

Esade Business School, Spain, Fall 2019

# Exchange Report

Xiong LAN, RMBI, Year 4

## Part 1: Monthly Activity Log

### August

At the end of August, I arrived Barcelona, Spain and got to start my intensive Spain course organized by Esade Business School. It was a pretty small campus, compared to HKUST, which only includes two small academic building and two student canteens. I meet some friends from other Asia countries and cities and we always went out to downtown for dinner together.



### September

The semester formally begins on September, I got some day-offs luckily and had more time to explore Barcelona, such as the famous buildings like Sagrada Familia and other buildings designed by Gaudí.



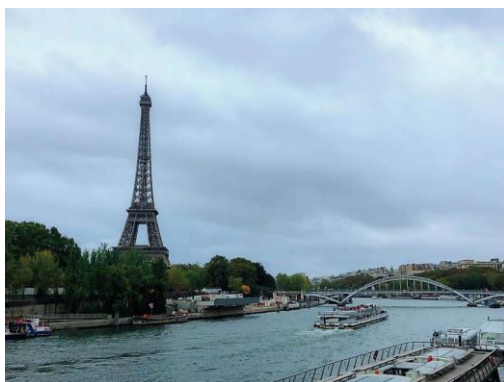
### October

On October, the public holiday becomes more and Esade also provides students with study break for us to better prepare our midterm examinations. So I went to other cities of Spain for better understanding of their culture and values.



## November

There was pretty less public holidays on November, so I spent most of my time on campus, preparing for the final examinations at the beginning of December. Apart from that, I spent weekends in Italy and France.



## December

There was not much things that I can do on December as I had the final examination and would come back to Hong Kong once I finish my finals. The only one interesting thing was having a fine meal in a super famous canteen in Barcelona, which required us to book two months in advance, though it was terrible tasting/



## Part 2: General Exchange Information

### Visa Procedures

The Schengen visa application documents needed for different visa holders varies, but the procedure was pretty simple——just make sure you have all the documents prepared and then submit to the Spain visa office in Hong Kong, and the visa would be ready in one or two weeks. By the way, as Spain is part of Schengen area, we can use Spain visa to travel to most of European countries without extra visa application.

### Orientation Activities

Esade provided us with some orientation activities for mingling with other exchange students, but the Spain intensive course is most recommended as you would have more time to be with other students and thus easier to know each other.

### International Services & Activities

I am not sure if I participated any of them, but HKUST do provide us with local insurance and SOS services if you encounter some emergencies.

### Accommodations

Exchange students could choose either dorms provided by Esade or rent a flat in downtown by yourselves. Basically the dorm costs twice more than self-rent flat.

### Course Registration

Registration of courses are needed around one month before the starting of semester, and we need to assign some kind of weighting for each course you want to take.

### Teaching & Assessment Methods

The lectures were held by experienced professionals and the assessment was fair.

### Sports & Recreation Facilities



There is a small gym room on campus, with fee-charging.

### **Finance and Banking**

The expenses will depend on how much you travel during exchange. I spent around 3,500 Euros in cash. But using credit card would be the most convenient and safe way.

### **Social Clubs and Networking Opportunities**

I am not sure if I participated any of them, but Esade definitely have some of them.

### **Health and Safety**

There are many trust-worthy clinics in downtown.

### **Food**

I mostly bought my food at the on-campus canteen which offers lunch sets including main dish, dessert and fruits.

### **Transportation**

There is seasonal transportation card that can be bought in every metro station, the card can apply to metro and bus usage.

### **Climate**

The climate on August and September is extremely hot, but it becomes as cold as Hong Kong on January starting from October.

### **Communication**

The telecommunication providers offer pre-paid sim cards.

### **Cautionary Measures**

Pay attention to your wallet and backpacks.

## **Part III – Items to Bring**

## Documents

- ▣ [Passport, visa](#)
- ▣ [Tickets for airline, boat, train, bus](#)
- ▣ [Copies of passport, tickets etc](#)
- ▣ [Boarding pass](#)
- ▣ [Drivers licence](#)
- ▣ [Health insurance card](#)
- ▣ [List of medications, letter prescriber](#)
- ▣ [Travel insurance](#)
- ▣ [Student card](#)

## Financial

- ▣ [Foreign currency](#)
- ▣ [Emergency money](#)
- ▣ [Credit card, debit card](#)
- ▣ [Extra wallet](#)
- ▣ [Money belt](#)

## Clothes

- ▣ [Underwear](#)
- ▣ [Socks](#)
- ▣ [Sleepwear](#)
- ▣ [Shirts, polos](#)
- ▣ [Jeans, trousers, shorts](#)
- ▣ [Dresses, skirts](#)
- ▣ [Shoes, sneakers](#)
- ▣ [Flipflops, slippers](#)
- ▣ [Jackets, coats, raincoats](#)
- ▣ [Belts, ties](#)
- ▣ [Scarves, hats, gloves](#)

## Health

- ▣ [Medications, pain reliever](#)
- ▣ [First aid kit](#)
- ▣ [Insect repellent](#)
- ▣ [Oral Rehydration Solution \(ORS\)](#)
- ▣ [Mosquito net](#)
- ▣ [Birth control, condoms](#)
- ▣ [Vaccines, health/dental checkup](#)
- ▣ [Vitamins](#)
- ▣ [Hand sanitizer/desinfectant](#)

## Travel aids

- ▣ [Suitcases, backpack](#)
- ▣ [Itinerary](#)
- ▣ [Maps and directions](#)
- ▣ [Language guide](#)
- ▣ [Travel guide](#)
- ▣ [Travel pillow, sleeping mask, earplugs](#)
- ▣ [Travel locks](#)
- ▣ [Luggage tags](#)
- ▣ [Pens and paper](#)
- ▣ [Snacks, drinks](#)
- ▣ [Small pocket knife \(not in carry-on!\)](#)
- ▣ [Rope, expandable clothesline](#)

## Appliances

- ▣ [Cellphone, charger](#)
- ▣ [Photo camera, memorycard, charger](#)
- ▣ [Laptop, iPad or Tablet, E-reader, chargers](#)
- ▣ [Travel adapter and converter](#)
- ▣ [Travel iron](#)
- ▣ [Flashlight](#)
- ▣ [Headphones](#)

## Toiletries

- ▣ [Toothbrush, paste, dental floss](#)
- ▣ [Deodorant](#)
- ▣ [Tweezers \(not in carry-on!\)](#)
- ▣ [Soap, shampoo, conditioner](#)
- ▣ [Towels](#)
- ▣ [Nailcare](#)
- ▣ [Tissues, toilet roll](#)
- ▣ [Feminine hygiene](#)
- ▣ [Makeup, makeup remover](#)
- ▣ [Shaving supplies](#)
- ▣ [Skin products](#)
- ▣ [Brush, comb, hairproducts](#)
- ▣ [Glasses, contact lenses, supplies](#)

## General activities

- ▣ [Swimsuit and big towel](#)
- ▣ [Walking shoes](#)
- ▣ [Sunglasses](#)
- ▣ [Sunscreen](#)
- ▣ [Umbrella](#)
- ▣ [Daypack](#)
- ▣ [Books, e-books, magazines](#)

## PART IV – Useful Links and Contacts

Emergency: 112

Esade official webpage: <https://www.esade.edu/>