

Exchange Report

Lund University



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Year 3 Fina and IS

I. Monthly Activity Log

January 2017

Upon arriving Copenhagen Airport on the arrival day, I received the warmest welcome by the Lund student ambassadors that brought us to Lund and the university for checkin of accommodation. I also bought the bedsheets ,got the sim card and transport pass JOJO card there. There were lots of orientation activities in this month. I met my mentor group and got to know more about Lund and the international students. I also went to Malmo, the second largest city in Sweden for shopping in IKEA. The first lesson I had was learning Swedish which was quite fun yet challenging to me. Saying 'hej' is always the best way to ice-break with the



locals!

At the end of the month, I spent my Chinese Lunar New Year in London, visiting the China Town and travelling in London.

Places travelled: Copenhagen in Danmark, London in UK



February 2017

The weather was still not good in Lund with snows and low temperature. The best way to cope with the poor weather was to stay indoor for revision. Yes! Revision!! My oral examination took place on the second week of the month. It is new to UST students but it is quite easy to pass if you do revise. Apart from study, the most memorable

experience was going to watch the ice hockey game in Malmo Arena. Even I was not a big fan of sport, I could feel the locals' passion in the games which excited me. I managed to go to visit other cities in Sweden, namely Goteborg (third largest city) and Stockholm (capital) in my free time.



Places travelled: Goteborg and Stockholm in Sweden, Gdansk and Warsaw in Poland

March 2017

In Lund University, each semester is divided into two study periods. This was the end of the first period, which implied that project, presentation and exam were due in this month. As there were



not many lessons left, I had more time to deal with the above assignments... and also travel. It was the last chance to chase the north light so I went to Tromso in Norway to see it. I think this is the best month to see north light because the weather is not so extreme as that in January and

February (but still need to wear more clothes!). I was lucky I could see the light clearly (Good pick of location and date!) without freezing to

death. I also went on travel in several warm countries and enjoyed the good views and weather!

Places travelled: Tromso in Norway, Brussels and Bruges in Belgium, Budapest in Hungary, Paris in France



April 2017



Lund was gradually getting warmer and warmer. Sometimes it was a bit foggy, but there were more sunny days to be seen. Since I had only one course in the second study period, I had much free time left for travelling around the Scandinavia and Europe. The longest trip I had

was travelling around the arctic circle region, visiting the north part of Sweden and Norway, Abisko and Narvik, and then back to Bergen and Oslo in Norway for a total of 7 days. My friends and I had seen the world best scenery during this trip. Yet, we experienced difficulty in finding food as it was in Easter Holiday! Almost all shops and restaurants were closed at the time we travelled. This taught us a good lesson - prepare own food during travelling in the Easter holiday!!!





Places travelled: Moscow in Russia, Abisko in Sweden, Narvik, Bergen and Oslo in Norway, London in UK, Iceland



May 2017

It was the best month to stay in Lund as the weather was extremely good with sunshine and cool temperature which could never be experienced in Hong Kong! Unfortunately, I spent the fewest days in Lund because I wished to visit more countries in Europe before I left at the end of the month. Luckily, I spared time to go hiking in a National Park near Lund, Dalby Söderskog National Park before leaving. I was stunned by the natural scenery and I wished I could stay longer to visit more national parks in Sweden. I finished my written exam on 30 May and ended my Sweden exchange journey on 31 May.



Places travelled: Vienna in Austria, Prague in Czech Republic, Amsterdam, Rotterdam and Hague in Netherland, Berlin and Munich in Germany



II. General Exchange Information

Visa Procedure

You need to have your letter of acceptance from Lund University before proceeding to the application for the resident permit in Sweden as a student. You can go to Swedish Migration Agency <https://www.migrationsverket.se/English/Private-individuals/Studying-in-Sweden/Universities-and-university-college/How-to-apply-for-the-first-time.html> to apply the permit online and pay the application fee. You will later be informed to visit the Consulate General of Sweden in Hong Kong in Wan Chai for submission of photograph, fingerprints and signature. You can get your permit from the consulate office within one week (in my case) after you complete all the above procedures (the time maybe vary so you do not have to be worry so much)!

Orientation Activities

You should go to Lund website to get the Orientation week schedule. It lasted for more than 2 weeks in my semester. Some of them are compulsory activities such as pre-registration which you should be careful of the date, time and venue. Some activities like excursion days have quota and you are required to register in Lund on the arrival day (I advise you to arrive Lund earlier if you are really interested in those activities). Many other activities are held by student

nations (which is similar to our business cohort in UST but in a larger scale, not just for business students but for all) for you to meet other international students and get familiar with the living in Lund. You can join all kinds of activities, ranging from lunch/dinner gathering, quiz night, pub night and much more. Be open and don't be hesitate to join these activities to experience the foreign cultures as well as make new friends.

International services and activities

You can visit the International Desk at Lund University to seek help or check out more activities. You can also like their Facebook page <https://www.facebook.com/internationaldesk/?fref=ts> to know the latest updates of the information about Lund University and Lund.

Accommodation

I lived in a studio flat at Ostra Torn which was offered by Lund Accommodation. Studio Flat is an apartment with private washroom, shower and kitchen. It is good that it offered high degree of privacy. However, you may find a bit difficult to get to know your neighbours and make friends because of lacking common area to socialize with each other. If you live there, I suggest you to be proactive to knock on your neighbours' doors and start conversation with them to build close relationships.

For business student, Ostra Torn may not be a good choice in terms of the location as it takes a bit long travel time to get to the major business building Ekonomihögskolan vid Lunds universitet (30 minutes walk or 10 minutes for bike). I suggest you to choose other option if you have poor time management. But still it is quite convenient to access to everywhere in Lund by bike.

There is usually shortage of housing in Lund. Even you apply the housing through Lund Accommodation (the biggest housing supplier

in Lund), you may still end up being put on the waiting list in the first round of offer. You should not worry so much when you are on waiting list. In order to secure the accommodation, **you must apply sharply at the time it opens for application**. You can also look for alternatives like AF Bostäder (you need to check the facilities and terms offered carefully)!

Course Registration

You can register courses one month before the term commences via student portal. Please check the emails from Lund for more details. You should check for the course details and the credit transfer requirement before you do the course registration. You can drop course within 2 weeks after the course starts. However, you should notify the LUSEM office as soon as possible if you wish to add new course(s) in replace of the dropped one(s). In LUSEM, student can normally select a maximum of 4 courses per semester. The following are the courses I studied:

1. FEKH92 Innovation Management
2. INFC40 Information Systems Security
3. STAE03 Business Analytics
4. SUS A11 Swedish: Introductory Course for Exchange

Students 1 (not counted in 4 subject quota)

Teaching and assessment methods

Most of the subjects in Lund are absolute-grading. It does not necessary means it is easy to get a good grade (if it matters to you). All seminar lessons are compulsory to attend so you need to aware of those! Also you should check your class schedule on TimeEdit

regularly as it may be updated by your instructors during their teaching.

The assessment method of different courses may vary and some are very different from UST. For example, there was an oral examination in FEKH92 Innovation Management which required to answer instructors' questions face-to-face. In INFC40 Information Systems Security, the final examination was taken at home, meaning you can do the research not only freely but also extensively!!! These experience are unique that you can never experience in UST.

Lund University encourages students to do their self-study. That's why class attendance is not compulsory. But I never skip any classes as I enjoyed having open discussion in class with classmates and instructors.

Sport and Recreational Activities

I went to the public sport stadium Victoria Stadium a few times for playing badminton (there are also basketball courts, gym room and more facilities). Advance booking and payment is required. You can continue to use the booked equipment and facility as long as no one using them. The cheapest way to exercise is having a run in town while enjoying the beautiful scenery of Sweden.

Finance and banking

Normal exchange students staying for just 1 semester are not allowed to set up a local bank account in Sweden. The best way to finance you expense is to bring enough SEK. If you wish not to bring so much cash, you can apply a Visa plus card for cash withdrawn (you should contact your own bank for more details). All bank card with Unionpay logo is not valid in Swedish ATM machine!

In Sweden, you can enjoy cashless transaction with using credit cards or debit cards. There will be transaction fee charged with credit card payments. Remember to get the 6-digit password from your bank before using the credit cards (it maybe required in some transactions). Debit cards are not common in Hong Kong but not the case in Sweden. You can enjoy less transaction fee charged with debit card but you always required to enter the 4-digit password in each transaction.

Social clubs and networking opportunities

Studentlund are like our student union in UST which provides activities and discounts for student. You will also be asked to join one of the student nations which like a cohort system but in a larger scale. Joining a nation does not mean you cannot join other activities held by other nations. Feel free to try the activities you like and socialise with both local and international students.

Health and Safety

Sweden is one of the most safest country in the world. Since Lund is a university town, safety is not a much concern. Although every exchange students are covered by the university insurance, I strongly recommend you to buy a insurance that covers whole Europe for travelling purpose.

Food

Eating out in Sweden costs a lot (around SEK80-150 for lunch and SEK 150-200 for dinner). Therefore, I chose to cook at home for cheaper, yet independent and fun purpose. It is not so expensive to buy food in local supermarkets. It would be more cheaper if you go to open market in Malmo. The weekly expense for food (cook at home) is around SEK400.

Transportation

The public transport in Lund is expensive to me (single trip for bus costs SEK25-35). If you use the JOJO card (the local octopus card), you can enjoy 10% discount. I decided to buy the monthly student transport pass (monthly student JOJO card for Skane area costs SEK~650) in the first 2 month of study as the weather was not good for biking. Later I rented a second-hand bicycle for a monthly rent of SEK 300 which was a cheaper yet convenient option for me.

Climate

The weather was not good in January and February in Lund as it snowed a lot and temperature is at around -10 to 0 degree celsius. It got better and better after March. The weather was extremely good, sunny and cool in May before I left.

Communication

Communication is never a big problem in Sweden because the most locals speak proficient English and they are friendly for help. It is good you can speak basic Swedish to greet the locals.

Others reminders

Please check the Lund email and UST email regularly as there may contain very important information!

Don't hesitate to ask if you have any questions! Do your own research before departure and plan your schedule carefully.

You should plan your travel in advance. In order to get cheaper tickets, you can search and book tickets at least one month in advance. For travelling in Sweden, if you are taking the National rail SJ, there maybe some last minute cheap youth tickets to purchase. But the availability and price are not known until last 24 hours before the train departs and there is usually quota on those tickets! Be cautious!

III. Items to bring

- ▶ Swedish Krona SEK
- ▶ Danish Krona DKK (needed when you arrive Copenhagen Airport)
- ▶ Euro if you plan to travel around Europe
- ▶ Credit cards/ debit cards (Make sure you know the passwords)
- ▶ Residence Permit
- ▶ Letter of acceptance
- ▶ Course Registration List
- ▶ Passport and HKID card
- ▶ Stationary and notebooks
- ▶ Warm clothes
- ▶ Jackets (water and wind proof)
- ▶ Gloves, scarf
- ▶ Snow boots for winter and normal shoes for spring and summer
- ▶ A few cloth hangers (you can buy more in IKEA)
- ▶ Laptop and charger
- ▶ Portable charger for mobile phone
- ▶ Wifi router and cable

- ▶ Universal adaptors
- ▶ Backpack/ small suitcase for travel
- ▶ Skin care products (as it is usually dry in Sweden)
- ▶ Tower
 - ▶ Some food (for first night in case you don't have time to do the shopping on the first day in Lund)

IV. Useful Links and Application

- Lund University School of Economics and Management: <https://www.lusem.lu.se>

- International Desk at Lund University

Website: <http://www.lunduniversity.lu.se/current-students/the-international-desk>

Facebook: <https://www.facebook.com/internationaldesk/?fref=ts>

- Lund Accommodation: <http://www.luaccommodation.lu.se>

- Sell/Buy stuff in Lund, Sweden Facebook group (very useful to look for second-hand goods): <https://www.facebook.com/groups/sblund/?fref=ts> and <https://www.facebook.com/groups/sellbuystufflund/?fref=ts>

- Lund, Sweden Accommodation: <https://www.facebook.com/groups/lundaccommodation/?fref=ts>

- Transport app in Lund: skanetrafiiken - <https://itunes.apple.com/hk/app/skanetrafiiken/id310917083?mt=8>

- Sweden National Rail App: SJ - <https://itunes.apple.com/us/app/sj-swedish-railways/id442994825?mt=8>

If more information is needed, get my contact from SBM Exchange Team by emailing at bmugexch@ust.hk.