



Lund University

Sweden

School of Economics and Management

Exchange Report



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Year 3

BBA in Information Systems & Finance

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Part I – Monthly Activity Log

January



It was my first time going to Europe and travelling alone. I was excited yet worried about my trip at the same time. I arrived at CPH Airport on 8/2, which was one day before the pre-registration day of Lund University. I slept in the airport that night and followed the student volunteers to take the train from the airport to Lund the next morning for registration.

The first month was about getting myself familiar with the new environment. Everything was so fresh to me that I could not wait to try. I went to different orientation activities to make friends with other international students. Even in the Swedish introductory course, I met people to have cookery cultural exchange. Some of them

still kept in contact with me after the orientation month. But the highlight of the first month was meeting a French girl at CPH Airport. Later, she became one of my travel buddies in the exchange program.

As the bus fare in Lund was quite expensive and I wanted to go on a bike exploration in Lund, I bought a bike in the second-hand goods Facebook group. It was cheap and worked perfectly. After getting the bike, a crazy idea came up my mind, riding to Malmö. It was a city which located 23km southwest of Lund. The weather that day was really cold, and the trip was exhausting. It took me 2.5 hours with full speed to ride there. The hardest part about it was riding back from Malmö. Riding there already drained my stamina, coming back was like riding with a pair of weak old-man legs. This is the craziest experience I had during the exchange.

February



In the first semester, I only studied one course, Information Systems Security, which was disappointing as there was no technical content as I expected. The lecturer did not even group me with other international students to work on the group project. So, I tried to discover something fun and meaningful. I spent most of my time travelling with my HKUST buddies and the French girl we met at APH Airport. I visited Cambridge and London of the United Kingdom, Malmö and Helsingborg of Sweden, Vilnius, Šiauliai and Trakai of Lithuania, Riga of Latvia this month. Cambridge is a must-visit place in the UK that the landscape is magnificent, especially the Wren Library, where every old part was well preserved. Trakai and Hill of Crosses in Šiauliai are definitely worth visiting in February. It was around -20 degrees Celcius in both places. Everything was covered with a thick layer of snows, which made the places look like heaven. Trakai was a beautiful island with an unbelievably breathtaking landscape. The lake was frozen that I can take shortcut on the lake to get to the Trakai Castle. Unreachable area in summer can be reached in winter. Hill of Crosses in Šiauliai was spectacular that tens of thousands of crosses were placed on the hill in the past 187 years.

March

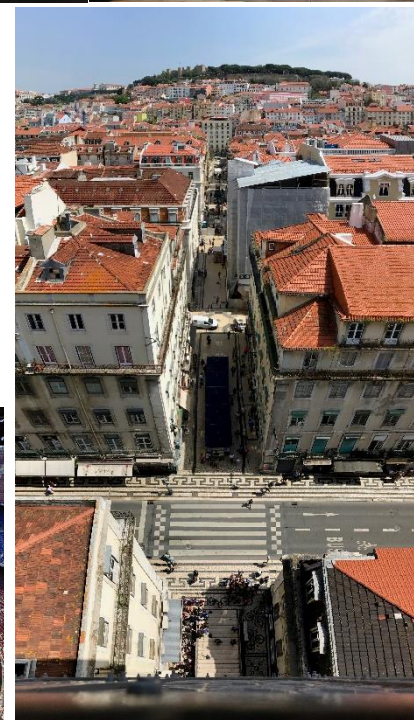




There was a take-home examination for the only course I studied this semester. The creative examination required me to create questions, answers, scoring scale and motivation. It costed me 4 days to finish it. For the rest of March, I only visited Oslo of Norway and Iceland. Iceland was an amazing place, but the price level was super high. I went to Blue Lagoon (a blue hot spring), different breathtaking waterfalls, geysers, a glacier, a beautiful national park and catch northern light.

April





I spent the whole month travelling. I went on 4 trips with 6 destinations. I visited Berlin of Germany, Gdańsk and Krakow of Poland, Stockholm of Sweden, Barcelona of Spain and Lisbon of Portugal. I would say Barcelona and Lisbon are pickpocketing cities where my friend nearly got pickpocketed. After the attempts made by the pickpocketers, we lost the mood of travelling throughout the trip.

I visit Poland on my own. It was the first time travelling alone. It was interesting except no one was talking with me throughout the trip. The most interesting experiences were being picked up by 2 Polish students and talking with the young hostel staff. Those 2 Polish girls thought I was Japanese and talked with me in Japanese. Then, they showed me around Krakow and we had a fun night discussing our cultures. One of them still keep in contact with me after the trip. I also had a fruitful discussion with the hostel staff. He shared with me the photo of his great grandfather being the prisoner of Auschwitz concentration camp and discuss the history of Poland, the change of relationship between Germany and Poland, and the way they as young people think about Germany and the history with me. Another takeaway of this trip is to trust hostel staff instead of Trip Advisor on the restaurant recommendation. Trip Advisor's recommendation sucks.

May





For the first half of the month, I visited Ireland, Budapest of Hungary, Vienna of Austria. For the second half of the month, I focused on my studies.

It was a month of projects, assignments and examinations. I was studying 2 demanding courses this semester (2nd semester). One course was about statistics and data analysis. There were 6 data analysis assignments in total and a written examination. Although the workload was demanding, I enjoyed studying it as it was quite practical and fun. Another course was about Linguistics. There was a group project which required me to work with others on a foreign language that none of us was familiar with. I got into a group with 2 Japanese and decided to work on Korean. I did not know any Korean and I planned to rely on my Japanese groupmates as they knew a bit of Korean. Unfortunately, they dropped the course

one week before the deadline of the written report, which was the time we planned to start writing it. Knowing our predicament, a Korean girl accepted to be our interviewee and guided us through the whole group assignment. Its examination was interesting yet difficult that it required me to create an exotic language and find the areas of the languages spoken according to the characteristics of the languages.

June



I left Sweden on 2/6. I spent the last day visiting Kulturen (the Museum of Cultural History in Lund). It was a beautiful and unique open-air museum. I regretted visiting it so late as there were so many exhibition halls. I rushed all the way and could not take a close look into the artifacts. So, if you are going to Lund for exchange, I suggest you visit Kulturen earlier. Besides Kulturen, Botanic Garden is another good place to visit in summer.

Finding a HK summer internship during exchange is difficult. I applied for more than 20 jobs and got some Skype interviews. Most of the companies did not arrange for Skype or phone interviews for overseas candidates. I applied for internships and was interviewed through the whole exchange period. I got an internship offer on 30 May and immediately bought a flight ticket to HK on 31 May (I only bought a single trip ticket to Sweden) and departed on 2 June as I needed to start working on 4/6 and the flight duration was 16 hours. I suggest you buy the flight ticket earlier as the flight ticket would be more and more expensive when it approaches the date of departure. Luckily, Qatar Airways provides a discount on its flight from European countries to HK this summer.

Part II – General Exchange Information

a. Visa Procedure

As you will stay in Sweden more than 3 months, you have to apply a resident permit. It may take some time to process your application or you may have to resubmit required documents or extra documents if the original one was not approved by the migration office. After the application, Swedish Migration Agency will send an email to you to make an appointment to provide with them your biometric data. The appointment can ONLY be made through phone. Then, you have to go to the Consulate General of Sweden in Wan Chai to take photos and record your fingerprints. Once the residence permit (ID), an email will be sent to you. The whole process takes more than 1 month. So, please apply once you get the acceptance letter from Lund University.

Visa application website: <https://www.migrationsverket.se/English/Private-individuals.html>

b. Orientation Activities

During the first 2 weeks after your arrival, there will be a variety of orientation activities organized by Lund University or StudentLund. Orientation activities will be a day tour to IKEA, Taste of Sweden and hiking...etc. If you are interested in anyone of it, you can only buy the tickets on the arrival day after the registration. Only cash is accepted.

Note: Some of the tickets are limited. Must join.

You will also be assigned to a mentor group. It is a group comprised of some student mentors from Lund University and exchange students all over the world. The group will organize different activities from time to time for you to meet new friends and adapt to the live in Lund.

c. Accommodation

Lund Accommodation will provide several choices for student housing. However, the demand is extremely high and usually you cannot get one if you are applying for housing close to the academic building. You are advised to submit your application as soon as possible (Note: First-come-first-served). I could not get a housing for the first and the second round. Then Lund University emailed me to apply for housing through AF Bostäder. The application through AF Bostäder opened weeks later than that the one through LU Accommodation. But, you need to create an account at StudentLund before

being able to register an account on AF Bostäder. The process takes some time. So, please try to create an account once it is open for sign-up. That was where I got a housing in Sparta (~3500HKD/month), the most famous student housing in Lund, which is only 1 minute walk to School of Economics. If you cannot get a student housing there, do not lose hope. You can still find host family or rent normal housing with other students (Usually many students are not lucky enough to get a housing) or apply for the International Guest House for the first month (~4500HKD/month).

Note: For student housing provided by AF Bostäder. The contract is usually a 9-month rent. For Spring semester, it means that you only need to pay the rent from January to May and live till the end of August.

d. International Services & Activities

The activities are seasonal or annual. Just check the email sent by Lund University and Facebook nearby activities from time to time.

e. Course Registration

This is an important part you should not miss. The courses list on the ARRO credit transfer website is quite long. However, many of them were not open in HK Spring/Fall semester. So, do your research on the courses open for the semester you are going to exchange in Lund. There will be 2 semesters during your exchange study. You can study 2 courses (E.g. A and B) per semester. You are required to choose 3 courses for each choice (i.e. 3 courses with ranking for A and 3 courses for B).

I have registered the following courses:

1. BUSO86 Corporate Risk Management (Master course. Dropped)
2. INFC40 Information System Security
3. STAE03 Statistics: Business Analytics
4. SASH26 Diversity in World Language
5. SUSA11 Swedish: Introductory Course for Exchange Students (Optional. Need to apply for it when you fill in the online pre-registration form before going to Lund)

f. Teaching and Assessment Method

INFC40 Information System Security:

- Focus on the human side of information system security.
- Lectures, 4-5 guest lectures and presentations (in a group of 2).
- Take home exam (1 week). Creative assessment method. Self-devised

questions, answer, score scale and motivation.

- Retake of exam is available if you fail it

STAE03 Statistics:

- Lectures about different analysis methods, lab sessions using R as demonstration to do the analysis learnt in lectures
- Easy physical exam at the very end of the semester
- Practical but demanding
- Recommended

SASH26 Diversity in World Language:

- Lectures and group project on a specific language
- Fun take home exam after the end of the semester

SUSA11 Swedish: Introductory Course for Exchange Students:

- Lectures
- Optional exam. Quite easy
- Whole course take place before the start of the semester
- Place to meet new friends from all disciplines
- Highly recommended.

g. Sport and Recreational Activities

I only went to the gym in Lund. The cheapest deal for gym in Lund is Victoria Stadium. The fee of entrance to the gym is 520 SEK/semester. Gerdahallen is 3xx SEK/month, Actic is 500 SEK/month. The higher price usually comes with a better location and package.

h. Finance and Banking

Creation of bank account in Sweden is not available for students studying less than 1 year. You need to apply for a Cirrus/Maestro ATM card for cash withdrawal in Sweden and other European Countries with you plan to travel. Please remember to turn on the oversea money withdrawal option of your ATM card. I suggest you apply for Standard Chartered Bank's Priority Cirrus + Union Pay ATM card and Simply Cash Credit Card. The deal I got was as follow.

Priority Cirrus ATM card: 2% charge by Cirrus/cash withdrawal

Priority UnionPay ATM card: No charge, Union Pay ATMs ONLY exist in other countries

Simply Cash Credit Card: 1.95% charge by Visa + 2% cash rebate after 1st month + 100% cash rebate for the 1st month of purchase if you pay by card over 2000 HKD.

Payment made by credit card requires one-time password which will be sent to the phone number linked to your bank account. You are suggested to bring an extra phone with your sim card to receive one-time password message overseas or change the phone number tied to your bank account to your parent's phone number so as to allow smooth payment overseas.

PayMe (HSBC) can be used to settle the bills with your HK buddies. It can only be downloaded in HK. You are required to use your HK sim card when you sign up and after some important update. So, download it before going to Lund and bring your HK sim card along on the journey.

Splitwise is a useful phone application to keep record of how much you and your friends owe each other during the exchange program. You can use it with students from other countries and HK students.

As the exchange rate keeps changing, you can assume 1SEK = 0.97HKD. The estimated expenses would be as follows for you references:

ITEM	COST	CURRENCY
Return Flight	6,263	HKD
Accommodation	17,600	HKD
Food	7,200	HKD
Travel	31,000	HKD
Daily Transportation (Bike)	580	HKD
Others (clothing, bedding, sim card, furniture, toiletry)	1,670	HKD
Entertainment (Party, Student tour, Carnival, Gym)	1,170	HKD
Studentlund	100	SEK
Resident permit	1,000	SEK
Extra insurance	0	HKD
Total expense	66,290	HKD

i. Social Clubs and Networking Opportunities

Nations

There are different “nations” in Lund University. It is similar to the house system in HK secondary school. You can choose one during the orientation week. They will organize various activities during the semester. For example, Clubbing, formal dinner and Sunday brunch. You have to join the Studentlund (100 SEK) before joining any nation. This is the membership which you can enjoy student discount in different shops in Lund, not the card that Lund University tells you to apply in library. The Studentlund membership is a physical card which will be sent to you once you apply for it. It can be shown on a phone app called “Studentkortet” instead of a physical card. It is more convenient to show it on the app during a security check before getting into the club.

VG nation members enjoy a 50% discount for club entrance. (It has the best party)

Lund nation members half year club entrance for free.

EOS Care

It organizes Language Café and cooking class from time to time. Language Café is an activity which you can practice different languages and meet new friends from different countries.

Monday game night

It is a Lund university activity organized every Monday and promoted through Facebook.

j. Health & Safety

There are two clinics in Lund. Lund University will provide you an insurance which you can claim the money back. Yet, the clinic will not provide you the medicine. They will give you a list and you need to buy them yourself. And you cannot use the insurance to claim this part of money.

k. Food

You can find a wide variety of food in Lund, including sushi, pizza, pasta, wok and Thai food. Yet, the cost of eating out is expensive. In a restaurant, the cost of lunch is around 100 SEK, and dinner will be around 150 - 200SEK. Therefore, it is recommended to cook for yourself. There are a lot of supermarkets in Lund. So, you can buy ingredients, raw food easily. If you don't want to cook, nations will provide lunch and dinner once a week, which the cost will be relatively low, around 40 - 60SEK.

Price level of food in Lund's supermarket in ascending order:

Willy's < Lidl < Ica < Coop

Asian food store:

LokChan AB, Asian Trade

I. Transportation

Bike

As Lund is a small city, you can reach anywhere within 15mins in Lund. You can buy a second-hand bike in "Lund Buy/Sell Facebook group" and resell it at the end of the semester. My bike was 600 SEK and worked perfectly well. Please take extra care of where you lock the bike. It is easily stolen. If you are going to travel and plan to the train station by bike, you can park it in the indoor parking lot right next to the train station instead of the outdoor bike park. My bike lock was cut there and the bike is gone. Don't buy a second-hand bike in a second-hand bike store. The bikes are in bad condition and expensive.

Bus in Lund

If you don't know how to ride a bike, you could also buy a monthly pass for around 600SEK to take unlimited rides for buses in Lund.

Transportation to Malmo Airport

Flygbussarna, a bus service provider. 199 SEK for a round trip.

Transportation to Copenhagen airport

you can use JoJo card to buy the train ticket at the ticket machine at the train station. A single trip is 126 SEK with JoJo card, 113 SEK/head for family ticket (2 people) and 140 SEK with credit card/cash.

m. Climate

In January, it is around 0 degrees Celsius. From February to March, it rains and snows very often and the temperature could get to below 10 degrees Celsius. During April to June, the temperature would get warmer to reach 15 to 20 degrees Celsius, but still it could be rainy and windy. It is suggested to bring thick clothes and a 2-in-1 down jacket. The outer layer can be a removable

waterproof windbreak and inner down layer. Short sleeve shirts and shorts can be brought as the price of clothes is quite expensive there, especially for the winter clothing.

n. Communication

Most of Swedes speaks good English, but it could still be nice for you to learn some Swedish to talk with them.

o. Cautionary Measures

It is suggested to park your bike in indoor parking lot if possible. Avoid parking your bike in the outdoor bike park next to the train station when you travel or unlocked. My bike was stolen even if it was locked.

p. Other Notes

There is a second hand selling page on Facebook. You can buy anything you can think of in the group with a cheap price.

You are advised to buy a sim card in Lund instead of Hong Kong. DON'T top up the sim card provided by the school. Just go to Lund C and find the physical "Telenor" store.

Phone Service Provider

Telenor has the cheapest prepaid deal.

Data: 99 SEK/3GB (1month), 199 SEK/10GB (1month), 499 SEK/20GB (6month)

Call: 100 SEK/ forever, 0.69 SEK/min

WiFi in CPH Airport

You may plan to stay in CPH Airport for the first night before Lund mentors pick you up the next morning. The WiFi connection method is usually not stated. You need to first connect to "CPH Hotspot". Then, you have to open a browser and enter "wifi.cph.dk" and sign up for the WiFi.

Part III – Items to Bring

1. Passport & ID Card
2. Residential Permit
3. Student ID
4. Acceptance Letter
5. Clothing (little summer clothing + enough winter clothing)
6. Flip flops
7. Umbrella
8. LAN Cable
9. Laptop
10. Mobile Phone (can bring a backup phone)
11. Credit Card (most useful things in Lund, every shops have card machine)
12. ATM Card (Cirrus, no UnionPay ATM in Lund)
13. Cash (3000 SEK)
14. Calculator (for online aptitude test)
15. Medicines
16. Adaptors
17. Chargers
18. Phone case & screen protector
19. Router (can be bought in second-hand selling group)
20. Hair dryer (can be bought in second-hand selling group)
21. body lotion
22. Lip balm
23. Large backpack (25L~30L for travelling, but don't exceed the size of cabin baggage)
24. HK snacks/food (In case you miss home)

Part IV – Useful Links and Contacts

Resident Permit Application

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

Lund University Official Website

<http://www.lunduniversity.lu.se/>

Lund University School of Economics and Management

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

Course Application

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

StudentLund

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

AF Bostader (A housing agent for students)

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

Information for exchange students

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

LUSEM International Desk Contact

Email: incoming@ehl.lu.se

May I wish you a fruitful and enjoyable exchange life in Lund University!

If you have any questions or more information is needed, get my contact from SBM Exchange Team by emailing at bmugexch@ust.hk.