



**LUNDS**  
UNIVERSITET

**LUND UNIVERSITY**

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# Exchange Report

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Year 4

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# TABLE OF CONTENTS

<b>Monthly Activity Log</b>	<b>3</b>
<b>General Exchange Information</b>	<b>6</b>
<b>Items to Bring</b>	<b>10</b>
<b>Useful Links and Contacts</b>	<b>11</b>

## MONTHLY ACTIVITY LOG

### AUGUST

Since the orientation week started from 20/8, I arrived at Lund on that day morning with some of my Hong Kong buddies. When I stepped out from the Copenhagen Airport, there were some student volunteers from Lund University leading us to take the train to Lund. On the registration day, I got a welcome package with some basic stuff inside, including the information booklet, LU portal account, SIM card, beddings. I have also bought the tickets for the orientation activities in the first week, which is the Taste of Sweden and the hiking to Söderåsen National Park, giving me a good opportunity to meet other international students. In order to decorate my new room, I visited the nearest Ikea in Malmo for cheap furniture and had a taste of the Swedish meatball. Heatwave has also come to Europe as well as Lund this summer in which the temperature was surprisingly high as Hong Kong. During the first two weeks in Lund, the weather was super good with sunny days so I went to Lomma Beach which is the nearest beach from Lund. My first course at Lund University – SUSA 11 began which helps me on learning some basic Swedish for daily communication (but never be used again after the exam).



### SEPTEMBER

The semester commenced on 2/9. The semester in Lund is divided into two periods, period 1 and period 2. Each period lasts for around 8 weeks with 2 courses each. In the first period, I took SHSA56 and INFC40 which is a Common Core course and an Information Systems course. Both courses have relatively low workload with no assignment or exam in the first few weeks. Therefore, I got more free time to explore Lund as well as other European countries. In the first week of September, I visited Stockholm to join the protest for Hong Kong and meet some Hong Kong people living in Sweden. For the rest of the month, I also planned a solo trip to Berlin and went to the Oktoberfest which held in Munich. It was a wonderful memory to join the largest festival in the world and have fun with people from different places.





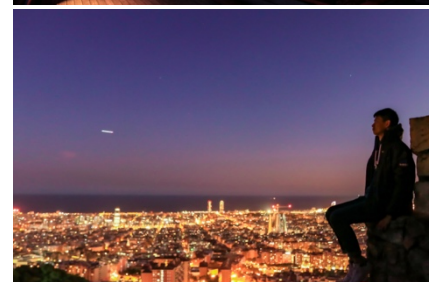
## OCTOBER

The exam period was coming and I had to work on a group project and two essays for both courses. The libraries in Lund were the most frequent places for borrowing reference books which usually cannot be found online. Also, as required by my courses, I have visited the Kulturen and Ikea museum to get more understanding about the Swedish culture. My exams in LU are take-home exams with around 2000 words essay which seems like different from HKUST. Before the exam began, there was a study break for around one week so I got time to travel to the Netherlands, Brussels, Paris, Luxembourg and London. The weather in October was still fine with moderate temperature. The leaves started to fall and become red so you probably see a beautiful scenery from the main library in LU.



## NOVEMBER

Period 2 started in November that I took two new courses, SASH85 and INFE05. Both courses did not require attendance which means there were more flexibility to students in the form of learning. The weather in Lund started to become worse with rain and the sky got dark more earlier with the shift of wintertime. The temperature dropped to around 5°C but I think it is acceptable for those who are coming from Hong Kong. Since my course schedule was tenses in period 2 compared with period 1, I only planned two trips to Ukraine and Barcelona. The days in Ukraine were fruitful and rewarding to learn a lot with the Chernobyl and Underground tour which unveiled the mysteries of rule under the Soviet Union. I think these would be the experiences that I would look back even after a long time.





## DECEMBER

The winter finally came in December with Christmas atmosphere all around Europe. Yet, I have not experienced any snow in Lund before I left. The weather was almost the same as November which was not too cold as compared with other cities in Sweden like Stockholm. The exam period came again along with two group assignments and one long essay. Despite being chased by my deadlines and projects, I still managed to squeeze my time to visit the northern part of Sweden, Kiruna and Abisko, with my friends. This was fascinating for me to see the first snowing in my life and experienced such freezing weather of  $-15^{\circ}\text{C}$ . After finishing all of my studies, I went for a long trip to Central Europe for visiting the Christmas Market in Prague, Vienna, Budapest and watching a wonderful firework show in Berlin. Flourished by the Baroque style architecture and the beautiful Danube River, every city in Central Europe were hidden gems and highly underrated in my opinion. After that, I also visited Krakow for the heartbreaking concentration camp in Auschwitz and the dazzling Wieliczka Salt Mine. Despite the short daylight, the festival feeling throughout the journey was impressive and amazing, making it be one of the best Christmas trip I have ever had.



## JANUARY



In the last month of my exchange, I grabbed the final chance to visit the rest parts of Northern Europe. The trip started with a train to Rovaniemi, the homeland of Santa Claus, then with a flight to Iceland to enjoy the incredible natural scenery and stunning northern light. Afterwards, I took a flight back to Norway to follow the route of Norway in a Nutshell. Finally, I revisited Copenhagen as my first and final city travelled before I came back to Hong Kong on 30/1.



## GENERAL EXCHANGE INFORMATION

### 1. VISA PROCEDURES

If you are going to stay in Sweden for more than 3 months, you need to apply for the residence permit which is the visa for studying in Sweden. Once you received the Letter of Acceptance, you can start by applying it online. The application requires a financial proof of around \$50,000 and this process takes around 1-2 months. Since the Embassy of Sweden in Hong Kong no longer issues the residence permit, you can only get the decision letter as your proof of visa from the Embassy. The application continues after you have arrived in Sweden that you have to visit the Swedish Migration Agency to get the residence permit card. The booking to the Swedish Migration Agency is quite full from my experience so remember to book it before arriving in Sweden. When you are leaving Sweden, make sure to travel with your residence permit for inspection or getting some of the discounts which are exclusive to EU residents.

### 2. ORIENTATION ACTIVITIES

The orientation week for Fall semester started on the arrival day until the end of August. The orientation activities schedule can be viewed online before the arrival day. You can either register online or directly on the arrival day. The activities I have joined are the hiking in the national park and the Taste of Sweden which provides you with several traditional Swedish cuisines that you may not get a chance to try them in the daily life in Lund. I would recommend to join at least one activity to meet some new friends and have fun on the first few weeks in Lund.

### 3. INTERNATIONAL SERVICES & ACTIVITIES

Just like the clubs and societies in HKUST, the Nations in Lund serves the same functions to provide students with different kinds of after-school activities like lunch gatherings and parties. Every student at Lund University must join a Nation in order to get the student card. If you want to meet more international students, you may also consider Erasmus Student Network (ESN) which organizes trips outside Lund like northern light hunting in Lapland.

### 4. ACCOMMODATIONS

The supply of accommodation in Lund is similar to HKUST and it is extremely competitive especially when you are going to Lund in the Fall semester. There are two major ways to get a room or an apartment in Lund, LU accommodation and AF bostäder. The application for LU accommodation starts before the release of the Acceptance Letter, so be ready for applying it once the application started. If you failed to get a room from LU accommodation, do not be panic as it is normal for exchange students. The application for AF bostäder will be started a few months after that. The lottery system of AF bostäder works extremely complicated in which you will get a registration time as the sequence for your registration. There will be some rooms released every day after the registration period started and one with the earliest registration time will get the room. In short, earlier the registration time, higher the chance you would get the room. Yet, there will still be chances you cannot get any housing from AF bostäder (half of the exchange students from Hong Kong in my year). If that is the case, you may have to consider living in Airbnb or with your friends which have accommodation.

The rooms from either LU accommodation or AF bostäder spread around Lund. Those near the school or the train station, would be more competitive and with higher rent. Supermarkets, like ICA and Coop, are readily available in Lund so you may not need to worry about the location of supermarkets. The average rent is around 4000sek/month.

### 5. COURSE REGISTRATION

Unlike the online system used by HKUST, the course registration in LU is basically in manual and that is why you have to apply for courses before one semester. There will be a pre-registration form along with your LU portal account. Just make good planning according to your study pathway and have a look on the course catalog before making any decisions. My advice is do not fill in courses you do not want to study since the course you will be studying cannot be easily changed. There is no add-drop period in LU and you must attend the first classes or else you would be not able to study that courses. So be aware of every course you have chosen as you can only choose to drop courses if you are not able to manage it. You may also find the course coordinator from the LUSEM office and she would be kind to help every international student with academic needs.



**SUSA11 : Swedish: Introductory Course for Exchange Students 1 [3ECT, Aug, HUMA-CC]**

Teaching: 8/10                      Workload: 3/10                      Difficulty: 5/10

This course can be taken by exchange student only and it is optional. It teaches some basic Swedish in daily life which mainly focus on reading. The exam includes MCs in recognizing the vocabulary and reading comprehension. No assignments but requires attendance.

**INFC40 : Informatics: Information Systems Security [7.5 ECT, Sep-Oct, ISOM4200]**

Teaching: 7/10                      Workload: 5/10                      Difficulty: 4/10

This course mainly focuses on the framework for information systems security with two seminars and one group assignment. No attendance required so probably only half of the classes are attending. There was a two-week study break before the hand-in date of the group project so you would get plenty of time to work on it.

**SASH56 : Modern Design in Scandinavia [7.5 ECT, Sep-Nov, HUMA-CC]**

Teaching: 4/10                      Workload: 2/10                      Difficulty: 3/10

This course is about the artifacts and interior design in Scandinavia during the 20<sup>th</sup> century. With only one lesson per week and 2 essays with 600 words each throughout the whole course, SASH56 has relatively low workload compared to other humanity courses. Yet, the teaching is relatively monotonous in 3-hour lectures with only pictures on the slides. You can hardly find the main point of each lecture unless you have strong designing background.

**SASH85 : The Emergence of European Culture [7.5 ECT, Nov-Dec, HUMA-CC]**

Teaching: 2/10                      Workload: 4/10                      Difficulty: 7/10

This is an archeology course on the ancient Greek and teaches how domestication and agriculture spread over Europe. The course assessment includes 1 mini-essay and 1 exam essay of around 1500 words. Only seminars and workshops are mandatory. Both the topics and teaching were far worse than I expected and it is difficult for an exchange student without strong history background.

**INFE05 : Informatics: Mobile Industry Dynamics from a Business Perspective [7.5 ECT, Nov-Dec, ISOM-3000elective]**

Teaching: 9/10                      Workload: 3/10                      Difficulty: 3/10

This is a course about how the current technology and mobile industry works. I would highly recommend it if you are in IS major as it gives a lot of background information and insights on the current IT industry and the topics are impressive. The workload is light with only 2 group assignments and 1 take-home exam.

## 6. TEACHING & ASSESSMENT METHOD

The medium of instruction is English and usually international students are grouped into the same class. The semester is divided into two periods as mentioned, period 1 on Sep-Oct and period 2 on Nov-Dec, and with 2 courses in each period. Unlike the exams in HKUST, the exams in LU are usually essay type and take-home exams. The gradings are not based on the mid-term examinations or quiz but on essays and seminars. In addition to the coursebook, there were more readings required before attending each lesson.



## 7. SPORTS & RECREATION FACILITIES

If you want to do some fitness, you may join the gym in Sparta which provides discounts for AF residents or you may join the membership at the gym in Gerahallen which is near LUX.

## 8. FINANCE & BANKING

It is not able to open a bank account for exchange students staying in Sweden for less than 1 year. Swedish Krona (SEK) is used as local currency in Sweden and the exchange rate is around 1SEK : 0.8HKD. Sweden is famous for cashless, so it is suggested to pay with card rather than cash since some shops only accept cards. Union Pay is not common in Sweden so better using Visa or Mastercard instead. If you really need cash, you can withdraw it from the ATM using Plus or Cirrus bank card. The cost of living in Lund is similar to Hong Kong if you cook every day.

	Expenditure
Accommodation	\$10000
Living Expense	\$10000
Travel Expense	\$73200
Air ticket	\$6000
Visa	\$800
<b>Total</b>	<b>\$100000</b>

## 9. HEALTH & SAFETY

Lund is a safe city compared to other cities in Europe which is mostly composed of students. Pickpocket is common in popular tourist spots in Europe. Make sure you have a good insurance plan when you need to travel to some unsafe cities like Paris, Barcelona or Rome. There are lots of pharmacy in Lund which you can get medicine easily.

## 10. HEALTH & SAFETY

There are only a few canteens in LU since most of the students cook their lunch and dinner and the price of those canteens are not cheap compared to HKUST. For cooking, you can easily get the ingredient from supermarkets. The ratings of the supermarkets: Willys > Lidl > Hemköp > Netto > ICA > Coop.

In case you miss Asian food, you can still buy it from the Asian market called Lok Chan.

## 11. TRANSPORTATIONS

SkaneTrafiken is providing the local transportation service including bus and train in Lund and Malmo. The only way to pay is using the App 'SkaneTrafiken' which also provides student discounts. The ticket price is super expensive so it is better to go to school by bike.

## 12. CLIMATE

The climate in Lund is wet and cool during autumn and winter. The temperature started to drop from 25°C in August to 15°C in September and October and then 5°C in December and January. Thanks to the North Atlantic Current, the weather in Lund is quite stable and warm compared to other parts of Northern Europe, yet, it is hard to see snow in Lund. The daylight will keep shortening in fall from sunset at 20:00 to 15:30 in December.

## 13. COMMUNICATION

Swedish people are good in English so there should be no barrier in language. For networking, LU will provide a free Telenor SIM card and you can choose to join the mobile network plan of 5GB data for around 99SEK.

## 14. CAUTIONARY MEASURES

As mentioned before, Lund is a safe city but just be aware that the sky becomes dark early during winter and usually the street gets quiet after 6pm. Also, remember to bring your passport if you are going to pay with card as there may be ID authentication in some supermarkets.

### ITEMS TO BRING

- Passport
- ID card
- Credit cards (Visa / Master)
- Bank cards (Plus / Cirrus)
- Cash (Swedish Krona / Euro)
- Acceptance Letter
- Adapter
- Clothing
- Laptop
- Camera
- Router for Wi-Fi
- Stationary
- Medicine
- Hand carry suitcase
- Lock
- Boot

## USEFUL LINKS AND CONTACT

- LUSEM Website

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

- Lund University Student Portal

<https://idpv3.lu.se/idp/profile/cas/login?execution=e2s1>

- Canvas

<https://canvas.education.lu.se/>

- Live@Lund

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

- Lund University Timeedit

<https://cloud.timeedit.net/lu/web/ehl1/>

- Swedish Migration Agency

<https://www.migrationsverket.se/English/Privateindividuals.html>

- LU Accommodation

<https://applications.luaccommodation.lu.se/applications/>

- AF Bostäder

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

- Studentlund

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

- LUSEM International Desk Contact Email:

[incoming@ehl.lu.se](mailto:incoming@ehl.lu.se)