

Exchange report

Uppsala University, Sweden



UPPSALA
UNIVERSITET

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Spring 2019

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PART I – MONTHLY ACTIVITY LOG

January

I still remember my felling when I first arrived Sweden. I was so excited when I saw that snow were covering most of the land. The temperature was extremely cold and I had to wear several layers of clothes to keep me warm. I arrived Sweden on 18/1 and there was a school bus at the Arlanda Airport took me to my school. My buddy was waiting for me at the registration point to help me get my student portal, student card and keys. It wasn't easy to carry 40kg stuff with super thick snow on the ground. As the night came super early at around 5pm, you needed to finish buying all the daily necessities quickly. I arrived my room at around 7pm, so I couldn't be able to go to Ikea to purchase my pillow and quilt. I could only visit the nearby supermarket to purchase some bread and egg for my dinner and breakfast. It wasn't a good way to start my exchange journey but I had no choices. Despite all of these, my first week in Sweden was quite fun.



February

After settling things down, I started to enjoy my life in here. I met some new friends from Korea, Sweden, France, Australia in different campus gathering activities. They were definitely the highlight of my exchange journey. In Sweden, the night came super early and the traffic was extremely

inconvenience, I stayed in my building with my friends to cook dinner and to play games. Life in Sweden would be boring without them. I travelled to Stockholm and France as my city was really boring. All my friends were busy searching for flight ticket when they were free. Flight fares in Europe were super cheap (around 400hkd-1500hkd). I have also joined a campus trip to Abisko, the northern part of Sweden for Aurora. It was definitely one of most unforgettable memories in my life.



March

I have travelled to many places in March, such as Morocco, Umea and United Kingdom. The second course was more difficult with heavy workload because there were weekly group assessment and seminar. In order to pass the course, you need to interact with the professor and build up some good relationship. This course ended with a whole day home examination, which I did it before heading to airport. Most of my friends were not in Sweden at that time, they

did it on their trip. I travelled to Morocco with my Korean friend. It was a memorable journey as I finally had the chance to visit the Sahara Desert. After coming back from the desert, I went directly to another city of Sweden- Umea. There was a snow storm when I arrived. I just experienced two extreme weather in two days.



April

As I have spent too much money on travelling, I went for the student union to find a part time job. The salary in there was super low, but I really enjoyed working in there. They are patient and funny that I met many new friends in there. Eventually, I was not working for the money, but just some precious time to spend with my friends. I have dreamed to be a chef since I was young. I applied for some kitchen work, which I could be able to make burger and dessert. In April, I have travelled to Croatia and Norway.



May

May, all I can remember is Valborg. Valborg is one of the biggest festival in Sweden. There were a lot of parties and celebration in Sweden. To celebrate Valborg, we went to Gamal Uppsala right after we came back from Norway. It was my first time to be able to watch firework in such a short distance. After staying in Sweden for 2days, I went to Spain to enjoy my summer. Sadly, it was not hot enough to go swimming and diving. During my trip in Norway, I found a cheap ticket to Belgium after my trip to Spain (400hkd). I returned to the airport after I packed another set of clothes. And I had to finish all my homework on plane in order to pass the course.



PART II – General Exchange Information

1. Visa Procedures

As an exchange student who is going to stay in Sweden for more than 3 months, it is necessary to get a residence permit card before leaving Hong Kong. To register the application, please visit <https://www.migrationsverket.se/English/Private-individuals/Studying-in-Sweden.html> and create a new account. This year, they have a new policy that you can only get a certificate in Hong Kong. You still need to apply for a residence permit card after you arrived Sweden. You need visit the Swedish embassy to have your picture and your fingerprints taken for an entire visa. The processing time depends on the details of your enclosed documents.

2.Orientation Activities

Before I come to Sweden, my buddy will contact me through Facebook. She provided all the details I need. She guided me to apply for a student account, connect to the school wifi, check-in my residence, get a campus card, etc. They would list out all the orientation activities for you.

3.International Services & Activities

They will guide you to join some campus activities. You can join any of the student union based on your interest. They organize various activities such as parties, movie night or cooking class. Sometimes, they will offer some trips for you such as Finland, Abisko.

4.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.

Flogsta: Most of the exchange students lived in this dorm. Its location is super good as It just takes 10 mins to business school Ekonomikum, 1-2 minutes to supermarket ICA. There is a Flogsta scream everyday(10pm)

5.Courses Registration

You can visit this website to have more information.

<http://fek.uu.se/student-en/incoming-exchange-students/courses/>.

It is required to take 30 credits in total for a semester and at least 15 credits in the Department of Business Studies. You have to finish all the registration before leaving except the Swedish class.

6. Teaching & Assessment Methods

Each course requires students to prepare for presentation every week. Teachers will introduce some important theory to you in lectures while in seminars, students take the initiative to lead discussion and do presentation. It takes you for 45 for both discussion and presentation. You are asked to read all the materials and answer questions during the lesson.

7. Sports & Recreation Facilities

There are no free gym and facilities for students. You have to pay for the gym. I didn't join any sport club so it is better to go for orientation week to have further information.

8. Finance & Banking

It is quite expensive to eat outside in Sweden (around 150SEK for salad or pasta) Therefore, it is better for students to cook to save some money for travelling. You can find cheap ingredients in ICA. In Sweden, a student who only stays for half a year is not eligible to open a bank account in Sweden. It is because we cannot get the personal identity number for creating a bank account. I suggest students to exchange more Euro, but not Krona. It is not common to use cash in Sweden.

9. Social Clubs & Networking Opportunities

Students are recommended to join different nations as you can meet many exchange students in there. By joining the nations, students can also have chances to work in the café. It is a great opportunity to earn some money and meet amazing people in there. You can also join some trips to Abisko or Finland. It is more easy to build up a good relationship.

10. Health & Safety

Sweden is pretty safe among European countries. But it is still important for you to not walking alone at night. There is no bus available after 2-3am. It will be dangerous and scary to walk alone. Also, it is illegal to drink on street.

11. Food

It is expensive to eat outside in Sweden (around 150-200SEK). Sometimes Nation will provide cheap lunch or dinner but I will still think it is expensive. Most of my friend cook in dorms. It is quite fun to gather together and share our food. It is way for cheaper to cook food by yourself. After class, we will go to ICA to purchase some discounted food in order to save money. (around 20-30SEK per meal)

12. Transportation

In Uppsala, people will either bike or take bus. It costs 39SEK for every single trip. It is strongly recommended to purchase a monthly unlimited card which only costs 500SEK for bus. If you want to travel to another city, you can take train from Uppsala Central City.

13. Climate

the weather in Sweden is extremely cold and dry. It is snowing every day. The climate is around 0degree Celsius to -20 degree Celsius. In April, the climate is around 0 degrees Celsius to 10 degrees Celsius. In May, there is no more snow and you can go picnic.

14. Communication

Swedish people speak fluent English. However, most of the description box in ICA or other supermarket are in Swedish. You can download google translate or directly ask people for simple translation.

15. Cautionary measures

It is important to wear enough clothes and avoid walking alone at night!!

Part III – Items to Bring

Checklist	
	Clothes
	Router
	Food
	Charger
	Towel
	Blankets
	Bed Sheets
	Notebook
	USB
	Medicine
	Camera
	Adaptor
	Passport
	Visa

PART IV – Useful Links and Contacts

Migration Agency

<https://www.migrationsverket.se/English/Private-individuals/Studying-in-Sweden.html>

Uppsala University Housing Office

<http://housingoffice.se> Course Catalog <http://fek.uu.se/student-en/incoming-exchange-students/courses/>

Bus: UL <https://www.ul.se/en>

Train: SJ <https://www.sj.se/#/>