



LUND UNIVERSITY

School of Economics and Management



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Year 3

BBA in Operations Management and Information Systems

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Part I – Monthly Activity Log

January

On 8/1 night, I arrived Copenhagen Airport with my exchange buddies and spent a night sleeping in the airport. On 9/1 which is the arrival day, people from Lund University came to take us to take the train to Lund and drive us to LTH Building to complete the arrival day procedure. After that, we went to our accommodations to unpack our luggage. We explore Lund C on the next day and the weather here is cold, and I need to wear the wind-proof jacket all the time. In the first month of exchange, we mainly spent our time to explore Lund and attended the Swedish Introductory courses. We joined VG nation and went to the welcome party there. We met a friend from Paris and became close and we went to Copenhagen for a two days' trip. The courses started at the end of January.



First photo in Lund



Hiking



Copenhagen

February

In February, as I studied three courses in this period, the workload was large, and I spent most of my time attending classes and doing group project. Also, I went to language cafe to meet new friends and tried to learn more about Swedish culture. I went ice skating with exchange students and spent good time there. I have an oral examination and written examination in mid-February, so I spent time on studying as oral examination is new to me. We spent Chinese New Year in Lund which we tried to cook some Chinese dishes. Although I was busy in February, I still managed to travel to Malmo, London, Riga and Vilnius.



Ice-skating



Vilnius

March

I was busy working with group projects and presentations for the three courses. I also got one examination in March. I went to Iceland in early-March which I think this Iceland trip is the most memorable trip during my exchange as I really admire the natural beauty there and I saw northern light there too! Although the living expenses in Iceland was high, I still highly recommend you visit Iceland during your exchange. Next period of Spring semester started in late March. Also, in my late-March, I went to family trip to visit London, Paris and Amsterdam with my family till early April.



Northern light @ Iceland



Amsterdam sign

April

My course (STAE 03) required me to finish one assignment after each lab session (one assignment per 1-2 weeks). So, after my family trip, I worked on the assignment and attended lessons. After that, I visit Prague, Munich and Berlin by both plane and bus. I took plane from Copenhagen to Prague and from Berlin back to Copenhagen. To save money, I took bus from Prague to Munich (6 hours) and from Munich to Berlin (8-9 hours). This was a special experience but taking a long journey bus made me tired as the seat is not that comfortable and sometimes you will be waking up by others easily. I also visit Barcelona and Lisbon which I think these two places are the most dangerous cities among my places I visited as pickpocket is common and people there will use different methods trying to steal your wallet and expensive stuffs. You need to be extremely aware when you visit to these two places. We celebrated our Paris friend's birthday in Lund by going to club held by VG nation and making cake by ourselves and cook a Korean dinner for her. I went to Poland (Warsaw and Krakow) from 29/4 to 4/5. Poland is a quiet country and there are not much things to do (just like Lund). But the air ticket from Malmo to Poland is cheap so you can just go and visit Krakow to see the salt cave and concentration camp. Also, I think the ice cream in Krakow was cheap and delicious as Poland is a milk production country.



Prague



Club @ VG nation

May

I mostly attended classes in May and study for the examination. I managed to go to Budapest and Vienna with my exchange buddies and I watched the opera in Vienna with only 4 euro which was worth to watch. In Lund, I keep trying to learn how to cook and I made dumplings with my friends to celebrate my friend birthday which was a funny experience for me.



Budapest

June

It was the last month I stay in Lund, so I went to a Lund one day trip to explore Lund and it looked totally different compared to January (snow everywhere). We went to Main Building, Main Library, Church...everything sounds so familiar and I knew I will miss Lund so much as I never stay at a place outside Hong Kong for so long period. We ate a farewell dinner with the friends we meet from other countries. I went to Paris with my friends as our last trip and I went to Paris Disneyland which the firework show was so memorable. After the Paris trip, we backed to Lund and started packing and tidying up the room I lived for six months and took the flight back to Hong Kong From Copenhagen – the place where I started my exchange journey.



Lund's Main Library

Part II – General Exchange Information

Visa Procedures

As you are going to stay in Sweden for more than 3 months, you must apply for the residential permit. The procedures for applying the permit will be provided by Lund University through email. It is better for you to apply for the permit at least one month before you leave Hong Kong or start applying when you get the acceptance letter from Lund University. Here are some reminders:

1. When you apply for the residential permit, you better provide your own bank statement to show you have enough money for this exchange (i.e. \$60000 hkd) as if you use your parents' bank statement you may need to submit another document to prove your relationship.
2. You should carefully consider the date for the end of residential permit if you would like to stay in Europe for travel after study.

Orientation Activities

As you need to pay cash to join the activities, remember to bring some Swedish dollar (SEK) to buy the tickets for the orientation activities organized by student union and exchange student office. You better join the activities on the arrival day as tickets will soon be sold out easily. Activities includes hiking, day tour to IKEA and Taste of Sweden etc. I highly recommend hiking as the you can have a chance to admire natural beauty.

You will also be assigned to a mentor group which you will have a chance to make friends with international students and local Swedish students.

International Services & Activities

If you want to know more international students, you can go to International desk which organizes free of charge activities. Also, you can join language cafe that you can learn different language and know new friends.

Accommodations

Firstly, you should search for accommodation through Lund Accommodation provided by Lund University. You should apply for it as soon as possible as it is based on first-come-first-served basis. The supply is limited so you may not able to get accommodation at the first time. If you cannot get the housing through Lund Accommodation, you can apply for AF Bostäder which you need to create a StudentLund account before you register in the AF Bostäder website and apply for the housing which may take time. I got a room included bathroom (~3400HKD/month) at Sparta which is only one minute's walk from School of Economics (LUSEM). For AF Bostäder, they usually provide 9-month rent contract which you only need to pay for five months' rent to live from January to September in Spring semester. If you still cannot find accommodation at this phrase, try to search for host family or International Guest House or Airbnb.

Courses Registration

You will receive email about course registration from Lund University 2-3 month before exchange. You can check the Course Equivalency Database to find the course you would like to study in Lund University which can transfer the credit back to HKUST. Lund University separate the semester in quarter so there are 4 semesters in total. During your exchange, you can take at most 4 courses in total within two semesters. You will receive email from Lund University for the timetable and you need to register for the course that are available in that period. You may need to think of additional courses as sometimes if the courses' importance timeslots (e.g. exams or compulsory lectures or lab sessions), you need to change your course choice. You can still add/drop the courses after you arrive Lund.

Teaching & Assessment Methods

The teaching & Assessment methods are like HKUST but more concern on discussion and self-learning. Some courses will have open examinations (usually essay-writing) and they sometimes have oral examinations which are quite new to me. During my exchange, I had studied the following course:

SUSA 11 Swedish: Introductory Course for Exchange Students 1
FEKH 92 Business Administration: Innovation Management
INFC40 Information System Security
INFC65 Information Architecture
STAE03 Statistics: Business Analytics

Sports & Recreation Facilities

If you want to go to gym room, I will recommend you join Victoria Stadium which is relatively cheaper than other gym room in Lund. There is a swimming pool, bowling center and ice skating rink in Lund.

Finance & Banking (including currency / expenses)

In Lund, we use Swedish Krona (SEK) which 1 SEK ~ 0.9 HKD. But you can use credit card in most shops in Sweden.

	HKD (\$)
Flight ticket	5712
Residence Permit	1000
Accommodation	18560
Living Expenses	9200
Travel Expenses	43000
Total	71472

Social Clubs & Networking Opportunities

You can join the nations which are societies in HKUST so to make new friends and join different activities (e.g. weekly activities like parties and lunch). I joined VG nation which I went to the welcome party and pub night.

Health & Safety

Lund is an extremely safe city. If you plan to buy a bike there, do not make it too tidy as it may be easily stolen. Also, be aware of your belongings at school as the security cameras at Lund University are not functioning.

Food

It is quite expensive to go out for meal in Lund. For lunch, it can be cost from \$60-120 SEK and double price for dinner. I recommend you cook by yourself which is much cheaper (around \$20-40 SEK). ICA and Coop are most common, but Lidl will be much cheaper. I like to go to Lok Chan AB to buy Asian food to cook like choi sum (\$40 SEK per 1 kg). Although is more expensive compared to Hong Kong but still if you miss Asian food you can buy from here. You can also go to have Asian buffet called Rosegarden.

Transportation

Biking is common in Lund and you can try to buy a second-hand bike in "Lund Buy/Sell" Facebook group from 500 SEK to 1000 SEK depends on its quality.

You can also buy a monthly pass for around 600 SEK to take bus in Lund if you live far from city center and your school. Also, if you do not need monthly basic, you can buy 1 hour or 24 hours' ticket from the Bus app.

As Lund is closer to Copenhagen airport, you can use Jojo card (like octopus card) to buy the train ticket which is cheaper than using credit card. And if you are two people, you can buy the family ticket which is even cheaper.

Climate

From January to March, it is cold in Lund with snow and temperature is usually below 0 degree. From April to June, there is cool and windy weather but still a bit hot in sunny day. Bring water-proof and water-proof jacket, water-proof jeans and water-proof shoes are highly recommended.

Communication

People in Lund speak fluent English, but you should learn some basic Swedish for greeting or shopping.

Cautionary measures

Although Lund is safe city but the day time is short during winter, so you may need to be aware of it as some area has no light and will be a little bit dangerous.

Part III – Items to Bring

1. Passport & ID Card (with a copy)
2. Letter of Acceptance
3. Residential Permit (with a copy)
4. Student ID card (with a copy)
5. Credit Card with Cirrus/Plus
6. Debit card
7. ATM card
8. Water-proof and wind-proof jacket
9. Water-proof jeans
10. Water-proof boots
11. Winter clothes (enough)
12. Suits
13. Swimsuit
14. Sunglasses
15. Summer clothes (for April to June)
16. Flip Flops
17. Umbrella
18. Big backpack for travel
19. Small bag for importance stuffs
20. Padlocks (for locking)
21. Wifi router (or buy through Facebook group “Buy/Sell in Lund”)
22. LAN cable
23. Cash (3000-4000 SEK / 400-500 Euro for travel)
24. Calculator
25. Adaptors
26. Chargers
27. Medicine
28. Rice cooker
29. Wallets
30. Laptop
31. Stationery
32. Camera
33. Bed items (Pillow, blankets, bedsheets) (There is a welcome set in arrival day for 400 SEK)
34. Skin care product (Dry air in Lund)
35. Hair dryer
36. Make-up products (Girls)
37. HK food

Part IV – Useful Links and Contacts

1. GoEuro – online platform for booking transports in western and central Europe <https://www.goeuro.com/>
2. Facebook page – Sell Buy Stuff in Lund
3. Lund University School of Economic and Management (LUSEM) Exchange Program Website
<https://www.lusem.lu.se/study/exchange>
4. Housing Application
<http://www.lunduniversity.lu.se/student-life/housing>
5. Resident Permit Application:
<https://www.migrationsverket.se/English/Private-individuals/Studying-in-Sweden.html>
6. LUSEM International Desk
Contact Email: incoming@ehl.lu.se
7. Live@Lund (Canvas-equivalent in Lund)
<https://liveatlund.lu.se/sv-se/Sidor/default.aspx?r=30>
8. StudentLund
<https://www.studentlund.se/>
9. AF Bostader (A housing agent for students)
<https://www.afbostader.se/en/>

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