

Exchange Report  
Uppsala University, Sweden

Tang York Sum Jeremy  
Economics, Year 4  
Spring, 2016

## Monthly Activity Log

August 2016

This is when I started my exchange life. The cathedral on the right is the landmark of Uppsala, a University City. In this city, most of the citizens are students who are studying here.



September 2016

After some orientation organized by the University, I started to make new friends from different parts of the world and this is when exchange life really started shining. Cycling and to different small town near Uppsala, going star gazing in midnight, weekend trip to Gothenburg and Stockholm (Some big cities in Sweden)



October 2016

Of course, exchange is not only about playing and enjoying. It is also important to experience the way they learn at school. So in October, I stayed in Uppsala and focus on my lessons. I am so glad that I have done that as partnering with students from different culture is difficult but also life learning. This is one of the most precious lessons I have learnt in my exchange!

November 2016

Month for traveling! Since I managed to have all my lessons on Tuesday, Wednesday and Thursday, I went traveling in every weekend to explore more about the other parts of

Europe I have been to Copenhagen(Denmark), Bergen(Norway), Iceland and Abisko(northern part of Sweden). This is the first time I saw aurora in my life!



December 2016

Since most of the class are ending in early to mid-December, so most of the students can enjoy Christmas without caring about schoolworks! There is a tradition in Uppsala that they will held a Christmas party and buffet in Uplands nations on 24<sup>th</sup>-25<sup>th</sup> of December.



## General Exchange Information

### 1. Visa

<http://www.swedenabroad.com/en-GB/Embassies/Hong-Kong/Visit-Sweden/Visa-for-visiting-Sweden/Business-visa/>

Remember to submit the application online before going to the Consulate General. It takes around 1month to finish the Visa so be careful not to do it with a hurry. You can also choose to do that after you arrive Sweden.

### 2. Orientation Activities & Activities throughout the semester

There are 13 nations in UU (Uppsala University) and each of them will organize activities throughout the semester. I strongly recommend students to join one of the nations since 90% of your University life comes from nations. Since you can take parts in activities organized by the other nations, just pick one you like.

<https://uppsalastudent.com/nationsguiden>

This is a website for checking what activities are going on in different nations. Remember to bookmark it as it will be very helpful.

### 3. Transportation

Since bus in Uppsala is so expensive (~20sek/trip), transportation are mostly done by bike. Students can find cheap secondhand bike in different bike shop in Uppsala.

### 4. Accommodation

There are 2types of halls, room and corridor. A room is what you have all the things you need in your own room, including kitchen and toilet. A corridor is where you have your own room, but toilet and kitchen will be shared among 4-5 students who live in the same corridor with you. Living in corridor is usually cheaper.

### 5. Food

Eating outside in restaurant is extremely expensive in Sweden. So get ready to train your cooking skill!

## Item to bring

1. passport
2. Jacket
3. Clothes for Winter
4. (optional) Blanket, bed sheet and pillow
5. Notebook
6. Charger

Since IKEA is founded in Sweden, it is not expensive to buy a new set of bedlines there.

## Useful Link

Nation introduction and time guides

<https://uppsalastudent.com/nationsguiden>

Uppsala University Homepage

<https://www.uu.se/en/>