

## SEP 2017

# First Footprint in the U.K.

The official arrival date of my college (Fylde) was on 30th Sep 2017. But I had planned to stay and cruise around London a week before that day with my other exchange friends (Angela & Jenny). So, we landed in London Heathrow on 25th Sep 2017. It was an awesome week that we spent as we could first experience the local culture, pricing, transporation and living pace. As expected, the pricing here is nearly triple than that of HK. So we ended up eating burgers or cooking by ourselves to stay on budget. Highly recommend those cyclying-fanatics, like me, to rent a Santander Cycle in London. See whether you would get lost in this maze (at first, that was...)

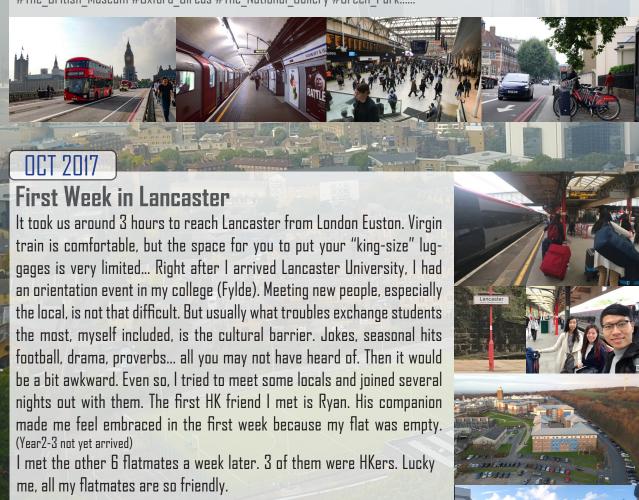




The places recommended:

Lancaster University

#BigBen #Londoneye #Waterloo #Museum\_of\_London #King'scross #Platform9\_3/4 #Westminster #Hyde\_Park #LSE #The\_British\_Museum #Dxford\_Circus #The\_National\_Gallery #Green\_Park.....



## OCT 2017

## Week 2 Campus Life

I studied German, Brand Management and Entrepreneurship in LU, as Michaelmas term in LU is so short that everyone could only take 3 courses maximum. Yet, it doesn't mean that I could have day-off. German did take me 5 lessons a week, and I could only go on weekend traveling to cities nearby. I did not miss any lessons to be honest;) My normal day routine of it is having lectures then go back dorm to cook. Afterwards, I usually went to Library for revisions till midnight with friends, or sometimes, breaking the rules, we watched movies there. (Friday happy hours). Running in Lancaster is awesome. Fresh air always gave me extra energy to exceed the limit. I met Long, a runner expert and Vlogger from HK. And I did my first VLOG inspired by him:)



Manchester

Glasgow

## NOV 2017

## Overhead in Lancaster

It is my privilage to see the community from the aerial perspective. As expected, I brought lots of filming equipment, including my Mavic Proto the U.K. Lancaster is definitely one of the best places to fly drone in U.K. but it may be windy sometimes. I really enjoyed filming stunning footages around in my spare time. It was usually easy to make some new friends as your drone could arouse their inter-

**EST.** (Please check the drone code UK & obtain a license before your flight if necessary)



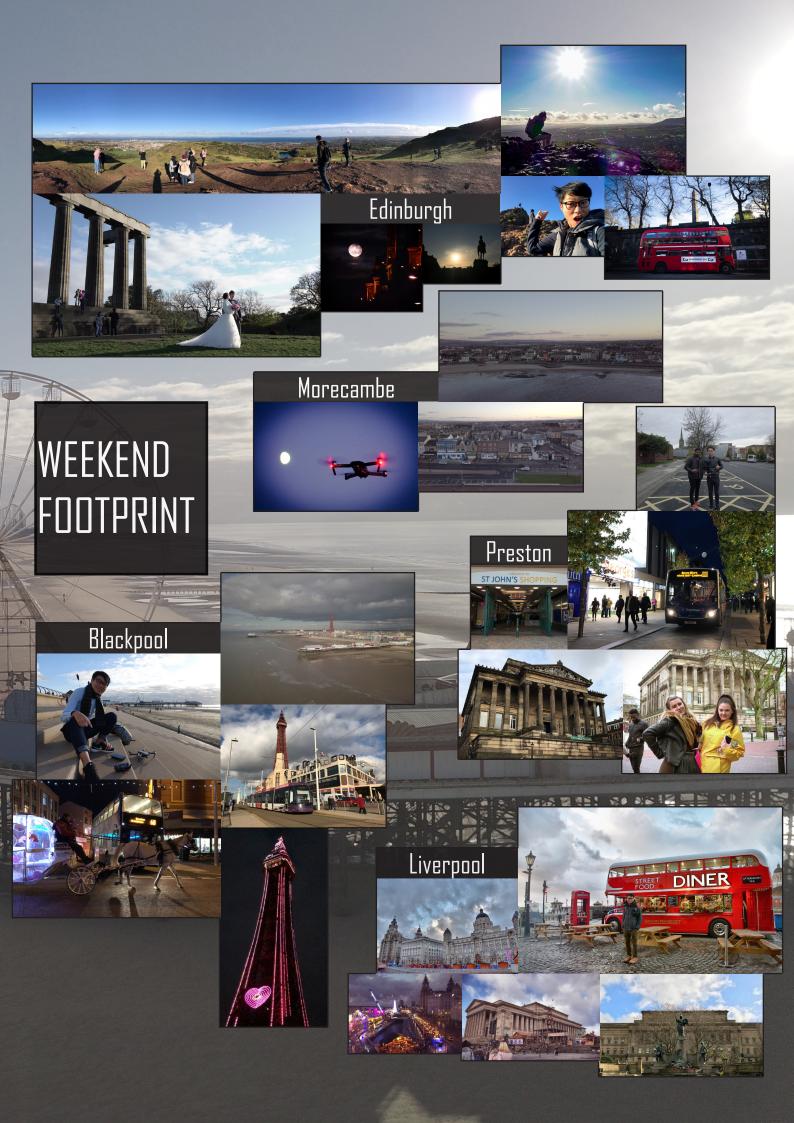
# Bootstrapping, Find your own way to be an entrepreneur



Plus, we provided add-on services to elevate the value of these cards such as free delivery, calligraphy etc. Eventually, we achieved 60 pounds net profit in this 2-hr business and all profits were donated to a local charity. Working with local students is a very rewarding experience! Our team won the Most Creative Award.

ing it separately with some pricing strategies.





## **DEC 2017**

## Extending our best memories

As the Michaelmas Term approaching an end, the workload would reach the peak right before its last day, when was our official day of "moving-out". There were grammar, speaking and writing assessments separately, in addition to the German Context writing for German course (GERMIDD). There was a take-home exam for Brand management (MKT 317) on top of the essay assessment. There was an in-class exam for ENSI 207 and an essay assessment to be submitted in Mid Jan. Trying to attain "Good grades" took me more than 3 overnights. Yet, something more important was to seize the moments with my dear friends in Lancaster.









9/12/2017, First Heavy Snow in LU Surprisingly, my friends prepared me a farewell dinner before I left Lancaster. Two Masterchefs and One dessert lady prepared 9 "heart-filled" cuisines plus I sweet Melaleuca cake for me. Several filming fanatic guys like Joseph, Ian and I captured the entire preparation for 9 hours. That touched my heart and I really thank you all for marking a good ending note of my exchange in LU.







# Netherland (Amsterdam)

After spending 22 hours on an overnight bus, we reached Amsterdam from Lancaster.

#### Footprint:

#Heineken Experience Museum #Sloterdijk ...



## **DEC 2017**

## Germany (Berlin, Munich)

Germany is my favourite country so far. Not only could I practice my German, but I could also see the buses in Berlin (If you are a bus fanatic, you may know what I'm talking about - OMSI 1989 Berlin map). Also, the Christmas market there was filled with Festive atmosphere.

#### Footprint in Berlin:

#Reichstag Building #Brandenburg Gate #Berlin Wall #German Museum Of Technology #DDR Museum #East Side Gallery #Neptunbrunnen ...

#### Footprint in München:

#Leica store #Neuschwanstein Castle #Marienplatz #St.Peter's Church #Heiliggeistkirche #BMW Museum #New Town Hall ...



## DEC 2017

# UK (Edinburgh, Glasgow, Birmingham)

Although I had been to these 2 places in Nov, it was the first time to immerse myself in such festive atmosphere. With my bros Joseph, Chris and Ian, together we experienced the tra-

ditional Christmas time in Edinburgh.

Just be reminded that on the Christmas day, there was NOTHING to go in town as most shops and facilities would be closed. Most local people would stay in their own house.

On the eve night, we had a count-down firework in Birmingham resort. The glowing light painted the beauty of 2018.



# JAN 2018

# Switzerland (Zürich, Luzern)

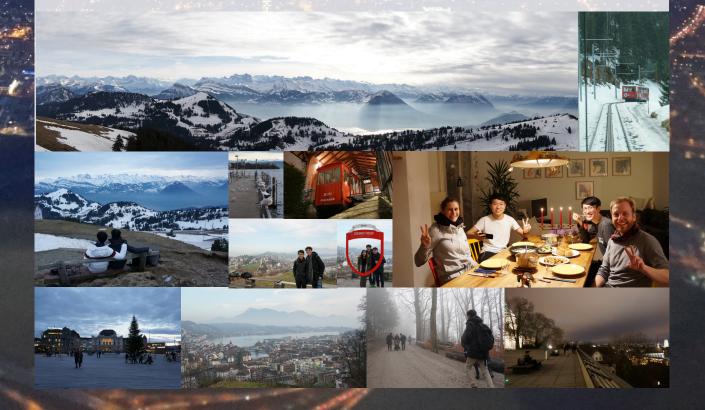
Attracted by the cinematic white mountains in Switzerland, Joe and I had planned to come here for our annual travel of 2018.

Hailed as the most expensive city in Europe, the price level in Switzerland was not surprisingly expensive, but absolutely expensive. For instance, one broccoli costs you around \$HKD24. In general, you have to pay at least \$HKD 300 for each meal outside. So, we cooked our own meals to save money and eat better. Yet, we enjoyed our week very much as we got amazing footages as captured below.

Footprint in Zürich:

FootPrint in Luzern:

#Lake\_Zurich #Grossmünster #Swiss\_National\_Museum #Fraumünster\_Church #Chapel\_Bridge #Lake\_Lucerne #Lion\_Monument #Rigi #UBS\_Polybahn #Dolderbahn Umwelt\_Arena\_Switzerland #Uetliberg ...



#### Visa Procedures

If you are holding a HKSAR Passport and stay less more than six months, then you do not need to apply for a Visa in advance (Tier 4 General Visa). Once you arrive in the U.K. airport, you need to show the official acceptance letter from Lancaster University and enter U.K. as a student short-term visitor instead of a general visitor. (At London Heathrow, there was a separate queue for students)

While you are travelling around the Europe, you should bring your official acceptance letter with you as the immgration officier may check it for general administrative processes. Just remember to print out several copies of the official acceptance letter if necessary.

## **Transportation** - Airport <> Campus

On the day of arrival, there should be Airport Pick-up service offered by Lancaster University. Details may be found in the email from LU. From previous data, the cost was 25 pounds. There should be a counter set up by the Welcome Hosts of Lancaster University.

If you would like to go by yourself (Think twice, your luggages are bulky and heavy), you may look up for the next train to Lancaster from Manchester airport station. You have to buy a ticket in advance.

## Transportation - Lan <> Elsewhere by Train

Early birds usually enjoy more discounts in booking train ticket. There are 3 main types of fare for national rail - Single Advance, Off Peak and Anytime. If you pursue the flexibility, you should buy the off peak ticket so that you can still get to your destination if you miss the assigned one. You can check the train schedule and prices on Trainline. co.uk or download its app. Train delays are quite common, from minutes to hours. Do allow some buffer time for your journey.

Please bear in mind that the staff usually checks your ticket on the way. So, do not put yourself at risk.

## Transportation - 16-25 Railcard for trains

If you are planning to travel a lot, probably, then you should apply for a railcard in advance(online). You will need a passport size photo and an address in UK(maybe your dorm). It costs you £30 but you can have 1/3 discount on buying any railway tickets within the UK. You can either apply for an electronic / printed version. Personally I chose e-copy one for convenience.

#### **Tele-Communication**

The 3rd important items to bring along after Passport and money is smartphone. Cellular is hence indispenable for our access to the internet and nagvigation. Before I left HK, I bought 2 SIM cards in advance (EE and 3 UK) in Apliu Street. Buying 2 is for the worst case if one does not work.

You can also buy it once you arrive the airport of UK. I would recommend the plan "Pay As You GD - All in Ones" that costs £20 for 12GB data, 3000 mins call & 3000 texts. You have to renew it every 30 days. The advantage of using 3 UK is its coverage over the Europe. It worked perfectly fine with my plan subscribed while I was travelling around the Europe. For the sake of non-stop snapchat posting and Video-calls, I bought £35 for unlimited data in Dec.

Some of you may consider Giffgaf, but from my friends' experience, the signal coverage of Giffgaf was bad in Lancaster (esp. Cartmel College ) 8 on the way of Trains. https://www.three.co.uk/Store/SIM/Pay\_As\_You\_Go

## **Transportation - Lancaster station <> Campus**

There is a bus station right next to the Lancaster station. You may take route 3A to Lancaster University, by-passing the Lancaster Town. It usually takes around 3D mins. You should prepare coins instead of notes for change while you are buying a ticket from bus driver.

**Transportation** - Campus <> Elsewhere by Bus Most students would go to the University Underpass to get a bus they want, unless for those who live in Cartmel or Longstale. The departures time is instantly shown in the iLancaster app.

If you are going to town and buy your daily necessities and food ingredients, you can take a bus to Common Garden Street. [2, 2A, 3, 3A. Some routes may take longer time] Do buy a return ticket for discount. There is also a free bus service to Sainsbury's every Wednesday eligible to those who spend at least £5 in Sainsburys. Hourly buses to Blackpool & Preston is also available.



## Accommodation (on-campus)

LU offers a range of UG accomodation to suit your preferences & budgets:



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 inner decoration and facilities look more polished and more comfortable. For the standard / Basic En Suite one, you may have to share one stove with other 8 faltmates (the most extreme case).

By late June, after you finish the online application, you would receive an email from LU and invite you to apply for on-campus accomodation. Before you rank the college choices (just as the college system in CUHK), you should beware of the facilities and the location of each college. Interestingly, LU is one of the few that kept a college system in the UK. There are 9 colleges in total. Your preferences on college would affect where you live eventually.

Personally, I suggest taking Furness and Fylde college as they are near the main campus (<5-min walk) and the facilities inside are well equipped (relatively). But sadly, the final offer released may differ from your choice quite dramatically. Good luck!



Superior En Suite Room Captured when I first arrived















The campus of LU is fairly big. The most distant residence would be Cartmel & Lonsdale. It takes you ~20 mins to walk to the Bowland main (the main site where you have your lectures / workshops) or ~15 mins to the Management school. Lucky me that I was offered with Fylde college, which is just 5-min walk to Bowland main.

## Registration For University

Superior En Suite common room(Stove)

You should regularly checking your UST emails as LU would send you the registration link and passward separately early in advance. To access campus WiFi or any online resources such as Moodle (= Canvas in UST), Student Portal (=my.ust.hk), you need this account. Once you have got your account, you can download the iLancaster App and login with the AC. This app is a centralised dashboard where you can have a glance of everything about your academics and campus info as well as your attendance check-in.

### WebLogin

Username Password Login

Please enter your authentication information and click the "Login" button to continue

Lancaster 😂 University 🥌

By using this service you agree adhere to our policies and guidelin

For help if you are experiencing problems: New Students doing online registration - forgotten password

## iLancaster | Students & Staff Setup Moodle notifications in iLancaster



















### **Courses Registration**

The general course registration procedure in Lancaster is quite unique and there are 2 phases. The first stage is to get the preliminary approval from the International Office by stating which modules you are interested in. Having screened internally, you would receive a tentative course schedule weeks before your arrival. The second phase would be taken place on the official Course registration day that requires you to obtain the approval from the departments you are looking for. You should get your transcript ready in case the department representative asks your prior knowledge proof. Also, do pick one to two more spare options on hand in case if your offer is declined though it rarely happens.

Please note carefully when you plan your course path before exchange considering their credit transferability and its availability. For me, I could not enroll in the ENSI 303 Innovation course because the course was suspended and I only knew it after I arrived Lancaster.

Similar to UST, there was a 2-week add/drop period for us to decide what courses to take or drop. Instead of changing your choices online, in Lancaster we had to swap/add/drop our pre-regged courses physically by signing the course registration form given. You also need to get the signature from the department staff for each amendment.

To know how many UST credit a module you can earn, you have to convert the weighting according to the ECTS or US credit scale table.

An interesting thing is the lecture component, which can be an hour lecture or seminar, workshop, tutorial or movie section. You should be alert with the potential clashes for all lecture components. Your college principal would give you more details on the official welcome day.

### Bank Account & Finances

There are 2 bank branches (ATM available) on campus - Barclays and Santander. It is advised to have a local account as you need a Debit Card for many online purchases (e.g. Amazon, trainline tickets) or services top-up (e.g. Library Printing budget, laundry card top-up).

Personally, I applied for Santander bank as it is the only bank that can accept application without Visa. Prior to your application, you need to obtain a set of proofing document from the International office(next to the library). The application usually takes you a week. If you want to withdraw money from you HK Bank account, you may go to the HSBC branch in town. But please be reminded to activate the Oversea Withdrawal function in advance. The service charge is insignificant.

## **Teaching & Assessment Methods**

UK teaching method usually emphasises on independent study. The lecture hours and the workload are much less than that in UST. Yet, you would be given a number of readings and independent research as a complement to the lectures. Take my marketing course (MKT 317) as an example, there are several readings and reports assigned every week. Before I went to the seminar, a discussion-based class, I had to get familiarised with all the content and related theories so that I could share my insights with other classmates. Yet, interestingly, there is no presentation for marketing course. There was 1 essay assignment for Michaelmas term. It focuses on in-depth research and critical analysis over the trendy marketing phenomena. Despite the workload was light, I did revision on weekday nights because I needed to immserse myself fully in German. Therefore, it depends on what you are studying and pursuing. If you want to obtain a better grade, you need to spend more efforts. No cross, no crown.

## Sports & Recreation Facilities

The University's Sports Center is around 10-min walk from the main campus. Yet, you have to pay for an annual membership fee to enjoy the gym equipment / swimming pool inside. Several Tennis courts are located next to the library. Just exercise in a way you want;)

# Courses at a glance (taken by me in Michaelmas)

GERM 100 Intensive (=LANG 1320 - German in ... S&T)

- •Pre-requisites: Substantial previous studies in management
- •US Credits:
  - Michaelmas Term only 4 US semester credits

It provides an intensive introduction to the language and will equip you grammatically and linguistically for further study. The course covers reading, writing, the foundations of grammar, plus speaking and listening skills for four hours per week. In addition, weekly or fortnightly lectures and seminars will focus on the country's culture and its European context.

#### MKT 317 Brand Strategy [=MARK 4450 Brand Management]

US Credits: 4 semester credits

It will help you to understand why brands are powerful in business and have emerged as cultural champions in consumer society.

Assessment Proportions

• Coursework: 40% | Exam: 60%

### ENSI 207 Entrepreneurs & Entrepreneurship (=ENTR 2000)

- •US Credits: 4 semester credits
- •Pre-requisites: Previous studies in management

This course aims to develop an understanding of entrepreneurship, relating to:

- a) the processes of business creation and development;
- b) current theory and research in entrepreneurial behaviour and related areas;
- c) a number of contexts in which entrepreneurial behaviour might occur.

Assessment Proportions

• Exam: 30% | Self Reflection portfolio: 70%



# **EXTRAS**

### Social Clubs & Networking Opportunities

To meet more friends from worldwide, you may consider joining some societies based on your interest. For me, I just joined Hiking Club and Filming Society. For more options, you may pre-screen your favor on the Student Union website:

#### https://lancastersu.co.uk/

If you get some referrals from your friends, you may get a local working opportunity as well. For instance, I got admitted to the Student Camera Group, a group which finds camera people for specific jobs within UK. Anyways, just be proactive and seize the moments.

#### Climate

Englands climate can be described as temperate maritime climate, despite it sometimes gives you 3 weathers in just one day. So, first and foremost, you should get a waterproof windcheaters / Gilets with hood. Lucky me, I had more sunny days than cloudy/ rainy days, yes, in UK. It happened to me.

In General, from Sep - Nov, the weather in Lancaster is windy and chill. The average temperature was from 10 - 20 degree Celcius. Just give you a statistics, the gust is as high as 70km/h. Even my drone could not withstand such strong wind.

As time approaching December, the temperature drops to 1-4 degree Celcius. The coldness is freezing but it is fresh, unlike that in HK which makes you feel headache or shivering. Usually, I just wear 3 layers on my top including my Windcheater because there is heater in hall and classrooms. In my own room, I only wore shorts and T-Shirts even under snowing weather (outside) XD.

## **Health & Safety**

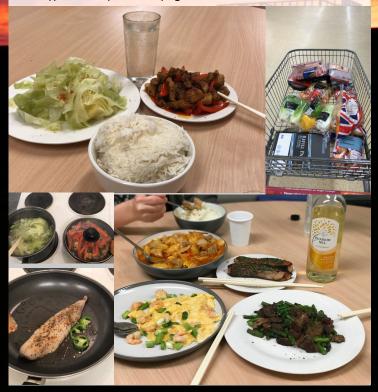
There is a clinic on campus but there is no medical coverage for exchange student staying for not more than 6 months. You are advised to bring some basic drugs for common cold or simple illnesses. On the official registration day (when you make your student ID), you would be asked to fill in a form for this clinic memebership registration. If necessary, you may claim you medical expenses after returning to Hong Kong.

Lancaster is a safe town with mainly students and elderly. You do not to over-worry your belongings on campus (to my experience only)

#### Food

I really miss the fresh ingredients in Lancaster. I gained more weight (healthy gain) as I usually cooked 2-3 dishes plus one bowl of tomato soup (I-person size only). I would say never give yourself any excuse not to cook in Lancaster. The kitchen is spacious and clean. You can have fun with your flatmates while you are cooking your own cuisines. Try swapping some food from the local. I would say, if you do not try cook here, you would hardly experience the fun and art of cooking when you come back to HK.

Just to provide a rough idea. Every Wednesday, I bought £60-£80 for food ingredients, snacks, drinks and alcohols. My friends usually bought £30-£40 only. It really depends on your stomach size and the type of food you are buying.



## On-Campus Facilities



2 Supermarkets on Campus (Spar, Central)

You can get your daily supplies and necessities if going to Town is a bit time-consuming for you.



FastFood (Ketcap, Greggs, Subway, Pizetta Republic,

Wok-inn, Sultan...]

(Indian food, pizza, bakery...)



Cafés (Costa)



#### PostOffice

Mail shipping, currency exchange, Buying souvenir...

\*Please note that your shipping address is your own college's address. Simply claim your parcel at the porter's office



#### Library + Learning Common

There are Silent and Quiet Study Zone in the 2nd & 1st Floor respectively. You can even borrow laptops from the library if necessary. Its modern interior design and tranquility boosts your brain performance

# **EXPENSES**

While I was compiling this report, I had not yet summarised all my expenses. Thus, I could only share a rough expenses summary with you as below:

Return Ticket (Cathy Pacific)	~HKD7,000
Accommodation (10 weeks)	~HKD14,000
Accommodation Deposit (Refundable)	HKD 2,000
Local Living Expenses	~HKD15,000
Communication mobile (One-off in total)	~HKD 900
Local Travel Expenses	~HKD 8,000
Euro Transportation Expenses	~HKD 5,000
Euro Travel Accommodations	~HKD 8,000
Dining & Food (Euro Travel)	~HKD 10,000
Miscellaneous Expenditure	~HKD 11,000
Total	~HKD 78,900



Keep your eyes on the currency rate of GBP if you are planning to study in UK anyway. From my experience, around GBP3,000 would be enough for your 10-week expenditure including traveling. The price level in Lancaster is usually lower than that in London and Manchester.

Unless for imported electronic goods, which are taxed 20% for VAT, other goods such as clothings and food ingredients are relatively cheap. Some meals in restaurants may include tax as well. But the overall price level is proportional to the local minimum wage. The price of a Big Mac in UK is double than that in HK. This should give you a rough idea on the price level.

# Final **Thoughts**

Lancaster is a very typical U.K. town with a peaceful lifestyle. The campus is surrounded by yards of grassland. You would spend most of your time in campus area. The tranqulity gives you room to explore something exotic and time to have stay with your close friends. So, if you fancy the vibrant city life like the one in HK, Lancaster may not be your choice.

- I first came here because I want to
- I. Escape from the hectic city life, to enjoy slow peace of life
- 2. Find a centre point to explore the cities in the north and south of U.K.





The past 10 weeks were extraordinarily memorable. Not only because it was the only exchange I could have in my University life, but a series of "First Attempt" had also brought me monumental meanings. Going on exchange is the only occaision for us to leave all burdens, past failures and fear behind (temporarily) and achieve our goals under a gravity-free space. For me, extra time saved from excessive work had brought me truly young moments and I could experience a care-free life to try whatever I want. Only after witnessing the Gemini Meteor Shower in a carpark next to my dorm did I realise the pity that I missed thousands of shooting stars. If we are overwhelmed by too many tasks, we would miss something that cannot be captured by cameras, but can only be sensed by our soul. Thankfully, gods gave me such a great and memorable inspiration before I left Lancaster (14/12/2017)

# Items to

# Bring

# \*\* MIND YOUR WEIGHT\*\*

(LUGGAGE ALLOWANCE)

# Highlights



Music Speakers

It would be your best companion if you are self-studying alone in your living room



Drone

If you've played it before, and you've checked the latest Drone regulation, then you may bring one and have fun.



Cameras / Action Cams / Tripod / Handheld Gimbal

Bring some equipment that can capture your best moments so that you would not forget every beat



A Spare Phone

In case you lost your phone, a second phone can give you a helping hand in time

## General Items

#### Electronics

Laptop (x2 if possible)

Smartphone (x2 if possible) with SIM cards

Phone accessories (Cables, Power adapter)

- Sham Shui Po is the best in the world.

Storage Devices (External Hard disk, SD cards)

Cameras, Tripod if you can (Star trail shootina)

Travelling Adapter (for EU countries)

Financial Calculator, Maths Calcultor

Hair Dryer

Water Kettle (Optional, you may buy it in Town)

## Clothings

Water-proof gloves

Water-proof Hooded Wind bomber jacket

A Down / Thick Coat

Heattech long sleeve T-Shirts & Leggings

Sports clothing (Heattech)

Scarfs

T-Shirt & shorts (Indoor)

Hoodies / Shirts / Sweaters

Jeans / trousers

Water-proof Boots (Timberland is advised)

### Others 1

Souvenirs from HK (send to local friends)

Stationery (including plastic papers)

Plasticizer product is relatively costly

#### **Documents**

UST Official Transcript (Copies)

IETLS results copies

Bank Statement / Currency Exchange

receipt (For finance Proof)

Official acceptance letter from Lancaster

**HKID & Passport** 

Cash (Pounds/ Euros)

MasterCard / Debit Card (HK)

#### Others 2

Prescribed medication

Thank You cards (in case you need to thank anyone who is important in your exchange)

