

Hej~Jag heter Jason. Välkommen till Handelshögskolan i Stockholm.

Exchange in Nordics can experience another culture. They focus on work-life balance and human equality which makes they are top-ranked on the happiest countries in the world. Among all Nordic countries, the price level of Sweden is relative lower. In addition, the price of food ingredients in the supermarket is similar with Hong Kong.

General information

Stockholm School of Economics (SSE) is in the central part of Stockholm.

- Time difference: 7 hours (6 hours for summer time) behind Hong Kong
- Currency: Swedish krona (1 SEK = ~0.85 HKD)
- Language: Swedish and English (95% of the population speaks English well)
- UST is the only HK partner university in SSE, make more foreign friends~

Monthly activity log

Jan

We arrived Stockholm via Amsterdam on 12th June. Remember adjusting your watch after arriving in the airport. You will realize the sunrise is 9am whereas the sunset time is 3pm After spending few days to get familiar with the city, we had join the oriental day to meet exchange buddies. During the month, we also travelled around Vasteras and Uppsala.



Feb



We went to Oslo and Kiruna together during the month. Aurora light can only be seen when the sky is dark. It is unforgettable that we waited in the dark for two nights because of aurora light. Luckily, we could see those green light dancing in the sky~. It is better to bring professional camera with you as phones could not take photos of the light.

Mar

The weather on mid-Europe becomes warmer. I travelled to Poland, Brussel & the Netherland during the exam period and Easter holiday. The photo in the right-hand side is called Bigos, a tradition Polish cuisine. I encourage you can also taste some local cuisine in different countries~



April

The weather becomes great. Thus, I paid a visit to Denmark, Germany, Switzerland, UK on late April. In addition, I participated in the cruise trip to Tallinn hold by the exchange committee. Tallinn takes only around 20 hours for ship. I strongly advise you to join the cruise tour with the exchange committee. Apart from making friends, you can spend a weekend exploring the Baltic Sea region.



May

All good things come to an end. It is nearly the end of my exchange. This month I joined the Farewell banquet to enjoy the Swedish dining culture. Before the exam period starts, I went to Greece & Italy to fulfill my child's dream.



Jun

I have visited Helsinki again between exams to visit my Finnish friend. After finishing the exam on 12th June, I flew back to Hong Kong via Paris. But I advise you to arrange some after-trip if you can. This is because Europe in summer is much worthwhile to travel. Also, thanks to the low-cost carrier, the price of air-ticket flights ranging from HKD 40 to less than HKD 1,000.

Expense

Expense Category (Basic)	HKD
Air ticket (Flexible return date, KLM-Air France)	\$6,500
Visa (please allow at least 1 month to complete)	\$1,000
Accommodation in Saltis (double room)	\$20,000
Living expense in Stockholm	\$6,000 (around \$70 SEK per day)
Transfer in city (SL & Arlanda express, Airbus)	\$1,000 (\$20 SEK/time for SL card)
Total	\$34,500

Expense Category (Elective)	HKD
Entertainment within Stockholm	\$10,000
Travelling outside Stockholm	\$30,000 (around \$2500 hkd per trip)

1. Visa application

As the former reports had pointed out, it is quite time-consuming for applying the visa. Reserve more time on it. It is highly recommended to apply a longer valid period as you may consider going after-trip in central Europe.

2. Currency exchange

As I do not own a credit card, I would like to thank my parents on transferring HKD to SEK before going to Stockholm. **Union pay is not acceptable in Sweden.** Even though credit card is the general means of payment, I would recommend bringing 1000 SEK or equivalent in cash to avoid any emergency incident. You can take some Euro from ATM in Italy and Greece.

3. Accommodation choice & course registration

If you choose single room, Lappis will be cheaper after adding the cost of transportation. I have chosen Saltis (double room) and Dickson is my roommate. For course registration, the school mainly provides credit transfer course in ECON and FINA.

4. Transportations to Stockholm

The nearest metro station to Saltis and SSE is Rådmanstgatan station. It takes around 20 mins walk from Stockholm Centralstation (Stockholm C) or 5 mins if you take the metro. There are total four airports in Stockholm. Below is the suggested travel option to these airports when I travel. Be aware which airport you are going to while travelling:
*For Saltis ppl, it is suggested to buy a SL card and top up when you need to use. You can only buy the SL card when you have the student card.

Stockholm-Arlanda airport (serving most international flights)

- Arlanda express- (150 SEK p.p, takes 20 mins from airport to Stockholm C)
- SJ network (much cheaper given that you own SL card, takes 75 mins. You need to first take Bus 583 to Märsta station, then take commuter train to Stockholm C)

Stockholm Skavsta Airport (serving low-cost carrier like Ryanair)

- Flybus (139 SEK p.p, takes 80 mins from airport to Stockholm C, **Buy it online better**)

Stockholm BMA airport (nearest airport to Stockholm C)

- Train & bus (20 SEK p.p, takes 40 mins from Saltis to airport)

5. Transportations within Sweden and nearby regions

By using SJ network, you can go for a day or weekend trip to nearby cities. Uppsala (0.5h), Västerås (1h), Gävle (1.5h), Göteborg (3.5h), Oslo (5h), Copenhagen (5.5h) are some of the suggestions. Plan your journey with your friends earlier to save money! For central Europe, I mainly use adopt the combination of low-cost carrier and Flixbus or train. Book your ticket in advance can save lots of money.

6. Daily necessities around Saltis

If you are living in Saltis, it is very easy to purchase necessities nearby. Lidl (cheaper option) is located exactly under Saltis while Coop is located south-west with 2 mins walk. There are around four Asian supermarkets and stores located next to Hötorget station (2 mins metro from SSE/10 mins on foot).

7. Food and beverages in Stockholm

Be aware that there is no canteen in SSE. Only a small café is launched in the school. Thus, we usually prepare our meals in the dorm. However, you can hang around the street and dig out some good options nearby. Lunch buffet (89 SEK) or Kebab are some of the good options.

IKEA is the most famous local brand here. You can travel there for free by shuttle bus during weekdays. You may also want to taste Samla, the fika culture and the meatballs there~

8. Leisure activities

A series of activities can be found in the Student Association Website (SASSE). I have joined the floorball practice, Deep Work, football and basketball practice which are hold on weekdays night regularly. Skiing in Hammarbybacken is also recommended (30 mins travel time from SSE). During February and March, I went to the Ski part at least three times and tried to slope there. The price for the ski pass is reasonable to try. Besides, Vasa museum, tasting the Nobel ice cream, spending a weekend and sightseeing in Gamla Stan district are good way to explore the cities.

9. Safety concerns

Even though a terror attack happened in Stockholm during our exchange. I will consider the Nordic countries are quite safe. It is absolute safe to travel alone in here till midnight but a bit unsafe for the other part of Europe. I would advise avoid solo trip to Southern part of Europe. Make good use of the daylight while planning your travel.

10. Academic information

Compare to HKUST, the workload in SSE is smaller. The whole semester is divided into two periods, averagely 2-3 courses will be taken in a period. (Only language courses are allowed for the 3rd course). In the first period, I enrolled three courses:

738 Accounting Problems in Company Valuation (x credit transfer)

- Related to Discounted Cash Flow model and IFRS regulations

1001 Introductory Swedish I (Note that Swedish II cannot be transferred)

- Basic Swedish vocabulary
- **75% or above participation required** (personally I think you can enroll Swedish I to have a taste of Swedish

8063 Execution - Running Your Own Company.

- Projected-base presentation: a start-idea
- Occasion sharing on start-up in Sweden

In the second period, I enrolled two courses:

3309 Auditing and Investor Assurance (master course)

- Auditing mechanism & sharing talks from Sweden Big4 Partners

5321 Industrial Organization. (master course)

- Empirical Workshops of data handling (STATA model) & tools to analyze industry behavior like merging and exit, bertrand & cournot model analysis
- Recommend enroll this course after taking ECON3334

11. Career opportunities

There are some internships and competition experiences in SSE such as one-week entrepreneurship internship, Aarhus case competition and EY Reward spring program. I highly recommend exchange students to apply them.

12. Others

The printing center is located at the lower ground floor. You will need it when you are printing course materials, boarding passes and homework.

Things to bring

Shampoo, toothpaste, toothbrush, towel, computer, **universal adapter**, credit card, **some Swedish krona**, pencil case, batteries, towels, **skiing gloves & down coat** & Hand warmer (the weather is very cold at first), **valid visa & passport** (you need a valid visa before entering Sweden)

Useful links

<http://sl.se/> SL network (Travel within Stockholm)

<https://www.sj.se/#/> SJ Train (Travel within Norway, Sweden & Denmark)

<https://www.hhs.se/> Stockholm School of Economics

<https://www.flygbussarna.se/en/skavsta> Airbus transfer between NYO airport to SSE

<https://www.sasse.se/calendar/month> SASSE website

<https://sweden.se/culture-traditions/10-things-to-know-about-swedish-food/>

Swedish Food

Conclusion

When ranking your exchange choice, you may concern about the cost or the distance from Hong Kong. My original exchange choice did not include Nordic countries at first. However, after discussing with my parents, I realized the importance of exchange: to explore more about the world. Before submitting the exchange institutions priority list, be well planned on how you utilize this semester and hope you make this exchange journey beneficial to your life~

I hope my exchange report can provide useful information for your exchange. I am very happy to answer any inquiries. If you are planning how much to use for exchange, I can share my excel list for your reference. Please do not hesitate to ask for my email from bmugexch@ust.hk. Wishing you a wonderful exchange experience in Stockholm!

Tack så mycket och hej då!