

# EXCHANGE REPORT

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School of Business and Management



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# MONTHLY ACTIVITY LOG

## August

As Lund is just one-hour distance from Copenhagen, I travelled to Copenhagen and Odense with one of my friends a week before the Orientation Weeks. We then headed back to Lund and received the warmest welcome from Lund University's students at the first day of the Orientation Weeks. We got plenty of things to do in the Orientation Weeks including choosing nations and attending Swedish course. There were also some school-organised events and I joined the Söderåsen National Park Hiking Trip and Taste of Sweden. They were great opportunities to meet some new friends. In addition, I joined the activities organized by the mentor group assigned to me. I met one of my best friends in Lund there.



## September

We had two periods in the semester and I took 2 courses in the first one so the schedule was not very tight. In my leisure time I participated some nations activities like being helpers in the pub and orientation group gatherings like Crayfish Party. I started to travel around in this month too. During short vacations I travelled within or near Sweden. I visited Gothenburg, the second largest city in Sweden, and Malmo, the third largest city in Sweden. There was a large IKEA near Malmo where you could buy all you need in your house. Other place that I travelled in this month included Netherlands, Lithuania and Paris.





## October

As exams were approaching, I mainly focused on studies this month. Most of the activities were within Lund and Copenhagen. I joined an event watching the last World Cup Qualifier Match of Sweden versus Netherlands in a lecture hall of School of Business and Management. Football is a world language and it is easy to strike up a conversation with it in Sweden. In late October, I went to Stockholm, the largest city and the capital of Sweden, by myself. It was a unique experience. There were many parties when Halloween was approaching so you could enjoy and relax after the stress in exams.



## November

As the new period started, I got much more free time as I had only 2 courses remaining. I went to United Kingdom and Germany at the beginning of the month. I also joined the Lapland Trip organized by the ESN of Lund University with my friends at late November. It was one of the most unforgettable experience in exchange. There were lots of exciting activities in the trip including dog-sledging, cross country skiing, snowmobile riding and snowshoes hiking etc. The craziest thing was that we also got opportunities to jump into ice lake and Arctic Ocean in the trip. Although we did not have the luck to see the aurora in the trip, I definitely recommend anyone going exchange in the same period to join this trip.



## December

It started to snow in Lund. It was again the time for Examinations and final essays. After finishing all the exams, it was time to travel around and the time staying in Lund was coming to the end. As Christmas was approaching, I visited several Christmas markets in different countries. I spent travelled to Copenhagen and Brussel before Christmas and I spent my Christmas in Barcelona and New Year in Madrid.





## **January**

In January, most of the courses have already finished so I rarely stayed at Lund or Sweden. I travelled along with my friends skiing in Alps mountains, watching the best nature sceneries in Iceland and enjoying the finest food in Italy. I also spent the last few days before going back to Hong Kong in Lund again and had farewells with my friends.

# GENERAL EXCHANGE INFORMATION

## **1) Visa Procedures**

For students holding HKSAR passport, there is no requirements for VISA. However, you need to apply for the residence permit as you are going to stay in Sweden more than three months. You can apply the residence permit online with all the required documents and pay the application fee on the website. One of the required documents would be the bank statement showing that you have enough money to use in Sweden. It is better to prepare for it in advance and you can check the amount needed in the website as well. After submitting of the application, they will inform you to submit the fingerprints as well. Several weeks later they will inform you to go and get the residence permit card. The whole process took around 1 month for me but it is better to do it earlier as they says it would take 3 month in the website.

## **2) Orientation Activities**

There are lots of orientation activities in the Orientation Week. You need to join all the compulsory registration events and choose some other exploration events that you are interested in (E.g. Excursion Day). One important thing is that the registration of the voluntary events are first-come-first-served basis so if you want to go for a particular event in a particular time you better arrive earlier in the Arrival Day. For your reference, I participated the Taste of Sweden events and one Excursion Day which is a hiking trip to a National Park. You also need to choose the nations - similar to cohort in Business School but it is much larger and not affiliated to Lund University. They always organized events as well like pub night or lunch gathering in the Orientation Week. Do not hesitate to join them as they are really friendly and welcome exchange students. You need to choose one of them but you can also join the events of other nations.

### **3) International Services & Activities**

International desk offers a wide range of activities for exchange students and you can follow their Facebook website. They will send you monthly regular email to give you update about things in Lund as well. You can also send email to them to ask about your concerns and questions related to the University.

### **4) Accommodations**

The accommodations in Lund are really in shortage so you need to be prepared for every situation. It is very common that you do not get an accommodation offer from LU Accommodation. There is another housing company called AF Bostader renting student accommodations and they offer a draw lot for every new students. Make sure you also participate in it and at the same time find other alternatives. The two other useful websites would be Airbnb and Bopoolen. For some reasons, I did not live in student corridor room and I lived with three other Hong Kong students in an apartment booked in Airbnb. It turned out to be a really good option for me as I made some good friends and our apartment became the hub of many Hong Kong students. On the other hand living in student corridor room could have let me know much more foreign exchange students.

### **5) Courses Registration**

You can registered courses a month before exchange via student portal. As I am a RMBI student, we have only limited course available for credit transfer. I highly recommend exchange student especially RMBI student to check the credit transfer database and make sure you meet the prerequisite of the course. The following is what I took in Lund University.

NEKH81 Economics: Portfolio Selection

STAG18 Statistics: Applied Multivariate Methods

STAE02 Statistics: Bayesian Methods

SASH55 Introduction to Scandinavian Culture and Society

### **6) Teaching & Assessment Methods**

Most of my courses are assessed by exams only and in absolute grading. But according to some of my friends from Business School of other Hong Kong universities, some courses could be assessed by seminars and essays. It depends on the nature of the courses. But in terms of teaching method, the lectures are very interactive in general.

## **7) Sports & Recreation Facilities**

Lund University does not have any sports facilities but there is a big stadium in Lund and it has a gym room and offers many indoor sports for example squash, badminton and tennis. The fee is pretty expensive compared to Hong Kong's facilities but it offers student price as well. As I am a fan of Squash, I look for friends to play squash with me and I do find some foreign exchange students playing squash as well. It is a good way to meet new friends who share the same hobbies with you. Football is quite popular in Sweden. There are some football fields in Lund as well and you can find football groups in Facebook. I played football with a group of students once and their football skills were impressive.

## **8) Finance & Banking (including currency / expenses)**

Sweden uses Swedish Krona and the exchange rate is around 1 – 1.1 SEK which is very easy to calculate. Sweden is one of the country that have the highest acceptance of electronic money so you can use credit card everywhere. In terms of cash, students not staying more than 10 months cannot set up banking accounts as far as I know. Union Pay is not popular at all in Sweden so normal Hong Kong ATM card is not valid in Sweden. If you want to take out Swedish Krona or any other currencies out from ATM, I highly recommend you to apply for a Plus or a Maestro card from any banks as these two systems are highly recognised in most of the countries in Europe and it would be much more convenient when you travel around especially when you are travelling to countries that does not have many stores accepting credit card.

## **9) Social Clubs & Networking Opportunities**

The biggest opportunity to social and networking in Lund would be in Nations. They are just like the societies or cohort in HKUST. They offer different kinds of events including pub night and clubs with different themes, afternoon lunch gathering or workshops. You can also be the helpers in the nation and in return you can get a free lunch coupon from them. I joined the Kristianstad Nations and I met some friends there. You are assigned to a mentor group at the start of the semester as well and they offered different parties and gatherings for students as well. In addition, you can also join ESN where they organized different trips including Canoeing trip, St Petersburg Trip and Lapland Trip.

## **10) Health & Safety**

Lund is a safe place as it is a university town. But you need to take care your bike in Lund because there are thieves stealing the lights or the basket in front of the bike. We are insured in Sweden based on the university insurance scheme. But I still recommend students to buy their own insurance covering the whole Europe. As the procedures of claiming insurance are quite complicated, I recommend students to bring their own medicine and do more exercise to keep themselves healthy.



## **11) Food**

The food in Sweden is pretty expensive (Around 100 SEK per person per meal). Most of time we cook by ourselves. You can buy better quality food from the two big supermarkets ICA and Coop and also find some cheaper food in Netto and Willys. Overall, the food quality in supermarket is pretty good. When you do not have a lot of time, you can find cheaper food in Kebab store (Around 40 SEK for kebab) and university canteen (Around 70 SEK per lunch for the one in Alpha next to SBM building). Sweden has so many special food as well. You can try them in the Taste of Sweden event organized by the school or buy them in the supermarket.

## **12) Transportation**

We travel within Lund mainly by bike and bus. Riding bike is a very good way to get familiar with Lund but it can be difficult when snowing or raining. If you want to go nearby cities like Helsingborg, Copenhagen or Malmo, the most common way is to travel by train. You can charge money in normal JOJO card for taking bus or train. You can purchase student JOJO card or month ticket for a cheaper price. You can also choose to buy a monthly ticket for a larger district. It would be a good option if you always travel to Malmo or Copenhagen.

## **13) Climate**

The weather in August and September is very good with around 10 to 20 Celsius degree. But after October, it becomes much cooler and in November and December there will be snow in Lund and the temperature will drop to slightly less than zero. But it will not drop to less than -10 degree Celsius according to my experience. More sunny days in Summer and mostly cloudy in winter.

## **14) Communication**

Swedish speaks very fluent English and students would have no problem in communications if they speak English clearly. You will also have the opportunity to learn some Swedish if you take the Swedish Course in Orientation Day or during the semester. Basic Swedish could help you in daily life like in supermarket or daily conversation.

## **15) Cautionary measures**

Do check Lund email constantly as there are different kinds of information there. In general Swedish are very nice and Lund is a very safe place to study.

If you want to know much more about Lund and the life in Sweden. Feel free to contact me and I am more than happy to share some of my experiences with you.

# ITEMS TO BRING

- Passport & Identity Card
- Acceptance Letter
- Residence Permit
- Insurance Copy
- Swedish Krona & Other Currencies for Emergency
- Debit Card (PLUS/ Maestro)
- Credit Card (VISA/ MasterCard)
- Clothes for extreme weather
- Medicine
- Laptop and Phone Charger
- Transformer
- Stationary
- Umbrella
- Camera
- Small suitcase or bag for travel

# USEFUL LINKS

- Lund University School of Economics and Management  
<https://www.lusem.lu.se/>
- StudentLund  
<https://www.studentlund.se/>
- Information for exchange students  
<https://www.lusem.lu.se/study/exchange>
- Swedish Migration Agency - Applying Residence Permit  
<https://www.migrationsverket.se/English/Private-individuals/Studying-in-Sweden.html>
- International Desk Facebook  
<https://www.facebook.com/internationaldesk/>
- Student Accommodations – LU Accommodations  
<https://www.luaccommodation.lu.se>
- AF Bostader  
<https://www.afbostader.se/en/>
- Bopoolen  
<https://bopoolen.nu/en/?action=sv>