



Exchange Report

Lund University, Sweden

Lund University School of Economics
and Management (LUSEM)

CHENG, Tak Ho Eric | ACCT & IS, Year 3 | Spring 2019

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Monthly Activity Log

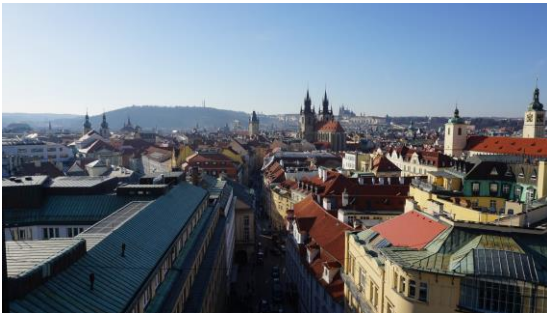
JANUARY 2019

We arrived in mid-January. It took us some time to settle in the first month. The university held various orientation activities for us to participate, as well as make friends with other exchange students. I only joined a few activities as it took me a while to overcome jet lag. The hiking trip at the national park was an amazing event for the first month in Lund. On the other hand, we took a 2-week Swedish Language class at the university, which was interesting.



FEBRUARY 2019

I had the first exam in mid-February. It was different from any exam in Hong Kong as it was an oral exam. It was like a discussion with other candidates. After the exam, I had my first traveling trip to Prague, Czech Republic. The trip was wonderful, I visited many places and tried some delicious food there.



MARCH 2019

At the beginning of the month, I visited Kraków, Poland with my friends. We visited the famous salt mine in Krakow. We had the chance to go into the mine and experience it. March was a bit busy as we had exams in the middle of the month. After that the second period of the semester started, it took me some time to adjust as I took a Swedish Art course which I never learned before. It was interesting as I learned a lot about the art history of Sweden and Europe.



APRIL 2019

April was fantastic, as my friend and I had a once-in-a-lifetime opportunity to join the annual event from our student corridor. It is a traditional student event in Lund, which is called "Tour de Chambre" (TDC). In this event, each person has to prepare a game, some snacks and drinks for everyone to enjoy when visiting his or her room. We spent the whole evening and night with our corridor mates and had a marvelous time with them.

MAY 2019

I visited London, England with my friends. I was an amazing trip as I always wanted to visit England before. We went to many famous landmarks there, including the London Eye, Tower Bridge, and the British Museum, etc. The second half of the month was busy, as I had 2 take-home exams. I did the research and finish the papers at home. It was just like writing essays.



JUNE 2019

As the semester ended, everyone in the corridor was going back to their hometown. There were only a few students in the corridor. Apart from packing suitcase and luggage, I also spent a day in Malmö before leaving Sweden. The weather in summer was very comfortable, bright sun with some breezes. The last month in Sweden was unforgettable.



General Exchange Information

VISA PROCEDURES

Before going to Sweden, you need to apply for the residence permit. You can apply it from the Swedish Migration Agency on the internet (link at the end of the report). You need to upload your passport, transcript of HKUST, acceptance letter from Lund University, bank statement, and letter of sponsorship or scholarship (if applicable). If your application is successful, you have to collect the decision letter from their office in Hong Kong. You will use the decision letter to enter Sweden.

After that, you have to make an appointment to have your fingerprint recorded at their office in Malmö when you arrive in Sweden. You can choose to collect your residence permit card at their office again or have it sent by post to your student housing mailbox.

ORIENTATION ACTIVITIES

There are a few orientation activities provided by the university, some of them are hiking at the national park, “Taste of Sweden”, and day tour to the IKEA. You can join them at a price. Places are limited, you can register on the internet before arriving in Sweden, or you can buy tickets on the arrival day.

INTERNATIONAL SERVICES & ACTIVITIES

You will be assigned to a big mentor group, with around 10 student mentors and many exchange students. Each mentor group will organize different activities for the members to participate.

The International Desk organizes various activities for exchange students to join. You can mingle with your friends and other exchange students. They also have a Facebook page which you can get updates and upcoming activities from the International Desk.

ACCOMMODATIONS

You can try to apply for the LU Accommodation (link at the end of the report), which is offered by the university. There are more than 10 locations of student housing you can choose from. There are corridor room, share room, studio, apartment, etc. It is quite difficult to get an offer from the LU Accommodation.

If you cannot get an offer, you can apply for the AF Böstader (link at the end of the report). It is a students' own housing company for you to apply for housing. There are also many locations of housing, you can choose from the corridor room or apartment. If you apply for the AF Böstader, you have to check it every day as they release offers daily. You have to add new choices every day.

COURSES REGISTRATION

You can check the course catalog (link at the end of the report) to see the past courses they provided. Lund University will send you a confirmed list of providing courses for the semester. You can go to TimeEdit (link at the end of the report) to check the timetable of the courses. The university will also send you a link to register courses you want to take for the semester. The semester is broken down into 2 periods. You can study 2 courses for each period. Normally you have to choose 4 courses, and 2 alternatives for each course, a total of 12 choices. The introduction course for the Swedish language does not count.

TEACHING & ASSESSMENT METHODS

Attendance for the 1st lecture is compulsory for all courses. The teaching at Lund University emphasizes the interaction between the professor and the students. Sometimes courses require you to do readings before the lectures in order to discuss in class.

Each course has different assessment methods, they include attendance, report, presentation, written exam, oral exam, take-home exam, etc. You have to pass all assessments in order to get a passing grade for a course.

SPORTS & RECREATION FACILITIES

You can pay to use the sports facilities at Victoria Stadium, or the gym facilities at the Actic. There seems to be a bowling alley in Lund but I never visited.

FINANCE & BANKING (INCLUDING CURRENCY / EXPENSES)

Swedish Krona is the currency used in Sweden. Do not bring too much or too less Swedish Krona cash even though it is more convenient to pay by cards. There is no UnionPay ATM machine in Lund. UnionPay is very unpopular in Europe. PLUS and Circus for ATM cards and Visa and MasterCard for credit cards are more popular in Europe. You can also bring some Euro if you plan to travel.

The living expenses in Lund include Food, transportation, social activities. The expenses for traveling will cost much more. You can apply for the sponsorship and various scholarship through HKUST to sponsor your exchange study. You have to pass all the courses to get reimbursement for the HKUST sponsorship.

SOCIAL CLUBS & NETWORKING OPPORTUNITIES

You have to sign up for the Studentlund (link at the end of the report) and register at a nation. There is a total of 13 nations to choose from. You can participate in all activities organized by all nations, no matter which nation you are in. Each nation has a Facebook page which you can get updates and upcoming activities from the nation.

You can also enjoy discounts for different stuff with the membership of Studentlund, including Flixbus, Nettbuss, etc.

HEALTH & SAFETY

HKUST and Lund University provide insurance for exchange students, covering the exchange period in Sweden. If you travel to other countries and want to be covered by insurance, you have to buy an extra one.

Lund is generally a very safe city. If you own a bike, you still have to lock it when you do not use it. The security in other countries can be an issue, it is recommended to have your valuable items put in the pockets of your pants, or in a waist bag.

FOOD

There are various cuisines you can choose from in Lund, Japanese, Indian, African, Thai, as well as European, etc. Eating out can be very expensive. It is very popular for students in Lund to cook themselves. There are various supermarkets in Lund, Willy's and Lidl are 2 popular ones which offer better prices. You can also go to the Asian market to buy familiar ingredients. Cooking by yourself can save a lot of money. Although the ingredients bought in supermarkets are mostly fresh, the expiry date can be an issue.

TRANSPORTATION

The transportation from student housing to the university can be very close or very far, depends on which student housing you live and which department you study. If it is close enough, you can walk to school. It is also very popular for students in Lund to own a bicycle. You can ride it to school or to the supermarket, which is very convenient. If you do not want to buy a bike and your housing is far away from school, you can buy a monthly pass for the bus. You can buy it on the mobile app called “Skånetrafiken”. With this mobile app, you can also buy train tickets to other cities as well as Copenhagen.

CLIMATE

The weather in Lund in Winter is very cold. It can be still snowing in January and February. Heat-tech underwear, 3-in-1 jacket or coat, beanies, scarf, gloves, waterproof boots are recommended. The daylight time is still very short in January and February. Once it is March and April, it is getting better. But it can still be very windy. When it is May and June, it is getting warmer, the sun is bright with some breezes, short sleeves clothes will be useful.

The weather in northern, central, and northern Europe can be very different. Central and northern Europe is much hotter than in northern Europe. You have to check the weather before traveling and bring an umbrella if it is possible.

COMMUNICATION

Almost all people in Lund understand English, including the staff in shops and restaurants. Whatsapp is unpopular in Lund, while almost every student uses Facebook.

It is recommended to buy a prepaid SIM card in Hong Kong first in order to use data in Europe. If not, you can buy one in Lund at Telenor, using their Telenor Surf (link at the end of the report), which you can also enjoy mobile data in Europe.

CAUTIONARY MEASURES

Beware of other bicycles when you are riding one in Lund, since you can ride both forward and backward on some paths.

When you are traveling, put all your valuable items, including phone, wallet, passport, in the pockets of your pants, or in a waist bag.

Items to Bring

✓ Passport & ID card	✓ Adaptor
✓ Residence permit decision letter	✓ Socket extender
✓ University acceptance letter	✓ Wifi router
✓ Photocopies of all document	✓ Portable battery for phone
✓ Credit cards (MasterCard/ VISA)	✓ Extra cables for phone
✓ ATM cards (PLUS/Cirrus)	✓ Stationary
✓ Cash - Swedish Krona & Euro	✓ Umbrella
✓ Clothing (Winter + Summer)	✓ Sunscreen
✓ Beanies, scarf & gloves	✓ Water bottle
✓ Jacket & coat	✓ Laptop
✓ Shoes & water-proof boots	✓ Camera
✓ Slippers	✓ Medicine
✓ Towels	✓ Bandage set
✓ Large & small backpack	✓ Manicure set
✓ Spare glasses	

Useful Links and Contacts

STUDENT VISA

- Swedish Migration Agency (Residence permit application)
<https://www.migrationsverket.se/English/Private-individuals.html>

HOUSING

- LU accommodation (University student housing application)
<https://applications.luaccommodation.lu.se/applications/>
- AF Bostäder (Alternative student housing application)
<https://www.afbostader.se/en/>

UNIVERSITY

- Lund University Exchange Program Website
<https://www.lusem.lu.se/study/international-opportunities/exchange>
- Exchange courses catalog (includes different departments)
<https://www.lunduniversity.lu.se/international-admissions/exchange-study-abroad/exchange-studies/find-exchange-courses>
- TimeEdit (Timetable planner)
<https://cloud.timeedit.net/lu/web/ehl1/>
- Lund University Libraries (Textbooks searching and borrowing)
<https://lubcat.lub.lu.se/cgi-bin/koha/opac-main.pl>
- Student Portal (Course information and grades)
<https://student.lu.se/uPortal/f/welcome/normal/render.uP>

- Live @ Lund (Course Materials)

<https://liveatlund.lu.se/en-us/pages/default.aspx?r=31>

- Studentlund (Student nations)

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

PHONE AND MOBILE DATA

- Telenor (Mobile data plans)

<https://www.telenor.se/handla/kontantkort/>