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Part 1 Monthly Activity Log

Jan

The first two weeks were more on adapting the city and culture, as well as getting things organized (e.g. getting a SL card for transport, a SIM card for phone, etc.). It can take some time to get used to the short daylight and cold weather.

Feb

I took a project-oriented course, which requires the team to work together. Since it was a consulting-related course, it was fun to interact with some industry clients to understand what they are looking for in the future. The team and I visited BMW, Ericsson, and ADL Consulting offices. It was nice to take a glimpse into the Swedish workplace.

Mar

That was the examination month for the first period. Remember to bring your passport for examination as SSE requires official identity documents when you are in the exam. My friend and I went to Iceland for a road trip after the exam. It was probably one of the best trip I have ever gone to! Iceland was really beautiful and nice. Great place to be if you are looking for an isolated place on earth.

Apr

That was the beginning of the second period. It was nice to take a course on macroeconomic policy, which provides a very fresh perspective on how the European economy works. During Easter, I also went to Finland for travelling. Since it was Easter, there were a lot of people travelling in Europe. It is very easy to meet people in hostel and I do recommend to try meet different people! You will not regret it! There is also a Cherry Blossom Festival during April in Kungstragarden. It is absolutely amazing!

May

Another examination month. Weather was getting better and better. After exams, I took a few days for a deep dive in Stockholm. Since it was summer, roads are no longer blocked with snow. And a lot of swedish would ride on a bike or electric scooter to travel around the city. Please try the electric scooter! It was a lot of fun. Stockholm is not a big city. You can go anywhere very easily with the scooter. As there are a lot of different islands on Stockholm, you can get amazing scenery when riding a scooter on different bridges! Since there are many islands in Stockholm, you can also take a pedal boat to paddle across the city.

Part 2 General Exchange Information

1) Visa Procedures

In normal circumstances, applying visa could take you around 2-3 months. So it is recommended to apply as soon as you receive the confirmation letter from SSE. The entire process could be done online (You may refer to Part 4). You can also choose to pick up the resident permit upon your arrival. As if you are holding a HK passport, you should be able to

enter Sweden for 90 days visa free. After you arrive, you can make a reservation online and go to migration agency (there is one in Sundyberg and Uppsala) to do the biometrics. Then you can choose to have them mailing the card to you or pick it up personally.

2) Orientation Activities

SSE organises a week long of orientation activities. In the first day of orientation activity, they have some introduction talks, a bus tour around the city as well as a pub night. It is fun to meet people from all around the world!

3) International Services & Activities

The exchange committee will organize a lot activities for exchange students, including banquets, parties and trips. Information would be posted on the Facebook group for exchange students. So make sure you are in the group! You can also see what activities are offered through the SASSE website.

4) Accommodations

You can choose from either staying in Lappis or Saltis. As you may know, Saltis is very close to SSE and staying in Lappis would take around 15-20 mins bus to SSE. I stayed in Lappis for my exchange semester and I enjoyed a lot. Since there is a shared kitchen in flat, you can always cook in the kitchen with your flatmates. Especially since Lappis is a mixed residence, there are students from other universities and from a more diverse and different backgrounds. I reckon that in Lappis, you can make more friends outside SSE ones! Besides, the environment is also more comfort than in Saltis. As Lappis is located a few kilometres away from the city centre, it has a very nice environment. There is a beach around Lappis, a lake (which in winter, it will be frozen and people do ice-skating over it) and a jogging trail. Lappis also has a lot of barbeque stoves, which in the summer, people love to gather around the stove and have parties with friends.

5) Courses Registration

You can register the courses through the SSE portal. Since there is a 3 week “add-drop” period, you can always try out the course at the first three weeks of lectures.

6) Teaching & Assessment Methods

Teaching style are similar to UST, except there are more readings and more theoretical models. Their exams are mostly absolute grading, mostly requiring a 50 mark for pass. Most bachelor courses will have attendance, some courses may only allow you to skip 2-3 lessons maximum. However, most master courses will not have such constraints.

7) Sports & Recreation Facilities

There are zero sports facilities in SSE, except a table tennis table in the underground level of SSE. If you are looking for a GYM, there are a few options around school. If you are staying in Lappis, Lappis has its own GYM but it requires advance registration to get the GYM keys.

8) Finance & Banking (including currency / expenses)

Stockholm is more like a cashless society. It is very convenient to use cards to pay for everything, from hotdog to clothes. Of course, you may wish to prepare some cash with you just in case the cards do not work. Some cards may not work if your cards do not have a PIN with it (which is quite common for HK cards).

9) Social Clubs & Networking Opportunities

There is a student association in SSE called SASSE. They organise a large number of activities every week. They have a calendar, which you will be able to see what parties and fun activities there will be for the entire month ahead. They also have some other social clubs for socialising with industry professionals and career mentorships in Sweden.

10) Health & Safety

Overall Sweden is quite a safe city. It is quite safe even you are walking along at night. Crime rate in Sweden is very low.

11) Food

Swedish food are not as well known as other countries' ones. Meatballs are probably one of their national food as you can get them from Hong Kong's IKEA too. Other than that, fish soup is very decent too. There is one famous restaurant in Hötorget called Kajas Fisk, which you can have free refill for the fish soup. However, my friend and I mostly go to the Asian buffets near our school for lunch as they worth the most. There are quite a large number of options, from King Tan, Pong, Mandarin City, Asahi, MBQ, Restaurang Kirauman, etc.

12) Transportation

You can get a SL card for the transportation in Stockholm. They have few options for the card. You can top up the card for a certain amount and deduce the cash as you use. I did not use that as I frequently take buses to school. So I purchased the monthly one, which should be around 500 SEK per month if I am right. With the monthly card, you can take buses, trams, commuter rails and ferries across Stockholm.

13) Climate

It gets quite cold in January, around -5 to -10 degree celsius. It gradually gets warmer until May. It may sometimes. The difference in temperature during day and night can be quite large. It is really comfy in the summer with long daylight. Swedes love to sunbathe during the summer.

14) Communication

You can get data/phone card in most convenience stores (e.g. 7-Eleven, Pressbyrån) as they provide a lot of monthly plans for short term staying. It can be quite hard to get a card in those telecommunication stores if you are not staying for years. There are quite a lot of data card choices. I picked Comviq Amigo Fastpris 245. This plan provides 20GB data usage in Sweden and 12GB across most EU region. The connection speed is decent and it was more than

enough for me. The price is 245 SEK per month. You can top up the card every month online or visit a convenience store to purchase for the top up

15) Cautionary measures

Sweden is quite a safe place I would say. But still be careful with your belongings. As I heard from my friend, there was once that his friend's phone and wallet got stolen in a public library. While I believe that was an outlier, please still be careful! Sometimes, there may be some people asking for change in the tunnelbana (metro), you can choose to ignore them. There may also sometimes be people asking for changes outside LIDL (the supermarket next to SSE). If you don't feel the need to, you can always choose to ignore them. But they won't harm you and steal anything from you normally.

Part 3 Items to Bring

1. Winter down jacket
2. Passport
3. Summer clothes
4. Chargers
5. Computer
6. Winter clothes
7. Formal clothes
8. Duvet cover

Part 4 Useful Links and Contacts

<http://portal.hhs.se>

<https://studyinsweden.se/how-to-apply/residence-permits-and-visas/>

<https://www.sssb.se/en/our-housing/our-areas-in-the-north/lappkarsberget/>

<https://sl.se/en/>