



THE EXCHANGE SURVIVAL GUIDE

FOREWORD

While on exchange, we realized that information about cities and places we have visited are not always available within our reach. Some tips and recommendations were only known after the travelling experiences. When our exchange ended in Mid-2015, we thought it would be helpful to share these experiences. It is our hope that you won't make the same mistakes or go through the wrong route as we did, but enjoy from the benefit of our knowledge. However, it is never our intention to provide step-by-step guides so we wish that you do not follow them as they are. Take these advices with a pinch of salt. Go forth, embrace the unfamiliarity, and live your own chapter.

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First Executive Committee of USP Club

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SURVIVAL GUIDE (CANADA)

SETTLING IN CANADA

- You might have to meet your Prof of the faculty to ensure that you fulfill the minimum requirements to take the respective modules (Bring your degree audit along, helps A LOT)
- For alcoholics: drinking is not allowed in public places. Beer/alcohol bottles that are opened cannot be brought out.
- Open a bank account – there are several bank accounts that offer a free account for students (given that you don't have more than 25 withdrawals/mth). You typically have to pay a total of about \$50 to both the bank in SGD and CAD for the wiring process

HOW TO KEEP WARM?!

- Northwestern Canada has one of the harshest winter. Typically, the weather is -20 to -50 degrees from Dec till March.
- Get those with a layer of fur inside the boots, high cut. Waterproof boots will be very useful and best would be those that are anti-slip. Local brands in Canada are much more affordable (50cad?)
- Typical layers during winter: 2 layers of thermal innerwear, 1 collar shirt, 1 sweater, down jacket + scarf +beanie, 2 layers of socks, boots and gloves. (Advice by QiuYan)

GROCERIES

- Walmart sells the cheapest food BUT always start your grocery shopping from Dollarama/Dollar Store.
- Superstore is more popular amongst Canadians, and also have more Asian condiments.
- Wholesale is a superstore but cheaper when you buy in bulk.

WINTER ACTIVITIES

- Ice hockey is a must watch
- Curling
- Cross country skiing
- Tubing
- Downhill skiing

GETTING AROUND

- Purchase the bus pass from your school! 1 trip cost about \$3CAD / trip.

GETTING OUT OF THE COUNTRY

- WestJet and Porter are the better airlines! Air Canada is mehhhh.

SPECIFIC TO THE CITIES

TORONTO/QUEBEC/MONTREAL/OTTAWA

- If you are flying in to Toronto, take Porter (airport is located in the city so you don't have to spend extra taking the train from the Int'l airport to Toronto City).
- Megabus/ Greyhound is a good way to travel between cities, even from Toronto to Niagara Falls.
- 1-day tour from Montreal to Quebec (ice-hotel and Montmorency falls)
- Get the day pass in all of these cities if you are going around on your own

CALGARY / BANFF

- Fly to Calgary to get to Banff! Either drive up or take a bus (~100CAD round trip).
- If you happen to be there on a Tuesday, catch a movie – 50% off!!!
- Will be a lot more convenient to have a car to go to the ski resorts/Lake Louise/ hot springs/etc! Tours are expensive
- Dog sledding
- Find out if there are buses that bring you from your hotel to the ski resorts

VANCOUVER

- Get the day pass (12CAD) – able to take the metro, bus and seabus with it!
- Loads of activities (sight-seeing kind) to be done
- Get a bike to cycle around Stanley park
- Most of the attractions are accessible by bus
- Consider skydiving

SURVIVAL GUIDE (DENMARK)

SETTING IN

- SIM card: Lebara offers free SIM cards (not sure of other schools, but CBS provides this in its welcome package) Even if you're not from CBS, you can sign up on the Lebara website and get it for free!
- CPR Number: This is similar to your NRIC identification in Singapore. There will usually be people from the Commune coming down to the school to help you set up your CPR number. You will get the health card (free healthcare in Denmark yay) and resident card (make sure you receive this, a lot of us simply did not receive this, please call them up if you do not). The resident card has perks when you travel around EU, because you are then a EU citizen. A lot of discounts are only given to EU citizens. Bring your passport, letter of approval from NTU/Host University, Residence Permit Approval and a photograph, if I'm not wrong (please double check, it was quite a lot of administrative paperwork needed)
- Bank account: Most of us did not see the need to open one (Shermaine)
 - If you want to open one however, you can go to Danske Bank (Local Danish Bank) or Nordea Bank (Scandinavian and Baltic regions). It is free of charge, bring along your passport and CPR number. Danske Bank has instructions in English online, but Nordea Bank is purely Danish. However, Danske Bank charges more for withdrawal after the first transaction outside of Denmark, whereas for Nordea it is free (ask the banks more about this).

GETTING AROUND

- Bicycles
 - A second-hand (or rather, multi-hand) bike should cost about DKK400 – DK800, depending on the size and condition. Those who prefer shorter bikes better act fast as the supply is low. Buy a Bike Copenhagen Facebook group is useful.
 - Beware of stolen bikes being sold (Ask for the registered serial number)
 - Get bicycle lights fixed on your bicycle and a bicycle lock
 - Allowed on metro during non-peak hours with a bike ticket at DKK 13
- Metro and A-buses operate 24 hours
- Copenhagen operates on a honor-value based system. This means that there are no metro gantries, just ticket inspectors occasionally in black uniform. It is up to your own risk, the fine is 750 kr.
- The Copenhagen Card (375 kr for 24 hours) allows you to go around Copenhagen's best attractions for free during the 24 hour period. This card also gives you free transport on all buses, trains and S-trains.
- Rejsekort Card
 - This is the new transport card system (similar to ez-link) that the Danish transport system is trying to get everyone to use. It is advisable to use this card (apply at Copenhagen Central Station with your CPR number) because it is much cheaper than paying once off – 25 kr per ride. However, if you use the Rejsekort Card, each ride only becomes 13kr.

GROCERIES

- Netto should be cheaper than føtex but føtex has a much wider selection and fresher food
- The order of supermarkets are Irma, Føtex, Fakta, Netto/Rema 1000/Lidl (Rema 1000 and Lidl are cheap but not as widely available) House brands in Denmark are surprisingly good.
- The Turkish stores sell cheaper vegetables and eggs, but may not as fresh.
- Asian Supermarkets are located at Copenhagen Central Station. It is not 1 big supermarket, but multiple small shops, specializing in one ethnicity each. For example, there will be a Thai store, Indian store, Chinese store, Korean store, etc. Eggs are cheaper at the Chinese stores, where they sell them in bulk, like 48 eggs. Share and split with your friends for maximal cost savings.
- Remember to recycle your beer cans, plastic bottles, etc because you have to pay 1kr-3kr for them as tax. Recycle them at any supermarket.

LEAVING THE COUNTRY

- There was no need to return the residence permit card at any point. Even though I left Denmark to travel before my residence permit expired, I returned to Denmark for a couple of days for my flight back to Singapore after my residence permit expired, but there was no issue, because I left the Schengen Area to enter Turkey before my residence permit expired, before re-entering into the area with my Singapore passport. This is only fyi, as these border control issues are serious and constantly changing, please check this out personally.
- Tax refund!

FESTIVALS

- Jazz music festivals (February and July); the Danes really love Jazz!
- Distortion (first week of June); basically drinking and loud music in the streets
- Tivoli Festival (throughout Summer); concerts in Tivoli and fireworks on Saturdays! On Fridays and Saturdays, go before 8pm, else you need to pay an additional 40 kr because there are concerts playing on those days. Highly recommended to stay till the night time, the fairy lights and atmosphere make it really pretty.
- Roskilde (Biggest musical festival in Denmark and Northern Europe) Occurs in June.

SPECIFIC TO THE CITIES

COPENHAGEN

- Food
 - Bertel's Salon for good cheesecakes
 - Kongens Nytorv area for churros
 - Joe and the Juice
 - Noma (best restaurant in the world, make reservations in advance if you want to eat here)
 - Konditori La Glace (Best hot chocolate, most famous café in Copenhagen, one of the 29 cafes to visit before you die according to BuzzFeed)
 - Toverhallerne at Nørreport
 - Copenhagen Street Food Market (weekends only)
 - Kødbyen Weekend Market
 - Kosk Kebab and Divan's kebab (kebabs are the cheapest thing you can find in Copenhagen if you eat out, and these are the best! Both are at Nørrebro)
- Attractions
 - Christiania (weed town)
 - Nyhavn (best place to go in Summer)
 - Frederiksberg Have (this park is really pretty in winter, and there was an outdoor skating rink right outside the park)
 - Louisiana Musuem of Modern Art (45 minutes outside of Copenhagen)
 - Islands Brygge Harbour Bath
 - Kastrup Søbåd
 - Black Diamond/Royal Library
 - Architecture in Copenhagen (Gemini Residence, Tietgen, 8tallet, AC Bella)
 - Kongens Have
 - Nørrebro (new hip area)
 - Superkilen
 - Assistens Cemetery (where Hans Christian Anderson was buried)
 - Kronborg Castle (Helsingør, 1 hour away from Copenhagen)
 - Harbour Boat (price of a normal public transport ride, free with the Copenhagen Card) Get a view of Copenhagen from the canals, but without the hefty price of the canal tours!
 - The Little Mermaid

** Copenhagen is so beautiful and there are so many hidden gems and treasures throughout the city. After travelling to so many cities, I personally feel that Copenhagen is the best European city and it is my favorite European city! I regret not spending more time exploring Copenhagen, but then again, the city only comes alive in summer time. So please spend more time in Copenhagen if you are there during summertime! The whole city is buzzing, alive, happy and the weather is just nice. (Joelle)

AARHUS

- Attractions
 - Den Gamle By: The Old Town Museum

- Course registration
 - CBS normal load is 4 modules, overload is 5 modules, you can try to ask NBS to write you an overload letter so that you can try to request CBS to allow you to take 6 modules; can cite reasons like some NBS modules can only be cleared with two CBS modules e.g. Comm Fund 2.
 - By right there is a limit to the number of hours that your lessons can clash, but doesn't seem like there is a strict implementation on this when I was there
- Examinations
 - Oral examinations tend to overrun, so think twice if you intend to plan something (e.g. a flight) right after your examination purely based on estimation of your allocated timeslot
- International office
 - Allowed to leave your luggage there while you travel after school term

SURVIVAL GUIDE (GERMANY)

P.S. Please do read up more on your own or find out from others cause the information here might actually be outdated since I went for exchange quite some time back.

SETTING IN

- To get a VISA, you would need to open a German bank account. The one I used was from Deutsche Bank. Application for this account can get rather confusing but I'll try my best to simplify it.
 - Download the form from [here](#). FAQs are [here](#).
 - You need to block €670 per month. E.g. If you are going to be there for 5 months, the minimum amount to block is $€670 \times 5 = €3,350$. Means if you transfer €3,350 only, every month for those 5 months, they will only release €670 to you each month.
 - The catch is, you can transfer more than the amount you are required. If you decide to transfer €5,000, remember not to block the whole €5,000! Otherwise, you do not have freedom to the extra €1,650 you transferred in.
 - So, in summary:
 - Amount to transfer: However much you want (E.g. €5,000)
 - Amount to block: $€670 \times$ how many months you are going to be there (E.g. $€670 \times 5 = €3,350$)
- SIM Card – Some providers only offer Microsim and do not have it for Nanosim (I went in 2014 so I am not sure if things have changed). I used ALDI Talk (Microsim) and my friends using Nanosim used Lebara.

GROCERIES

- There are various German supermarkets like Lidl, Aldi and Penny. Most of them have similar prices. If you are craving for Asian food stuff, look for *Chinese/Oriental* supermarkets. Surely the prices in these supermarkets are higher than what you see in Singapore but if you are craving, just pay the difference.
- When you buy drinks in plastic bottles/glass bottles or in cans, you are charged for these packaging. However, when you return them to the supermarkets, you will get a 'pfund' (refund) back on them. Plastic bottles are usually €0.25 per bottle while glass bottles and cans are €0.08 per piece. To return these packaging, there are either machines for it or you can directly return it at the counters.

GERMAN FOOD

- Currywurst (Fried German sausages with tomato ketchup and curry powder-Try it at Berlin)
- Kebab (A Turkish food but hearsay Berlin has the best Kebab)
- Schnitzel (Chicken Cutlet)
- Pork Knuckle (Munich is famous for them)

FESTIVALS

- Oktober Fest

GETTING AROUND

- S-Bahn and U-Bahn (MRTs)
 - Generally, most German schools will give you a semester-long student pass which you can use on these public transport.

GETTING OUT OF THE COUNTRY

- Trains to almost everywhere. Look up DBBahn. The central station is usually called the Hauptbahnhof. So each city will have their own Hauptbahnhof.
- Buses to almost everywhere. Find out the deals on Eurolines, Meinfernbus. Use Busliniensuche to search for buses in Germany. This website is good because it gives you a summary of all the prices and timings from the different companies.

LEAVING THE COUNTRY

- You are supposed to return to the local immigration office when you leave.
 - Get a letter from them so that you can empty your bank account (should you need to)
 - You also need to go and de-register yourself. When you arrived in Germany, you would probably have done something called the 'alien registration' so now you need to deregister. Check with your school for more information.

USEFUL WEBSITES

- Train: <http://www.bahn.com/i/view/GBR/en/>
- Bus: <https://www.busliniensuche.de/>

SPECIFIC TO THE CITIES

BERLIN

Food:

- Curry36 Currywurst (Mehringdamm Station has one outlet)
 - Address: Curry 36, Mehringdamm 36, 10961 Berlin
 - Try the *Pommes* (French Fries) and *Currywurst*. (€4.60 for a set of 2 *Currywurst* and Fries)
- Mustafa Kebab (Mehringdamm Station)
 - Address: Mustafa's Gemüse Kebap, Mehringdamm 32, 10961 Berlin
 - Hearsay it's the best kebab ever.
 - Be prepared to queue.
 - While in the queue, enjoy some Currywurst from the famous Curry36 store nearby and share it around (Otherwise you might be too full for the kebab).
 - As a rough guide: The nearest tree from the store: 10 minutes away from your kebab. Every additional tree is 15 minutes. If they have just changed the meat, it's an additional 30 minutes.
- Burgermeister
 - Address: Oberbaumstrasse, Kreuzberg (U1 Schlesisches Tor station)
 - A rather affordable (€3.50 onwards) burger place situated just below the train station.
 - They mostly serve beef burgers so those who are vegetarians/non-beef eaters can enjoy their tofu burger (which is rather good!).
- AngryChicken (Korean style fried chicken)
 - Address: Oranien Street 16, 10999 Berlin, Germany
 - Do not expect to get a really filling meal but give this place a try (: WARNING: The So So Angry Chicken is really quite spicy! The sweet potato fries are decent too.
 - Website: <http://angry-chicken.com/>
- Doner Box
 - Donerbox is simply kebab but the bread is replaced with fries instead. Yum.

Getting around:

- The Berlin train map is divided into 3 zones (A,B and C) with A being the innermost circle and C being the outermost circle. The train tickets are sold according to zone (AB, BC or ABC). The AB ticket is usually enough to get you around unless you are heading to Schönefeld Airport.
- There is a day pass (about €6.90 per day per person). The interesting thing is that the day pass for 5 people is €16.90 for the group of 5! SO, if there are 3 or more of you all, just get the group pass instead of the individual day pass.
- Some of these ticketing machines do not accept notes so yes, prepare like €16.90 worth of coins!
- Do remember to validate your day pass. There is this small machine just beside the ticketing machine that will stamp the date & time for you. THIS IS IMPORTANT! If you are caught with an un-validated ticket, you have to pay a fine (and don't mess with the Germans). It does not matter that it is a new ticket, as long as it is un-validated, you are guilty.
- You can use this ticket for both bus and trains.
- There are many other variations (e.g. you can purchase a single trip ticket, or but 4 single trip tickets etc. [This](#) Tripadvisor page gives a rather good summary)

Attractions

- Berlin is a place with loads of history so generally the attractions are all of historical significance. I would recommend visiting the *Brandenburger Tor* (Brandenburger Gate) in the day and night. The views are quite different and nice.

DRESDEN

Just a 2 hour bus ride away from Berlin, perfect place for a day out from Berlin (: It is one of the less touristy places but definitely one of the nicer cities in Germany.. If you intend to explore the 3 museums at Zwinger, at the very least give yourself half a day for it.

FRANKFURT

Just another Shenton Way, only bigger. Nothing much to do/see here.

NOTE: there are 2 airports, one is called "Frankfurt Am Main" and the other is "Flughafen Frankfurt" (or also known as Frankfurt Hahn Airport). Note that "Flughafen Frankfurt" is about 2 hours away from the Frankfurt City Centre and you would need to catch a bus to get to the centre. There is no public transport from "Flughafen Frankfurt" to the city centre, only private buses. For more information, check out [this](#) website. Ryanair operates from the Hahn Airport and not the main one.

COLONGE

The Christmas Markets are famous but I did not get a chance to visit them so I cannot say much!

MUNICH

Be sure to visit their Hofbrauhaus (Beer Halls). It can get quite chaotic since there are many people but it sure is a good experience! Try Augustiner's, some say the pork knuckle here is good.

WURZBERG

A good place for a day out from Munich. Check out the Wurzburg palace for its beautiful Baroque style interior.

HAMBURG

The only place you get to see the sea in Germany, since Germany is rather landlocked.

Try to get in on a Sunday morning so that you can see the Fishermen's market, but do double check if the market is still in operation.

SURVIVAL GUIDE (SEOUL)

SETTING IN

- SIM Card
 - You can purchase the EG Sim Card from the convenience stores (e.g. GS 25). Online purchase is possible. The mobile application has to be downloaded for it to work.
- Bank Account (optional)
 - You can try opening an account at Woori Bank (especially if there is the bank in your school).

LEAVING THE COUNTRY

- Luggage Weight & Sending Items Home
 - Seek help from Korean-speaking friends to arrange for collection of parcel. The postman can come to your hostel to collect the items you want to send back.
 - The delivery takes a relatively short time. You may or may not want to opt for EMS. In my opinion, EMS is not needed. The normal Korean Air mail is fine.

GROCERIES

- Supermarkets
 - There are a few supermarkets in Seoul. Most of you may recognise Lotte Mart. However, based on experience, Lotte Mart does not offer the cheapest groceries. Try E Mart or Home Plus, especially when they have deals.
 - Website on Supermarkets: http://english.visitkorea.or.kr/enu/SI/SI_EN_3_6.jsp?cid=682553

FESTIVALS

- Check the website: http://english.visitkorea.or.kr/enu/SI/SI_EN_3_2_2.jsp
- School Festivals
 - E.g. Akaraka Festival at Yonsei University

GETTING AROUND

- Subway/Buses
- KTX (e.g. from Seoul to Busan)
- Plane (e.g. from Seoul to Jeju Island)
- Cab (in Jeju Island)
 - In Jeju, it is recommended to hire a one-day cab driver or rent a car. Getting around by public transport may be inconvenient.
 - Bring more cash. It is less 'card-friendly'.

TRAVELING IN KOREA

- Guesthouses
 - Guesthouses are cheaper than hotels. If you are staying with friends, with a budget, these are recommended.
 - Recommendation: Maruji Guesthouse at Hongdae. The owner, Jacob, is really nice. The location is pretty accessible and the rooms are nicely decorated. Free wifi and breakfast (simple buns and orange juice) are provided. Go to www.marujiguesthouse.com/
 - Do try to book your guesthouses in advance!

GKS SCHOLARSHIP

- Kindly check your NTU emails regularly after you are accepted into the school in Korea.
- This scholarship is by invitation. You might receive an email asking you to apply for this.
- Just apply! You just have to type some essays and do some administrative procedures in Korea (e.g. getting a bank account).
- This scholarship is offered by the Korean government to foreign students, to encourage Korean studies. (Link: www.studyinkorea.go.kr/en/sub/gks/gks_introduce.do)
- Do not worry if you are a Nanyang Scholarship or College Scholarship recipient; you are still allowed to receive this scholarship. But you can always double check with the Office of Admissions and Financial Aid (OFA) again.
- If you receive the scholarship, you will receive a one-time off settlement allowance, monthly allowances and flight reimbursement. These will be transferred to your Korean bank account.
- You are not really required to do anything during the exchange for the Korea government. I think you just have to take modules on Korea.
- At the end of your exchange, you are supposed to write an essay. They will mail the certificate of completion of this scholarship back to Singapore!

SURVIVAL GUIDE (NETHERLANDS)

SETTING IN

- Purchase a bicycle once you have settled in. This mode of transportation is the most common in Holland and it will serve you well by avoiding the hefty costs of bus transportation at least €2 per ride. A second-hand bike should cost about €50 - €100. You may also search for Facebook Groups that are created for people to sell their used bikes.
- Open a Dutch bank account: ABN Amro (in English), ING (all information in Dutch). You can use Maestro to do online payment (iDeal). Some schools do not require you to open a Dutch bank account, but it is definitely more convenient with one.
 - You may be charged with cash withdrawal fees (charged by SG banks) and ATM fees when you withdraw money from your Singapore bank account from an overseas ATM.
 - Transferring cash to your Dutch bank account: It is best to estimate how much money you need and do a one-time transfer, as banks may charge for transfers from foreign bank accounts!
- SIM Card – Lebara offers free SIM cards. Top-up online to get bonus credits!

GROCERIES

- Depending on where you live, you may be shocked to discover that stores are normally not open after office hours. You may be hard pressed to find stores open past 6pm or 8pm in many places. Never fear, on *koopavond* or “shopping evening,” they will stay open until the late hour at 9pm/10pm.
- There are various Dutch supermarkets and in order of affordability (the first being more expensive than its counterparts): *Albert Heijn, Jumbo, Dirk, Coop, Lidl, Aldi*. And if you are craving for Asian food stuff, look for *Oriental* supermarkets.
 - At Albert Heijn, get the (free) bonus card to enjoy the discounts! Promotional items are often priced affordably.

DUTCH FOOD

- Stroopwafel
- Kibbeling (try at Grote Markt)
- Herrings
- Pancakes (like crepes or roti prata)
- Chocomel
- Pepernoten (usually only available around Christmas)
- Oliebollen (from carnival/Christmas markets)

FESTIVALS

- King's Day (27th April)
- Open Monument Day (Second weekend of September)
<http://www.openmonumentendag.nl/open-monumentendag-english-summary/>
- Sinterklass going to your town (date varies)

GETTING AROUND

- Bicycles
 - 6euros to bring your bicycle onto the train, during off-peak hours
- OV-chipkaart
 - Anonymous card, 7.50 euros (valid for one year, possible to buy second hand)
 - Individual card, 7.50 euros (non-resellable, required for purchases for season passes)
 - 1-year Season pass for 50euros, 40% discount during off-peak hours, weekends, and public holidays.
- Train Group Tickets, find a group of 10 people and travel at 7 euros per ticket
 - Search on Facebook and look for NS Group Tickets Amsterdam (or other cities, depending where you stay at)
- Travelling together with Dutch students
 - Dutch students enjoy concession rates, and when you travel with them, you get 40% off!
- Travelling out of Netherlands
 - Bring along your Residence Permit (like your NRIC) as your visa will expire.

USEFUL WEBSITES

- Train: <http://www.ns.nl/>
- Directions: <http://9292.nl/>
- Student sale website, search for FB student groups

SPECIFIC TO THE CITIES

AMSTERDAM

If you're a museum-goer, get the museum card! It costs a total of 65 euros and gives access to a large number of museums across the Netherlands. It lasts for a year, so you can sell it before you leave! (Alternatively, you can borrow a museum card because they usually do not check the names. Just make sure that the gender is correct.) Stay calm and ask your hostel/hotel reception if they have second-hand museum cards for sale.

Things to do:

- Sign up for FREE tours to learn about the Dutch culture and rich history
Sandermans Guided Tour for Amsterdam (3 Hours, booking fee of 3 euros)
- Anne Frank House
Reserve your tickets online if possible, or else you will have to queue for 2-3 hours (if you visit on weekends). The online tickets run out very quickly so be sure to book early. The crowd is much smaller on weekdays.
- Do not get the Amsterdam pass.

GRONINGEN

Grote Markt on Tuesday, Friday, Saturday & Sunday

If you are studying in Groningen, sign up for ACLO Sports at only 39euros for one full semester, where you can keep fit and try out various sports, including Sky Diving!

DELFT

Grote Markt on Thursday & Saturday (typical dutch market, seafood, fresh fruits & vegetables)

Antique market on Saturday

Stads Koffiehuis (cafe, with exceptionally good pancakes, and other food stuff)

UTRECHT

- Go for the Utrecht Free Tour <http://www.utrechtfreetours.nl/>
- Museum Speelklok - Go for the guided tour (which does not cost extra), during which the guide will play some of the instruments!
- Kasteel de Haar - a really nice place to spend a day. You can only enter the castle if you go for the guided tour. Call early to book the english tour!
- Lapjesmarkt (the oldest fabric market in Holland) on Breedstraat on Saturday mornings
- Vredenburg market is open on Wednesdays, Fridays, and Saturdays at the open square in the city centre. Get your fresh stroopwaffles here.
- Get (handmade) ice-cream at Ijssalon Vorst and enjoy the sun at the nearby Wilhemina park. Closed in winter.
- Miffy Museum

MAASTRICHT

- There is market on every Wednesday and Friday. The Friday market is the better one if you want to buy groceries. You can buy chicken, egg, vegetables and fruits from the market. These are the items that are usually cheaper than in grocery stores.
- Pinky: A store which sells really nice waffles
- Deli Belge: A very popular lunch (sandwich) place among students. Their sandwiches are really nice. Ask for the English menu. Try not to go during lunch time as the queue will be really long.
- Mensa: School canteen that sells pretty decent food
- Coffee Lover: They have really nice coffee. Ask for the card and collect chops. You get a free cup on your 10th cup. (it works like Starbucks)
- Pet Thai: This restaurant has decent Thai food at a reasonable price. It is really popular so do make a reservation before going.
- Euroscop: This is the cinema in Maastricht. Every Tuesday, movies are only at 5 euros, so only go on Tuesday! And if you are watching 3D movies, you have to purchase the 3D glasses at 2.50 euro.

LEIDEN

Keukenhof (visit only at the end of April)

Tulip fields, on bicycle (Google search to find out the exact locations of the tulip fields)

ROTTERDAM

Eramusbridge (meh.)

DEN HAGUE (THE HAGUE)

International Court of Justice (Peace Palace)

Mauritshuis (famous painting of a lady with pearl earring)

Scheveningen (part of the shoreline stretching across the western coast of the Netherlands)

HAARLEM

Tulip Festival (24th-26th April)

Frans Hals Museum

Teylers Museum (meh!)

TEXEL

Nearest train station: Den Helder

The Dutch often visit this region for skydiving! (Check out Paracentrum Ameland)

SURVIVAL GUIDE (NEW ZEALAND)

SETTING IN

- Open a bank account in New Zealand: They have several banks but the more common ones are Australia and New Zealand Banking Group (ANZ) and the Bank of New Zealand (BNZ). Both have quite a few branches around so it'll be more convenient if you need to do your banking transactions! Banks will provide you with an ATM card similar to Singapore when you open an account with them. Their version of NETS is referred to as EFTPOS and you can use the card to pay for almost anything in NZ since most shops allow you to pay via that method. It'll save you the trouble of looking for an ATM to withdraw money! Remember to bring your passport along, as well as any letter that you have from Singapore which indicates your address in Singapore. This document can be anything; from telephone bills to credit card statements.
- SIM Card: There are three main mobile phone operators in NZ; Spark NZ, Vodafone and 2degrees. You can get your SIM card at the airport or at any of their outlets. I used Spark NZ and I topped up my balance through the internet! You may also dial *333 to check on your balance.

GROCERIES

- If you are staying in Auckland, most major supermarkets close at around 9-10PM. There are three major supermarket chains in NZ - PakNSave, Countdown and New World. PakNSave offers the cheapest stuff most of the time so if you're on a budget it would be good to go there!
- As Auckland has a large Chinese community, it is pretty common to see Chinese supermarkets as well. I used to visit Tai Ping supermarket, as well as Lim's supermarket.
- Weekend markets are worth a visit and they have farmers selling fresh produce. Prices at the weekend markets are often lower than what you will get at supermarkets.

NEW ZEALAND FOOD

- Contrary to expectations, dining out in NZ restaurants is not more expensive as compared to Singapore! Prices are roughly the same (eg. \$15 for a Japanese meal in town), and you'll get a greater serving too!
- There isn't anything that I would specifically recommend you to try there since you would probably have already tried whatever they have there, but for good measure, here are some stuff which I think are worth trying:
 - Angus Beef burgers
 - Sausages, Ham
 - Fish - Blue Cod, Snapper etc
 - Fruits - Kiwis, persimmons, peaches, nectarines, cherries, strawberries, blueberries (depending on the season)
 - L&P - a drink which tastes somewhat like Sprite but is unique to NZ
 - Chocolate Fish - from Cadbury
 - Hokey Pokey - comes in ice cream or chocolate

FESTIVALS

- Easter and ANZAC day
 - These two days are usually nearby one another and therefore there will be an extremely long holiday for everyone! There are usually fairs at the ASB show grounds in Auckland. Do take note though that there will be a day when even supermarkets will be closed, so make sure you stock up on your essential items!

GETTING AROUND

- In Auckland, the main mode of transport is through train or bus. Auckland Transport operates trains, buses and ferries.
 - Visit <https://at.govt.nz/> to plan your journey. Similar to Google Maps, you can enter your current location and your desired destination. The website will provide available transport options and the bus/train timings.
 - You'll need to purchase an AT HOP card (similar to EZLink cards here).
 - IMPORTANT! To qualify for student concession, make sure that you visit <https://at.govt.nz/bus-train-ferry/at-hop-card/at-hop-card-concessions/tertiary-student-concession/> and follow all the steps.

GETTING AROUND NEW ZEALAND

- Car rental companies include Jucy, Apex or Hertz.
- Bus: Some bus companies like NakedBus offer really cheap deals if you want to get out of Auckland for a day trip or visit other places in New Zealand. They often have flash sales with extremely cheap fares, so do sign up for their mailers.
- Flights: Jetstar and Air New Zealand operate many domestic flights every day. Sign up with <https://grabaseat.co.nz/> to receive email notifications on cheap fares for domestic NZ flights, or flights to Australia. These flights are often last minute deals and hence are quite cheap! It'll be good for a short weekend getaway!

USEFUL WEBSITES

- <https://grabaseat.co.nz/>
- <https://at.govt.nz/bus-train-ferry/at-hop-card/at-hop-card-concessions/tertiary-student-concession/>
- <https://at.govt.nz/>
- <http://www.spark.co.nz/>

SPECIFIC TO THE CITIES

NORTH ISLAND

- Rotorua/Mata Mata
 - As mentioned previously, you can book a bus tour to depart from Auckland to visit Rotorua or Mata Mata for a day trip. The journey from Auckland to Rotorua lasts for around 4 hours.
 - Rotorua has many hot springs and geothermal pools. You may wish to visit a geothermal park, or play on the Luge! Lake Rotorua (accessible from the Rotorua Town Centre) is also extremely pretty, so I would recommend that you check it out if you are there!
 - Mata Mata: Most people visit Mata Mata for the Hobbiton Movie Tour. You may wish to book the tour online or do so at the site.

- Wellington
 - Probably the easiest city to explore by on foot!
 - Te Papa Museum: I don't consider myself to be a great museum fan but this museum was really good. An added bonus - it's free.
 - Mount Victoria: There is a garden on top, and you may also choose to visit the Carter Observatory where you can view the night sky and stars at night! Mount Victoria is also a place where you can have an aerial view of the city.
 - Take a bus and explore Lower or Upper Hutt for a day trip.
 - Zealandia: Somewhat like a nature walk

- Auckland
 - Day trip out to the surrounding islands like Waiheke island or Rangitoto island. You can purchase ferry tickets to get to the islands.
 - Cornwall park
 - Sky tower: Purchase tickets to go up to the viewing gallery or jump off from the top of the tower.

SOUTH ISLAND

- Queenstown: Adventure sports! Take the cable car and enjoy the scenery and then ride the luge down!
- Marlborough: A place with lots of wine.
- Dunedin: Visit the Cadbury chocolate factory and Speights brewery. You can get a discount if you purchase these two tickets together. I would recommend dining at the Speights restaurant before or after your tour!

SURVIVAL GUIDE (UNITED KINGDOM)

SETTING IN

- Check if the rent is inclusive of utilities. Utilities typically cost £10-20 a month.
- Open a UK bank account if you want. People usually go with Lloyds or Barclays. You would have to make an appointment in the bank to open an account.
- In order to enter the UK, you will need to have purchased a ticket for your departure from UK. If you bought a one way ticket (e.g. you do not intend to fly back from the UK), just buy an air ticket to another European country.
- Officers at the border will give you a stamp known as the student visitor visa when you enter the UK. Do make sure you get that stamp, it serves as a “visa” for students studying in the UK for <6 months. You don't have to apply for it, but you would need to ensure you have all your documents (letter of acceptance from host uni, proof that you will be leaving the UK within the next 6 months....)

LEAVING THE COUNTRY

- It is generally easy to leave the country, but remember to always bring all your documents (offer letter from your host University being the most important or your host University student ID) with you so that they will allow you to reenter and issue you a free 6 month student visa stamp in your passport. They tend to ask a lot of questions.

GROCERIES

- There is Tesco, Asda, Sainsbury, Marks & Spencer, Waitrose, Lidl and Aldi. These are supermarkets. Asda and Tesco are more affordable than the rest. Lidl and Aldi are the cheapest.
- In London, Manchester, and Newcastle, there are Chinatowns with Asian restaurants and Asian supermarkets. They carry items which we have in Singapore.
- Generally, it is expensive to eat out.

FESTIVALS

- There is St. Patrick's Day and Easter in semester 2

GETTING AROUND

- There is much to explore in the UK - England, Scotland, Wales, Northern Ireland.
- Within the UK, rails are much faster, and also much more expensive. E.g. A rail ride can cost £40-100 but a bus ride will cost you less than £10. If you want to travel by rail, book really early. A National Student Union card gives you major discounts with the rail.

USEFUL WEBSITES

- Tube: download the tube App on your phone. Very useful.
- Rail: www.thetrainline.com/ www.nationalrail.com
- Buses: www.megabus.com/ www.nationalexpress.com
- How to travel around europe: <http://www.seat61.com/>
- Download the app Unidays for discounts at places like Topshop, Urban Outfitters...

SPECIFIC TO THE CITIES

LONDON

- If you're doing exchange in University of Hertfordshire:
 - You can call for a cab and cab back from Asda to UH for a flat rate of GBP 3.50 (getting around Hatfield is a flat rate of GBP 3.50)
 - UH is split into two campuses, typically humanities and business courses are all on the de Havilland campus so try to stay on that campus. The other campus is College Lane.
 - The Galleria shopping mall has pretty affordable (~GBP 6) chinese lunch buffet on weekdays.
 - If you're spending less than 6 months at UH they don't allow you to sign up for NHS so bring your own medicine.
 - Also call before going down to the school clinic because the doctor most probably won't see you unless you scheduled an appointment
- Go to Muffin Man Tea Shop on High Street Kensington for authentic English scones & muffins.
- Borough Market, Camden Market, Portobello Road Market etc.
- Watch muscials!!!
- In London, a ride costs £3-4, but the maximum amount per day is capped at £7. You would have to purchase an oyster card (it's everywhere). Your student card also doubles up as an Oyster card. Traveling during off-peak hours will be cheaper.
- If you are travelling from outside of London into London by rail, try to buy tickets in group (3 or more people) in order to get discounted prices for your tickets.

MANCHESTER

- Manchester City Centre is small, you can generally walk everywhere or take the 1 GBP buses which run through entire stretch
- Three big universities in Manchester: University of Manchester (UoM, the only university that does exchange with NTU), Manchester Metropolitan University (MMU) and Royal Northern College of Music → all three located on the main stretch of road (i.e. Oxford Road)
- Northern Quarter (the Tiong Bahru of Manchester)
- Half price dim sum on Sundays at New Emperor, tzechar dishes at Pearl City
- Getting from airport to city: train from Manchester Airport to Manchester Piccadilly/Oxford Road ~5 GBP for single trip, under 30 minutes ride

NEWCASTLE

- Newcastle is really small. Don't bother with a bike, or the bus, or the metro.
- Favourite hangout spot has to be BubbleCha (bubble tea shop, opened by Hong Kongers.) There are 2 known outlets, one in Chinatown and one just opposite the university.
- Favourite asian restaurant: Sky restaurant in Chinatown selling dimsum just opposite the BubbleCha in Chinatown.
- Favourite food place: Fat Hippo just next to the theatre in Newcastle.
- Favourite club: O2 academy on Friday nights. Event is Dirty Pop.
- With a theatre in Newcastle, go and watch the theatre shows, musicals and ballet items. Adriel and I watched the Nutcracker Ballet and it was absolutely wonderful.
- Rent in Newcastle is really cheap compared to London. £60 to £100 per person per week (pppw). Again, check if there are utilities included. Try not to get it through an agent, because if you are rental for a sem, they will be holding nonstop viewings to find tenants for the next semester. The agency has the keys to your place, so they will just let themselves in which is really rude. Try gumtree for direct-to-owner listings. But if you want to find through agencies, do not use Walton Robinsons. I repeat, do not.
- The first thing you should do in Newcastle is to go to King's Gate (the admin centre for Newcastle University) and get yourself registered as a student & to get your student card.
- Also, sign up for NHS at a NHS clinic for free healthcare. Bring your passports along. Warning: NHS is not the most efficient healthcare system. My friend had a major burn and went to the hospital, and was not even treated by a doctor. She was treated by a nurse like 3-4 times and finally, when she was very insistent that she wants to see the doctor, then did a doctor come to treat her. Conclusion? Don't fall sick when you are overseas. Drink loads of water, exercise indoors during the winter and eat a healthy diet.
- The start of exchange will be filled with Newcastle Uni Erasmus events (yeah i know Singapore is not part of Erasmus, but we still took part in Erasmus events). Join and like all the related FB pages/groups to get updates. Locals students might not be very open about making friends with you, so try to make friends with the other foreign exchange students. We had friends from France, Poland, Germany, Hong Kong, Japan, etc. It was absolutely wonderful. So go for the events and talk to people! Don't be stuck in your comfort zone and only be in the company of other Singaporeans. Trust me, exchange is about putting yourself out there and just experiencing the life.

THE END