



LUND UNIVERSITY

SWEDEN

SCHOOL OF ECONOMICS AND MANAGEMENT

EXCHANGE REPORT



Kenneth Cheung
Bsc Economics and Finance,
Year 3
Fall 2017

TABLE OF CONTENTS

	PAGE
Part I Monthly Activity Log	3
Part II General Exchange Information	5
Part III Items to Bring	8
Part IV Useful Links & Smartphone Apps	8

PART I – MONTHLY ACTIVITY LOG

AUGUST

I took the flight to Copenhagen Kastrup Airport with one of the exchange buddies in SBM and arrived in Lund on 15th August, the official arrival day for all exchange students. There were student mentors in both CPH Airport and Lund C, and they guided and brought us to AF Building for registration. Then I received a welcoming pack including a map of Lund, timetable of orientation activity and a pre-paid sim card, which can only be used within Sweden. Unfortunately, most orientation activities were full and we could only join the events with free entrance. Therefore, it is recommended to arrive Lund 1 or 2 days before, or do the registration in the morning so that you can sign in for those activities, and settle everything fast. The orientation weeks started right after the official arrival day, and I enrolled in the Introductory Swedish course – SUSA 11, which lasts for 2 weeks. The content is intense but the examination is not difficult. Besides, I joined events like Student Association Fair and watching a basketball match held by the Lund Basketball Club. You can know more details about different nations in the Student Association Fair, just like the club and societies setting their counters in HKUST. I joined Västgöta Nation eventually and I participated in their events as a helper. I worked as a bartender in their student bar and it was a wonderful experience. Everyone is nice and I can just work hard and play hard at the same time. Other than those activities, I visited Malmö, the third largest city in Sweden, Helsingborg, the closest city to Denmark, as well as Helsingør, the Danish city right opposite Helsingborg as well.



SEPTEMBER

The first period of the semester started. I took two courses in this period: 1 economics and 1 finance course. Students here are more active in participating in lectures, the in-class interaction could help to understand the concepts. The workload in this period was not heavy because I only had to hand in three group assignments in total, but the course content for the finance course was intense since it is the master course.

I joined the “sittning” held by Västgöta Nation. A “sittning” is a Swedish culture, which means a seated meal held within a set time frame. I met a lot of

international and local students there and we had so much fun. We sang traditional Swedish songs, danced, and we played a traditional game called “kupp” together.

Besides, I joined the canoe trip held by ESN Lund. It was great to enjoy the nature in Sweden. I spent my holidays in Copenhagen, London and Oslo.

OCTOBER

I was busy in this month with the study. Both courses required students to do a lot of readings, which was not covered in class and took a large proportion in the exams. Although there were only two examinations in this period, I need to study hard on both lecture and

literature. The lectures could help to understand the concepts, but did not cover much on the information and news for the examination.

Before the exam, I still had a free weekend to travel to Stockholm, and we had a great time tasting the traditional fish soup in the market. Tasting the fish soup is always a wonderful thing in the Scandinavian countries!

The format of exams is different from UST, I had around 4 to 5 hours to finish the exam, and students can bring their snacks and drinks to the exam venue. I got around 10 day offs after the exams, so I went to Switzerland, Lichtenstein, Manchester, Belgium and Luxembourg for the semester break. The view on Jungfrau was breathtaking and I was very lucky to go to the top of Europe in the sunny day. Moreover, it was exciting to watch a football match in UK for the first time, the fans in the stadium were passionate and hyper!

NOVEMBER

Period 2 started, I took two SAS (Special Area Studies) courses. Both courses are interesting, one with the Swedish society and culture and the other with the relationship between religion and politics. For the SASH60 course, there was a field trip to Open Air Museum. I knew more about the old days of Sweden and Scandinavian area, I could never imagined the Scandinavian countries were poor and undeveloped in the past.

Since I had less workload on November, I can allocate more time on travelling and exploring. I joined the “Sea Battle” organized by ESN, which was a 3-day cruise trip with around 2000 exchange students from Scandinavian and Lithuania! It was a return trip from Stockholm to Tallinn. There was a wide range of activities on the cruise, so it is impossible to get bored! After that, I joined the 7-day Lapland Trip by ESN. I went to Finland for the trip with my friends. During the trip, we went to Santa Claus Village in Rovaniemi. Lapland and Bugøynes. I joined many a couple of activities like husky sledding and snowshoeing. The most exciting and craziest part in the trip was ice-swimming in the arctic ocean with the other students!

DECEMBER and JANUARY

Both courses of SASH49 and SASH60 ended before the mid-December, so I finished my semester early and started my end-of-semester journey. I went to 9 countries, 12 cities all over the Europe and finish my life in Europe in mid-January. It is a precious chance to travel because I can experience and feel the culture of different countries, which could be difficult to do it after graduation.



PART II – GENERAL EXCHANGE INFORMATION

Visa Procedures

Righter after receiving the letter of acceptance from Lund University, you should start applying for the Residence Permit at once because you will need it for staying in Sweden for more than three months. The application takes approximately two months. Remember to check your email, including the spam to make sure you receive the email for biometric measurement and taking the permit. You will also need a bank statement to show that you can financially support yourself during your exchange period.

Orientation activities

As mentioned in the Part I, tickets the orientation events will be sold out quickly so it is strongly suggested to arrive in Lund earlier and buy the tickets if you are really interested in those orientation activities. The most popular activities probably are IKEA tour and hiking tour. There is IKEA in Malmö which is quite far away from urban area. If you need to buy something for your new home, you should join the tour with shuttle bus provided. If you cannot buy any ticket, you can just try to join any activities shown in the booklet of orientation weeks, those events are fun too.

International Services & Activities

For the activities, you can join the activities directly through joining nations. Nations are similar to the clubs and societies in HKUST, but they are available and suitable for every student in LU. They hold many activities. For example, they offer relatively cheap but good meals every week. They also organize clubs and pubs so you can have some fun. The Metro Club in Västgöta Nation is the biggest student club, it is worth to feel the atmosphere there, even you are not the big fans of clubbing. There will be cooking lesson and sports training also.

Social Clubs & Networking Opportunities

Instead of Nations, you can widen your social network by joining Erasmus Student Network (ESN). It organizes multiple activities and tours for exchange students. Once you registered, you can join multiple events with reasonable price. For example, I joined the Canoe Trip, Sea Battle and the North Lapland tour in Finland. It is probably cheaper to travel some places like by joining ESN trips. There are more activities like the cruise trip to St. Petersburg in Russia, Halloween haunted house and trip to Norwegian Fjords.

Accommodation

It is better for you to apply for the accommodation provided by school right after the registration starts because the shortage of housing is quite serious in Lund. All of us were on the waiting list. Luckily I got an offer eventually. I lived in a room in a two-bedroom apartment room in Bautastenen with another UST buddy in a coincidence. The apartment is in the north-western side of Lund. It takes you around 10-15 minutes to the Lund Centralstation, Economic Building and any other academic building. Although it is a bit far away comparing to other housing area, I would recommend living there if cycling is not your problem. It is because many supermarkets and furniture shops are nearby so you can buy anything you need. Also, it is quite cozy and clean with nice kitchen and bathroom.

Course Registration

You will receive an email from Lund International Office, separate from the application of housing. And you will be informed about the registration process and courses available in the following semester. Normally you can take maximum two courses in each period, so you can take four courses at most, excluding the Swedish language course. I have taken the following courses:

	Courses	Period	Notes
1	BUSO94 – Corporate Finance (5 ECTS)	Sep to Oct	<ul style="list-style-type: none">• Econometrics: 3 Computer Labs and 1 Team Assignment• 1 Written Exam excluding econometrics Workload is light but the content is not easy, even the master students felt puzzled sometimes. Around 8 readings are required, which are not covered in class but in the examination.
2	NEKH71 – Economic Integration (7.5 ECTS)	Sep to Oct	<ul style="list-style-type: none">• 2 Voluntary seminars (group discussion activities) and individual/group assignments• 1 Written examination

			“Voluntary” means you do not necessarily finish, but extra points will be added in the final results. The workload is light, the content is easy, but the course requires students to have brief understanding on the information about WTO, EU and some trade agreements like GATT and BITS. It would be troublesome in the exam if students do not read the literature.
3	SASH49 – Religions and Politics (7.5 ECTS)	Nov to Dec	<ul style="list-style-type: none"> • 2 Film Seminars with the submission of Film Reviews • 1 Take-home exam <p>Two documentaries are presented during lecture, and you are required to submit the film reviews. The workload is light, but the content is not easy if you do not have the relative knowledge, so it would be great to attend the lecture so that you can handle the take-home exam with no pressure.</p>
4	SASH60 – Swedish Society and Everyday Life (7.5 ECTS)	Nov to Dec	<ul style="list-style-type: none"> • 1 Group Presentation • 1 Field trip to Open Air Museum (Voluntary) • 1 Take-home exam <p>The course is interesting about the Swedish culture from the past to the present. The workload is light and the content is easy but informative.</p>

It is advised to double check the timetable if there is any time clash of your courses. You are reminded that you CANNOT skip the first lecture, seminar and some specific lessons, so plan your activities wisely by checking the timetable.

Finance & Banking

The currency in Sweden is Swedish krona (SEK). It is suggested to get the cash earlier from the bank in Hong Kong if you want to, which can be used to deal with the expenses on the registration day. However, cash is less common in Sweden, and cards are preferred.

Both debit and credit card are available in Lund. For debit cards, the card with PLUS, Cirrus or Maestro are preferred, which can be used like EPS. For credit cards, Visa and Mastercard are most common in Europe. For the expenses, it varies among students. It depends on the lifestyle, your rent and how frequently you travel. I spent around 100,000 HKD in total for the exchange, which 7,000 HKD on the return flight tickets, 18,000 HKD for the accommodation, 15,000 HKD for daily expenses, and 60,000 HKD on travelling.

Safety

Lund is a quiet and small city, and it is very safe. Therefore, you do not need to be worried about things being robbed or stolen. However, it is suggested to remove the flashlight of the bike when you park the bike near Lund C because it would be probably stolen by someone.

Food

It is costly to go out for meals. Therefore, I cooked quite often, sometimes I cooked with the other exchange buddies because it is more fun and it is cheaper by sharing the costs. I usually bought food from the supermarkets like ICA, Lidl, sometimes from Coop and Willy’s. If you feel homesick, you can go to Lok Chan and find some Asian food and ingredients.

There are few recommendations for Chinese food: Mui Gong, Fengsson Dumpling House and Rosegarden. For some cheaper meals, School canteens, Taquerian and Lunda Lunch can be a good choice. “F Bengtsons Ost i Lund” is another choice as a bakery.

Transportation

It depends on where you live. If your accommodation is near the LUSEM or other academic building, you do not even have much transportation concern. Otherwise, it is always cheap to buy a second-hand bike or rent a bike. Remind that if you want to do so, you are suggested to arrive earlier to get a bike with a better quality and lower price. It would be better to get a bike with the basket for carriage. Rather than biking, you can buy a student JoJo card for public transports. You can decide to buy a single ticket or monthly ticket with your needs.

For a single ticket, you can use the smartphone apps “skånetrafiken” to buy ticket via credit card, which is cheaper for students, and you can check the suggested route.

Considering the cost to the Copenhagen Airport (CPH), it takes around 110 SEK for a single ticket from Lund C to CPH (with JoJo card), and 88 DKK from CPH to Lund C (from the red ticket machine in the airport, which accepts the credit card with PIN only).

Sports & Recreation Facilities

In Lund, the choices of sports and recreation facilities are limited as it is a very small city. However, you can still join the gym which is near the LUX Building. You can enjoy the student discount to be the member.

Besides, you can do other sports in Lund. For example, you can make a reservation for the indoor areas so you can play badminton, bowling, basketball or other indoor sports. If you prefer outdoor sports, you can just go jogging and biking under a good environment of Lund.

Climate

In Lund, it is always windy and often drizzles. It is not a wise choice to use umbrella. Instead, it is suggested to bring a water and wind proof jacket.

During the summer time before September, it is warm and sometimes hot, like the autumn in Hong Kong. The sunset is usually around 8 pm. Starting from September, it starts being cooler, and the sunset becomes earlier as well. After October, it is getting colder and colder in Lund with the average temperature around zero degree Celsius. Days become shorter and nights become longer. Moreover, the road often becomes icy and slippery after November, be more careful when you are walking, especially when you are biking.

Communication

There are many exchange students all over the world in Lund, and most of the Swedish can speak good English, so there should be no problem in communication. However, you may encounter some problems when you are reading Swedish on the menu, in the supermarket etc. Feel free to ask the Swedish around you because they are willing to help, or you can download the smartphone apps “google translate” for the translation. It is also good to learn some basic Swedish in the introductory Swedish course.

Sim card

When you arrive at Lund and finish the registration, you will receive a free pre-paid sim card, which can only be used within Sweden. Therefore, if you want to use the sim card which can access to most European countries, you should get the sim cards from other telecommunication companies. You can buy the sim card in Hong Kong, or buy the card in Lund or other European countries. In Lund, you can buy the sim card from Telenor. From other countries, 3UK, Vodafone and O2 can be the options as well.

PART III – ITEMS TO BRING

Documents

HKID card	Passport
Letter of Acceptance	Swedish Residence Permit (bring it anytime like your passport)

Money

Cash (Swedish Krona)	Credit Card (better remember the PIN code)
*Debit Card	Money belt (extremely essential when you are travelling)

**Remember to activate the “oversea withdrawal” function in HK*

**For the debit card with chip, sometimes it cannot work by inserting but swiping*

Clothing

Snow boots/ waterproof boots	Gloves (especially for the one who bikes)
Running shoes	Warm underwear (e.g. Heat-tech, fluffy socks, leggings)
Wind Breaker (Better with waterproof function)	

Other items

Adaptors	Power Strip	Hair dryer
Phone & Laptop charger	Portable charger	Wi-Fi router and cable
Water bottle	Small bag or small luggage that can hand carry on plane	Towels
Flip-flops	Calculators (required in some exams)	Stationery

PART IV – USEFUL LINKS AND SMARTPHONE APPS

LINKS

- Swedish Migration Agency (applying for the student visa): <https://www.migrationsverket.se/English/Private-individuals.html>
- TimeEdit (similar to USTSpace): <https://se.timeedit.net/web/lu/db1/eh1/>
- Live@Lund (similar to Canvas): <https://liveatlund.lu.se/en-us/pages/default.aspx?r=31>
- Lund Accommodation: <https://applications.luaccommodation.lu.se/applications/>
- Studentlund: <http://www.studentlund.se/>
- ESN Lund: <http://www.esnlund.org/>

SMARTPHONE APPS

- Skånetrafiken (Swedish only, but useful),
- Reseplanerare,
- Studentkortet (electronic version of Studentlund card)

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