

**Lund University**

**Sweden**

**School of Economics and Management**

**Exchange Report**

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# **Monthly Activity Log**

## **January**

My exchange journey started with a night at the Copenhagen airport – we arrived one night before the official welcoming day and without booking any accommodation, we had to spend our first night sleeping at the airport. The next day, I met a cute French girl at the airport and she later became a member of our squads and we all travelled together.

There are two weeks for orientation before the semester starts, and the university organized different activities like hiking, city-hunting for exchange students to explore the city and mingle with each other. We also took an optional Swedish introductory course which cover basic Swedish pronunciation, grammar and vocabularies that helped us a bit in our daily life. The Swedish course ended with a final exam – Don't worry, the final exam is quite easy and one night of revision would be enough to pass the exam. Although I forgot all the stuff I learnt in a week, I strongly advise taking the course because the teachers were entertaining that the atmosphere during the lessons was so relax. And of course, it is a good chance for you to meet girls from other countries. Beside the Swedish course, there are different student associations called "Nations" that offer a variety of activities like "Sittning", bonfire, clubbing etc. It is definitely worth joining as we don't have to pay for the activities and we could experience the life of being a student in Lund.

Unlike UST, the courses here in LUSEM don't follow a regular schedule and there are only a few classes to attend during the week. So with this opportunity, I decided to start travelling with my new friends and friends who were exchanging in other countries in Europe. We went to Copenhagen, Madrid and London in the first month.

## **February**

After a few weeks of lessons, I could tell the teaching approach in LUSEM is so much different than that in HKUST. In LUSEM, the teacher encourages open discussion. During the lesson, the teacher would give us a topic and we, the students, would discuss the topic in groups and learn by exchanging ideas with other students. The atmosphere of

the lessons was so lively and chill and all of the students had the chance to participate in the discussion. I really appreciate this approach of “Open discussion” as it is much more interesting than the lectures in UST. However, I also realized that the content of the course was quite general and the syllabus of the exams mostly based on the content in the textbooks rather than the discussions we had during the lessons. In light of this, I decided to spend more time to travel with my friends as there were sales on the air tickets and they were so cheap. We went to Riga in Latvia, and took an overnight coach to Vilnius in Lithuania in this month. Winter is the best season to visit these two places as the cities were covered with snow and we could walk on frozen lakes that was not accessible in summer.

### **March**

In the beginning of March, we visited Iceland and we had unforgettable experience in this trip. Blue Lagoon, glacier hiking, Golden Circle and the aurora, all those tourist spots are must-go attraction that you should never miss. We also went to Oslo in Norway and Krakow, Gdansk in Poland. At the end of March, there was a final exam – Yes, the semester in LUSEM only lasted for 1.5 months. Rather than a written exam, we had an oral examination, which the examiners asked us questions and we had to respond immediately. The exam was quite exciting as each of the students took turns to answer the question. If he failed to answer the questions, the next student had to answer the same question. Yet, because it was an oral exam there is no absolute answer, it was easy to pass as well.

### **April**

The second semester started in April and I spent most of my time travelling around Europe. I went to Amsterdam, Belgium, Helsinki, Tallinn, Stockholm, Edinburgh and Dublin. Amsterdam is the most beautiful city I have ever been. There are so many canals in the cities and we took a boat tour to explore the cities. Belgium is famous for its waffles, chocolate and fries but we didn't try any of those. The landscape in Edinburgh is really stunning, especially on the “Arthur's Seat”. The landscapes in all these cities are spectacular and definitely worth visiting.

## **May**

The last semester ended in early May and I spent most of my time travelling. We visited Rome and Florence in Italy, Vatican, Vienna in Austria, Budapest in Hungary. All those cities are really famous in the world. We didn't go inside the Colosseum in Rome because there were so many people lining up and it would take us half a day to get inside. The architecture in Florence was impressive although I know nothing about history and arts. And in Italy, we had the taste of real pasta and pizza, which is quite different than what we had in Hong Kong. I also visited a country that I have never heard of – Macedonia. The country is really poor and there were flies everywhere even in the capital. We called them the “City of Flies”. However, the quality of food is not bad comparing to its price. Last but not least, we went back to London again, because we love London so much – a better version of Hong Kong. And we had amazing time there.



## **June**

It was the last month for my exchange journey. As the semester ended in May, I tried to travel as much as I can with the remaining days. We went to Paris, sending our French friend back to her hometown. She showed us around Paris and even invited us to her home for a Chinese dinner, which was super delicious as her dad is a chef and we hadn't been having Chinese food for nearly half a year. After 7 days, we had to say good bye to our French friend and went back to Sweden as we were also leaving soon. For the last day, we packed our luggage, had a last super and cleaned our room. Unfortunately, I got charged for 700HKD because the inspectors thought that my room was not clean enough, so make sure you tried your very best to return your room back to “normal”.

# General Exchange Information

## **1. Visa procedure**

Instead of applying for a regular visa procedure, I applied for a “residence permit card”. I forgot how to apply for the residence permit card, please refer to other student’s exchange report.

## **2. Orientation activities**

On the first day of the orientation week, we were given a little leaflet describing the activities we would take part in. Students will be present to sell you tickets to participate in the activities for a reasonable price. I chose to follow my friends and went for hiking, where I got the opportunity to meet new people coming from all around the world. The landscapes were so beautiful that I could not resist to take as many pictures as time allowed me to. We had a pleasant lunch in a little cottage and plenty of snacks to binge on. I also had my first fika experience at that time, which is an important tradition for Swedish people that literally translates to “to have coffee” served with cookies and pastries most of the time.

## **3. Accommodation**

Finding accommodation in Lund is rather a difficult process.

I suggest to apply for student housing as soon as possible once it is permitted since the offer is limited and not guaranteed. Lund is known for its 2 agencies which are LU Accommodation and AF Bostader. If you do not get any offer during the first round with LU Accommodation, you will be invited to participate in a lottery organized by AF Bostader after registering yourself as a member of Studentlund for 100sek, which is the Student society of Lund University.

If you are unlucky, you can post your advertisement on a website called Bopoolen.nu and turn to private landlords. I believe that staying close to the school and in Lund remains the best option.

I had the chance to live pretty close to school, in a calm student residential area nearby called Palsjoang. It was situated around 10 minutes by foot away from the school, which allowed me to save a lot of time and money thanks to the decent walking distance.

There is a fast-food truck in front of PJ that serves freshly made burgers, wraps and different sandwiches.

I was living in a furnished small studio that had a small kitchenette, a spacious bathroom and a little balcony for the price of 4600sek.

#### **4. International services & activities**

The nation would organize different activities for exchange students to mingle and meet each other. However, we are too busy on travelling so we didn't join much.

#### **5. Course registration**

You can apply course on the LUSEM website. Unlike UST, there are two semesters in LUSEM so you have to enroll for 4 courses. For the details of registration, please refer to other student's exchange report.

#### **6. Teaching and assessment method**

The teacher here encourages open discussion, which students discuss a topic among themselves and learn from each other. It is quite chill as we can chat with students from different parts of the world.

For assessment method, there are both oral exam and written exam. Both of the exams are based on the textbooks and therefore you can skip the lessons and study yourself to pass the courses.

#### **7. Sport and recreational activities**

I quickly decided to get a gym membership after comparing different addresses and the prices. I ended up going to the gym at Victoria Stadium, which 25 min walking distance from Sparta – LUSEM faculty. I personally paid 520sek for the whole semester and I definitely believe that it was worth the price. If you are willing to walk or ride a little bit to get a good deal, I would highly recommend the gym at Victoria Stadium.

Most of my free time was spent on traveling to various countries in Europe. I have always loved travelling and exchanging in Sweden gave me the opportunity to fly to anyplace in Europe in a couple of hours only. I managed to visit 18 countries during my exchange which might not have been possible if I were not living in Europe.

## **8. Finance and Banking**

Paying by credit card here is more common than paying by cash and in some occasion, you can only top up your travel card by credit cards. So make sure you apply for a credit card before coming to Lund.

## **9. Social clubs and networking**

Lund is famous for its nations, which are at the number of 13. After registering yourself as a student, you will receive a student card called Studentkotnet that will allow you to join a nation. Nations are at the heart of the social activities in Lund and will open you the doors to new social experiences. You will be able to choose your nation according to your personal interests as well as the different benefits that each nation has to offer. Joining a nation will give you the entrance to diners, parties and clubs.

## **10. Health & safety**

Lund is a small quiet town that gets lively thanks to its student community. It is one of the safest places I know, where criminality can be summed up as bike theft.

Make sure to stay healthy by hitting up the gym, as Swedish people do to immunize yourself from getting ill.

## **11. Food**

Beside fast-foods that tend to be slightly more expensive than in Hong Kong, eating out is usually expensive in Europe, especially in big capitals and Scandinavian countries. Lund is no exception to the rule. You will find yourself preparing homemade food quickly enough. There are a few supermarkets options all around Lund, starting with ICA which is probably the most present. I usually go grocery shopping to ICA that is 3 minutes away by foot from the Economics faculty. Coop is a higher end supermarket for people who live closer to the city center. And there is a grandma who is very funny and is always looking for sausages and meatballs. One of my friend bought her the food she needs and she gave him a big hug. Cheaper alternatives can be found in Willy's or Lidl which are located in Delphi.

Since Asian food holds a significant part in my daily consumption, I found myself going to LokChan AB regularly. This little shop situated in a small alley in Lund C offers a variety of a fresh produce and a decent range of typical Asian products including sauces and Asian specialties.



## **12. Transportation**

I recommend to buy a bike at your arrival in Lund at a very competitive price on the different Facebook reselling groups available. It will cost you cheaper than buying it in special stores. Unfortunately, I did not choose this option. I was mainly walking, which is also really pleasant during spring time. Since I had the chance to leave so close to the school, it really did not bother me at all.

For longer distances, I would recommend to travel by bus to the city center. Free travel cards will be at your disposal during the first day of orientation week. They are called Jojo cards and work as chargeable travel cards. To charge your Jojo card, you will find automates in front of the main station in Lund C. Automates accept both cards and cash. For daily trips to Lund C, I highly suggest to buy your bus tickets via Skanetrafiiken app. By doing so, you will be able to get your ticket for 18,75sek instead of 22 sek by tapping on the card reader directly on the bus.

Also, a little tip that will help you save extra money is to top-up your Jojo card first with either cash or card and then buy your tickets from the automates. For instance, for a trip to Copenhagen airport from Lund C, a one-way ticket will cost you 140sek by cash or card from the automate, 126sek by paying with your Jojo card after charging it and 113sek for one person if you choose the duo ticket.

For a return trip to Malmö airport, Flygbussarna shuttle buses are available for your convenience every 30 min/hour at the price of 199sek.

To visit Malmö, you can also take the regional buses for 45sek, that are distinguishable with their yellow colour.

## **13. Climate**

Sweden is known for its harsh winter, with temperatures reaching up 0° C under and abundance of snowfalls. On the opposite, spring gets sunnier when you will be able to experience warmer weather towards the end of April to June.

I survived through winter thanks to Heatech wear and tight clothing to keep myself warm, along with warm accessories such as a scarf, gloves and thick socks. Furthermore, a good pair of hiking shoes is recommended as they will not only protect your feet from the cold wind but also adhere better to the ground and prevent you from slipping.

#### **14. Communication**

Although you may be surprised at first, by the signs in the streets of Lund, fortunately Swedish people speak English as their second language. They are comfortable with replying in English and will be helpful to answer the questions you may have.

For your own personal communication, data plans are quite popular and comfortable as they cost 199sek for 20 GB.

For internal communications with the different students, Facebook remains the best option as Lund University regularly updates on the social media and shares different articles. Also, the easiest way to get along with other students is to exchange your Facebook and add people as friends. That can be particularly useful to conduct group projects and work.

#### **15. Cautionary measures**

Lund is a very quiet city, so you don't have to worry about the safety. Even at midnight, it is so safe to go out because you will see no one and no cars on the street so basically you can walk on the road.

## **Items to bring**

- 1) Passport & ID card
- 2) Residential permit
- 3) Student ID
- 4) Acceptance Letter
- 5) Clothing (mostly winter clothing)
- 6) Sandals
- 7) Umbrella
- 8) Lan Cable
- 9) Laptop
- 10) Phone
- 11) Credit Card
- 12) ATM card
- 13) Cash
- 14) Calculator
- 15) Medicine
- 16) Adaptor
- 17) Chargers
- 18) Camera
- 19) Backpack
- 20) Gloves
- 21) Food

## **Useful Links and Contacts**

### **Resident Permit Application**

<http://www.migrationsverket.se/English/Private-individuals/Studying-inSweden/Universities-and-university-college/How-to-apply.html>

### **LUSEM**

<https://www.lusem.lu.se/>

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Wish you all the best for your coming exchange. Feel free to contact me for more details.