

Exchange Report
Lund University, Sweden

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Part 1 Monthly Activity Log
August 2017

15 August was the official arrival day for most of the exchange students. Student ambassadors of Lund were directing the ways for exchange students at Copenhagen Airport and Lund C station. I have made some new friends coming from different countries on my way to Lund. There were some orientation activities for exchange and international students such as IKEA tour and hiking trips. There was also a 2-week basic Swedish course for exchange students. If you want to know more about Swedish culture, learning Swedish is a good way. During free time, I have also had short trips to Copenhagen and Malmö, where I have participated in an electronic music festival. In late August, my classes started eventually.

September 2017

The beginnings of the courses were usually not that difficult. The long daytime in Summer provided us a longer time to discover Lund. Sunlight would not fade out until 8:30 pm. However, as I had to attend 4 courses in this month, it was not that easy. Therefore, I did not spend a lot of time on travelling except spending 3 days in Oslo and Bergen, Norway. Norway is definitely a country worth to travel. Oslo is not that far from Lund and night buses are also available for budget travelers. After travelling to Norway, I have to work on my presentations and essays for my courses. In late September, there was a festival, Skördefest, held in the city park (Stadsparken) of Lund. From there, one could buy agricultural products directly from the farmers.

October 2017

In early October, I have been travelling to the Netherlands and had a short trip to Stockholm. In the mid October, I had to prepare for my Swedish exam and the exam of a course related to the database system. After I have finished my exam, I have travelled to Macedonia and Bulgaria.

November 2017

From November onwards, I only had to study one course and it only had 5 lessons till the end of the semester. I spent most of my time on travelling. I have travelled in Germany, Slovenia, Croatia, Finland, Estonia, Russia, Morocco, Gibraltar and Spain. Croatia is a lovely country and the Plitvice Lakes is a place that one must go. Besides, Morocco is also an interesting country and it was a great experience for us who have never been to desert before. In late November, I started to prepare for my essays and seminar papers.

December 2017

In early December, I have travelled to the United Kingdom, Kosovo, Albania, Montenegro, Croatia (Yes! I visited Croatia once again), Bosnia and Herzegovina and Denmark. In Kosovo and Bosnia and Herzegovina, I can clearly feel the cruelty of wars from the museums and

the houses. Houses with holes marked by bullets and guns can be seen everywhere due to the Kosovo War in 1998-1999 and the Bosnian War in 1992-1995. Sarajevo, the capital of Bosnia and Herzegovina, was besieged by the Bosnian Serb and more than 5,000 civilians were killed in the battle. If you are fascinated with the history of the First World War, you can also find a lot of information here as the assassination of Archduke Ferdinand was happened in Sarajevo which had led to the break out of the war. In the mid December, I went back to Lund to attend the seminar of my remaining course to share comments on each other's seminar papers. Before I went back to Hong Kong, I have also visited Portugal and France.

Part 2

General Exchange Information

1) Visa Procedures

It is quite easy and should not be a problem. Detailed information can be easily found on google. Staff at the Swedish Consulate General were nice as well.

2) Orientation activities

Quotas of the orientation activities are very limited. If you would like to join the activities, you should arrive as early as possible on the arrival day. I heard that some people even could not join what they wanted despite they had arrived at 11:30am.

3) International Services and Activities

Apart from the orientation activities, Lund has also divided exchange students into different mentor groups. From my experience, my group only has a few activities (less than 5), but some of friends got a lot of activities in their mentor groups. So, it just depends.

4) Accommodations

This is the most important area that you should aware if you are going to Lund. Bed spaces are not a "must" for exchange students and you will not receive any help on seeking a bed-space from Lund Accommodation. Emails to Lund Accommodation were rarely replied. Even if they replied, they will recommend you to seek for bed space on a website which are full of scams. You can find many cases of scams once you searched on the Internet. One more interesting thing is that Lund will suggest you not to make any rental payment or deposit before you arrive at Lund. However, I have not heard of anyone that do not have to pay for the deposit to secure the bed-spaces so far. The most sarcastic thing is that even Lund Accommodation itself do ask for deposit of SEK 2,000.

I was "lucky" enough to receive a bed-space from Lund Accommodation at the very last minute but it is far away from the academic buildings. It is in Bautastenen, which is located near the Gunnesbo Station (the next station of Lund C). It took almost 25 minutes for me riding to the Economic School and the cheap supermarkets. Some unlucky students, who have no accommodations, have to stay in hotel or sleep in the train station or academic buildings until they have found a bed-space.

The only thing that I would like to praise in terms of accommodations is that my room has washing machine and dryer. This makes my life easier in washing and drying clothes.

5) Courses Registration

The course registration system is a bit weird as there is no online system for adding and dropping courses. You can only add/drop your courses by visiting the advisors' offices. It is also worth to note that you may have different courses at the same time and the timetable can change suddenly. The weekly timetable also varies between weeks.

The semesters only last for 2 months (the same practice as most of the universities in the Scandinavia) and therefore, we have to study for 2 semesters. Most of the courses last for 2 months but some last for 1 month or 4 months. Exchange students are recommended to take 2 courses at each period.

6) Teaching and Assessment Methods

The teaching methods in Lund University are quite different from HKUST. Professors and lecturers are more eager to share their experience in research and real practices. They also pay attention on students in order to make sure that all the students can follow. The professors in one of my course also spent additional time on teaching me and another exchange student as they knew that we did not have much background knowledge on that topic. The atmosphere provided me a wonderful experience in learning.

The following table summarized the courses that I have taken and the requirements of each course.

SASE 13 Economic History: Population Aging and the Welfare State	Essay with a presentation (1-month course)
SVEE 11 Svenska för utbytesstudenter	Written and oral exam (2-month course)
INFC 20 Informatics: Advanced Database Systems	2 homeworks with project and written exam [1]
SASH 55 Introduction to Scandinavian Culture and Society	2 essays with a seminar paper

[1] It is worth to note that in order to pass the exam, you have to score half of the points of each question, not scoring half of the points of the whole exam paper.

Most of the courses offer to exchange student are using English as the language of teaching. Professors and lecturers can speak English fluently.

7) Sports and Recreation Facilities

Lund University does not have its own gym room and you have to pay if you go to the private gym rooms nearby but discounts are offered to students at Lund. You can also find football fields, volleyball courts in Lund. The roads in Lund are also suitable for riding bikes.

Cinemas are also available in Lund but most of them only offer Swedish subtitle.

8) Finance & Banking

The currency of Sweden is Swedish Krona and Euro is not acceptable in most of the places. If you will travel to Norway and Denmark, you also have to bring or exchange for their own currencies. These countries are not using Euro despite they are members of EU/EEA.

It is also important to note that ATMs in Sweden (and many other countries) do not support cards issued by UnionPay. One is also not able to pay by UnionPay credit cards in most of the places in Sweden (and many other countries). Nowadays, only a few banks in Hong Kong offer bank card with other issuers apart from UnionPay. Some of the places (nearly all ticket machines) in Sweden (and many other countries) only accepted debit cards or credit cards and you have to enter your PIN code for purchasing of tickets. If you will do a lot of online shopping with your Hong Kong credit card, make sure you have activated the roaming services of your Hong Kong phone services in case your bank will send you a one-time passcode for validation purpose.

Students are advised to bring some cash as the signing up of some of the orientation activities on the arrival day only accept cash.

Exchange expenses are as follows. All are shown in HKD.

Return flight from Hong Kong to Paris	\$6,720
Accommodation	\$18,650
Travelling	\$40,950
Food and Groceries	\$4,410
Orientation activities	\$620
Rental of Bike	\$1,340
Others (Furniture, visa application fee, mobile phone card and others)	\$2,400
Total	\$75,090

Exchange students staying in Sweden for one semester are not allowed to open a bank account according to the law of Sweden.

9) Social Clubs & Networking Opportunities

There are "Nations" in Lund University. Students can choose to join their own Nation. After you have joined that Nation, you can join the events organized by your Nation, such as lunch and club nights with a discounted price.

Erasmus Student Network (ESN) also organized activities such as hiking trips and aurora tours for students at a reasonable price. With membership of ESN, one can also enjoy 15% - 20% off for flights operated by Ryanair.

10) Health and Safety

Sweden is a safe country. Lund University also provided clinical services to exchange students. There is also a University Hospital (Universitetssjukhus) in Lund.

Pharmacies can also be found in the city center of Lund and near the University Hospital.

11) Food

You can find many different cuisines in Lund, including Chinese restaurants. However, I usually cook by myself. Supermarkets can be easily found in Lund and there are also a few stores selling Asian ingredients in Lund.

Swedish food is also worth to try. Apart from köttbullar (meatball), surströmming (fermented herring), smörgåskaviar (a kind of caviar sauce) and smörgåstårter (sandwich cake) are also famous Swedish cuisine that you should try.

12) Transportation

In Lund, students usually ride bikes to school. There are parking spaces for parking your bikes everywhere in Lund. Bus services are also available in Lund. Single bus trip costs SEK 18,75 for students. You can download the app of "Skånetrafiken" or Jojo card (similar to the Octopus Card in Hong Kong) to purchase train and bus tickets. Jojo card can be purchased in the Skånetrafiken office at Lund C.

Transportation in Sweden is expensive but unreliable. Trains are always delayed and cancelled. Once, other passengers and I were asked to leave the train and wait for the shuttle bus on my way back to Lund from Copenhagen Airport as it was suspected that someone was running on the track. However, the shuttle bus never came and we have to call for a taxi in the end. Taking taxi in Sweden is extremely expensive. It cost us SEK 500 to travel for about 10km.

Good news is that if trains are delayed for more than 20 minutes in Sweden, you can ask for compensation. Details can be found on the website of Skånetrafiken. In just 4 months, I have received compensation for 3 times due to delays of train.

European Union also protects passengers from delay and cancellation of flights. I have claimed for compensation twice due to delay and cancellation of flights during my travel.

The nearest airports from Lund are the Malmö Airport and the Copenhagen Airport. Copenhagen airport is the major airport in the area and Malmö Airport mainly serves domestic flights in Sweden. However, going to both airports is costly and time-consuming from Lund. If you travel a lot, transportation to the airports can cost a lot. Sometimes, the fares of the train going to the airport can be more expensive than the flight tickets. Low-cost carriers such as Ryanair, Wizz Air, Norwegian Air Shuttle and Vueling do operate in the two airports.

13) Climate

Sweden is actually not that cold. I just wore the same as I did in Hong Kong during winter. The rooms and houses in Sweden have a good insulation. My room in Lund also provides heater. It does not snow heavily during my stay (I leave on 16 Dec). As

Lund is located in the Northern Europe, the number of sunshine hours drops significantly after September.

14) Communication

Swedish is the official language in Sweden. There are also official minority languages such as Finnish and Sami. Most of the Swedes can speak English fluently but learning some Swedish is always a good thing.

Recently, the European Union has a new regulation on the telecommunication service within EU. Some Swedish telecommunication service providers, but not all, will provide free data roaming when you are out of Sweden but staying within the EU. Generally, 4G network is available almost everywhere in Lund and Wi-Fi can be found in most of the area in the academic buildings.

15) Others

- Don't rush to rent or buy a second-hand bike at the bike shops as they are usually more expensive. There are a few Facebook groups selling second-hand stuffs in Lund, including bikes, books and cooking utensils. You can also rent a travel pass on the Facebook groups.
- If you are going to rent or buy a bike, you should also buy a lock for the bike. Bikes are always stolen in Lund despite it is a safe town. You should also have your light on if you ride at night. Otherwise, you may be fined.
- Printing services in Lund University are quite complicated. You have to first open an account in PayEx, an e-commerce company serving in Scandinavia. In order to tackle the money-laundering activities, you may have to submit related documents to the company. It usually takes several days to complete the whole process. So, do not wait till the last minute if you have to use the printing services. However, the system is undergoing a change and a new system will be established in Jan 2018 according to the schedule.
- Timetables are subject to change. So, don't try to book your flight tickets (especially your return ticket for going back to Hong Kong or your home country) and hotels too early. Many of my courses changed their schedule at the very last minute.
- Apart from Lund, some courses may be held in Helsingborg or Malmö. Transferring between these places are costly and time-consuming. My friend had to travel almost everyday between Helsingborg and Lund because some of her courses were held in Lund and some were in Helsingborg.
- If you are a frequent shopper in supermarkets, you can apply for membership so that you can shop with discounts. Ask the staff or send email to know more!

Part 3

Items to bring

- Clothes
- Notebook computer
- Adaptors
- Shoes and slippers
- Copy of the Acceptance Letter
- Residence Permit
- Passport and HKID
- Basic medicine and first aid kit
- Router with LAN cable (Depends on your accommodation. Some do not provide Wi-Fi.)
- Cash (Danish Krona and Swedish Krona)
- Credit card, bank card or debit card (No UnionPay!!)
- Personal medicine

Part 4

Useful Links and Contacts

Housing Application

<http://www.lunduniversity.lu.se/student-life/housing>

AF Bostäder

<https://www.afbostader.se/>

Consulate General of Sweden in Hong Kong

<http://www.swedenabroad.com/en-GB/Embassies/Hong-Kong/Contact/The-Consulate-General/>

Skånetrafiken – Compensation for delay

<https://www.skanetrafiken.se/kundservice/ersattning/guiden/>

Live@Lund – The student Portal

<https://liveatlund.lu.se/en-us/Pages/default.aspx>

Swedish Introductory Course for Exchange Students

<http://www.sol.lu.se/en/course/SUSA11>

PayEx – opening account for printing services in Lund

<http://payex.com/>

Wish you all the best in finding accommodation if you are going to Lund soon.