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LANCASTER
UNIVERSITY
(U.K.)
EXCHNAGE
REPORT
2017 SPRING





## Part 1 - Monthly Activity Log

This part will give a general idea about my exchange life throughout the Lent and Summer Term in Lancaster University, while I separated my travel experience in the next section.

### JANUARY

Arriving on the 10<sup>th</sup> January, I join the other exchange students at the Manchester airport and got picked up by the university-arranged coach. After we settled down at our dormitory, there was a series of orientation events (e.g. safety briefing, course registration introduction) started on the next day. The orientation week will last a week until the commencement of the term (which started as Week11); we all had the chance to get to know each other as well as the campus. You are strongly encouraged to get make friends with exchange students so that you will have a group to hang out and travel with later on (it is quite likely that there would

be very few exchange students from Hong Kong, for my case,

there were only two including myself...).

Similar to UST, there was a two-week add/drop period for us to decide what courses to take or drop. Since there are only 10 weeks for the Lent Term, most of the lecturer will start teaching in the first week after their brief introduction to the course. I suggested you not to miss the first lecture, as you really need to find out whether the course suit you, after all the teaching and assessment method in the UK is different from HK.

Generally, it is not a busy month as it is just the beginning of the term. I have travelled to quite a few UK cities and joined the activities organized by The Study Abroad Team and student representatives. You can do the same as soon as you adjusted to the local environment successfully, you will not want to wait until the workload built up in the following weeks.



1<sup>st</sup> UK trip – Chester

Don't miss the first trip organized by the Study Abroad Team!

#### FEBRUARY

Fortunately, the Chinese New Year took place during a weekend in 2017, thus I made a trip to Manchester and Liverpool to celebrate it with my friends who were studying in the UK. Basically, there would be celebrations in every major city such as London, Birmingham and Manchester. Alternatively, you can also stay in Lancaster and celebrate this major festival, just be aware of the Chinese-owned shop closure during the first few days of the Lunar Calendar (i.e. 年三十 – 年初三).

It is normal if you feel a bit busy during this month as you might have essays, mid-term examinations (especially Week 15 onwards) or presentations to finish. For me, I only had one two short presentations during this month. The workload is not that unmanageable given the fact that we are from UST, if you know what I mean.



Chinese New Year celebration in Manchester

Go to the China Town there on the 2<sup>nd</sup> day of the year (年初二) for dragon dance and more!!



As I had day-off on Friday, so I still managed to travel to some UK cities during the weekends, and I had my first Europe skiing trip in this month also! Meanwhile, I started to plan the Spring Break Trip, as it is much cheaper for airfares, train tickets and accommodations if you can plan and book everything ahead. Accordingly, I recommend you to have a coffee chat with your friends and try to draft your travel plan bit by bit, buying the last-minute ticket would not a wise option as the price can be doubled or even tripled.

#### MARCH

As the Lent Term approaching an end, the workload would reach the peak right before the Spring Break (that is 24<sup>th</sup> March for me). Instead of travelling, I stayed on campus and went to house parties or St. Patrick Day celebration in town as leisure activities. In this month, I had two group presentations, one mid-term exam, one group report and one portfolio to deal with. Depends on how much work you have done throughout the semester, you could found yourself either more busy or being a "deadline fighter". While I suggest you to keep a good habit of revising and completing your assignments from time to time to avoid this end-of-semester rush as we are talking about group presentations that last more than an hour and group reports with thousands of words in here.



Kirkenes, Norway

Northern Light hunting before

April is worth a shot!

With the upcoming trip planned and got the transportation as well as accommodations settled, I shifted my focus back to academics. This was the time where I found the 24-hour Library and Learning Commons nice places to study, the environment is more

relaxing and the various types of seating always made me feel comfortable to do my studying in there. In addition, the university will announce the final exam timetable during the middle to the end of the month; you are advised to check thus constantly as no extra reminder would be given.

And finally on the  $24^{th}$  March, I commence my long-awaited Spring Break Trip with hunting the Northern Light in Norway.

## APRIL

There is not much to say about this month as I spent the whole month travelling across Europe. Despite the joyfulness of taking on this journey, there is a problem started to haunt me. It is common for Year 3 business students to take an internship during Summer, while most of the applications began in March, the nightmare approached when you were NOT in Hong Kong for taking aptitude tests or attending interviews. Even if big corporations offer you Skype or phone interview, the success rate is greatly reduced compare with face-to-face interview; for SMEs, they might simply reject your application if they find out you were on exchange. With unlimited supplies of university students dying for an internship



Paris, France

Pay a visit to your exchange buddies in their home countries is always a good idea!

in HK, only a few lucky ones would secure an internship during their exchange. I was forced



to conduct phone interviews in my hotel room in Norway, a café in Amsterdam and even the train platform in Pairs, ending up with more than 500HKD telephone bill, yet I had no offer from these corporations. It would be the best if you can secure an offer before your exchange, if not, you might want to prepare for the worst scenario and rush back to HK once you finish your last exam in Lancaster.

Moreover, the Summer Term should begin at the end of April. Normally, there would not be any teaching go on in this term. Yet it is possible to have essays, revision sections or even lectures take place during this term, depending on the modules you have taken. If you are uncertain about these, you can always check your personal timetable or ask your instructors. As I only have two revision lectures and an essay to submit during this term, I continued to travel most of the time.

#### MAY

This was the month when the final examination period started, I had two exams in one week during the end of the month. I have returned to the campus in early May to pick up my notes so that I could revise them when I resume journey.

Then I returned to the campus for a week to complete my exams and went on to a solo trip before my last exam in June. It is worth mentioning that local students took final examinations in a serious manner as these exams usually accounted for a heavy percentage (>50%) toward the final grading, so the studying atmosphere would become intensive, yet there would still be student activities organized during the exam period.



It's hard to say goodbye to your classmates...

Working with local students is a very rewarding experience!

## JUNE

I returned from the solo trip and took my last exam on 8<sup>th</sup> June, this actually marked the end for my whole exchange with Lancaster University. At this time, you can choose to check out from the dormitory by returning the key to the college porter and simply hop on a flight back to HK. There would not be any complicated procedure once you are done with the final exams.

Alternatively, you can choose to stay in Lancaster till the very end of the Summer Term (that would likely be 30<sup>th</sup> June) like me. I ended my exchange with a summer vocation on a Spanish Island, a proper farewell by revisiting London and an unforgettable night at the Craft Beer Festival on campus.

As I was lucky enough to get an internship offer from a small firm by the end of May, I changed my flight ticket and returned to HK on 24<sup>th</sup> June.



Can't leave the U.K. without revisiting the most iconic city – The Grater London!



# Part 2 - UK & Europe Travel Log

This part will focus more on my travelling experience, and I hope you may find some destinations that you would want to visit during your exchange. The usual question I have been asked is whether train or plane is a better transportation mean, I think the answer

depends highly on your itinerary and your preferences.

The train network is well developed within Europe, therefore when you are travelling between two neighbouring countries such as Netherland and France as well as Denmark and Sweden, you can consider taking train to save the time for airport transport. However, you may be surprised by the fact that plane ticket is often cheaper than train ticket, thanks to the well-established low-cost airline network. Some airlines even have their own airport to minimize cost, yet these airports often located in remote area. Therefore, the bottom line is always doing your own research.



Uppsala, Sweden

The extensive railway network in Europe can almost take you to anywhere easily!



Ryanair (B737-800)

Students with limited budget love to travel with this Ireland airline, remember to check it out!

Among all low-cost airlines, I would like to share more about Ryanair. If you go to check the airfare for this airline, you will find ticket that costs as low as £15 (~150HKD) for a one-way trip. If you are departing from Manchester Airport, there are three destinations Ryanair would fly to with a low price, they are Hamburg (Germany), Dublin (Ireland) and Brussels (Belgium). I often fly to one of them for a short layover before I continue my journey to city I actually want to visit, this will likely yield a lower cost than flying directly to that particular city. Ryanair has it own airbase in Rome, Dublin, Paris,

Brussels and Stockholm, so you can take Ryanair to these cities at an economic price and take them as interchange hub in your journey. Moreover, you should always be aware of the luggage rule of the airline, most Europe flights DO NOT include checked luggage and only allow one cabin bag (plus a personal item) on board.

Month Destinations

JANUARY UK cities: Lancaster, Newcastle, London, Chester, Manchester



London, United Kingdom Harry Potter Studio





FEBRUARY <u>UK cities:</u> Liverpool, Birmingham, Leeds, Blackpool, Sheffield, Edinburgh (Scotland)

Europe cities: Geneva (Switzerland), Chamonix (France)



MARCH <u>UK cities:</u> Morecambe, Exeter, Exmouth, Land's End (Penzance), Plymouth, London, Manchester

Europe cities: Oslo (Norway), Kirkenes (Norway)



APRIL UK cities: London

<u>Europe cities:</u> Tromso (Norway), Amsterdam (Netherland), Geneva (Switzerland), Zurich (Switzerland), Avignon (France), Paris (France), Milan (Italy), Copenhagen (Denmark), Verona (Italy), Venice (Italy), Vienna (Austria), Budapest (Hungary), Reykjavik (Iceland), Dublin (Ireland)

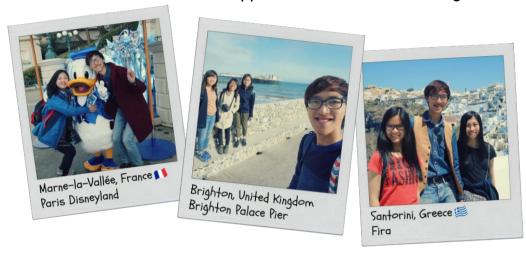




MAY

<u>UK cities:</u> London, Seven Sisters Cliff (Seaford), Brighton, Oxford,
Cambridge

Europe cities: Nice (France), Lyon (France), Paris Disneyland (France), Paris (France), Barcelona (Spain), Porto (Portugal), Rome (Italy), Vatican City, Santorini (Greece), Athens (Greece), Warsaw (Poland), Gdansk (Poland), Stockholm (Sweden), Uppsala (Sweden), Brussels (Belgium)



JUNE <u>UK cities:</u> Belfast (Northern Ireland), Bristol, Bath, Cardiff (Wales), London, Manchester, York

Europe cities: Prague (Czech Republic), Cesky Krumlov (Czech Republic), Tallinn (Estonia), Helsinki (Finland), Hamburg (Germany), Berlin (Germany), Palma (Mallorca, Spain), Deia (Mallorca, Spain), Soller & Port de Soller (Mallorca, Spain)





## Part 3 - General Exchange Information

### A) Pre-Arrival

# 1) VISA PROCEDURES

From my experience, you would receive an email from Lancaster by the end of September that asks you do an online application. Please be noted that you might need to apply an official transcript from UST for VISA application purpose, but you can use an unofficial one for application purpose. You would then receive a formal offer letter from Lancaster by Mid-October.

As I am a British Citizen, so I am not sure what would be the VISA application procedure for Hong Kong Passport Holder or British National (Overseas) Passport Holder. If you are a British Citizen, you can simply join the British Citizen/EU queue when you approach the passport control. However, I did know the university would send you an email regarding immigration information in early November and send you an official immigration letter during the same month. Remember to print the letter and present it to the immigration staff as you enter the UK border.

In normal circumstances that you would not stay in the UK over six months and you hold HK/BNO passport, you would not be required to apply for a Tier 4 (General) Visa in HK. You can request a Short-term Study Visa as you enter the UK. You are strongly advised to study the immigration information email from the university and send them an enquiry if necessary.

## 2) TRANSPORTATION - AIRPORT TO CAMPUS

On the day of arrival, there should be Airport Pick-up service (i.e. Lancaster University's Airport Shuttle Service) that costs 25 pounds. After you have taken your luggage, just head toward "The Station" and you will see the counter set up by the Welcome Hosts of Lancaster University. You are strongly recommended to pay for the service, as the alternative to it is to travel to campus by train (i.e. from Manchester Airport to Lancaster; £21.70). You should receive an email regarding this service in December or one month before your arrival and you can simply pay for it in advance via the university online shop.



You will find the Study Abroad Team reception counter at The Station in Manchester Airport, don't be shy and chat with others while you are waiting!

### 3) COMMUNICATION

My advice in this area is to purchase a 3 Mobile SIM Card in the UK, there would be a 3 Mobile shop in town or you can purchase it from the vending machine in Manchester Airport. I would recommend the plan "Pay As You Go - All in One" that costs £20 and it includes 3000 texts and 300 minutes plus 12GB of data. You can top-up after first 30 days for £10, £20 or £25 per month via online (a UK credit/debit card is required), 3 Mobile shop or shops like Spar and WHSimth.



One of the main features of this plan is the free data roaming in Europe, you can also call or text back to the UK when you are travelling without extra cost. No matter you are in Iceland or Poland, you can still consume the data that is included in the plan without paying more. Please be noted that this plan can only be purchased in the UK but not the 3 Mobile shops in other country such as HK or Italy.

The alternative to 3 Mobile would be Giffgaff, and I heard it provide the same features basically. For more details, you can go to the UK 3 mobile http://www.three.co.uk/Store/SIM/Pay As You Go



## 4) ACCOMMODATION

By early November, after you finish the online application, you would receive an email from the university and invite you to apply for on-campus accommodation. Make sure you follow the instruction provided in that email and submit the application, you would be given a chance to rank the college accommodation choices (similar to the college system in CUHK) at that time. And the final offer would be released by Mid-December and you need to log into an online system to accept it.



Furness College entrance

The smallest college located in the heart of the campus.

Lancaster University is one of the few that kept a college system in the UK. There are nine colleges in total. Colleges like Furness and Pendle located in different area in the university, so your college preferences would affect where you live eventually. In general, I suggest living in colleges located in the centre of the campus such as Furness, Flyde and Bowland. You can enjoy a fruitful college life as you join their college activities, cheer for your college during competitions and meet friends from the same college, I for one enjoy this sense of belonging very much.

There are various types of accommodations, some with your own bathroom and some with shared bathroom facilities. I personally prefer the superior en-suite with my own bathroom and a shared kitchen. The rent will vary across the types of room and college you rooms in one flat.



A superior en-suite bedroom

Highly recommended for better privacy. There are 8 en-suite

- ✓ Deposit: £200 (refundable by the end of August)
- ✓ College fee: £12
- ✓ 172 nights in a Superior En-suite: £3130.4 (10<sup>th</sup> January to 30<sup>th</sup> June)

have been assigned. I have paid the following fees related to accommodation:



You can also choose to purchase bedding package from your college, some colleges will allow you to purchase it before arrival, while some require you to purchase it from your college porter once you arrived. My college, Furness belongs to the later one and I paid £38.5 for the bedding package that includes pillow, pillowcase, bed sheet and comforter.

## 5) REGISTRATION FOR UNIVERSITY ACCOUNT

This is a very important step that actually needs to be preformed before your arrival, this will allow you to obtain an account, which is similar to the ITSC account in UST to log into the university online portal.

By the end of November, you will receive TWO emails from the university with a login ID that is your UST @connect mail address and a set of password. In early December, you will then receive another email that asks you to Begin Registration,

| WebLogin | Lancaster University  |
|----------|---|
| Username | Please enter your   |
| Password | authentication information<br>and click the "Login" button<br>to continue |
| Login    | By using this service you agree to adhere to our policies and guidelines  |

please follow the instructions and log into the system at <a href="www.lancaster.ac.uk/preparefor">www.lancaster.ac.uk/preparefor</a> with the provided account details.

Once you finish the registration, you would be given a new university account username via an email and you would be prompted to set the password for your account. This is the OFFICAL university account that gives you access to a wide range of Lancaster University services, including your University email account and campus Wi-Fi. You should NOT use the account with your UST mail address as your user ID afterward. You also need to download the iLancaster mobile application and login using this official account. This app provides various features, for instance, timetable and attendance check-in.

B) Post-Arrival

iLancaster Mobile Application (Android & IOS)

#### 6) BANK ACCOUNT AND FINANCES

There are 2 on campus bank branches – Santander and Barclays. You can also find a HSBC (UK) branch in town. It is better to have an UK bank account, as you will need the Debit Card for many online purchases, and it is common for online payments in UK to require a card with UK billing address. An alternative to this would be setting up a PayPal account, but please be noted that not all online payments accept PayPal.

If you want to apply for a Barclays bank account like me, apply for international student account:



1. Go to <a href="https://featuresstore.barclays.co.uk/forms/student/gettingstarted/intl?execution=e1s1">https://featuresstore.barclays.co.uk/forms/student/gettingstarted/intl?execution=e1s1</a> to complete an online application

Remarks: Answer YES to the question "Are you studying full-time in the UK for 2 or more academic years as an undergraduate, or 1 or more academic years as a postgraduate?" and NO to the question "Is your course an A-Level, City & Guilds, ONC, HNC, GNVQ, NVQ Level 1, 2 & 3, BTEC or Art Foundation Course?". For the academic part, fill in "No Qual UG General" for program name

2. Ensure you obtain the application reference number in your email



- 3. Go to the Barclays branch on campus, tell them you would like to open a bank account and make an appointment with them (prefer to do it as soon as you arrive as there would be a long queue for such application)
- 4. Go online to online Student Portal → Student Service → Document Ordering, and order the **Registration Certificate** and then collect it in The Base (inside University House)
- 5. On the day of your appointment, bring along the Registration Certificate and passport with you
- 6. It would take around 3 days to a week for your debit card and online banking password to arrive, but the bank account would be actived immediately, thus you can deposit money in it by the end of the appointment

It is recommended for you to bring enough Pound Sterling and Euros with you, and you can deposit the Pounds once you have a bank account. However, when you are short on cash and have a HK ATM card with China Union logo on it, you can go to the Barclays ATM to withdraw Pounds directly from your HK current/saving account. If you don't have such card, you can use your credit card with the PLUS logo on it to withdraw Pounds (please be noted that you will need



Santander Bank Lancaster University Branch

to link your credit card to your HKD saving account and turn on the Overseas Withdrawal function in HK), but the adminstrative charge is generally be higher. Remember to keep part of your cash in a safe place for emergency purpose.

When you are travelling in Europe, most of the countries provide ATM that allow you to withdraw local currency with the China Union ATM card; while in the Northern Europe like Sweden and Iceland, basically every shop accepts credit/debit card. The best practice is to do your research or exchange enough local currency before travelling.

### 7) Social Clubs & Networking Opportunities

If you would like to join any clubs and societies in Lancaster University, you should pay a visit to the Refresher Fair in the first or second week of the term. Clubs and societies will set up counters in the hall and you can chat with the members before you decide to join the club/society or not. There are over 200 clubs and societies, they can be academic, sports or interest related, and their membership varies from 1 pound to 7 pounds. Make sure you ask them for more details. I have joined the Study Aboard Society, UNICEF Society and Wine Society. Simply follow their Facebook page, and you will know the upcoming events!



Refresher Fair

Similar to the Promotion Period in UST, a must-go event!

You can check out the exact date of the Refresher Fair in Student Union web page (<a href="http://lusu.co.uk/events/">http://lusu.co.uk/events/</a>) and mark that down in your calendar, as it will only be held for several hours in one day.







### 8) Course Registration

The course registration in Lancaster is quite unique and there are two phrases basically. The first one is to get the **pre-approval** from the International Office by stating which modules (courses) you would like to take in advance (this doesn't guarantee you can enrol into the courses!). After your arrival, there will be a **Course Registration Day** that requires you to obtain the approval from the departments. Please be very careful when you plan your course path before exchange, as most courses will not be opened in both terms (semesters)! You can view the Lancaster University Study Abroad Handbook to check whether the course you wish to transfer will be opened in the semester you plan to or will go on exchange. Nevertheless, please be noted that there may be last-minute changes due to course availability.

On the day of manual course registration, you will need to go to the department of the course that you would wish to enrol. For example, I have visited the Accounting and Finance Department booth to get the approve for my enrolment in Ac.F311 (ACCT3020) and Ac.F317 (MGMT4210). They will ask for your background and try to assess whether you match the prerequisite to take certain course, thus it is recommended that you bring your UST transcript with you and make sure you understand the prerequisites of your desired modules on that day.



Course Registration Day for exchange students at the Great Hall

Different from UST, Lancaster University use a different credit system, which is a semester credit system. To understand how many UST credit a module worth, you need to take a look at the modules' ECTS or US credit number, then convert them back to UST credit according to the suggested method in the UST credit transfer database. In general, one module in Lancaster is similar to one 3 or 4 credit course in UST. The lecture component will vary across modules, it can be a one-hour lecture and a two-hour seminar/workshop/tutorial or two one-hour lectures plus a one-hour seminar/workshop/tutorial. So when you try to plan your timetable, make sure you won't have any potential crashes for all lecture components!



Make sure you have checked all the course components of a module when you plan for your Lent and Summer Term timetable.

Please be noted that you may not be able to get into the seminar/workshop/tutorial that you desire, and they don't have a wait list, so make sure you take this uncertainty into consideration. Especially if you go on exchange in Lent & Summer Term (Spring semester), most of the tutorials would already be filled up with local students as they have do course registration way before your arrival. Thus you would simply be assigned to any tutorial that still have vacancies. Luckily, there would be a two-week add/drop period, so keep an eye on the tutorials that suit your timetable or you can go to the corresponding department UG course coordinator for assistance (they are very happy to assist you!).

## Lancaster University Study Abroad Handbook

http://www.lancaster.ac.uk/study/international-students/study-abroad/visiting-students/study-abroad-modules/



### 9) TEACHING & ASSESSMENT METHODS

To simplify, Lancaster University or the UK teaching method empathises on independent study. The lecture hours are much less than UST, but you are expected to complete readings or independent research as a complement to the instructor teaching during lectures; while workshop or tutorial will require you to apply and reflect on what you have learnt or have some group discussions. And the most important assessment is usually the final exams at the end of the Summer Term, while the grading of exams is the curving system adopted in UST. Therefore, I dare to say that your result depends on your effort instead of your classmates in the here. It is also common for you to write essays, even in your exams. If you are not comfortable with this assessment method, you can go to the support centre provided by the Management School, the staff will teach you the skills required to write an effective essay.

The following table is the highlight of the courses I have taken in Lancaster:

| Course title       | UST equivalent | Assessment component |
|--------------------|----------------|----------------------|
|                    | course         |                      |
| AC.F311: Financial | ACCT 3020      | - 25% Mid-term exam  |
| Accounting II      |                | - 75% Final Exam     |
|                    |                |                      |

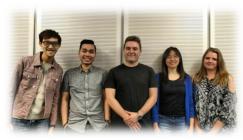
A standard accounting course for ACCT major student, not much difference from the ACCT courses in UST. The mid-term examination will be a challenge as it would be a complicated case requires application of different IFRS rules. Apart from normal calculation question, the course stressed on the theatrical side of IFRS and will have separate word questions on this area in exams.

| AC.F317: Strategic | MGMT 4210 | - 15% Case class portfolio           |
|--------------------|-----------|--------------------------------------|
| Management Control |           | - 10% Short Group Presentation       |
|                    |           | - 75% Final Exam (3 Essay Questions) |

A rather tough course with cases to work on every week, the cases can be from a few pages to more than ten pages long. You are required to have pre-class, in-class and post-class notes for each case and submit it as a case class portfolio, and it is a nightmare if you accumulate the work toward the end of the Lent Term. The exam contains essay questions based on the exam case as well as previous cases, and it requires you to apply what you have learnt in lectures. There is also a group presentation based on a special case and follow-up questions given by the instructor.



| OWT.314: Ethical           | MGMT 3170 | - 50% Group report (8000 words)      |
|----------------------------|-----------|--------------------------------------|
| Responsibility in Business |           | - 50% Final Exam (2 Essay Questions) |



A nice module with a very friendly instructor, you will learn ethics related theories in lectures and have some activities to apply them in the workshops. The group report will focus on one company and application of the theories. The exam questions correspond to various topics stated in the course outline and you only choose two to answer, which means you know what topics will be there and you can choose to study a few instead of all topics.



| <b>ENSI315: Social Contexts</b> | MGMT 4000 | - 10% Short Group presentation           |
|---------------------------------|-----------|--|
| of Entrepreneurship             |           | - 30% Long Group presentation            |
|                                 |           | - 60% Reflective Essay (2000-2500 words) |

A module with 100% course work, I personally like this course a lot! There is not much teaching but a lot of guest talks and group presentations. There is even a field trip to the Lancaster Museum! You will be given a chance to organise a workshop (up to 1hr50min) as part of the course assessment, it might sound tough if you are not into presentations or group work. And you will sum up what you have learnt in a reflective essay as the most important assessment.



Is CSR entrepreneurial?

The need to purchase textbooks is depending on your instructors, for the above courses, I have not purchase any physical or online textbook. I usually borrow the textbook from the library or copy the cases/readings needed from my classmates. Most courses will provide lecture handouts and inform you the suggested textbook for the course, so you have the option to order it or not.

### 10) TRANSPORTATION - TO/FROM UNIVERSITY

Lancaster University is actually separated from the Lancaster town, so you will need to take public bus or other transportation means to and from the town centre, just like UST. Therefore, it is important for you to get familiar with the transportation system as the main bus station and train station are all located in town. The closest major city is Manchester, which is 1.5 hour away from Lancaster by train.

## i) To/From Lancaster Town Centre

## Stagecoach

### https://www.stagecoachbus.com/

Departing from University Underpass (right under Alexandra Square), the bus takes around 20 minutes to the Town Centre (Common Garden Street). There are various rotes such as 2A and 40 that can take you to/from town centre, train station and bus station. You can always check University Underpass Station the schedule on the bus company website and iLancaster



mobile application. A single trip costs £1.9 while a return trip costs £2.7 as in 2017. There will be late night bus run after midnight but no overnight service is provided.

## Free bus service

Another appealing alternative is to utilise the free bus service from University Underpass to Sainsburys on every Wednesday. To enjoy this service, you will need to spend at least £5 in Sainsburys. I always think it is a good option for weekly grocery shopping.

### ii) From Lancaster to other UK cities

## National Railway & 16–25 Railway Card

http://ojp.nationalrail.co.uk/personal/home/search https://www.16-25railcard.co.uk/

Located in town centre, the train station provides services to other UK cities such as Manchester, London and Edinburgh. Please be noted that there are fewer trains running on Sunday and no overnight trains operated in Lancaster Railway Station.





It is highly recommended to purchase a 1-year 16-25 railcard once you arrived the UK, you can purchase it at any train station ticketing office or the travel agent UniTravel on campus. It costs £30 and you will enjoy a 1/3 off discount for every journey. Please remember to bring a **passport size photo** for applying this railcard.

Please bear in mind that the earlier you purchase a train ticket, the lower is the ticket price. There are three main types of fare for national rail, they are **Advance**, **Off-Peak** and **Anytime**. The cheapest one is always the Advance ticket, but you can only take the specified train service for this type of fare; while the later two fares provide certain flexibility. Train delays are quite common with such huge railway network in the UK, so please allow more time to travel, especially if you need to catch a flight! And never travel when there is storm or strong wind warning, I have once encountered a massive train network delay that made my journey from London to Lancaster postponed for more than 6 hours.



**Lancaster Railway Station** 

## Mega Bus

## https://uk.megabus.com/

A cheap option that departs from the University Underpass to a few destinations such as Manchester, London and Glasgow. The frequency of the service is very low, such as one per day, but it is an economic option for students like us. I personally love to take the M11 bus at 1:15am from the university and arrive London at 7am; then return from London at 11:45pm as a day trip. However, you have to understand that it will not the most pleasant transportation mean for taking a 6-hour bus trip.

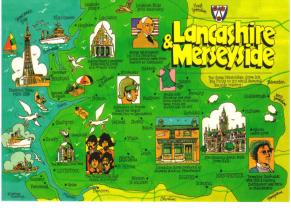
## National Express

## http://www.nationalexpress.com/home.aspx

It is another coach operator in the UK, but it only departs from the bus station in town instead of the University Underpass. You can also use Nation Express as an airport transfer means in London or Manchester, especially if you need to arrive the airport at 4/5am or go to London Luton airport. Whenever I had an early flight depart at 6 or 7am from Manchester Airport, I will take the night bus from University Underpass to Lancaster Bus Satiation, and hop on the 2:25am National Express to Plymouth, so that I can arrive Manchester Airport at 4:30am.



**Lancaster Bus Station (for Stagecoach and National Express)** 



Map of Lancashire County



Lancaster Railway Station Platform



The following table give you an idea about the transportation cost to other UK cities (prices vary across dates and time, these are the prices I have recorded during my exchange):

| Destination (from Lancaster) | Direct Train (price & duration) | Direct Bus (price & duration) |
|------------------------------|---------------------------------|-------------------------------|
|                              | *With 16–25 Railcard            |                               |
| PRESTON                      | £4.45; off-peak single          | £7.1; Stagecoach              |
| (TRANSPORTATION HUB FOR      | (20min)                         | (1hr10min)                    |
| LANCASHIRE COUNTY)           |                                 | *Route 40/41                  |
| MANCHESTER                   | £11.7; off-peak single          | £9-15; Magabus                |
|                              | (1hr)                           | (1hr35min)                    |
| MANCHESTER AIRPORT           | £14.35; off-peak single         | £10; National Express         |
|                              | (1hr20min)                      | (2hr)                         |
|                              |                                 | * Late night Service          |
| BIRMINGHAM                   | £38.3; anytime single           | £5-10; Magabus                |
|                              | (2hr10min)                      | (4hr15min)                    |
| LONDON                       | £60.85; off-peak single         | £15-18; Magabus               |
|                              | £28.05; advance                 | (7hr25min)                    |
|                              | (2hr30min)                      |                               |
| GLASGOW                      | £22.65; off-peak single         | £11-15; Magabus               |
|                              | (2hr15min)                      | (3hr)                         |
| EDINBURGH                    | £21.50; off-peak single         | £29; National Express         |
|                              | (2hr15min)                      | (4hr50min)                    |
|                              |                                 | * Late night Service          |

### III) OTHERS

## - Oyster card (with National Railcards discount)

https://tfl.gov.uk/fares-and-payments/ways-topay/on-oyster

Oyster card is actually the transport card for Grater London area only, but you are recommended to buy one when you are going to London, as the fare is cheaper with the card and you can enjoy daily capping (i.e. you don't pay any fare for the rest of the day after you reach a certain limit).

https://www.16-25railcard.co.uk/help/faqs/46/

And if you have purchased the 16-25 railcard, you You can use Oyster to travel within the city via can also enjoy a 1/3 off discount from the London Tube, Overground and DLR fare. Just go to any train



London Tube and the red double deck bus

station in London, find a staff and ask him/her to connect the railcard to your Oyster Card.

### 11) CLIMATE

UK is notorious for its unstable weather and I can confirm this with my own experience. It is possible for you to experience four seasons in just one day, and sunny day is perhaps the most rare weather you can find in here. It is always cloudy and windy in Lancaster, and showers occurred from time to time. Therefore, a windbreaker with hood works much better than an umbrella. You will find more information about the clothing you may need Part 5.



Liverpool (February)

Humid and cold weather!!



From January to early April, the whether is generally cold in the UK, and it stays below 10-Celsius degrees with sunset at 4 to 5 pm. With the cloudy, windy and occasional rainfalls, the actual feeling should be like minus 1 or 2- Celsius degrees. It is also possible to have snow or even hail, but there is no snow lay thick on the ground in Lancaster.



Cardiff (June)

Warmer weather in general, but still unpredictable!

When it comes to April onward, the weather will gradually turn better. Which means more daylight, and the temperature climbs up to 15 to 20-Celsius degrees. Due to the approximate to the seashore, Lancaster will still be windy, and the general feeling is cool.

During late May to June, the sunset will be around 9:30 pm and the temperature can even hit 25-Celsius degrees or more if a heat waive approach the UK. I have once experienced the Manchester with 29-Celsius degrees in daytime and 20-

Celsius degrees at night; you need to be aware of such temperature drop. Of course, you still need to keep an eye for the rain showers that appear in the middle of nowhere!

## 12) ON-CAMPUS FACILITIES

There is a saying that you can live on campus without going to town for a month, and I do think it is possible with all the facilities you can find on campus.

For daily supplies, you will find two supermarkets, Spar and Central on campus operated throughout the day. Yet the price of them would be more expensive compare to those in town, so I suggested you to do the weekly shopping in town. From my experience, an average of £25-30 will be spent on these weekly supplies. There is also WHSmith and bookstore if you need stationary and textbooks.



Spar (Supermarket)

Apart from the two bank branches I mentioned above, there are other bank ATMs located in the campus. There is a post office, travel agency, crunch and hair salon in addition. If you are not feeling well, please do not call the National Health Service (NHS) service first. You can go to the Pharmacy to consult the licensed pharmacists there or make

an appointment at the Medical Centre.



**Medical Centre** 



Post Office



Uni-Travel (Travel Agency)



While for on-campus dining, I am happy to tell you that they have much more options than we have in UST. Besides many quality cafés, you will find Subway, Wok-inn (rice & noodles), Sultan (Indian food), Pizetta Republic (pizza), Greggs (bakery) and etc. in the university. Some of them will open till late night. If you are fancy for a drink with friends at night, the good news is that there are 9 college bars on campus and the price for alcohol in the UK is much cheaper compare to HK. However, the most economic dining option is still cooking at dorm. As all college accommodations equipped with a share kitchen, make sure you know learn to cook some simple dishes before you came unless you want to dine out or fill your stomach with instant noodles everyday. I also find a mini rice cooker is very handy if you are not good at cooking, you can convince your flatmate to buy one together.







Wok-inn & Sultan

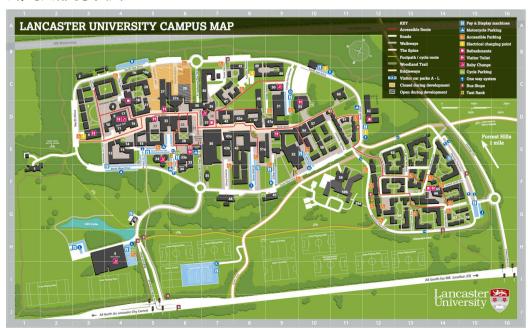
Costa Coffee

Greggs

### 13) MY TIMETABLE FOR LENT TERM

|             | Monday          | TUESDAY             | WEDNESDAY           | THURSDAY            | FRIDAY |
|-------------|-----------------|---------------------|---------------------|---------------------|--------|
| 9:00-10:00  |                 |                     |                     |                     |        |
| 10:00-11:00 |                 |                     | ENSI315 Lecture     |                     |        |
| 11:00-12:00 |                 |                     | AC.F311 Workshop 01 |                     |        |
| 12:00-13:00 |                 | AC.F317 Lecture     |                     |                     |        |
| 13:00-14:00 |                 | AC.F317 Workshop 06 |                     |                     |        |
| 14:00-15:00 |                 |                     |                     | ENSI315 Workshop 02 |        |
| 15:00-16:00 |                 |                     |                     |                     |        |
| 16:00-17:00 |                 | AC.F311 Lecture     |                     | OWT314 Seminar      |        |
| 17:00-18:00 | OWT314 Leccture |                     |                     |                     |        |

#### 14) CAMPUS MAP





# Part 4 - Campus Life

Unlike major cities like Manchester and Birmingham, Lancaster is very typical UK town with a peaceful lifestyle, and you would spend most of your time in a separated campus area. Therefore, I do not suggest you to choose Lancaster University as your exchange destination if you fancy the vibrant city life like the one in HK. I choose Lancaster to escape from the hectic city life, and I admire the simple and slow peace of life they have in this little town. To give you a glance at this lifestyle, here is a daily routine I usually have on campus:



A Day in Lancaster University



8:30 am Breakfast time!!



10:00am - 12:00pm Lecture/Tutorial



A quick lunch in between lectures



1:00 - 4:30 pm Back to classroom...



Enjoy some sunlight (if possible)



6:00 pm Time to cook my supper



10:00 pm Time for a drink with friends!



Prehaps a TGIF special?

As much as I enjoy this simple life, I believe some would describe this provincial life as "boring" or "dull". I think it is indeed a matter of choice when it comes to lifestyle, and there are plenty activities on or off campus. The question is whether you want to step out of your comfort zone and try a different lifestyle in here.



## Part 5 - Items to Bring

In a developed country such as the UK, you do not need to pack much in your luggage as you can get almost everything you need in town. You will not need to bring bulky things such as bedding items as you can purchase them from your college, and you do not to bring kitchen utensils, which you can acquire in town or share with your flatmates. Therefore, you should bring mostly clothing, disposable personal items and crucial documents. This will allow you to have more space for souvenirs when you return to HK. In addition, the UK has the same type of power socket as HK, thus you can bring electric appliances purchased in HK, but you will need a converter when you are travelling outside the UK.

- ✓ Personal computer & camera
- ✓ Phone, camera and PC charger
- ✓ Adapter (for EU countries)
- ✓ Personal/Prescribed medication
- ✔ A Down (羽絨)

- ✔ Passport-sized photos (a few)
- ✔ Flight ticket
- ✓ VISA and ATM cards
- ✓ Thick coat(s) (for winter)

[Better to be a **Interchange Down Jacket (hooded & waterproof)** to withstand strong wind and rain showers; e.g. https://www.columbiasportswear.hk/item/1682472#]

- ✓ Water kettle
- ✔ Hair dryer
- ✓ Immigration Letter
- ✓ UST Official Transcript
- ✓ Bank statement (as finance proof)
- ✓ Offer letter from Lancaster University
- ✔ HKID & Passport
- ✔ Pound Sterling & Euros

- ✓ Scarf(s)
- ✓ Water-proof gloves
- ✓ Inner clothing

[e.g. **Heattech** long sleeve T-shirts & tights/leggings]

- ✓ Jeans and trousers
- ✔ Earmuff or Beanie
- ✔ Hoodies/Sweaters/Jackets/Shirts
- ✔ Personal cleaning/care items
- ✓ T-shirt (a few; for summer in May-June)
- ✓ A formal suit (for interview/presentation)

# Part 6 - Final thoughts

The past six months were truly memorable, and I am glad that I have made the most out of my time in the United Kingdom. I believe going on exchange is the only chance for us to leave the past behind and live a worry-free life in a place far from home. I will always miss my days in Lancaster when my biggest concerns are what to cook for supper and where to go for the next trip. I



do not want to draw a conclusion on whether the UK university life is better, but I do know there are endless possibilities that can lead us to different paths and experiences. You will likely to discover the differences in learning, lifestyle and cultural practices, and my suggestion is to hold an open attitude towards them. Look for the curiosity and excitement we once had toward each day, you will then realize the world is much bigger than you think. Finally, try to take this exchange as a "temporary life", give yourself a fresh start and when this comes to an end. If you think you have nothing to regret, then you have lived this life well and that is all you need! I hope you find this report helpful and you are ready to take on your own unforgettable journey, please do not hesitate to contact me via Facebook if you want to know more about Lancaster University or travelling in Europe.