



Medical Care, Accommodation & Cost of Living

To know more about Singapore, visit <https://www.visitsingapore.com/en/>

How and Where to Seek Medical Care

If you are not feeling well and need medical attention, there are four modes to seek help:

- 1) Visit a polyclinic
- 2) Visit a private clinic
- 3) Go to the Accident and Emergency Section (A&E) of hospitals if you have an emergency
- 4) Dial 995 if you need an ambulance urgently, otherwise dial 1777

Polyclinics

Polyclinics are government-owned medical facilities and are largely located in or near major housing estates. They provide an excellent and wide range of healthcare services at affordable costs. You can visit a polyclinic to receive outpatient medical care for common illnesses like colds and flu or for more specialised services, including chronic care management (e.g. diabetes, asthma) and pharmaceutical services. Operating hours are from 8am to 4.30pm (Mondays to Fridays) and 8am to 12.30pm (Saturdays). Visit the websites of Ministry of Health at www.moh.gov.sg; Health Promotion Board at www.hpb.gov.sg; National Healthcare Group at www.nhgp.com.sg or SingHealth Group at www.singhealth.com.sg for more information.

The full listing of the polyclinics in Singapore can be found here:
<http://www.hospitals.sg/polyclinics>

Clinics

There are many private General Practitioner (GP) clinics located throughout Singapore. Some of these clinics are open 24 hours a day, seven days a week. If you are in need of specialised medical care, there are many private and public specialist clinics available. Many of these specialists are located in government and private hospitals.

Hospitals (Government and Private)

The standard of medical care in Singapore is one of the highest in Asia and the world. Both government and private hospitals are easily accessible as they are conveniently located within or near housing estates, city centre and commercial areas. If there is an emergency, you can go to the Accident and Emergency Department (A&E) of hospitals.

The full listing of the hospitals in Singapore can be found here:

<http://www.hospitals.sg/hospitals>

Advice on accommodation

There are several accommodation options available to you depending on your budget and personal circumstances and some choices are listed below.

Boarding Schools/Hostels/Halls of Residence

You have the choice of staying in privately operated hostels or boarding schools which offer cheap accommodation in single or shared rooms and a range of services.

Homestays

Some households in both HDB and private property offer full board to international students. You rent a bedroom and share the household facilities.

Housing Development Board (HDB) Flats

The Housing Development Board (HDB) is the government body providing subsidised, affordable homes of high quality to Singapore's population. Integrated into environments that meet modern lifestyle needs, each estate is a vibrant hub of community life and activity, carefully landscaped to make a better home for all. In accordance with HDB guidelines, you may rent a room in a HDB flat or the entire flat. For more information on HDB matters, visit <http://www.hdb.gov.sg/>.

Private Housing – Landed Property, Apartments & Condominiums

An alternative is to rent a privately owned apartment or house directly from the owner. This can be an expensive option, so sharing with fellow students helps to spread the cost. The classified advertisements in the Singapore local newspapers are a good source for a listing of apartments and rooms for rent.

Cost of Living

When you plan your budget, it is good to consider the various common items you may need to purchase. On average, an international student in Singapore can expect to spend about \$55,000-\$60,000 a year on living expenses, though this varies depending on each student's lifestyle and course of study. Living expenses include course fees, exam fees, accommodation fees, transportation fees and basic needs.