

YES • Singapore-China
Youth Interns Exchange Scheme



狮城生活手册

Content

Warm welcome to Singapore!

We hope this comprehensive handbook would guide you in settling down.

Enjoy your stay here and remember to have fun!

- 1) About Singapore
- 2) Estimated Monthly Costs Of Living
- 3) 衣 What to wear?
- 4) 食 What to eat?
- 5) 住 Where to stay?
- 6) 行 How to travel?
- 7) Upon Arrival
- 8) Supermarkets
- 9) Telecommunication Service
- 10) Banks
- 11) Payment Modes
- 12) Currency
- 13) Healthcare
- 14) Medical Insurance
- 15) Public Holidays
- 16) Assistances needed & Emergency Contacts
- 17) Commonly Used Apps
- 18) Entertainments

About Singapore

Singapore is a multi-racial society. The demographics of the society is made up of many different ethnic and religious groups. Do check out the a Kampong Glam, Little India, Chinatown and Joo Chiat area to immerse yourself in this rich culture.

Because of this rich cultural uniqueness, there are a few differences in habits. Aside from the different mother tongue languages (Chinese, Malay and Tamil) that you will hear, there are also differences in eating habits as some ethnic group will be eating with their hands.

English is the common language used in our everyday lives. You will sometimes get to hear an extra 'lah, leh, lor" or slangs like "bojio - means didn't invite me to join" etc. which are all Singlish.



- Shiok - means very good

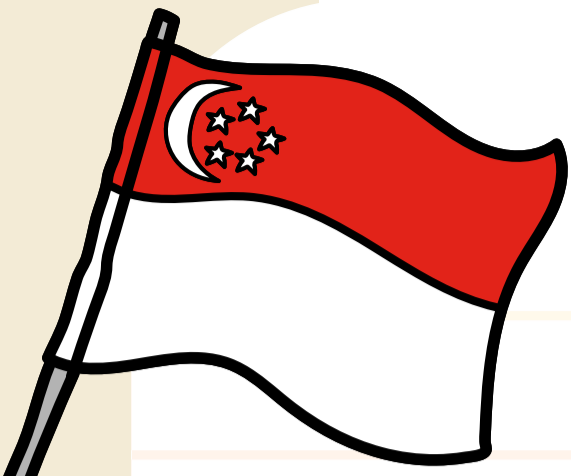
"The food was 'shiok'!"

- Tabao - means takeaway

"Do you want to tabao or have your meals here?"

- Chope - means reserve

"You go and chope seats first while I queue for the food."



About Singapore

Do's	Don'ts
<ul style="list-style-type: none">• Keep left when driving or standing on the escalator.	<ul style="list-style-type: none">• Do not litter.
<ul style="list-style-type: none">• Smoke only in designated areas.	<ul style="list-style-type: none">• Do not eat or drink on public transportation.
<ul style="list-style-type: none">• Clean up after yourself at public eateries.	<ul style="list-style-type: none">• No chewing gum.
<ul style="list-style-type: none">• Do stay on designated track when you are cycling, jogging or skating.	<ul style="list-style-type: none">• No drugs.
	<ul style="list-style-type: none">• Don't vandalise or use graffiti

Estimated Monthly Costs Of Living

*All prices stated are for reference and are in SGD.

Accommodations

For single room or assuming a few people co-share the entire apartment \$900 - \$2000

Utility cost + Wi-Fi cost (if not inclusive in the rent rate) \$100 - \$150

Transportation

Daily Public Transport 2-ways 30 rides x \$6 = \$180
Occasionally Taxi/Private Hire 4 rides x \$30 = \$120

Telecommunication

Relevant service provider \$10- \$30

Insurance

Relevant service provider \$90



衣 what to wear?

It's summer season all year round in Singapore. The hottest period is June to August. Still, expect a rain shower during this time. Monsoon season lasts from November through January of the next year.

Remember to pack your shades, short sleeve tops & bottoms and sunscreen but never forgetting your essentials like work-wear attire and passport!



食 What to eat?

Food is relatively cheap in Singapore. However, individual's food expense is dependent on how extravagant he/she is.

If an individual cooks at home, his/her average monthly personal food costs should come up to only about S\$200 – \$250 per person for basic meat and vegetables, whereas a visit to an average restaurant can cost between S\$10 – S\$40 per person for basic meals.

There are numerous hawker stalls, food courts and kopitiam^{*} here that offers a wide variety of options at relatively affordable prices, so you're never far from a good meal. Based on a recent study conducted by the Institute of Policy Studies (IPS), Singapore, if a person eats all three meals at hawker centres, food courts, and kopitiam, he will spend an average of S\$16.89.



^{*}Kopitiam are coffee shops which are commonly found in almost all residential areas as well as some industrial and business districts.

食

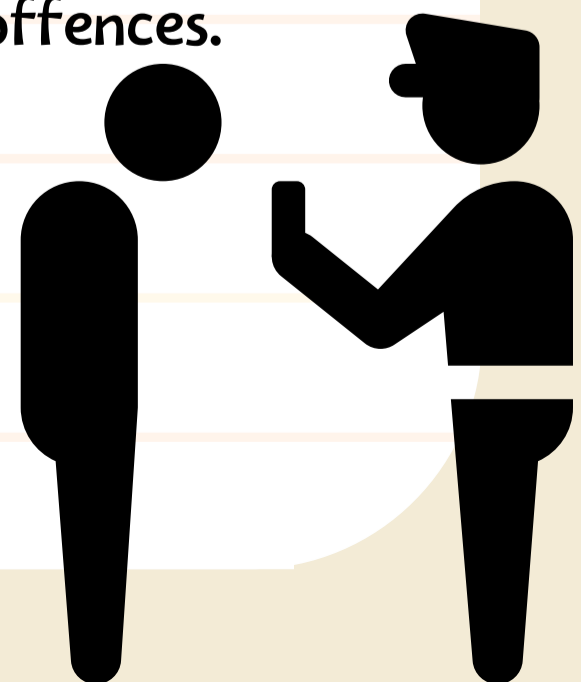
If you are having your meals at any public dining area such as hawker centres, food courts and kopitiams, do remember to clear up after your meal. You will have to return the tray and utensils to the allocated tray return corner.

Each station is divided into halal (清真) and non halal. Halal food does not contain any pork. Where should you return your tray, depends on the store which you bought your meal from.



Enforcement applies to diners who do not heed advice by enforcement officers to clear their dirty trays, crockery and any litter. First-time offenders will be issued a written warning and second-time offenders will face a composition fine. The composition fine quantum will be \$300 which is similar to the quantum for other compoundable littering offences.

Subsequent offenders may face court fines.



食

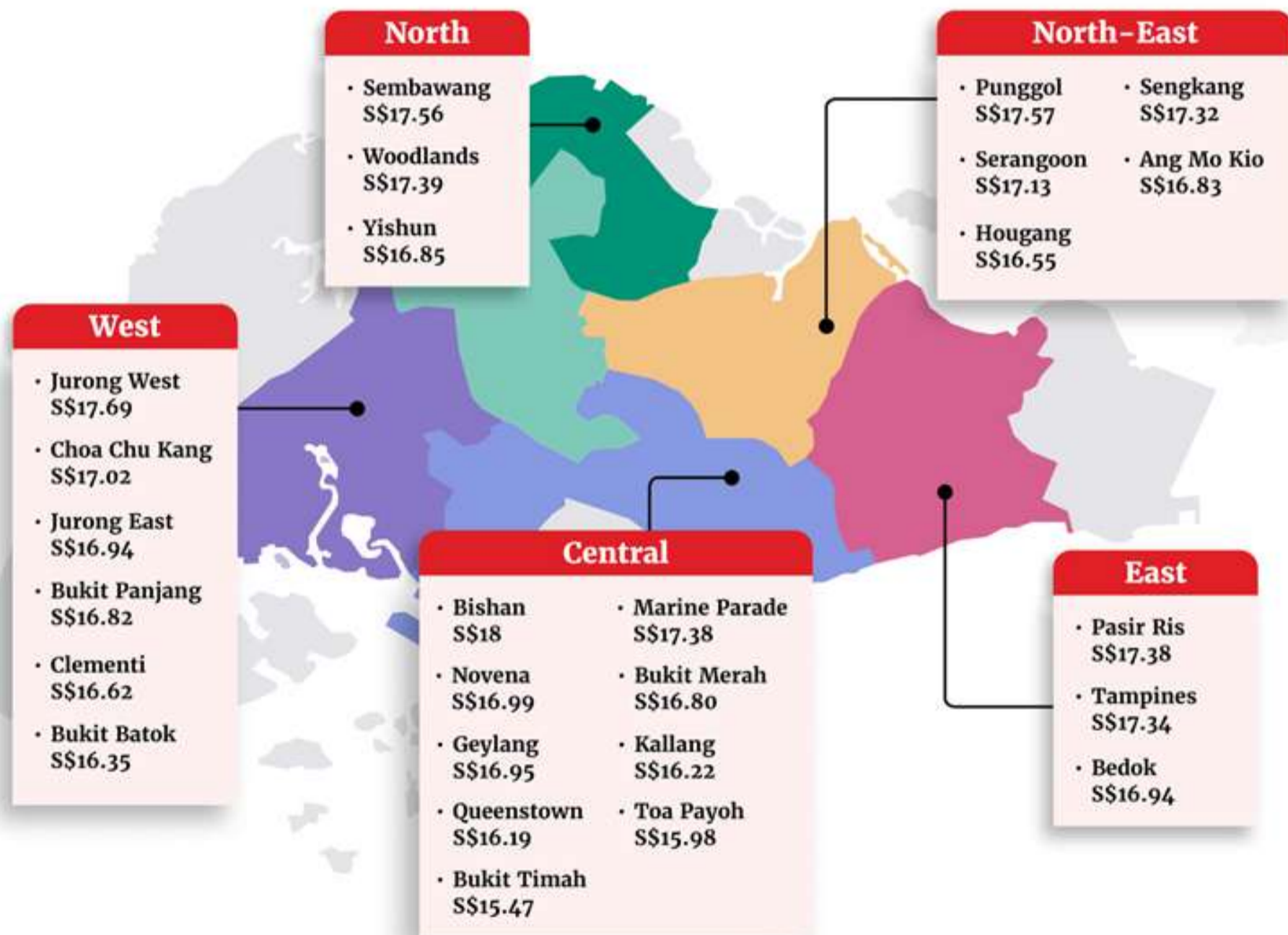
Estimated Food Cost

Per month (Assuming \$17 for 3 meals a day at hawker centres, food court etc and occasional dining at restaurants)

Approx. \$500 – \$800

What is the average cost of eating out 3 meals a day?

Researchers visited 829 hawker centres, food courts and kopitiam in 26 residential neighbourhoods



食

To enjoy food deals when you eat out, you can check out :

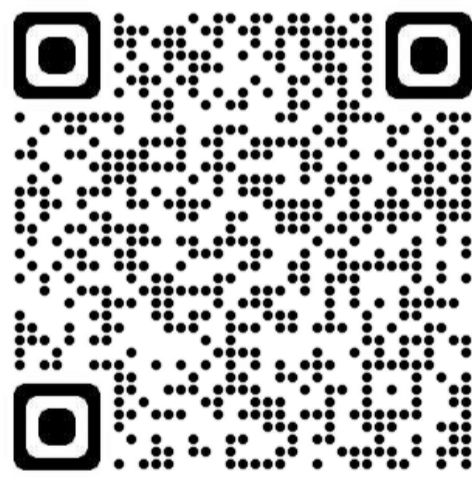


Burpple



Chope


Similar to 美团 and 饿了么 in China, if there are days when you feel like staying indoors and want food to be delivered to your door, you can check out:



住 Where to stay?

Singapore has a high cost of living, particularly for housing. However, the country provides a diverse range of options. The cost of housing in Singapore is determined by factors such as the property's proximity to the mrt and heartland, its age, the availability of recreational facilities (such as a pool, gym, and so on), and the quality of furnishings that come with the accommodation.

Private Housing/Hostels

The Assembly Place *Minimum of 3-month lease		
Single	Apartment	
Starting from: \$1200 – \$3000	Starting from: \$5300 – \$8400	



Other options:

<https://www.65house.com/>

<https://hericoll.com/>

住

Private Housing/Hostels

Eton Hall					
*Minimum lease of 6 months or 12 months					
Bugis @ One	Mackenzie	Sophia Residence	Liv On Wilkie	68 Wilkie	48 Wilkie
Single/Twin	Single/Suite	Single/Twin/ Double	Single	Single/Twin/ Double	Single/Twin
\$1350 - \$2800	\$2180 - \$3480	\$1450 - \$3400	\$2900 - \$3300	\$1130 - \$3000	\$1650 - \$3100



Yoha				
***Minimum lease of 1 month; cost below is based on 3-month lease/person and is inclusive of utilities and WIFI cost. # Cost not inclusive of Utility cost of \$97.20				
Hostel			Residence	
Henderson***	Evans***	Pearl's Hill#	Pearl's Hill	
2 - 6 pax	1 - 3 pax	2 - 6 pax	1 Bed-room	2 Bed-room
\$680-\$845	\$680 - \$1130	\$910 - \$1550	\$2,480	\$2,890



住

Private Housing/Hostels

Coliwoo

*Prices shown are reference for Boon Lay area



	Single	Studio
<1m to 3m	\$2100 to \$2900	\$3100 to \$3300
<3m to 6m	\$1900 to \$2700	\$2900 to \$3100

Add on

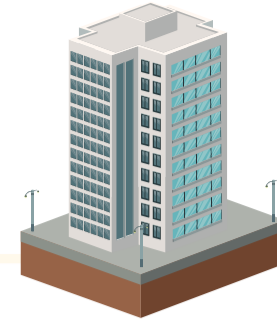
*Admin fee: \$150+GST / per agreement

*Utilities Bill: \$150+GST monthly



住

Public Housing (HDB)



	1 Room	Entire Apartment		
		3-Room Flat	4-Room Flat	5-Room Flat or bigger
North	~\$750 - \$1300	~\$3000 - \$3500	~\$3500 - \$4200	~\$3700 - \$4500
South	~\$900 - \$1600	~\$3300 - \$4200	~\$4200 - \$5000	~\$4500 - \$5500
East	~\$800 - \$1400	~\$3500 - \$3800	~\$3800 - \$4500	~\$3800 - \$5000
West	~\$800 - \$1600	~\$3200 - \$4000	~\$3400 - \$4300	~\$3800 - \$4500
Central	~\$900 - \$2600	~\$3200 - \$4200	~\$3500 - \$5800	~\$3700 - \$6000

Useful links:

<https://www.propertyguru.com.sg/property-for-rent>

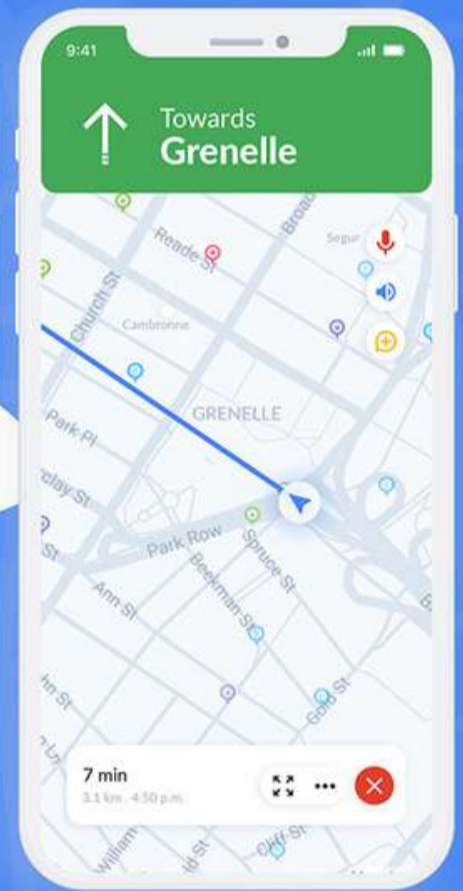
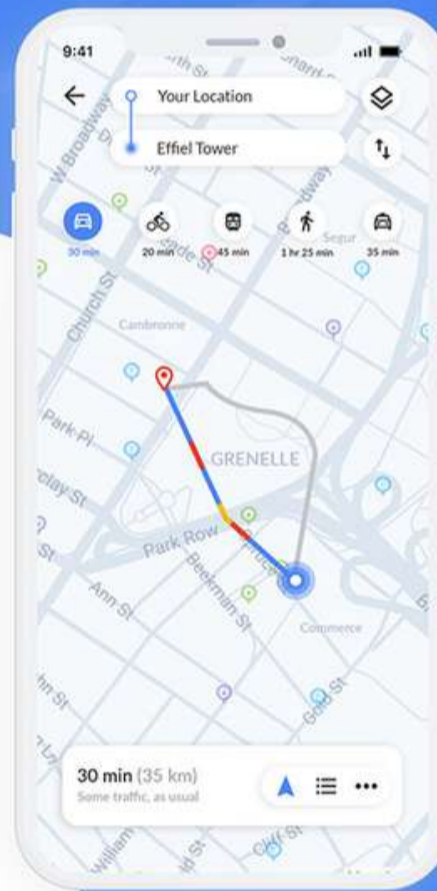
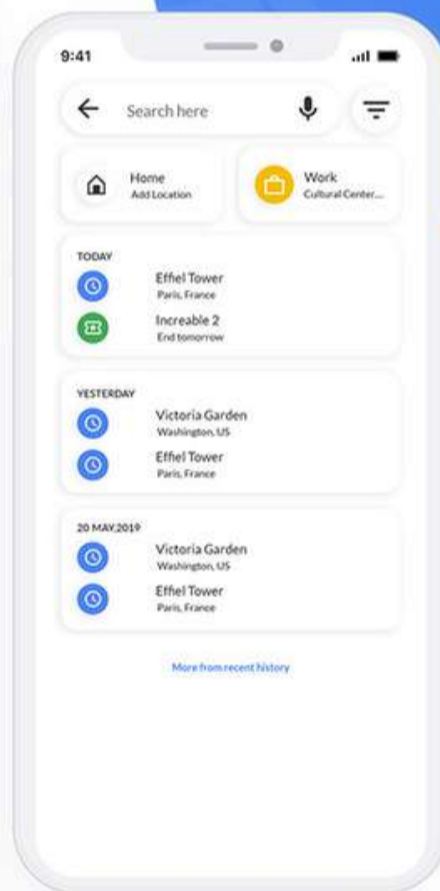
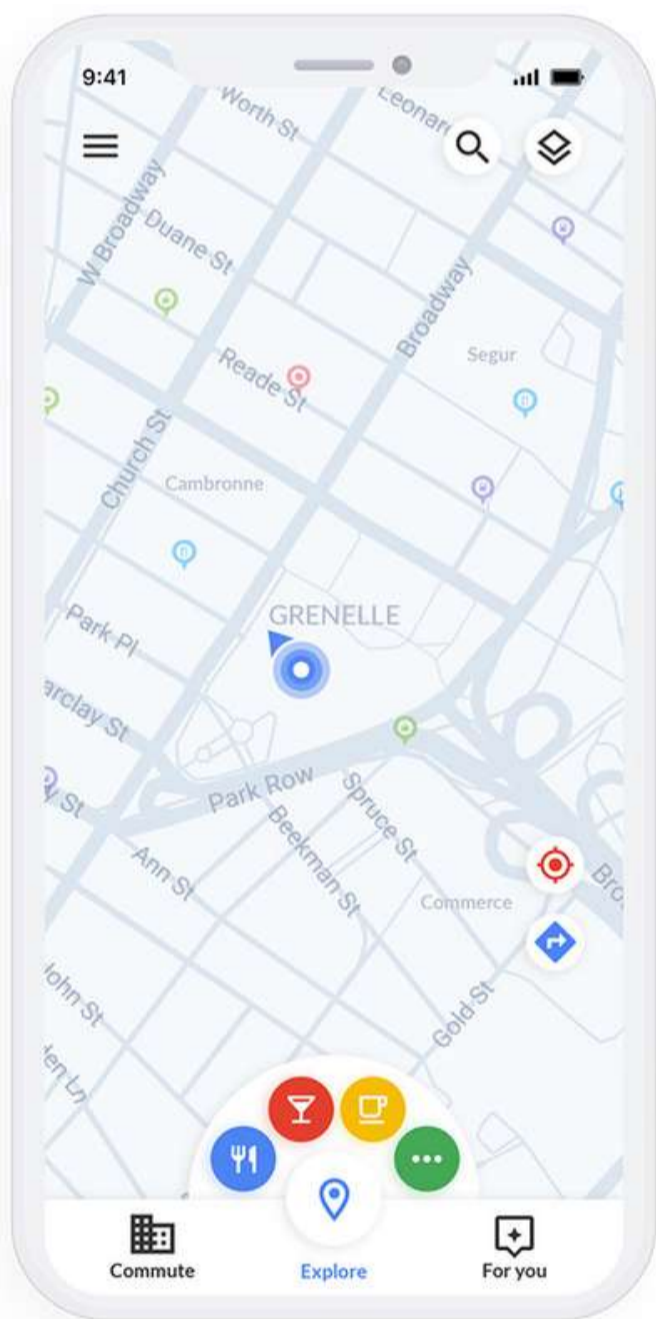
<https://www.99.co/singapore/rent>

<https://www.srx.com.sg/singapore-property-listings/property-for-rent>

<https://www.propnex.com/rent>

行 How to travel?

To navigate yourself around, you can use Google Maps.



Google Maps

行

Public Trains and Buses

Using public transportation in Singapore is both easy and cost-effective! Singapore has two modes of public transportation: buses and MRT/LRT. Many public transportation APPs are available on the market, but the most popular and comprehensive is MyTransport app from Singapore's Land Transport Authority (LTA), which provides useful information on train operating times, station exits, public bus services, and bus arrival times.



In Singapore, we encourage cashless travel; hence, it is far more convenient and cheaper to "tap and go". However, you can pay for your public transportation fare in one of three ways:

- Contactless Bank Cards (credit/debit/ATM cards) and Mobile Wallets
- SimplyGo EZ-Link Cards
- EZ-Link and NETS FlashPay Cards

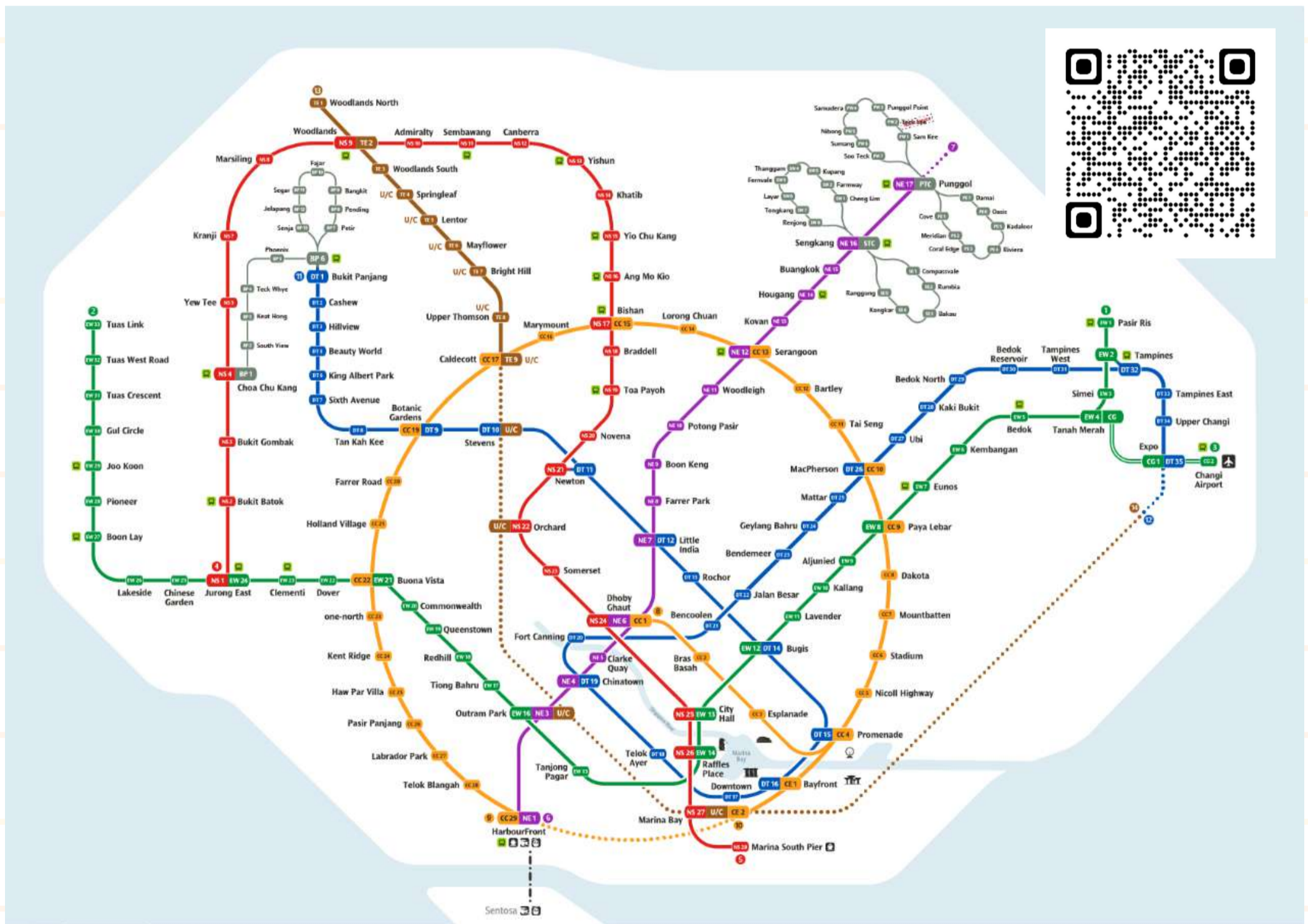


行

Public Trains

Taking the East-West MRT line as an example, it costs about \$2.26 to travel 47 km from the first to the last station of the line. For the same distance, it costs around the same for a bus ride. However, do note that there are feeder, express, nite owl, premium and direct bus services, which will cost a bit more.

Generally, it costs no more than \$6 traveling to and fro on public transport.



Legend

Station Code
Line Colour
NS 1
Line Code Station Number

Interchange Code
NS 1 EW 24
Standard Transfer
NS 21 DT 11
Tap Out to Transfer

MRT
EWL East-West Line
NSL North-South Line
NEL North East Line
CCL Circle Line
DTL Downtown Line
TEL Thomson-East Coast Line
Under Construction (U/C)

LRT
BP Bukit Panjang LRT
SK Sengkang LRT
PG Punggol LRT

Other Transport Modes
Bus Interchange
Changi Airport
Cruise Centre
Sentosa Express
Cable Car



Download Maps



Fare Calculator

行

Public Trains

You can look for train station directory to get to the train station entrance.



Upon tapping into the station, you can see the directory directions and colour of the MRT line that you would like to journey on.



行

Public Buses



- Do flag down the bus that you would like to board at the designated bus stop.
- You need to tap your card twice: One time when you board the bus and another time when you disembarked.



Bus stop code

Bus stop name

Buses operating at this stop

Every bus stop has a board that says the route of the buses.



行

Taxi and Private Hire Cars

In Singapore, you can hail a taxi on the street or at designated taxi stands or book a ride using mobile apps at any time. Fares are transparent though charges may vary depending on the service providers, demand, peak period, type of car and location etc.

Taxi fares have climbed significantly in the recent year, and taxi and private hire transportation can easily cost between \$10 and \$60, depending on the distance travelled.

Comfort Delgro, Grab, Gojek and TADA are some popular taxi or private hire car apps in Singapore.



Comfort Delgro Taxi



Grab app



Gojek app

Points to note for Private Hire Cars (PHCs):

- You cannot hail a PHC on the street – you can only book a PHC through one of the licensed ride-hailing operators
- You can identify a PHC with the “Private Hire” decal at the front and back of the vehicle
- Fares should be shown upfront before the ride commences
- You cannot board or alight at taxi stands. Use pick-up points or driveways instead



Adapted from: https://www.lta.gov.sg/content/ltagov/en/getting_around.html#taxi_private_hire_cars



行

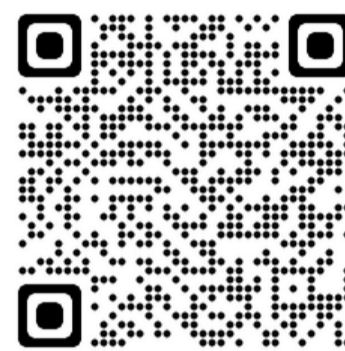
Share bikes



SG Bike



Anywheel



HelloRide

It's not common for people to travel on bike. But if you do want to rent a bike and explore the city, here's a few things to note:

- No riding on the roads, you can ride on the cycling pathway or Park Connector Network (PCN).



- You need to return the bikes to the designated area marked out by boxes.



Upon Arrival

Taxi

Taxis are available for hire at the taxi stands in the Arrival areas of Terminals 1, 2, 3 and 4. A ride to the city takes about 30 minutes and costs between S\$20 and S\$40. All fares are metered. Do note that an airport surcharge of \$6 – \$8 apply.

MRT

The Changi Airport MRT Station is located at the basement of Terminals 2 and 3. It is accessible from the Arrival and Departure Halls of these two terminals and there are escalators and lifts to connect you to the station entrance.

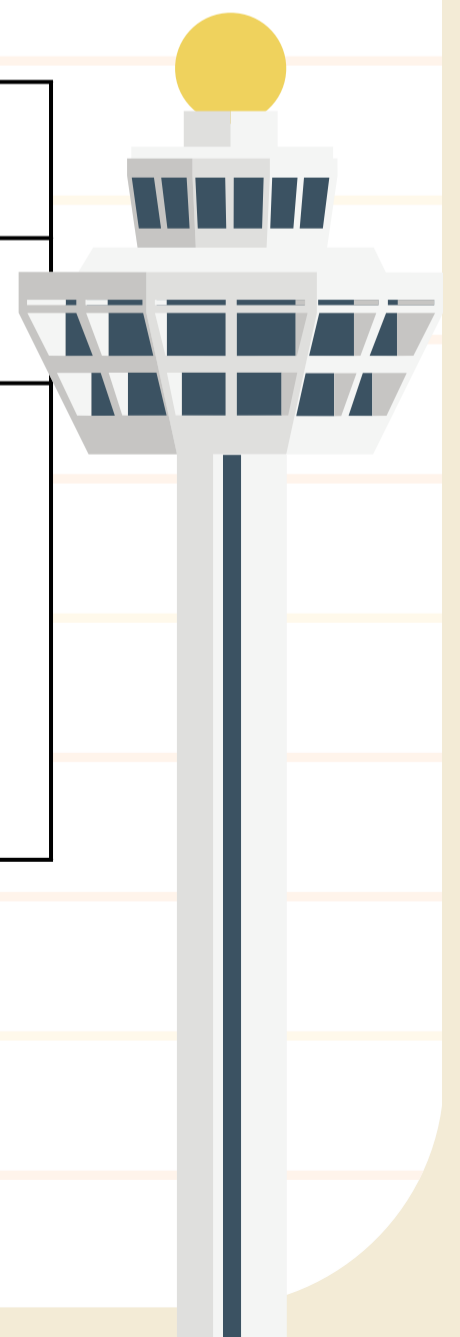
If you want to get from Terminal 1 to the Changi Airport MRT Station, please take the sky train from T1 to either Terminal 2 or 3 first.

The MRT from Changi Airport Station only serve 3 stops, "Changi Airport", "Tanah Merah" and "Expo". Alight at "Tanah Merah" or "Expo" stops and transit to other MRT lines to get to your destination.

First Train	Last Train	
	Connecting to Tuas Link:	Connecting to Pasir Ris:
5:31 AM Monday to Saturday	11:18 PM, daily	12:06 AM, daily
5:59 AM Sunday and public holidays		



More Options to Leave the Airport



Supermarkets

You can get your daily groceries from big chain supermarkets, convenient store or mama shop just around the neighborhood.



- The prices are affordable and you can keep a lookout for specific offer time to time.
- If you foresee that you would need to rent a trolley, do bring along a new 50-cent coin or an old \$1 coin to be inserted into the coin holder on the trolley.
- Do remember to bring your own shopping bag as plastic bags are now chargeable.



Telecommunication Service

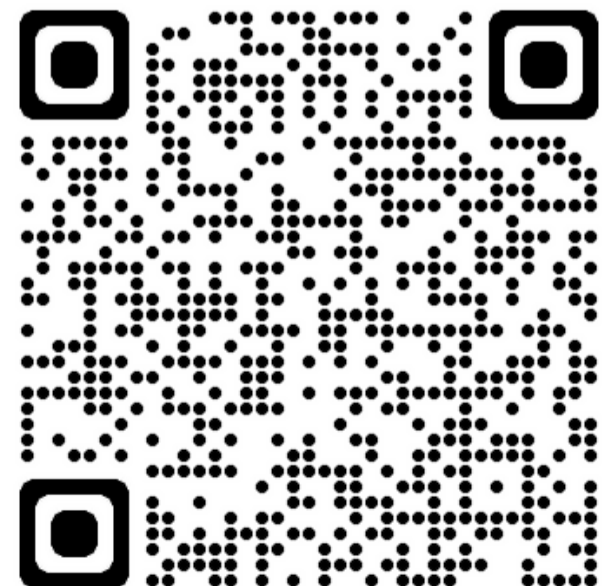


The three biggest licensed telco service providers in Singapore are: Singtel, Starhub and M1. All three companies provide reasonably priced subscription plans that allow for both local and international calls, as well as broadband and entertainment streaming services.



Many mobile virtual network operators (MVNOs) such as Circles.Life, MyRepublic, and Zero1 have also entered the Singapore telecommunication market. These virtual telcos do not build their own physical mobile networks; rather, they lease them wholesale from one of the existing telcos and offer mobile data packages at cheaper prices.

For more information:



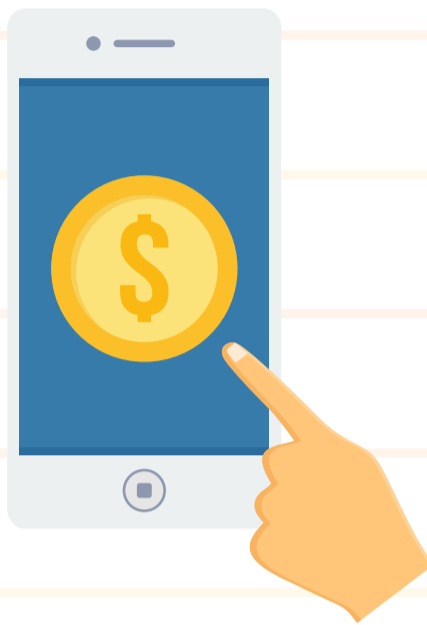
Banks

There are many banks available for you to consider and you can even go down to their physical branches should you need more advice on setting up an account.



Payment modes

There are 3 main payment modes in Singapore by cash, by card or by digital payments.



Normally, digital payments is having you to scan the merchant's QR code at their store using the apps such as Paynow, Grabpay and FavePay etc.

***Do note that some hawker centre do not support this function yet and requiring you to pay by cash only.**



For more information:



Currency

The Singapore dollar (SGD) is used here and notes come in denominations of S\$2, S\$5, S\$10, S\$50, S\$100, S\$1,000 and S\$10,000. Coins come in denominations of 5, 10, 20 and 50 cents and S\$1.



1 SGD : 5 RMB is a reference exchange rate but this is subjected to changes.

Healthcare



Should you require any medical attention and need to consult a medical professional, here are the few options available:

1) General or private hospital

Both provides multi-disciplinary acute inpatient and specialist outpatient services and a 24-hour emergency department. One of the biggest difference lies in the fee chargers.



2) Polyclinics

Polyclinics provides a comprehensive range of health services for the family, functioning as a one stop health centre providing treatment for acute medical conditions, management of chronic diseases, women and children health services and dental care.



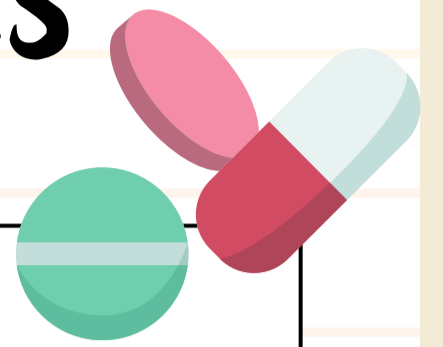
Polyclinics
SingHealth



3) General practitioner (GPs)

GPs are clinics situated within the neighborhood to provide acute outpatient care such as fever, flu, stomach ache etc.

Healthcare Charges



Types of medical institutions	Charges <i>*All prices shown are for non-resident and are subjected to changes.</i>
General Hospital	\$130 - \$170
Private Hospital	\$120 - \$200
Polyclinics	\$58
GPs	\$20 - \$55

Appliances

In Singapore, everywhere uses type G – Three rectangular pins (13 AMP).



Medical Insurance

You might want to consider getting a medical insurance to protect yourself during your time in Singapore.



Public Holidays

A public holiday (PH) is a day that is legally recognized as a non-working day. If you are required to work on a public holiday, your employer should pay you an extra day's salary or grant you off in lieu.

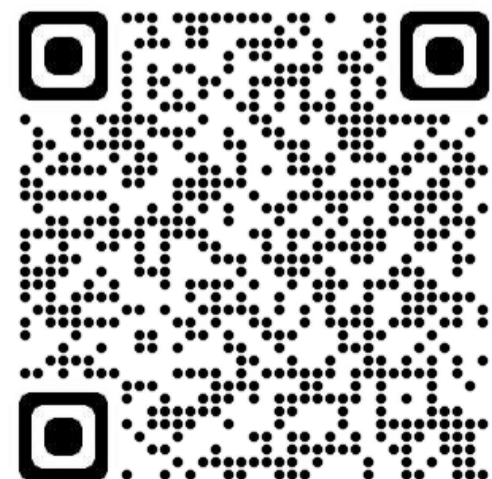
The 11 gazetted public holidays are:

1. New Year's Day
2. Chinese New Year – first day
3. Chinese New Year – second day
4. Hari Raya Puasa
5. Hari Raya Haji
6. Good Friday
7. Labour Day
8. Vesak Day
9. National Day
10. Deepavali
11. Christmas Day



*If the holiday falls on a rest day, the next working day will be a paid holiday.

The dates for PH:

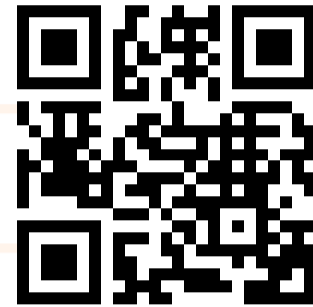


Assistances needed

1. Embassy of the people's Republic of China
in the Republic of Singapore



2. Immigration & Checkpoints Authority (ICA)



3. Business China



Emergency Contacts

Singapore Police Force (Emergencies) 999

Singapore Police Force (Emergency SMS) 71999

SCDF Ambulance and Fire Service 995

Non-Emergency Ambulance Service 1777



Commonly used Apps

Communication



Telegram



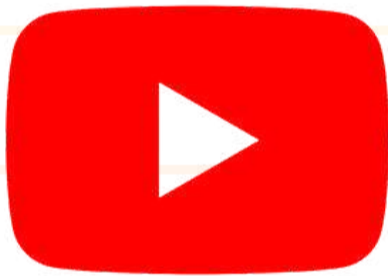
Whatsapp

Browser



Google

Entertainments



Youtube



Netflix

Work



Teams



Skype

Social media



Instagram



TikTok



Facebook



Twitter

Entertainments

*All prices stated are just for a reference guide. Do refer to the relevant website for the specific prices.

Movie	\$9.50 – \$15.50
Karaoke	\$13 – \$19 / hour for a room of 4*
Gym	\$40 – \$90 / month
National Gallery SG	\$20
Botanic Garden	Free
Merlion Park	Free

Resorts World Sentosa
(Universal Studios, SEA Aquarium, Adventure
Cove Waterpark, Dolphin Island)



Mandai Wildlife Reserve
(Singapore Zoo, Bird Paradise, Night Safari)



Check out "Visit Singapore" for interesting
places to visit and things to do in Singapore!



You can check out Klook for entertainment deals to places of attractions!



Notes - taking

Credits

<https://www.vecteezy.com/free-vector/tourism>

<https://thesmartlocal.com/read/best-hawker-centres/>

<https://www.straitstimes.com/singapore/environment/more-diners-returning-trays-at-hawker-centres>

<https://www.channelnewsasia.com/singapore/study-eating-out-cheapest-toa-payoh-expensive-bishan-food-stalls-didnt-raise-price-334265>

<http://thefoodchapter.blogspot.com/2013/03/tanglin-halt-market-eats.html>

<https://www.theassemblyplace.com/>

<https://coliwoo.com/>

<https://www.behance.net/gallery/81729157/Google-Map-App-Redesign>

<https://www.lta.gov.sg/content/ltagov/en/map/fare-calculator.html>

<http://blog.smrt.com.sg/category/trains/>

<https://makeuprecipealternative.blogspot.com/2021/06/c-beauty-words-sea-between-horizon-and.html>

<https://trivia.sg/things-you-didnt-know-about-singapores-mrt-system/5/>

<https://www.pinterest.co.uk/pin/327285097891999419/>

YES • Singapore-China
Youth Interns Exchange Scheme

