



EXCHANGE REPORT

Stockholm School of Economics

SPRING SEMESTER EXCHANGE

Studied in Stockholm School of Economics
between 18 January 2017 and 12 June 2017

CHOW Hiu Lam, Helen

1. Monthly Activity Log

| Month | Activities |
|----------|---|
| January | Travelled around Stockholm (eg. Gamla Stan, T-Centralen) Orientation day of SSE First studying period started |
| February | Visited friends in Uppsala, Sweden Watched Northern Lights in Kiruna (Northern part of Sweden) Visited Norway |
| March | First studying period's examinations Visited Denmark |
| April | Second studying period started Visited London (US), Amsterdam (Netherland) |
| May | Visited Athens (Greece) and Santorini (Greece) |
| June | Second's studying period's examinations |

January

I arrived Stockholm with other friends few days before the orientation day of Stockholm School of Economics. As we already knew that we would arrive Arlanda Airport at midnight, we booked a hostel, "Rest and Fly" near airport in advance. Although the room is a little bit small for four people, it was quite convenient to have a rest and settle down. On the next day, we bought a Arlanda Express ticket, which costs SEK140, (student discount) with my friends in information counter (located in Terminal 2 and 5).

As the rental period had not started, one of my friend's buddy was very friendly to help me took the dorm's key in advance. The first stop of our travelling trip was going to Stockholm School of Economics. As I got Lappis offer from SSE, it was quite inconvenient to get there when carrying large luggage. To be more comfortable, I took bus 50 which directly stopped at Lappis Campus. In January, we mostly travelled around in Stockholm and bought basic need from supermarkets.

February

As the period between February and April was a great time for watching Northern Lights, we joined a guide tour in Kiruna, Northern part of Sweden. It was an unforgettable tour that we had to withstand cold temperature and torture the place of no electricity and hot water. During the tour, the tour guide taught us to cut wood for heating and get water from ice hole. At night, we went out to see Northern Lights. Although the Northern Light was not very strong, we could still see some green light from sky and captured the wonderful moment through some foreign friends' kindly sharing photos. Although we were a little bit tired during the trip, it was a very interesting and memorable experience!

March

Before the first studying period's examination in late March, I grabbed the time to have a short trip to Denmark. Denmark looked very similar to Sweden, except the symbol of bike cycling. When you walked along the street in their central location, you could see many bicycles parked along the street and this was very beautiful! Also, I enjoyed tasting bread in their bakeries and their fresh bread was very delicious! It was worthy to try some there!

April and May

After examinations, I went to London, Amsterdam and Greece. These were lovely places where I enjoyed beautiful natural scenery there. During that period, the weather became warmer and I felt more comfortable when travelling around.

June

As I had second period's examination in early June, I did not have enough time to go travelling. I spent most of time to study and do revisions. Sometimes, I joined corridor gathering and flatmates were so friendly! We treasured every moment we spent in Lappis!

2. General Exchange Information

2.1 Visa Procedures

The detailed visa procedure is listed on Consulate General of Sweden website. I submitted my application three months before the exchange started and it took around two weeks to get the approval of officer. During application, you need to make sure that the insurance covering period matches the starting and ending day you stay in Sweden. To make it easier, I applied for longer stay in case of any emergencies. After getting approval email, you need to go to the Sweden Consulate Office in Hong Kong to obtain the visa. As it closes during Christmas period, it is highly recommended to apply for visa as soon as possible.

2.2 Orientation activities

The Exchange Committee assigned each exchange student a "buddy" before orientation activities. You can hear about the latest news announced from SSE through your buddy. If you have any things feel confused and concerned, you can contact your buddy directly and he/she is willing to help you.

On the orientation day, each person was given a "gift pack", including a student card, phone card and materials about SSE. Also, your buddy will bring you to walk around SSE and have a sightseeing activity in the afternoon.

2.3 Accommodations

There were two types of accommodations offered by SSE.

Saltis

Very close to SSE (It is very convenient that you can even walk to T-Centralen)

Single room/ doubled room (If you know a friend have exchange in SSE, it is highly recommended to write his/her name in the housing application. Then, you will have a greater chance to obtain Saltis offer)

Monthly rental fee is cheaper (water, heating, electricity and wifi access are included)

Rooms are equipped with basic kitchen utensils (you can cook in your room!)

Lappis

Far away from SSE (You need to take bus 50 OR metro to Lappis)

Single room

Monthly rental fee is higher (water, heating and electricity are included, BUT NO WIFI ACCESS! You need buy or bring a router for Internet access)

2.4 Courses Registration

Course registration starts in October if you are going to exchange in the spring semester. Approaching the starting date of course registration, the SSE officer will send you an email to keep you updated about course information. Also, you can go to their website and have a look at their syllabus beforehand. Each course's syllabus is very detailed, remember to check whether you have credit transfer in UST credit transfer system. As I know, SSE offers most of economic and finance courses that you can earn credit transfer. If you are majoring at economics or finance, you can take advantage of it.

SSE consists of two studying period in each semester, that means you can add two courses (7.5 ECTS Credits each) in each studying period. If you are interested in studying Swedish, you can take their course "Introduction to Swedish I" in period one and "Introduction to Swedish II" in period two.

The table below shows the courses that I took in SSE:

| Course | ECTS Credits |
|--|--------------|
| Development Economics | 7.5 |
| Quantitative Methods in Corporate Finance | 7.5 |
| Quantitative Methods for Economic Analysis | 7.5 |
| Macroeconomics Policy Analysis | 7.5 |

2.5 Teaching & Assessment Methods

The teaching style in SSE is quite similar to UST so that you can quickly adapt the learning environment there. One of the significant difference is their examination policy. During SSE's examination, you are allowed to eat snacks (eg. chocolate bar) and drink coffee as long as you do not disturb others.

A Grade Point Average (GPA) is calculated by weighting the grades A = 5 points, B = 4, C = 3, D = 2 and E = 1

2.6 Sports & Recreation Facilities

SASSE, their Student Society offers a variety of sports activities for fellow schoolmates. During spring semester, I joined "aerobic exercise" class and floorball class. These are good chances for you to do sports and make some new friends there.

2.7 Finance & Banking

I had currency exchange in Forex Bank at Arlanda Airport. SEK50 is charged for service fee. The exchange rate was similar in each bank of Sweden. For convenience, you can bring euro and exchange currency in Arlanda Airport.

The table below shows my expenses:

| Items | SEK |
|---------------|-------|
| Food | 20000 |
| Transport | 3000 |
| Entertainment | 5000 |
| Travelling | 40000 |
| Accommodation | 21800 |
| | <hr/> |
| | 89800 |
| | <hr/> |

2.8 Transportation

Arlanda Express -> T – Centralen

Option 1: Arlanda Express

This is the train that takes you from Arlanda Airport to the city center. The platform is easily accessible, underneath the arrival terminals.

Departure: every 15 minutes (for most of the day).

Travel time: 20 minutes

Cost: ~150 SEK (student discount)

Option 2: Flybussarna Airport Coaches

It departs every 10-15 minutes between Arlanda Airport and the City Terminal (located next to the Central Station).

Travel time: ~50 minutes

Cost: ~100 SEK

Option 3: Bus + Metro

You can take bus 583 (Marsta station) outside the bus stop (near to Terminal 2 and 5). Then, you take the train to go to Stockholm C station.

Travel time: ~50 minutes

Cost: ~20SEK (student discount, SSE student card is needed) ~46SEK (adult price, without SSE student card)

In conclusion, the transportation in Sweden is quite convenient. The most important thing you need to do is get the student card from SSE at the soonest and buy the SJ card at student discount. Then, you only need to pay SEK20 per way. However, if you cannot get

student card during the first day of arrival, you can still buy a bus/metro ticket in the information counter at airport, it costs SEK46 per way.

2.9 Food

The classic Sweden food includes Swedish meatball, Gravlax, Toast Skagen and Cinnamon buns. Swedish people love drinking coffee a lot so you can see a lot of chain-stores there. Also, it is common to hear the word “fikka”, which has a meaning of “coffee”. As Swedish people love drinking coffee a lot, they will go to have a fikka during tea time. The average cost of having lunch outside is around SEK90. The dining cost is a little bit higher, it costs around 200SEK. If you want to save money, you can buy anything you need in the supermarkets (Coop, ICA and Lidl) nearby Saltis.

3. Useful links

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

<https://en.tripadvisor.com.hk/Restaurants-g189852-Stockholm.html>

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