



LUND UNIVERSITY
School of Economics and Management

Exchange Report – Fall 2019

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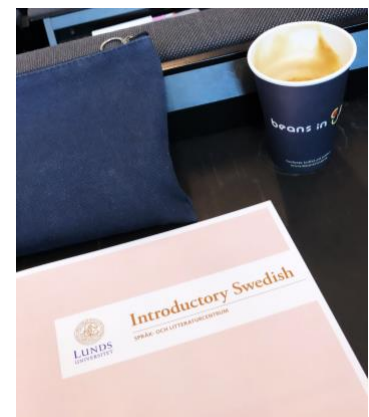


Monthly Activity Log



I arrived at the Copenhagen Airport (CPH) on 20 Aug 2019 and was warmly welcomed by a group of student ambassadors from the Lund University. We then took train to Lund C and arrived at the Orientation Day venue by transport arranged by the University (vehicles driven by the student ambassadors). There were a lot of booths in the Orientation Day venue which supports different needs of the exchange students – local telecom service providers, SUSA course book selling counters, local transportation system counters, etc... After completing all the registration procedures, the University also arranged transport which helped us to get to the student accommodation.

The orientation week lasted for 2 weeks and there were a lot of social activities that exchange student can join. At the same time, the SUSA course started, which is a 2-week Swedish introductory language course especially for exchange students and it comes with an examination at the end of the course. The course was quite useful as it provided some daily communication phrases, and it was an opportunity to meet new friends, in which I met the other Hong Kong exchange students there.



*Having the SUSA course
at Lund University*

For the remaining time in August, I stayed in Lund for most of the time to settle down and enjoyed a relaxing time here. Apart from that, I visited Malmo during the weekend with my friends and went to Ikea for some shopping. We spent a great time there.



I stayed in Lund in the first few weeks and enjoyed my time staying there with other Hong Kong friends I met during the SUSA course. In the first period of the autumn semester, I took two courses – INFE92: Innovation Management and SASH56: Modern Design in Scandinavia. For a typical day after I finished my lessons, I would go down to Lund Central and had *fika* (Swedish tradition of having a coffee break during mid-day to enjoy a quality time with friends/ colleagues/ family). This was the time I realized how life can be so relaxing and learnt how to enjoy life after living in Hong Kong for so many years and have busy schedules every day. After having *fika*, it was the time we went to the supermarket to buy food for that night. We made different dishes every day and these were really fun and memorable cooking experiences. I really enjoyed my time spending with my friends in Lund and I missed it a lot!

In this month, I managed to travel to Warsaw, Krakow, Stockholm and



Copenhagen.

Poland is a very good destination for budget travel as the living expenses there are relatively cheap, compared to that in Sweden and other European countries.

While Stockholm and Copenhagen are also good travel destinations which worth to spend a few days there and they are really close to Lund. (around 45 minutes of train to Copenhagen from Lund C and 4.5 hours of train to Stockholm from Lund C).



OCTOBER 2019

In October, I had lectures as usual and there were a few assignments that I had to complete for the 2 courses I registered in the first period of the exchange. I visited Göteborg (around 3 hours of train from Lund C) in the first weekend for two days. It is the second-largest city in Sweden situated in Sweden's west coast. My friends and I visited the tourists spots there and again, we had fika in the afternoon. October in Sweden was already quite cold and the temperature of Göteborg in that two days dropped below 0 °C.



Scenic of Göteborg



During mid-October, I went on a 10-day trip, travelling to Amsterdam, Maastricht, Paris and Brussels. The main transport were train and coach, which were much cheaper than taking flights. I managed to visit different scenic spots as well as trying the local food in different places.



After the 10-day trip, I returned to Lund and spent time on preparing the group project of INFE92. The project was very interesting as it was collaborating with Sony Mobile Communications and we had to do a presentation in front of the professor as well as the people from Sony. This was definitely an unforgettable experience as I had the chance to visit Sony Mobile's headquarter in Lund.



The second period of the autumn semester started in November. During this period, I studied FEKH22: Business-to-Business Marketing and INFE05: Mobile Industry Dynamics - from a Business Perspective. I enjoyed having lessons in the course INFE05 as the content was very special. The one of the lecturers of this course - Andreas Constantinou is a founder of a leading analyst firm on the developer economy, who is very experienced and is able to give interesting insights during class.

As the workload of these courses were relatively low and there were only a few lesson in November, I visited more places in this month.

My family managed to travel to Europe from Hong Kong and we visited Prague, Vienna, Hallstatt and Budapest together during mid-November. One place that is worth mentioning



is Hallstatt, which was declared as one of the World Heritage Sites in Austria by UNESCO. The view is really spectacular that I will never forget.



Apart from that, as Christmas was around the corner, there were Christmas markets everywhere, selling different kinds of food, decorations and other products. One of the memorable Christmas markets I went was the one in Budapest. There were singing performances and the people watching the performance sang and danced together as the performance went by. I truly experienced the local Hungarian way of celebrating Christmas happily together.

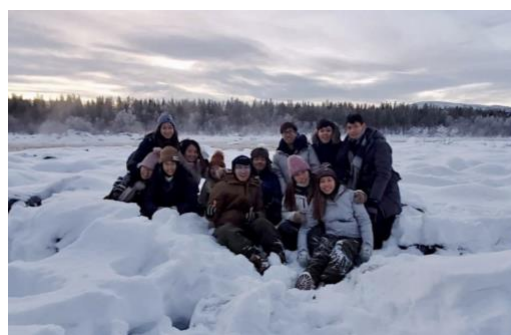
I then visited Berlin and Barcelona with my exchange friends and spent a great time there.



In this month, I enjoyed my time staying in Lund with my friends and also went on a few trips to different places.

One of the most unforgettable experiences I had during my exchange was the visit to Kiruna, situated in the far north of Swedish Lapland, in the Arctic Circle.

I went on a 3-day tour with my friends and spent 2 nights in a campsite there, hoping to see the northern light. My stay in Kiruna was amazing. It brought me back to the ancient times, where we had to build a campfire on our own - from picking the logs to chopping them.



My friends and I in Kiruna



Apart from that, I also experienced different kinds of activities in the campsite: ice-fishing, cross country skiing and having sauna under a -10 °C environment. Although it was cloudy that time and we were unable to see the northern light, I really enjoyed my time in Kiruna and it was definitely a once in a lifetime experience, staying in a traditional wooden house for 2 nights under an extremely cold weather.

After the Kiruna trip, I went back to Lund completing my remaining studies there. My semester ended on 17 Dec and as the assessments of my two courses were take-home examinations, I left Lund on 20 Dec and travel around Europe (Dublin, London, Italy and France) for the remaining time of my exchange till mid-January.

General Exchange Information

1) Visa Procedures

As I was holding the United Kingdom passport when I went on exchange, I was able to stay in Sweden for exchange without a residence permit/ visa (**This was the case as my exchange period was before Brexit in Jan 2020, please refer to the new guidelines on visa requirements if you hold the United Kingdom passport*). If you are holding a Hong Kong passport, you will need to apply for a residence permit through the Swedish Migration Agency for your exchange.

2) Orientation Activities

There was a two-week orientation period for exchange students before the start of the semester. During the orientation period, there were different kinds of activities organized by Lund University to let us learn more about Lund and Sweden and also to adapt to the new environment easily. I had the SUS course I mentioned before during this period as well and I met friends from different countries there. Apart from that, I also joined one of the orientation activities – half-day hiking with my friends and appreciate the nature and landscape of Sweden.

3) International Services & Activities

Each exchange student was assigned to a mentor group, which provided another opportunity to meet new friends. Apart from enjoying activities organized by your own mentor group, there were also joint-group activities when each mentor groups gathered together and had fun.

4) Accommodations

The demand for housing in Lund is very high, which makes finding accommodation during the exchange quite challenging. As housing *is not* guarantee to exchange students, I went through a long process in finding housing during my stay in Lund. There were several channels in finding accommodation in Lund:

- **LU Accommodation:** University's official housing agent. You can submit your application online. If you did not receive an offer just like me before, you should then go to other channels.
- **AF Bostäder:** a student housing agent, especially for newcomers. Before you are able to join the online lottery for housing, you have to become a member of Studentlund (student society of Lund University) first (SEK 100 for membership). You will then be

assigned with a wait time through lottery and the wait time determined your waiting position of a room. It was very competitive in finding rooms in AF Bostäder as well, if you still can't find accommodation, you can go to the third channel.

- **Bopoolen:** Another student housing agent recommended by university. You have to post an advertisement on the website and you will be contacted by individual landlords. Please be really careful when making decisions as there might be scams.

For me, I was not able to find accommodation for all the above means and fortunately, the International Desk of Lund offer me help and I was able to a corridor room one of the guest lodgings of Kemicentrum of Lund University. It was originally for postgraduates and researchers of the science department, however, since there were vacancies, I was able to stay there for the rest of my exchange. Therefore, finding accommodation can be a very long process in Lund.

5) Courses Registration

Course registration was relatively easy and simple. The course registration was done online. You will receive an email from LUSEM International Office where you can have a look at the courses Lund will be offering to international students in the coming semester. After that, you will be able to do the course registration online. It is quite special that the entire semester will be break into two periods and it is recommended to study two courses in each period. Therefore, you will be studying 4 courses in total during the entire exchange.

6) Teaching & Assessment Methods

It was more relaxing and interactive during lesson in Lund, compared to that in HKUST. During lesson, instead of just introducing and explaining concepts from the professors, there were more discussion and sharing of ideas in the lesson. Also, students were also expected to do readings and other preparation before class. I had 4 courses during my exchange and they were all very interesting. The summary of the 4 courses I took is as follows:

1st period

Course Title	Equivalent Course in HKUST	Workload
FEKH 92 Innovation Management	ISOM4020 Innovation Management and Technology Entrepreneurship (3 Cr)	- Oral Exam - Group Project
SASH56 Modern Design in Scandinavia	HUMA3000HMCC 3000-level Course in Humanities (3 Cr)	- 2 Take- home essay (800 words each)

2nd period

Course Title	Equivalent Course in HKUST	Workload
FEKH 22 Business-to- Business Marketing	MARK3510 Business to Business Marketing (4 Cr)	- Take-home written exam
INFE05 Mobile Industry Dynamics - from a Business Perspective	ISOM3000IS 3000-level Course in Information Systems, Business Statistics and Operations Management (3 Cr)	- 2 Group Assignments - 1 Take- home written exam

7) Sports & Recreation Facilities

There are a few gym rooms around Lund. However, the membership fee is not cheap. The way I do exercise in Lund was walking. As many places are easily accessible on foot, I enjoy walking around Lund instead of taking public transport.

8) Finance & Banking (including currency / expenses)

I used my credit card much often than cash during my exchange. Sweden is on the top of the list when it comes to a cashless society, different stores (from small local stores to chain and departments stores) accept credit cards (even contactless). To play safe, I brought 2 credit cards with me during exchange and it was definitely much more convenient to have a “back up” credit card.

While I mostly used credit card during my exchange, when I went to other European places (ie. UK/ Italy / France, etc...), cash was still the most common way to do transactions. Therefore, it is also recommended to bring an ATM card (Plus or Cirrus) with you so that

you can withdraw money from the local ATM with Plus or Cirrus network linked.

9) Social Clubs & Networking Opportunities

In Lund University, there are different nations that students can join. Each nation will organize different activity and everyone is allowed to join and have fun together.

10) Health & Safety

In case you get sick, there is a local hotline where you can seek for help and recommendations on the problem you are facing. Also, you can go and visit the local pharmacies and they will offer medicine based on your situation.

Lund is a very safe place where you don't really need to worry about the safety problem. However, if you are a girl, it is always recommended not to stay alone on streets during night because there are still risks.

11) Food

There are a large variety of food offered in Lund. For lunch and dinner, I mostly cooked with my friends so as to save money and it was also a way to have fun. If you are looking for nice and cozy place for fika, I will recommend *Love Coffee* (the best coffee I had in Lund) and *Coffee Break* (reasonable pricing and nice meal/coffee). They are both in Lund Central and you should definitely try these two shops as they offer really good food that I miss so much!

12) Transportation

The main public transport in Lund is bus (Skånetrafiken) and the tramway is under construction. Taking bus every time was a bit costly and therefore, people usually bike or ride electric scooter. I didn't buy a bike during my stay in Lund, instead, I would walk around and took bus sometimes. No matter what transport you are taking, make sure to pay attention to the surroundings and see how beautiful Lund is.

13) Climate

The weather was generally very good from August to September. It was sunny and the temperature was warm. In October, it was autumn, leaves were turning red everywhere (a very nice scene that you will seldom find in Hong Kong) and temperature was dropping. When it came to winter, since Lund was in the Northern part of Europe, it could be quite cold (normally 3°C to 6°C, but sometimes drops below 0°C). Make sure to bring enough clothes to keep warm (Of course you can also buy it in Lund, but there are less choices).

14) Communication

Communication was definitely not a problem as Swedish generally speak very good English. The Swedish I learnt in SUSA course also helped a bit for some daily conversations such as “Hej!” (Hey) and “Tack!” (Thank you). Swedish people are very friendly and therefore, you don’t have to worry much about having conversations with them.

Items to Bring

Documents

Passport	HKID Card
Residence Permit	Insurance Documents
Letter of Acceptance	

Banking and Finance

Cash (EUR + SEK)	Credit Cards x2
ATM Card (Plus/ Cirrus)	

Clothing

Daily clothing	Clothes for keeping warm (Heattech/ Down jacket)
Scarf	Shoes (*esp. water-proof)

Personal Items

Skincare	Medicines
Electronics	Chargers + Adaptors
Stationery / Calculator	Umbrella
Snacks (Cup noodles/ other snacks)	

Useful Links and Contacts

Visa

- Swedish Migration Agency:
<https://www.migrationsverket.se/English/Privateindividuals.html>

Accommodation

- LU Accommodation:
<https://applications.luaccommodation.lu.se/applications/>
- AF Bostäder:
<https://www.afbostader.se/>
- Bopoolen:
<https://bopoolen.nu/>