



## EXCHANGE REPORT (SPRING 2020)

**Lund University**  
**School of Economics and Management**

**LUNDS**  
UNIVERSITET

LEUNG Wing Hei | IS & MARK | Year 3





# MONTHLY ACTIVITY LOG

## January



I arrived at Lund on 13<sup>th</sup> January, a day before the orientation week starts, and also the earliest day for moving into the accommodation. The first few weeks were a blast and it was filled with many orientation activities and the Swedish introductory (SUSA) course. The activity I like the most was the Söderåsen Half Day Hike, it was a great opportunity to walk around in one of the national parks in Sweden as well as getting to know about other exchange students. Although the weather on that day was a bit rainy, I had so much fun hiking and met so many people there.

Other than the orientation activities, I enjoyed walking around in Lund. Lund is definitely a small city filled with surprise, and it is so cozy wandering around such a beautiful city. I really like the “Scandinavian” chill vibe it gives me. Also, there are quite a lot of coffee shops in the city (especially Espresso House, if you know what I am talking about :p), I spent a lot of afternoons sitting and chatting in the café having a nice fika (coffee break) with my friends.

Other than Lund, I often went to Malmö as well. Malmö is the 3<sup>rd</sup> largest city in Sweden and it is only an hour away from Lund. In Malmö, there are a few large shopping malls. Most importantly, the nearest IKEA from Lund is also located in Malmö. Therefore, I went to malmö quite a lot in the first month, especially IKEA, to purchase some daily necessities and room decoration.

After two weeks of hectic SUSA course and completing its examination, I finally started my traveling plan in Europe. I traveled to Austria, Germany and Prague with my friend who is having her exchange in another country. I was amazed by how easy and convenient it was for traveling to other European countries (the Schengen countries). You simply scan the air ticket QR code at the airport and you are all set!

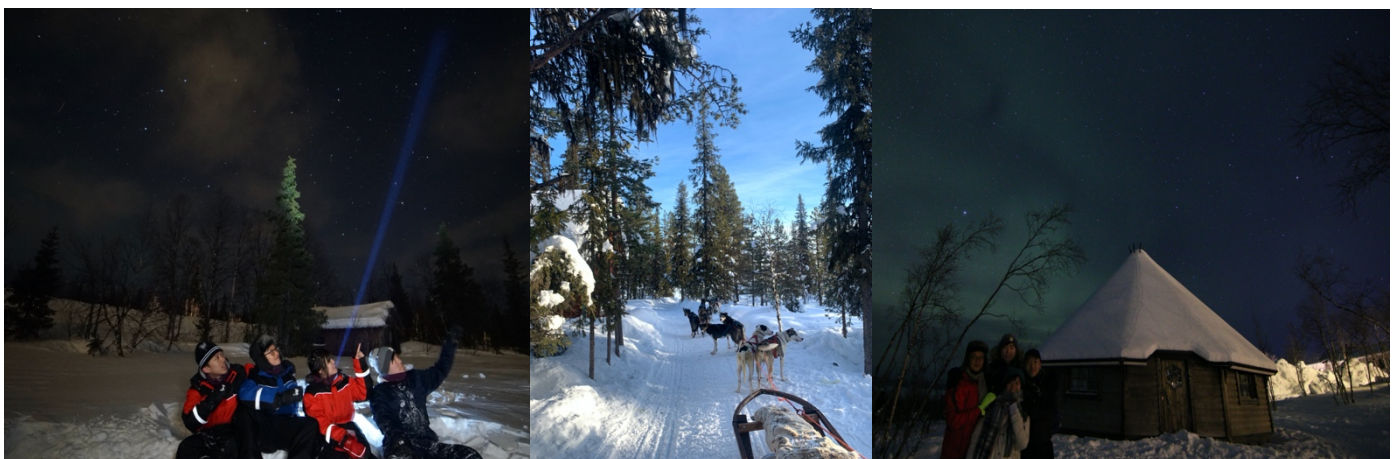




*Photos taken in Iceland*

In February, I found myself traveling in countries within northern Europe most of the time, as the course schedule was not tight and I have a lot of free time. Iceland is definitely a must-visit place if you like the nature, even if you don't, you will find yourself gasping for the magnificent formation of waterfalls and the breathtaking scenery once you see them. My friend and I joined a 3 day tour, including the Golden Circle, Blue Lagoon and the South Coast. One of the most exciting parts would definitely be the ice-caving, which allow us to walk on the ice and have a glimpse of what's inside the crystal blue cave.

After visiting Iceland, it soon came to the midterm exams of my courses FEKH92 and INFC65. Therefore, I spent a few weeks staying in Lund and preparing for my exams. One of the interesting things is the FEKH92 exam was conducted in an oral format with a group in three to four students. I think it is interesting because it resembles a game show, where the host (teacher) ask the questions and the contestants (students) answers it, each student will have their main round (which he/ she will be the first one to answer), and other students can add extra points other than the previous students.



*Photos taken in Kiruna and Abisko, Sweden*

After all the exams, I went to the northernmost part of Sweden and Norway to chase the Northern light. We were so lucky to be able to capture the beautiful northern light on the first night of our trip. One notable point is the temperature of night we took the picture with northern lights was  $-25^{\circ}\text{C}$ , in the middle of the night and even my eyelashes were frozen. So, if you plan to visit the north, please bear in mind that it could be super cold out there and remember to bring extra pairs of socks our else your toes will be the first thing to sacrifice.





*Photos taken in Barcelona, Spain*

As one of my course announced a sudden schedule change, I got a week-off so I traveled to Spain and Portugal with my friends. Originally, I planned to visit Spain again in the next month therefore I only went to Barcelona and save some spots for the next trip, however, thanks to corona, all of my trip plans have to be suspended ☹️. Nevertheless, I am grateful that I decided to pay a visit Barcelona at the first place. Though I only spent around 2 days there, I visited a lot of famous tourist spots such as Casa Mila, Casa Batlo, Park Güell and the Sagrada Família. I have always wanted to visit the Sagrada Família and it is definitely worth visiting. If you plan to visit there, please remember to buy the ticket online in at least 2 weeks in advance, because you can only visit there within your reserved timeslot and no walk-in is allowed.



*Photos taken in Lisbon, Portugal*

After 2 days of sightseeing in Barcelona, we directly depart from Spain to Lisbon in Portugal. I didn't expect much from Portugal but it turns out to be so much fun. As a dessert lover, I ate nearly 20 desserts with my friends during this trip (no regret). Also, there are a lot of good food and places to visit there. After returning from this trip, the corona situation started to get worse in Europe and since HKSAR government announced the red travel signal to Schengen countries, I have no choice but to cut my exchange journey short and return Hong Kong immediately. Though my exchange journey was much shorter than expected but I really had a great time and a lot of fun.

## GENERAL EXCHANGE INFORMATION

### Visa procedures

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By holding HKSAR Passport, you could stay 90 days in Sweden without applying for a visa. But since most of the exchange students will stay around 5 – 6 months in Sweden, you still have to apply for a residence permit. For the application procedures of Sweden, the details are in the following:

1. Receive the **Letter of Acceptance** from your exchange institutions
2. Apply visa via Migrationsverket (<https://www.migrationsverket.se/English/Private-individuals/Visiting-Sweden/Visit-Sweden-for-more-than-90-days.html>) and make sure that you have enough deposits in your bank account to show that you can support your living expense in Sweden.
3. Pay 1000SEK for the permit and receive your dossier number for successful application.
4. Bring the **email with dossier number and passport** or other identification at Swedish Migration Agency in Hong Kong for getting the decision letter.
5. Bring your **decision letter** to Sweden and book an appointment in Sweden (<https://www.migrationsverket.se/English/Contact-us/Book-an-appointment-before-you-visit-us.html>) for making the visa card as there is not Embassy of Sweden in Hong Kong. I made the permit in Malmö as it is the nearest Swedish Migration Agency from Lund.

### Orientation Activities

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Lund University provides a great variety of orientation activities for exchange students in the first two weeks of the semester, from hiking tour, language lessons, Welcome Party, concert to pubbing. Some of them are charged. You can buy tickets with cash on the arrival day and follow the schedule to participate in the events you are interested.

Here are some of the activities that I joined and highly recommended:

- **SUSA11, Swedish: Introductory Course for Exchange Students 1:**  
Together with other exchange students from all around the world, you could learn some basics of the Swedish Language in two weeks. If you successfully pass the course, you may apply for 2 cr of credit transfer.
- **Söderåsen National Park Hiking Tour:**  
Half day excursion to a truly uninterrupted forest, just one hour driving distance away from Lund city centre. You can register the event online and pay 150 SEK.

### International services & Activities

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Exchange students are assigned to different mentor groups before the semester starts. Depending on how engaged your group members are, there may be gathering and hangouts throughout the semester. For academic inquiries, you may directly send email to the international desk and ask for help.

## Accommodations

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There are 3 major ways of looking for accommodation in Lund: LU Accommodation, AF Bostäder, Bopoolen.nu.

- **LU Accommodation:**

It is the official housing agent of Lund University. As housing is not guaranteed for exchange students, you have to apply for housing ASAP when the online application is opened (Housing application is processed in a first-come-first-served basis). Rumors heard that it is very hard to get a spot from LU accommodation, so I handle it really carefully when I applied for a dorm. Luckily, I got the offer in the main round and have secured my accommodation a few months before going to Lund.

\*\* There are different room types and locations you can choose from and prioritize them in your application. For me, I valued location rather than room type and I eventually got the corridor room at Biskopsgatan which is 10 minutes' walk from Lund C and 15 minutes away from LUSEM. It is like sharing a big apartment together with 6 other students from LU, if you would like to try living with others and get to know more people, corridor room would be a good choice. Also, my rent is approximately 3800 SEK/month.

\*\* For more details, please visit: <https://www.luaccommodation.lu.se/room-types-and-housing-areas>

- **AF Bostäder:**

If you got no offer, you can then take part in the newcomers (novischer) lottery by AF Bostäder, a student housing agent recommended by the university. You must be a member of Studentlund, the student society of Lund University, when applying for a lottery number, so go to their website (<https://www.afbostader.se/en/>) and pay SEK 100 for the membership (<https://www.studentlund.se/>).

- **Bopoolen.nu**

It is another trust-worthy student housing agent. For more details, please visit: <https://bopoolen.nu/en/>

## Course registration

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There will be a welcoming email from LUSEM International Office in late September which includes the link, login information and procedures of the admission process to Lund University (online application).

The application period for Spring semester usually starts on 1st October. You will be asked to provide some personal information and documents, academic transcript and image of passport for example, and apply for courses. A step-by-step guide on how to apply could be found after login to the system.

You could take up to 30 ECTS credits of courses for one semester, that is a total of 4 courses. (one regular course carries 7.5 ECTS credits) Lund University divides one semester into two periods. You are advised to take two courses in the 1st period and the other two in the 2nd period. During the online application, you are required to state 2 alternatives per course in case you are not enrolled in your first choices. That means you



will need to think of 12 courses you may want to take. You will also have to state whether or not you want to take the introductory Swedish course for exchange student (SUSA), one of the activities in orientation weeks, in this application process.

**\*\***You are advised to check the credit equivalence data base of UST ([https://crtran.ust.hk/credit\\_instit](https://crtran.ust.hk/credit_instit)) before registering for courses. If the course is not listed in the data base, you may request for course assessment from ARR.

## Teaching & assessment method

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The learning atmosphere is much more relaxed comparing to UST. Student's initiative and self-motivation are highly required. Unlike Hong Kong, courses do not start and end at the same time. I took 5 courses in total including the Introductory Swedish course.

1<sup>st</sup> period:

- **SUSA11 Swedish: Introductory Course for Exchange students 1**  
This course could be transferred as 2 free credits in UST. Lectures are given every day over the 2 orientation weeks. You will learn some basic Swedish terms and phrases which are very useful in daily life.  
Assessment method: All-MCs exam, it is optional but you have to pass the exam if you wish to receive the credit transfer.
- **INFC65 Informatics: Information Architecture**  
This course is equivalent to a 3-credit IS 3000 level elective. It mainly talks about the information architecture and the user interface. Techniques such as flow map, site map, personas, will be taught.  
Assessment method: 1 digital-written exam and 1 group project
- **FEKH92 Business Administration: Innovation Management**  
This course is equivalent to ISOM4020 or MGMT4220. It mainly talks about the innovation process and different phase of innovation. Also, it has a practical project collaboration with SONY, which was an interesting experience to work on.  
Assessment method: 1 oral exam and 1 group project

2<sup>nd</sup> period: \*note that due to corona virus, period 2 courses were adapted with online mode\*

- **SASH55 Introduction to Scandinavian Culture and Society**  
This course is equivalent to HUMA-CC. Discussing various topics regarding the Scandinavian culture, including novels, films, and welfare state. This course actually last for 2 period starting from late January till May.  
Assessment method: 3 essays
- **FEKH23 Business Administration: Brands and Branding in a dynamic world**  
This course is equivalent to MARK4450. Discussing various topics about branding.  
Assessment method: 1 final exam, 1 group case study

## Sports & Recreation facilities

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I didn't visit any sports facilities, but for I know, Viktoriastadion is the cheapest sport centre offering a range of facilities from a gym to courts for tennis, squash, badminton and so on. Some of my friends joined the local gym room and they usually offer 2 weeks free trial.

## Finance & banking

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Lund is basically a cashless city, most of the transactions can be done by credit card/ debit cards. Some of the shops even refuse to accept cash, so you have to apply for an ATM card/ Credit card beforehand. Note that you can only open a bank account in Sweden if you stay longer than a year, so for most exchange students, you are advised to apply for a credit card instead.

\*\* In total, I brought 2 credit cards and 1 Debit card with me

\*\* I didn't keep track of the precise total spending of my whole journey, but I spent approximately \$30000HKD on traveling for your reference

## Social clubs & Networking opportunities

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There are 13 student nations in Lund University organizing a very wide range of activities including but not limited to meal gatherings, pubs and clubs and parties. I personally joined Karmar Nation, which is next door to my dorm. From my experience, unless you plan to get highly involved with the nation, or else the choice of nations does not really matter.

You need to be a member of Studentlund and physically pay visit to the nation house within the orientation weeks to join a nation. Although you can only join one nation, with the Studentlund membership card (Studentkortet), you can participate in activities held by all other nations. There may not be discount for those activities though.

## Health & Safety

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Lund is a safe and calm city. However it is easy to get lost in the dark with no passerby to ask for direction, and having belongings stolen (especially bike assesories). For your information, there is NO CCTV camera on the campus. You should always take good care of your belongings, especially your laptop and bike. One of my friend always have his bike's light stolen by others so he decided to take it off the bike every time he leave his bike. Detailed information regarding local hospitals, clinics and pharmacies could be found in the student guide you received on the arrival day. In case of an emergency, call 112.

## Food

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Dining out is expensive (unless you are rich), but as a person who don't really know how to cook, most of the time, I parasitize at my friend's dorm and eat what they cook (glad that I can still do the dishes^\_^). Usually I buy my daily necessities and food from ICA next to Lund C train station. If you miss Asian food, you can also visit LokChan AB in Lund C as well. \*hint: must buy ben & jerry ice-cream\*



## Transportation

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I traveled by foot most of the time so I didn't buy a bike at all. But it would be nice if you can bike around in Lund, you may search for a second hand bike in the facebook page. However, I will take bus in bad weather. One-hour/one-day/30-day bus tickets could be bought using the app 'Skånetrafiken'. (Only available in Swedish version.) A one-hour bus ride within Lund normally costs 18.75SEK for students. Appropriate bus ticket bought with the app could also be used in Malmö, the city next to Lund.

## Climate

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Located in the Southern Sweden, Lund is indeed not that cold, but dry and windy. February is probably the coldest month with average temperature of 0°C. It was a bummer that I could not experience the Spring in Lund though. ☹

## Communication

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Most of the people can speak in English, but you can always use what you have learnt from SUSANA and practice some simple phrases when you shop in town. Facebook messenger and whatsapp were commonly used.

## Cautionary measures

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As mentioned in the part Health & Safety, Lund is safe, but you still need to stay alert. Stealing unattended belongings is unfortunately quite common in Lund. In the winter season, your phone battery could drop rapidly. It happens to me that my phone dies when I was out in the middle of nowhere at night. So, always bring one or more portable chargers with you.

## ITEMS TO BRING

- Passport
- HKID card
- Residence permit
- Acceptance letter
- Insurance documents
- Credit card
- Debit card
- Cash (~2000 SEK, EUR)
- Medicines
- Lip balm, hand cream
- Adaptors
- Phone
- Chargers
- Portable chargers
- Laptop
- Stationery
- Umbrella
- Hair dryer
- Bags (backpack, anti-theft crossbody bag\*\*)
- Jackets
- Clothes (winter, summer)
- Shoes
- Scarf
- Hats/ beanie
- Gloves
- HeatTech
- Slippers
- Snacks



## USEFUL LINKS & CONTACTS

[1] LUSEM's course list <https://www.lusem.lu.se/study/exchange/courses>

[2] LU Accommodation <https://www.luaccommodation.lu.se/accommodation-student/> [3] AF Bostäder <https://www.afbostader.se/en/>

[4] Studentlund <https://www.studentlund.se/>

[5] Bopoolen.nu <https://bopoolen.nu/en/>

[6] Swedish Migration Agency: apply for resident permit

<https://www.migrationsverket.se/English/Private-individuals/Studying-in-Sweden/Universities-and-university-college/How-to-apply-for-the-first-time.html>

[7] Credit equivalence data base of UST [https://crtran.ust.hk/credit\\_instit](https://crtran.ust.hk/credit_instit)

\*\*Feel free to get my contact from SBM Exchange Team by emailing at [bmugexch@ust.hk](mailto:bmugexch@ust.hk) if you need any help. ☺