

# 2018 Spring Semester Exchange Report



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## Part 1: Monthly Activity Log

### January 2018

I arrived Arlanda Airport in the morning of 12<sup>th</sup> and there was a school bus took all students arrived in the same time slot to the registration point. I got my student portal account, campus card, room key and SIM card (with some free data!!). After finishing all registration, the school car took me to the dorm room in Rackarbergsgatan. Since shops closed quite early at around 7pm, I rushed to Ikea and ICA supermarket to buy some bedroom products and food. The first month was really fruitful because I joined some orientation activities held by different nations and had to prepare for the first course that started a few days later.



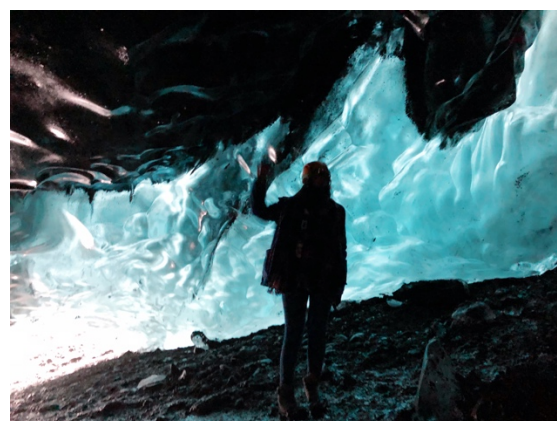
### February 2018

I fully adapted to the new environment and cool weather as it was really comfortable if wearing enough clothes. I visited Gothenburg, the second largest city in Sweden, and had some fresh seafood in Fish Church. After this short trip, I studied hard for the final exam. Before another course started, I had gone to Copenhagen with my friend from the UK. We both fell in love the Danish pastry, it was so delicious! Since the study schedule this month was not that packed, I managed to have several short trips.



## March 2018

The second course was more difficult and had heavier workload because there were weekly group assessment and seminar, requiring presentation and interaction with classmates and instructors. This course ended with a whole day home examination, which you would definitely exhausted after finishing it. Then, I went to my dream place – Iceland for a week. I visited ice cava and witnessed crazy dancing northern lights. I was so lucky to visit those stunning natural sights! When I backed to Uppsala, the weather got warmer and more sunny days.



## April 2018

Since the weather turned better, many people picnicked on the grass and beside the river at the city centres. It was so relaxing that everyone enjoyed the sunshine. The third course started and schedule was tight. I was busy with the weekly seminars, course paper and web exam. At weekends, I hung out with my friends and had Fika (coffee break). Sometimes, we would make hotpot dinner to curse our homesick. After almost a whole month study, I travelled to Rotterdam and Amsterdam to refresh myself.



## May 2018

Before the fourth course started, I had taken 5 hours train to Oslo and joined the Norway in a Nutshell to see magical fjords and waterfalls. Due to this trip, I missed one of the biggest festivals, Valborg, which is held on the last day every April. I really regretted not staying in Uppsala that day because I lost the precious chance to watch boat race and bonfire. Fortunately, I didn't miss any BBQ gatherings with my lovely friends. Since the sunset could take place at around 8 pm, we had long daytime to spend and had some fun.



## June 2018

All courses ended in May and I had a half-month to travel around. To save some money, I quit the school housing and had nowhere to live in June. Luckily, my friend was so nice and helpful. She let me sleep over for a few days and helped me store two big baggage. Knowing that it would probably be my last time staying in Uppsala, I spent a whole day wandering around the city, having Fika and watching outdoor band show. After that, I was heading to my last journey –Prague, Austria and Budapest. Overall, I was so grateful for what I had experienced in those six months. What a wonderful and memorable exchange tour!



## **Part 2: General Exchange Information**

### **A. Visa Procedures**

As an exchange students who are going to stay in Sweden for more than 3 months, it is necessary to get a residence permit card before leaving Hong Kong. (\* In case that there are some incidents delaying your application and you cannot get the card before leave, just kindly contact the officials of Consulate General of Sweden, Hong Kong. They will provide you some guidelines and help to solve the problem.)

You need to submit an online application through this link

[https://www.migrationsverket.se/English/Private-individuals/Studying-in-](https://www.migrationsverket.se/English/Private-individuals/Studying-in-Sweden/Universities-and-university-college/How-to-apply-for-the-first-time.html)

[Sweden/Universities-and-university-college/How-to-apply-for-the-first-time.html](https://www.migrationsverket.se/English/Private-individuals/Studying-in-Sweden/Universities-and-university-college/How-to-apply-for-the-first-time.html) Then, you follow the instructions stated in the website and submitted the requested documents e.g. insurance certificate, acceptance letter, financial proof etc. It is very important to get the documents prepared and start applying the card earlier because it may take one month or more to finish the whole application processes including biometric measurement and photo taking.

### **B. Orientation Activities**

Uppsala University, together with student nations (total 13) and student unions, organize a range of activities to welcome exchange students. The orientation week is held in January and last for a few weeks. During those weeks, each nation will plan events to best show you what they offer. It is recommended to visit and join more activities from different nations so as to decide which to join and get the nation card. Some activities may require to sign up in advance; some are free and some require some fee either in advance or at the door. It is funny experience even though you end up not joining any nations.

### **C. International Services & Activities**

Different student nations and student unions will organize various services and activities to international students monthly, for examples, speed friending, movie night and bike flee market. Sometimes, international committee will offer oversea trips such as Trip to Helsinki and Uppsala goes Lapland for students at affordable prices with transportation, accommodation and tour guiding included.

#### D. Accommodations

Uppsala University Housing Office handles accommodation for exchange students. You are required to finish the housing application before the deadline as late applicants will not be offered housing and it is very difficult to find housing on your own in Uppsala. There are around 8 choices. They are described in detail with photos on this webpages:

<http://housingoffice.se>

**Rackarbergsgatan:** This is the dorm I lived. Its location is super good and very convenient. It just takes 5-minute walk to business school Ekonomikum, 1-2 minutes to supermarket ICA Folkes, around 25-minute to city centre and 15-minute to fitness centre Campus 1477 in Blåsenhus. Also, it is next to the garden near Ekonomikum which will become a big outdoor party place for students on Valborg festival.

#### E. Courses Registration

Courses registration are done online before leaving Hong Kong, expect basic Swedish course. It is required to take 30 credits in total for a semester and at least 15 credits in the Department of Business Studies. If you select courses offered by other departments, you need to be aware of the risk of overlapping schedules. Basic Swedish course can be applied after arrival and it runs part-time during the semester.

#### F. Teaching & Assessment Methods

I chose to study 4 master courses throughout the semester because there are very few undergraduate courses can be transferred. As an undergraduate students you can, under the condition that you meet the pre-requisites, study at master level. The requirements are 60 credits completed in strictly Business courses.

<p><b>Corporate Strategy</b> Period 1: 15 Jan – 16 Feb</p>	<ul style="list-style-type: none"><li>- Lecture sessions with accompanying case and varied assignments</li><li>- Full case sessions (require to identify important concepts and perspectives presented in the texts, and applied the theoretical approaches taught in the readings to the cases)</li><li>- Two quizzes (max. 40 marks) and one written exam (max. 60 marks)</li></ul>
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	<ul style="list-style-type: none"> <li>- The easiest course among the four because of the light workload and easy-follow concepts</li> </ul>
<p><b>Managing the Multinational Corporation</b> Period 2: 19 Feb – 22 Mar</p>	<ul style="list-style-type: none"> <li>- consists of lectures, group assignments, literature-seminars, and case-seminars</li> <li>- Written group assignments are part of the preparation prior each literature seminar</li> <li>- Present the group assignments and lead discussion in case-seminars</li> <li>- 10-hour final web exam: a mix of essay type of questions and case-based questions</li> </ul>
<p><b>International Human Resource Management</b> Period 3: 26 Mar – 27 Apr</p>	<ul style="list-style-type: none"> <li>- A combination of lectures, seminars with student-based activities as well as a web-base examination</li> <li>- Need to work individually and in team assignments, where active participation is required</li> <li>- Four literature seminars for teams to present and initiate a discussion based on articles each team has chosen linked to the theme of the week</li> <li>- Write a course paper to discuss and debate a “real-life” issue and relate it to relevant theoretical literature</li> <li>- The heaviest workload because we need to find the relevant articles ourselves and generate ideas to present and lead discussion</li> </ul>
<p><b>Leadership</b> Period 4: 2 May – 31 May</p>	<ul style="list-style-type: none"> <li>- Four diagnostic tests on the literature (max 36 marks)</li> <li>- Four weekly lectures and one panel discussion with 3-4 well experienced leaders with different professional and educational backgrounds</li> <li>- Four seminar focuses on a case or a film, need to analyse it by applying theoretical knowledge</li> </ul>



	<p>derived from the literature and make a power point presentation.</p> <ul style="list-style-type: none"> <li>- Submit an individual paper where you reflect on an article in a newspaper, vocational journal, or other journal from a leadership perspective</li> </ul>
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### G. Sports & Recreation Facilities

If you want to have some exercise, you can join Campus 1477, student nation's sports clubs and other fitness centres in city centre. Unlike UST, there are no free gyms for students in Uppsala and all require a certain amount of membership fees. I highly recommend Campus 1477 because of its perfect facilities and wide variety of classes. Besides boring weight-lifting machines, it offers ball sports, yogo, spinning, body combat, choreography etc. If you hold a membership (1477 SEK for whole semester), you can go to all classes for free. Campus 1477 has its own mobile App and you can book all classes online in advance, which is very convenient and useful for you to make your own schedule. It has a free trial week in the beginning of the semester, so go and have a try!

### H. Finance & Banking

Students who live less than a year in Sweden could not get the personal identity number for creating a bank account, so it is hard to create an account and get the debit card. As far as I know, only Handelsbanken allows to create a bank account without personal number, so there are lots of application and you may need to wait for at least 3 months. Therefore, I exchange sufficient amount of cash Kronor (Sweden currency) in Hong Kong and bring it to Sweden instead, which can be quite dangerous. Actually, you can use VISA credit card to shop around as almost all shops accept credit payment and it is super convenient.

My monthly expenses not including rent is around SEK 2000-2500 because I always cook at home and seldom eat outside. The price level at supermarkets there is similar to Hong Kong, dairy products and frozen meat are even cheaper, which is very acceptable.

### I. Social Clubs & Networking Opportunities

Nations provide students platforms to meet, socialize and enjoy life outside of the classroom. Most nations have a café, pub and restaurant which are similar to school canteens that members could enjoy cheaper breakfasts, lunches or Fika. They also provide some social

activities including club nights, formal dinners, balls and musical for nation members to have fun and expand their social circles. If you are interested in those events, check them out on Nationsguiden or each nation's Facebook page, and be sure to join different Facebook groups so as to get informed of different upcoming events.

#### J. Health & Safety

Uppsala is pretty safe everywhere with nice and friendly people around to help if you encounter any problems. But still, avoid wandering around at late night because it is quite scary to walk alone when the sky is so dark with inadequate street. Also, some areas in Sweden such as Gottsunda (1-2 km west of Swedish University of Agricultural Sciences) have been classified as highly problematic by the Swedish police, so do avoid to walk through there at night alone!

#### K. Food

Dining out in Sweden is expensive and usually costs more than 100 SEK for lunch and 150 SEK for dinner. Eating in Ekonomikum (business school) canteen is also expensive and only credit card is accepted. Therefore, to save money, you can go to student nations to grab some cheap meals if you are the member, or cook at home. One tip is that supermarkets such as ICA and Willys will have discounted products every week, so remember to take a look promotion leaflets placed near the entrance before shopping.

#### L. Transportation

There are few choices on transportation (bus, taxi and bikes) within the cities. Bus is the only public transportation inside the city. If you need to travel around the city every month, it is advised to buy monthly bus ticket at student price which costs around SEK 500 a month. Since I live close enough to school and city centre and I did not mind walking, I buy a debit bus card instead (similar to HK octopus card). Each ride costs around 20-35 SEK, which is quite expensive compared to HK bus fare, but if you take the bus again within one hour, the second ride will not be charged.

The most unwise transportation option is taxi because it is extremely expensive and so inconvenient that you can't get on the taxi at anytime you want on the street unless you are getting on at the taxi stop outside the Central station of Uppsala.

Some exchange students would rent a bike from student forums or second-handed markets. But you need to take good care of the bike and make sure it is not broken, otherwise, you might need to spend an extra large amount of money to repair it.

#### M. Climate

It is cold (can be -10 °C), windy and snowy from January to February, but it is acceptable and in fact quite comfortable if you have a good quality down jacket and wear enough clothes and underclothes. One reminder: warm hat, gloves and earmuffs are must-have items in winter otherwise you will soon feel the pain and get cold injury. The weather is getting warmer started from late March when flowers are blooming and shops are selling summer clothes. June is the hottest month when the sun is burning and you will easily sweat.

#### N. Communication

Swedish is the official language of Sweden and is a North Germanic language that closely resembles Norwegian and Danish. The local can speak several languages and are very good at English. The courses and programmes offered at Uppsala University for international students are taught in English. Swedish have high proficiency in English as a second language, so it is no barriers to communicate with the local in English.

#### O. Cautionary measures

Apply for the student permit card as soon as possible, have a good quality down jacket to wear in winter, avoid wandering at night alone and enjoy your exchange trip!!!

### **Part 3: Items to Bring**

1. Passport, HK ID card and residence permit card (*bring at least one set of copies in case those travel documents are lost or stolen)	2. Cash (HKD, SEK and EUR)
3. Credit cards	4. ATM card (Cirrus or Maestro *Union pay is not accepted in most European countries)
5. Adaptors (Two-round plug)	6. Router or LAN cable (dorms don't have Wi-Fi)
7. Laptop and charger	8. Camera, batteries and memory cards
9. Medicine and cosmetic products	10. Warm clothes (gloves, coats, boots, warm hat, earmuffs, heattech etc)

### **Part 4: Useful Links**

1. Application for residence permit card  
<https://www.migrationsverket.se/English/Private-individuals/Studying-in-Sweden/Universities-and-university-college/How-to-apply-for-the-first-time.html>
2. Student Nation of Uppsala University  
[http://www.uu.se/en/admissions/student-life/the\\_student\\_nations/](http://www.uu.se/en/admissions/student-life/the_student_nations/)
3. School Housing :  
<http://housingoffice.se/accommodation/exchange-students-master-students/>
4. UL Bus website ( Bus company in Uppsala)  
<https://www.ul.se/en>
5. SJ train website  
<https://www.sj.se/en/home.html#/>
6. Campus 1477 website  
<http://campus1477.se/en/>
7. Uppsala – Buy and Sell (Facebook page trading second-hand products)  
<https://www.facebook.com/groups/uppsalabuyandsell/?ref=bookmarks>

OR

[https://www.facebook.com/marketplace/groups/?multi\\_permalinks=970188206515356&notif\\_id=1531684122871859&notif\\_t=commerce\\_interesting\\_product](https://www.facebook.com/marketplace/groups/?multi_permalinks=970188206515356&notif_id=1531684122871859&notif_t=commerce_interesting_product)