National University of Singapore
Pharmaceutical Society

SEP Booklet (for Incoming Students)

International Pharmaceutical Students' Federation

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1. *Welcome to SEP Singapore*

Welcome to SEP Singapore! Through the IPSF Student Exchange Programme, NUSPS aims to connect international pharmacy and pharmaceutical science students with opportunities to explore professional practice, research and life in Singapore.

Beyond the attachment, students can experience Singapore's multicultural communities, diverse food scene and vibrant city life while building friendships with fellow pharmacy students.

This booklet introduces what makes Singapore unique, the NUS pharmaceutical community, and practical information to help you plan your exchange.



Discover Singapore

Your SEP Experience with NUSPS

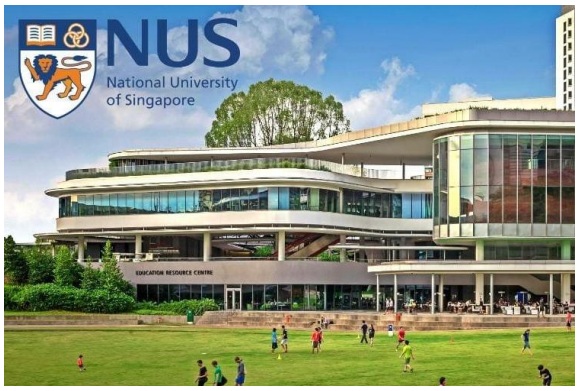
- Explore pharmacy
- Discover cultures
- Build international connections

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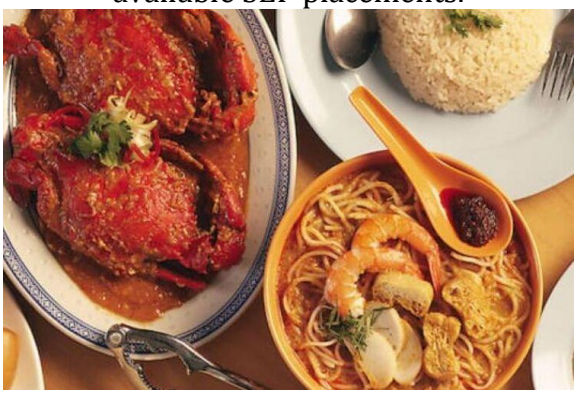
2. Why Choose SEP Singapore?



Explore Pharmacy & Research
Discover Singapore's pharmaceutical research and healthcare practice through available SEP placements.



Experience NUS
Explore the NUS academic environment and connect with our pharmacy student community.



Discover Singapore Culture
Experience Singapore's multicultural heritage, diverse cuisine and vibrant city life.



Build Global Friendships
Meet local students, exchange experiences, and build lasting international connections.

3. Discover Pharmacy & Pharmaceutical Sciences at NUS

The Department of Pharmacy and Pharmaceutical Sciences remains the only tertiary education in Singapore that provides pharmacy education to nurture future pharmacists and pharmaceutical scientists.

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The NUS Department of Pharmacy and Pharmaceutical Sciences provides education and research opportunities spanning pharmacy practice, drug discovery, development and pharmaceutical sciences.

Through SEP Singapore, students may gain exposure to Singapore's pharmaceutical research and healthcare environments, with opportunities to learn from researchers and healthcare professionals depending on their host placements.



NUS Pharmily

4. Meet Your NUSPS Community

The NUS Pharmaceutical Society (NUSPS) is the official student body representing the core student population comprising undergraduates pursuing both Pharmacy & Pharmaceutical Science degrees in the NUS Department of Pharmacy and Pharmaceutical Sciences and Faculty of Science.

The International Relations Committee (IRC) is one of the committees under NUSPS and serves as the bridge between NUSPS and IPSF. We facilitate SEP Singapore and support incoming exchange students throughout their exchange journey.

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Beyond their professional attachments, incoming students may have opportunities to connect with local pharmacy students, experience Singaporean culture and build lasting international friendships.

***NUSPS is a full member of the IPSF*



Our NUSPS Community

5. Explore Singapore

5.1 Brief History

Singapore, also known as the "Lion City", has grown from a historic trading port into a modern, multicultural city-state. After gaining independence in 1965, Singapore developed into a global hub for commerce, education and innovation.

Today, its rich heritage continues to shape the country's unique blend of cultures, traditions, and modern city life.

5.2 Climate

Singapore has a tropical climate, with warm and humid weather throughout the year and frequent rainfall.

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Pack lightweight, breathable clothing, an umbrella, and comfortable walking shoes. A light jacket may also be useful in air-conditioned classrooms, laboratories, and public transport.

5.3 Culture

Singapore is a multicultural society shaped by Chinese, Malay, Indian and many other communities. This diversity is reflected in our languages, food, festivals, and everyday traditions.

English is widely spoken, making communication convenient for international visitors. You may also hear Mandarin, Malay, Tamil and our uniquely Singaporean colloquial English – Singlish!

Throughout the year, Singapore celebrates cultural and religious festivals such as Chinese New Year, Hari Raya Aidilfitri, Deepavali and Christmas.

6. Singapore Essentials

6.1 Currency & Payment

Singapore uses the Singapore Dollar (SGD/S$).

Credit and debit cards are widely accepted, including Visa and Mastercard.

However, carrying some cash is recommended, especially when visiting hawker centres and smaller shops.

Automated Teller Machines (ATMs) are readily available across Singapore, especially at MRT stations and shopping malls, and exchange rates can be checked at: http://www.xe.com before travelling.

As Singapore transits towards a cashless society, most retail shops and stalls in hawker centres have the **SGQR label**, a single standardised QR code for e-payments and combines multiple payment schemes. There are also stores that are now fully cashless, so do set up the required e-payment applications (e.g. PayLah, NETS) or bring along a local friend to help.

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6.2 Food

Singapore is famous for its diverse and affordable food culture, particularly its hawker centres.

From chicken rice and laksa to roti prata and kaya toast, there is always something new to try!

Students can find affordable meals at NUS canteens and eateries around University Town.



Chicken Rice



Laksa



Roti Prata

6.3 Electronics

Singapore uses **Type G** power sockets (three rectangular pins), with a standard voltage of 230V and frequency of 50Hz.

Remember to bring a suitable travel adapter and check that your electronic devices are

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compatible with the local voltage.

6.4 Healthcare

For medical assistance, visitors can consult General Practitioner (GP) clinics or public polyclinics, with the nearest being Clementi Polyclinic.

Students near NUS may seek care at the National University Hospital (NUH).

For life-threatening medical emergencies, call 995 for an ambulance.

Incoming SEP students are strongly encouraged to obtain suitable health insurance covering their entire stay in Singapore.

7. Tourist Attractions

Singapore offers a great mix of activities you can explore! Ranging from refreshing walks in nature and exploring Singapore's diverse culture, you will be kept occupied with new and fun experiences during your semester in Singapore.

For more recommendations and information, visit
https://www.visitsingapore.com/en/

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7.1 Chinatown



Nearest MRT Stations: Chinatown (DT10 / NE4)

Chinatown is one of Singapore's iconic cultural troves! Suited for lovers of culture, Chinatown provides endless opportunities for them to learn about and engage with Singapore's multi-cultural heritage. You can immerse yourself in the wonderful architecture of the Buddha Tooth Relic Temple & Museum, Sri Mariamman Temple and Masjid Jamae as you walk along the streets. Chinatown also boasts immensely good food, of both traditional and modern fusions, along its streets. Singapore's largest hawker centre is located there, where you can try out different tasty hawker food.

If you are interested in looking within the temple compounds, please do take note of temple etiquette that typically apply to all temples and other places of worship. Wear conservative clothing that includes the covering of your shoulders, be it by a shawl or scarf. Visitors are advised not to wear form-fitting or revealing clothing. Pants or skirts should be at least able to cover the knees. Footwear is also typically removed and kept at the entrance where there will be a designated section.

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7.2 Little India



Nearest MRT Stations: Little India (DT12 / NE7)

Little India is another of Singapore's vibrant cultural troves. Their streets are full of unique and captivating architecture, attributing to historic buildings like the Sri Veeramakaliamman Temple, the Abdul Gaffoor Mosque and the Tan Teng Niah House, and creative street murals on the walls. A walk down Serangoon Road and in Little India Arcade will bring you through different elements of the rich Indian culture, both modern and historical, with stores selling a great variety of items like local treats, souvenirs and cultural clothing. Additionally, Mustafa Centre is also a famous shopping district in the area.

Likewise, if you wish to enter the temples, do take note of temple etiquette!

7.3 Gardens by the Bay

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Nearest MRT Station: Gardens by the Bay (TE22), Bayfront (DT16 / CE1)

Gardens by the Bay is an amazing place of nature in which nature lovers should visit! Its main attractions are the two huge flower domes, Cloud Forest and Flower Dome, both displaying wonderful floral exhibitions. You can enjoy an invigorating stroll in their picturesque gardens, and marvel at the iconic Supertree Grove, which becomes even more majestic at night when its lights are switched on. Nearby, you can also experience Singapore's hawker culture at Satay by the Bay, which sells many local delights.

You can buy the tickets to the two Domes online here. Alternatively, you can buy it physically at the ticket counters next to the two domes. Other than the two domes, everywhere else in Garden by the Bays are free and open to the public.

8. Live Like a Local

Stepping into a new country with a new set of practices and slangs can be daunting at times. Here are some commonly used Singlish phrases and practices to help you out!

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8.1 Speak Like a Local – Singlish!

Aiyo	An expression of surprise/annoyance
Chope	Used to reserve or call 'dibs' on a place
Alamak	The Singlish equivalent of "Oh my gosh"
Sedap	Delicious
Makan	To eat
Shiok	Very enjoyable
Dabao	Takeaway
Atas	High class
Lah/leh/lor/sia/meh	Filler words used to add emphasis (e.g. can lah! == yes, definitely)
Agak agak (pronounced agar agar)	Roughly
Kanchiong	In a rush, anxious/ nervous

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8.2 Singaporean Customs – Good to Know!



Chope Culture

A pack of tissues on a hawker center table often means the seat is reserved. Do not remove it!



Shoes Off, Please!

It is customary to remove your shoes before entering many Singaporean homes.



Be Considerate on Public Transport

Offer your seat to passengers who need it, including older adults, pregnant passengers, and people with disabilities.

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9. Getting Around Singapore

Singapore has an extensive and convenient public transport network, comprising the Mass Rapid Transit (MRT) and public buses.

9.1 Mass Rapid Transit (MRT) & Public Buses

Public transport is an affordable way to explore Singapore. Fares can be paid using EZ-Link cards or eligible contactless Visa/Mastercard cards, including supported foreign-induced cards (additional fees may apply).



EZ-Link Card

9.2 Taxis & Private-Hire Vehicles

Taxis and private-hire services such as Grab, Gojek and CDG ZIg are avaible for convenient point-to-point travel.

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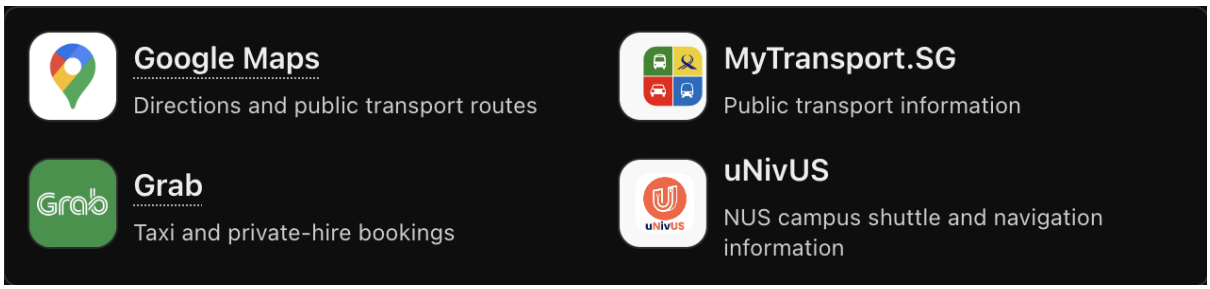
9.3 Getting Around NUS

NUS provides an internal shuttle bus network connecting different parts of the campus. Students can use the uNivUS app to check campus shuttle information and navigate around NUS.

9.4 Getting to NUS

Kent Ridge MRT Station (Circle Line, CC24) is one of the main public transport access points for the NUS campus. From there, students can use available campus shuttle services or public buses to reach their destination.

9.5 Useful Apps



10. Accommodation

10.1 Where can I stay?

On-campus accommodation at NUS is currently not available for incoming IPSF SEP students. Students should therefore arrange suitable off-campus accommodation, such as private student hostels, hotels or other legally permitted short-term accommodation.

10.2 How much should I budget?

As an indicative estimate, private accommodation may cost approximately S$1,500 – S$2,500 per month, depending on the location, room type and duration of stay. Actual rates may vary, particularly for short-term bookings.

10.3 Can NUSPS assist me?

Incoming students are responsible for arranging and paying for their accommodation. However, NUSPS IRC can provide general guidance and direct students to relevant accommodation resources where available.

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Important: Before making any payment, verify the legitimacy of the accommodation provider, check the permitted minimum rental period and review the booking or tenancy conditions carefully.

10.4 Useful Resources

a. NUS Alternative Accommodation : Off-campus housing information

b. Council for Estate Agencies (CEA) : Rental scam prevention

c. Urban Redevelopment Authority (URA): Rules on short-term residential stays

11. Before You Arrive in Singapore

11.1 Immigration & Entry Requirements

Ensure you have a valid passport, the appropriate entry visa (if required), and any necessary work pass or authorization for your attachment.

Requirements depend on your nationality, educational institution and nature of attachment. NUSPS IRC will provide guidance on the relevant requirements before your placement begins.

11.2 Travel & Health Insurance

Students are strongly encouraged to obtain comprehensive travel and health insurance covering the entire duration of their exchange, including medical treatment and emergencies.

11.3 Accommodation & Travel Arrangements

Confirm your accommodation, flight arrangements and transport to your host organization before departure. Remember to check your host's reporting location and start date.

11.4 Important Documents

Keep accessible copies of your passport, entry/ immigration documents, insurance details, accommodation confirmation and host organisation contact information.

11.5 Local Rules & Safety

On top of notable laws banning public drinking daily from 10.30pm to 7am, and littering in general, Singapore has a hard stance on drug use, which is mirrored by NUS' policies for vaping. As of 1 Sept 2025, enhanced measures include eviction of first-time

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offenders from campus hostels and being ineligible for future on-campus housing. Those found with vapes that contain drugs like etomidate face suspension and withdrawal of privileges, with exchange students being at risk of deportation.
In short, one is strictly not allowed to consume alcohol, smoke or vape (of any kind) on campus.

For medical, fire or rescue emergencies, call 995. For police emergencies, call **999**.

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12. Contact

NUSPS Student Exchange Officer	Kwang Shin Kai (Mr.) (+65) 8925 0240 nuspssingapore.seo@gmail.com
Emergency Ambulance/ Fire	995
Police Emergency	999
NUS Campus Security (24-hr Hotline)	6874 1616

During your exchange: For attachment-related concerns, contact your host supervisor and NUSPS SEO. For immediate emergencies, contact the relevant emergency services first.

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Frequently Asked Questions (FAQ)

1. How can I apply for SEP Singapore?

Students can apply through the IPSF Student Exchange Programme via their home Member Organization (MO). Placement availability and selection are subject to the respective SEP application procedures.

2. What attachment opportunities are available?

Potential placements include pharmaceutical research, hospital/clinical pharmacy, community pharmacy and pharmaceutical industry. Actual opportunities depend on host availability and student eligibility.

3. Will I receive an allowance?

SEP attachments are generally unpaid. However, some host organisations may offer remuneration or other support at their discretion. Any applicable arrangements will be communicated before placement confirmation.

4. Will accommodation be provided?

Accommodation is generally self-arranged and self-funded. NUSPS IRC may provide guidance and relevant resources, but accommodation is not guaranteed.

5. Do I need a visa or work pass?

Requirements depend on your nationality, educational institution and nature of attachment. NUSPS IRC will provide guidance on the applicable requirements, which must be satisfied before your attachment begins.

6. Who can I contact if I need assistance?

You may contact the NUSPS Student Exchange Officer (SEO) at **nuspssingapore.seo@gmail.com** for SEP-related enquiries and support.

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Your SEP Adventure Awaits!

Discover pharmacy. Experience Singapore. Build friendships beyond borders.

Join us for an opportunity to explore Singapore's pharmaceutical landscape, vibrant culture and international pharmacy community through IPSF SEP.

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