



**SPRING 2020**

# **EXCHANGE REPORT**

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**STOCKHOLM SCHOOL OF ECONOMICS**

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YEAR 3 (IS&OM)**

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# MONTHLY ACTIVITY LOG



## January

I arrived Stockholm on 12th January and mainly spent the time wandering around the neighborhood and settling down in dorm. I joined the orientation the next two days exploring the city and getting familiar with the school environment. Since I only took one course in the first period and there was one week's time before it started, I travelled to Copenhagen and Riga with my friends, starting off my first trip in exchange.





## February

In February, I had three trips and visited four cities, including Paris, Vilnius, Kyiv and Tallin. I also had a short day trip in Uppsala after visiting the Migration Board for the residence permit. Towards the end of the month, I mainly spent time on finishing the course group project and individual assignments.







## March

My course ended in early March and there was a two-week break before the start of the next period, so I planned to travel quite a lot of places. My first stop was Brussels and I tried its famous waffles and mussels. I then travelled to Warsaw, the capital of Poland, which is a quiet city with cheap and delicious food. The next stop was Iceland, the country with spectacular natural scenery and landscape. I joined a number of guided tours and visited tourist spots like the Golden Circle and Seljalandsfoss waterfall. Unfortunately, the weather was not good during my stay and I did not get to see aurora. After that, sadly due to the worsening covid-19 situation, I was forced to go back to Hong Kong in the middle of the exchange and continued classes in online mode.



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# GENERAL EXCHANGE INFORMATION

## Visa Procedures

I applied for the residence permit around 2.5 months before the exchange. For the application, you need to provide the acceptance letter from SSE, insurance proof and bank statement. Since the Consulate General of Sweden in Hong Kong no longer handle migration matters, they will only hand out decision letter. To have your residence permit card issued, you need to make reservation online and visit the local migration office after arriving Sweden.

## Orientation Activities

There were two days of orientation with introductory talk, guided bus tour and walkabout with the exchange committee in campus. There was also an introduction week with activities prepared by the exchange committee such as bowling, ice skating and different parties. You also need to get the access card to campus during orientation.

## International Services & Activities

Exchange students are welcomed to join student societies as they like. Student societies are all part of SASSE (the student association of SSE) and you will get to know more about the societies in the orientation day. You can join the SASSE Facebook group for exchange students, where you can get the updates on the organised activities. There will be a range of activities such as welcome banquet, buddy program and trip to Lapland.

## Accommodations

The housing application started in October and offer was released two weeks after the deadline. There are two housing options for exchange students, which are Saltis and Lappis. Since Saltis is located in city central and only a minute walk to the campus, I chose it as my first preference. The room I got was a 22 sqm single room with a monthly rent of 6100 SEK. You can collect your keys during the housing office's opening hours and receive the Lease Agreement, General Terms and Condition and the Rent Invoices for the first two months of your stay.

## Courses Registration

Registration for courses starts two months before the semester. You can register for the courses on the SSE Portal. As some courses fill up quickly, you are recommended to register as soon as possible. You can withdraw from the courses within three weeks from the course start. For some students, you may need to register Master courses and you will have to email the school to help you enroll those courses.



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## Teaching & Assessment Methods

I only had two courses: 8063 Execution – Running Your Own Company and 8064 Growth – Managing Your Firm. Both courses are SSES courses, which you will have lessons with other university students. Both used a blend of teaching methods including lectures, exercises and presentations, project work and group discussions.

## Sports & Recreation Facilities

There aren't any sports facilities in school but a gym next to the campus. You can also join the weekly practice of some sports team.

## Finance & Banking

For currency exchange rate, 1 SEK is equal to 0.82 HKD. Even though Stockholm is often regarded as a cashless city, shops in general still accept cash. During my stay, I had used both credit card and cash. I suggest bringing EUR or USD for exchanging currencies in Sweden or for travelling around. I also recommend getting Revolut app-card which is a great option for travelling to multiple countries.

## Social Clubs & Networking Opportunities

As mentioned, SASSE organises a range of activities during the two periods. You can always join the committees' facebook group to get updates on the upcoming events.

## Health & Safety

Stockholm is a very safe city in Europe, so I think there aren't really safety problems while for health, you can find information on [www.1177.se](http://www.1177.se) or from school.

## Food

Since eating out is quite costly in Stockholm (around 100 SEK), I mostly bought groceries from supermarkets and cook with friends. The cheapest chain supermarket is Lidl that is just below Saltis. Coop and ICA are the other options which provide more product variety comparing to Lidl. There are also a few Oriental markets selling Asian food near Saltis. For eat-out, I personally really like and would recommend the Thai restaurant called Full Moon Wok.

## Transportation

As the dorm is very convenient, I usually just went around the city on foot and did not buy the SL(Stockholm public transport system) monthly travel ticket. You can just buy the SL Access Card and top-up when needed. For transportation to and from the Arlanda Airport, I mostly took Flixbus since it is the cheapest way (5 to 7 euro). You can even get discount code from the Mecenat card for the purchase. For transport to Skavasta Airport, Flygbussarna bus should be the best choice which costs 159 SEK and took around one and a half hour.



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## Climate

It was not that cold as I thought and there were only a few days that snowed. The lowest temperature in January and February was about -3 to -5°C. The sunset time is usually around 5pm in January, so you may feel a bit depressed in the beginning.

## Communication

I bought a 5GB Telenor Fastpris prepaid SIM card for 199SEK in a convenience store when I arrived Stockholm. It allowed data usage within Sweden and EU, so it was quite convenient for travelling. After you used up the data, you can also top up the card at any convenience stores.

## Cautionary Measures

There is not cautionary measures to be noted.

# ITEMS TO BRING

- Acceptance letter
- Passport
- Laptop
- Phone and laptop chargers
- International travel adapters
- Credit card
- Down jackets
- Medicines
- Hand cream

# USEFUL LINKS AND CONTACTS

1. Useful information for SSE incoming exchange students  
<https://www.hhs.se/en/education/study-at-sse/global-opportunities/student-exchange/incoming-exchange-students/>
2. Swedish Migration Agency  
<https://www.migrationsverket.se/English/Private-individuals/Studying-and-researching-in-Sweden/Higher-education.html>
3. Information on public transport tickets  
<http://sl.se/en/fares--tickets/>