep up routine (when possible)
  • GeoBlue covers mental health care
  • Use the on-site staff as a resource
Approximately two weeks before the program start date, all students will be enrolled in a plan from GeoBlue that provides comprehensive international health insurance coverage, as well as emergency travel assistance to cover medical and security evacuation.

- Valid for the duration of the program; extendable at the student’s expense
- Detailed coverage information is provided on the BU Study Abroad Health & Safety page and again by email at the time of enrollment
- In case of need of medical treatment, mental health counseling, or emergency travel assistance while abroad, or to set up appointments in advance, contact GeoBlue directly and identify yourself as a Boston University student:
  - Call collect worldwide: +1-610-254-8771
  - Toll-free inside the US: 1-800-257-4823
  - globalhealth@geo-blue.com

All students are required to maintain their US-based health insurance coverage while abroad.

GeoBlue
Worldwide Health Insurance for Higher Education
Program Emergency Plan
- Boston University closely monitors the security situation across the world, and follows guidance from local authorities and the US State Department
- Detailed emergency plans, general safety precautions and ways of communicating will be explained during orientation

Personal Emergency Plan
- Enroll in the [State Department STEP Program](#) to get travel alerts and warnings
- Talk with your family about communication expectations so they know you are okay
- Always have emergency contact numbers with you, both in your phone and separately
Our Expectations of you:

We expect that you will...

- Share responsibility for your safety and that of others in the program.
- You will be reachable by local phone at all times. Keep your phone charged and topped up with minutes.
- You will reach out to program staff and your family if you experience, witness or become aware of a serious incident of any kind.
- You will report issues of any sort in a timely manner to the on-site staff (or directly to Boston if necessary) so that we can help you.
Personal Safety

Take Responsibility for your OWN Risk Management!

- Talk to your family and friends about the location-buildings, housing, staff, insurance, resources
- Practice situational awareness: Be aware of your surroundings; be vigilant of others.
- Do not drive (road and pedestrian accidents are #1 cause of injury/death abroad)
- Do not participate in demonstrations or protests
- Drink responsibly –The majority of problems student’s face are related to alcohol. It’s not the staff’s responsibility to manage your consumption!
- Travel with others and look out for each other.
- Pay attention to the news (before and during the program)
- Practice safe sex and report any sexual assault to staff abroad.
Keep your belongings safe

• Do not bring valuables or sentimental items abroad

• Avoid carrying large amounts of cash

• Monitor your wallet/purse closely. Keep money hidden, or consider a money belt

• Limit smartphone usage in public

• Carry only necessities out at night – make sure you have emergency numbers with you
Boston University is committed to fostering a safe learning environment for all members of the University community and preventing sexual misconduct.

- **All forms of sexual misconduct**, including rape, acquaintance rape, sexual assault, domestic and dating violence, stalking, and sexual harassment are violations of Boston University’s policies, whether they happen on campus or off campus.

- **Reporting**: On-site staff should be first resource. If unavailable or uncomfortable reporting, contact Title IX Deputy Coordinator Debbie Miller at millerda@bu.edu.

- **BU staff/site staff** are obligated to report any incident of sexual misconduct

- On-site staff will go over this in orientation

- Visit [www.bu.edu/safety](http://www.bu.edu/safety) for more information.
BU Bill
- Tuition only
- Contact Student Accounting Services with questions

Typical expenses
- $1,300 housing
- $1,100 food
- $320 local transportation
- $400 books
- $1,200 personal spending*

Money-saving tips
- Cook your own meals
- Travel locally rather than internationally
- Prioritize your entertainment
- Take advantage of University resources and events

*Highly dependent on how much you travel while abroad
Banking: Singapore dollar (SGD)

- Make sure you have easy access to cash while abroad
- Using your American bank account
  - ATM withdrawals and fees
  - Minimize number of withdrawals
  - 4-digit PIN
- Tell your bank and credit card about travel in advance
  - Does your bank have a partner in Singapore?
  - What additional fees will you have to pay?
- Singaporean bank account
  - Eligible to open one (most students don’t)
  - Information during orientation
  - Takes several weeks to set up: have another source of cash
- Credit card for emergencies
- Access to multiple types of funds

1 USD = 1.36 SGD
Flights and Travel to NTU

Independent Flight

- Submit flight information to the **BU International Travel Registry**
- Book one-way or roundtrip
- Review arrival and check-in instructions from NTU

TAXI – about 45 minutes, 35 SGD (27 USD)

Housing Check-In

- Submit arrival information to NTU through the Exchange portal
- Review housing check-in instructions provided by NTU
- If you plan to arrive early or outside of check-in hours, view information [here](#).
LOGISTICS
• Arrive at the airport no later than two hours prior to your departure
• Wear heavier clothes on the flight to be able to have room in your suitcase
• Confirm your departure time and flight

CARRY ON
• Passport and printed copy eForm 16
• Liquids 3oz or less in plastic bags (check www.tsa.gov for up to date requirements)
• Essentials to last you a few days in your carry-on in case your luggage gets lost (toothpaste, deodorant, underwear, medicine, socks)

HEALTH WHILE TRAVELING
• Drink lots of water and stay hydrated
• Be sure to time your medications while traveling
• Get lots of sleep after you arrive: jetlag can take up to a week to go away!
Packing List

• **Luggage:**
  – Use bags that are light and sturdy – one large, one carry on, one shoulder bag or backpack
  – Pack only what you can carry *yourself*
  – Check airline restrictions on weight and number of bags you can take aboard. Overage fees may apply.
  – Do not plan on shipping items abroad

• **All students should bring:**
  – Passport with eForm 16 and IPA letter
  – Flight itinerary (include NTU acceptance letter if you booked a one-way ticket)
  – All medication you will need for the duration of your program
  – NTU contact details and directions to your housing
Program Specific Items:
• Handbooks and emails from NTU
• Clothes for hot, humid weather; light sweater and rain gear
• Laptop
• USB drive for backing up academic work and for printing
• 3-prong plug adaptor (UK-style) and voltage converter (if needed)
• Ibuprofen: requires a prescription and can be expensive in Singapore, so bring it with you if you want it

What NOT to bring:
• US-based international cell phone plan
• Conspicuous clothing or electronics
• Sentimental items you could do without
• Personal appliances (hairdryers, straighteners, shavers)
Engaging with NTU and Singapore: Start now!

• Beneficial to research before you go and for resources while on site

• Local Social Media
  ➢ Follow local businesses, venues, organizations, etc. to get latest news about places of interest and keep up with different social trends.

• Local streaming TV, Spotify channels, radio, etc.

• Blogs and websites
  ➢ You have a place to track good websites, magazines, and apps on the worksheet that’s attached to the online module. Use it!
Future Communication

- Pre-Departure Module and general reminders
- Additional information directly from NTU about classes, housing, SOLAR/immigration, and arrival dates and details
- Getting Ready to Go e-mail (important reminders sent a few weeks before departure)
- GeoBlue Insurance e-mail
- Request to join BU-Singapore Facebook group
Action Items

- Review admissions email from NTU, including all deadlines and procedures
- Complete information in SOLAR and print eForm 16
- Apply for NTU housing
- Confirm class registrations in Exchange Portal
- Complete general BU pre-departure documents
- Book your flight (roundtrip or one-way)
- Watch the online module (again!)
- Check in with Student Accounting Services and/or Financial Assistance as needed
- Talk with your doctor about health and medications abroad
Safe travels!
BU provides educational programs designed to promote awareness and prevention of sexual assault and domestic violence.

- **Rape Aggression Defense (RAD) training**
- In cooperation with BU’s Student Health Services, SARP provides a variety of trainings and services, including:
  - Step Up. Step In. (Bystander training)
  - Health services
  - Mental health counseling
  - Violence prevention workshops
- **Be Safe@BU**
- **Wellness & Prevention Services**
- Non-BU students, please also research your university’s services
Resources

LGBTQ Resources
• US State Department Advice for LGBT Travelers
• Diversity and Inclusion Abroad: Sexual Orientation Abroad

Disability resources
• Diversity and Inclusion Abroad: Student with Disabilities Abroad
• Abroad with Disabilities Facebook Community

Women’s issues by site
• US State Department Advice for Women Travelers
• Diversity and Inclusion Abroad: Women Abroad
• BU: http://www.bu.edu/shs/resources/

Many additional resources can be found online.