
Exchange Report

Lund University, School of Economics and Management

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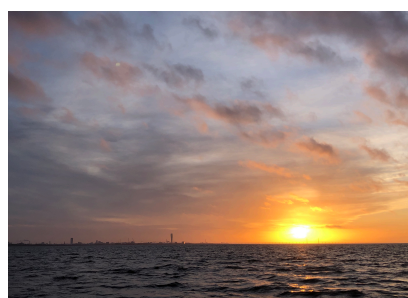
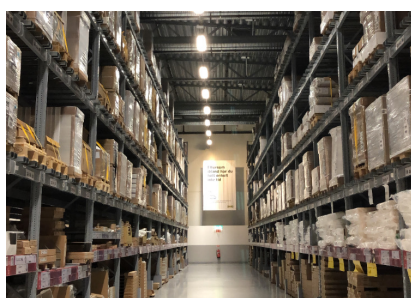
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Monthly Activity Log

January

I arrived at Copenhagen Airport on 13 January, the official arrival day for Lund University's international students. Staffs and student helpers waited me and other students at the airport. They helped us to buy train tickets to Lund. After 45 minutes, we arrived Lund. We then went to the registration venue and received welcome packages and room keys.

The first month in Lund was really fruitful. During the orientation weeks, I spent most of my time in Lund. I attended an introductory Swedish course for exchange students and met a lot of exchange students from other countries. I also had a lot of fun in orientation activities, like school tour organised by mentor group and food tasting fair served with Swedish delicacies. To get myself settled, I went shopping in IKEA in Malmö, the third largest city in Sweden nearby Lund. Besides staying in Lund, I went on a half-day trip to Lomma. I saw the best sunset there.



In late January, Chinese New Year approached. Other Hong Kong exchange students and I celebrated it by having a reunion dinner together. After that, I went to Czech with my friends. We visited Prague and Český Krumlov. It is a pretty country with long history and fine architecture. Trdelník, traditional Slovak rolled pastry, is a must-try street food.



February

At the beginning of the semester, the workload was not high. I had a short trip to Stockholm. I originally planned to meet a HKUST alumnus, and yet she was scared of me having COVID-19 (It turns out that I am still healthy.) so we didn't meet up. Although Stockholm is the capital of the Sweden, I would admit it is a boring city. However, it is a good place for shopping compared to Lund since most of the Swedish brands have their stores there. The subway stations there were very colourful, e.g. T-Centralen Station.

After the trip to Stockholm, I had a weekend trip to Copenhagen. The friends who were on exchange there guided me to visit around. It is an advanced but small city. We used a day to get to most of the attractions, ranging from Nyhavn to Design Museum Denmark. Using the student cards, we got a bunch of discounts in tourist spots. Grød, porridge, and Smørrebrød, traditional Scandinavian open-faced sandwich, should not be missed.



After a week, it was valentine's day. It was the happiest valentine's day in my life due to two reasons. First, I started dating my boyfriend. Second, I had a day trip to Malmö, visiting Malmö Castle and Stortorget. Sight-seeing is easy to do by foot. The perfect city is a perfect blend of old-world charm and ultra-modern cosmopolitan vibes.

After the day trip to Malmö, I travelled to Abisko and Kiruna, situated in Swedish Lapland, by a comfortable night train. Framed by mountain ranges and snow, these places are wonders to behold. Although I was not lucky enough to see much aurora, I enjoyed playing snow at Abisko National Park and dog sledding.



Apart from Swedish Lapland, I went on a trip to Switzerland with friends. Every inch of this country is stunning. I tried my first paragliding in Interlaken. I experienced thrilling heights and got the chance to touch the sky. Besides, we visited Jungfrau and enjoyed stunning panoramic views of the lush snowscapes surrounding us.



After my Switzerland trip, I started to focus on my academic studies. Even though I got a few presentations and assignments, the workload was not high.

March

After everything was done, I had a short trip to Marseille with my friend. Although it is known as “city of crime”, it is indeed a safe and peaceful place. People are helpful and the pace of the city is relaxing. Since the city is small, we used a few days to visit all the tourist spots, like Vieux Port, Boulevard Longchamp and Calanques National Park.

After the trip, the COVID-19 pandemic worldwide became exponentially serious that the HKSAR government issued the red outbound travel alert on all overseas countries. All exchange students were recommended to return back to Hong Kong. Before going back home, I went to Helsingborg, an old city nearby Lund with lots of beautiful historical architecture, to enjoy the very last moment in Sweden. Getting a bit lost wandering around is a good way to explore the city. Eventually, I packed my luggage and left Lund on 21 March with great reluctance.



General Exchange Information

Visa Procedures

With a valid Hong Kong passport, you can stay in Sweden up to 90 days without a visa. However, to stay there for a longer time, you need a residence permit. Application can be made online through the website of Swedish Migration Agency. Before applying, you have to get an official letter of acceptance from Lund University. International Office of LUSEM may send the letter lately so you better send an email request first.

The process usually takes two months so I recommend you to start your application once you know your exchange result. If your application is successful, you need to get a decision letter from the Consulate General of Sweden in Hong Kong in Wan Chai. Then you should make an appointment online to visit the Swedish Migration Agency located in Malmö for biometrics after arriving Sweden. The residence permit will be ready in 1 week and sent to your Swedish address.

Orientation Activities

Lund University provides a lot of activities for international students during orientation weeks. You may pay more attention to the emails sent by International Desk since most of the activities have limited spaces and you have to purchase tickets in advance. If you miss the online registration, you may still buy tickets on the arrival day.

Here are some activities that I recommend:

- **SUSA11 Swedish: Introductory Course for Exchange Students 1** - You can learn basic Swedish with other exchange students in two weeks. It is a good opportunity to meet new foreign friends.
- **Taste of Sweden** - It is a Swedish food-tasting event that you are able to try different Swedish delicacies, like meatballs and pickled herring (I recommend trying liquorice since it is a disaster to eat a whole pack of it).
- **Half-Day Söderåsen National Park Hiking Tour** - Although I was not able to join due to my sprained ankle, my friends joined this tour and enjoyed the hilly scenery.

International Services & Activities

Exchange students are assigned to different mentor groups. There will be self-organised gatherings throughout the semester. My group had a few activities, such as lunch gatherings and going to sittning, a Swedish seated meal. Besides, International Desk

organises a myriad of activities, ranging from workshops to cooking lessons, for international students as well. You may check out emails or the Facebook page of it.

If you need any help, contact your international coordinator.

Accommodations

The official housing agent of Lund University is LU Accommodation. However, housing is not guaranteed and on first-come-first-serve basis. Due to the inadequate supply, you are advised to apply as quickly as possible when the online application starts (Just like the course registration of HKUST.). You may prepare some personal information beforehand to fasten your application, e.g. HKUST contact. Although the competition was fierce, luckily all HKUST exchange students got offers in the first round (You do not have to be so worried.).

If you do not have offer, you may apply for housing through other channels. AF Bostäder and BoPoolen.nu are trustworthy housing agents recommended by Lund University. If you have to rent a place from private parties, make sure you communicate well with the landlord, read through all the T&Cs of the contract and be aware of scams.

During my exchange, I lived in a corridor room in Eddan, a new housing area where only international students reside. The rooms are big and new. There are supermarket, gym and pharmacy within 5 minutes' walk. However, it is far from city centre that it takes 15 minutes' bus to school and 30 minutes' bus to Lund Central Station.

Sparta International, Sofieberg and Michael Hansen are the closet housing areas nearby LUSEM. Do not consider accommodations in Malmö and Helsingborg since they are too far away from Lund University. Remember to bring your wireless router and LAN cable since usually there will be only network socket.

Courses Registration

Before course registration, you should start doing research on the courses that you wish to take in Lund University. Information of courses opened will be sent by LUSEM through email. Check the Credit Equivalence Database of HKUST to see if the courses you plan to register have been approved. If not, you have to submit an application form, together with the decision letter on MyStudyAbroad system and course syllabus, to ARR. The process takes at least a month so you are advised to do this as soon as possible.

Course registration can be done online easily by following the step-by-step guide sent from LUSEM. You will need the HKUST official transcript so you have to apply for it from ARR beforehand. You can take up to 30 ECTS for one semester, which means 4 to 5

courses. Lund University divides one semester into two periods. You are suggested to take 2 courses in each period. During application, you have to state 2 alternative courses for each course in case you are not successfully enrolled in your first choice. In total, you have to think of **at least 12 courses** you wish to take. If you want to take introductory Swedish course for exchange students, you have to state this in the application as well. This course will not count in the 30 ECTS.

Teaching & Assessment Methods

The learning and teaching mode is slightly different from Hong Kong's one. Students' self-motivation and initiative are important in academic studies. Make sure you check the timetable regularly since the schedule of courses are not fixed and may **change from time to time**. If you fail a course unfortunately, you may retake the exam until you pass (A professor told me that he got a student retaking the exam for 15 times). Due to COVID-19, all courses were conducted online since mid-March.

Here are the courses that I studied:

Lund University Course	HKUST Equivalent Course	Teaching & Assessment Methods
SUSA11 Swedish: Introductory Course for Exchange Students 1 (3 ECTS)	OTHRFREE Free Credits (2 Cr)	The course was boring and "chur". I rarely used back the Swedish learnt in daily life. There was one extremely hard MC exam right after the two-week classes.
NEKH21 Industrial Organisation (7.5 ECTS)	ECON4114 Industrial Organization and Competitive Strategy (4 Cr)	The professor mostly used one-way teaching so the lessons were dull. There were mandatory seminar and presentation. Assessments consisted of 2 group assignments and 1 final exam.
SASH55 Introduction to Scandinavian Culture and Society (7.5 ECTS)	HUMA1000HMCC 1000-level Course in Humanities (3 Cr)	The course was interesting since it talked about Scandinavian culture and society, with a particular focus on the emergence of modern society. There were 3 exam papers.
NEKG71 Development Economics (7.5 ECTS)	ECON4434 Economic Development and Growth (4 Cr)	Due to COVID-19, all classes were switched online. The professor posted lecture videos on Canvas. Assessments included 3 group assignments and 1 final exam.
FEKG95 From Barter to Bitcoin and beyond: Re-Imagining Money for a Sustainable Future (7.5 ECTS)	FINA3000LEVEL 3000-level Course in Finance (3 Cr)	Affected by COVID-19, the professor conducted classes through Zoom. There were many live discussions. However, the course was over-demanding that the lesson materials were too hard to digest and follow. Grading rubrics were not clear as well. There were only midterm and final papers.

Sports & Recreation Facilities

I am not a sports lover so I did not exercise at all during the exchange. As far as I know, Gerdahallen, one of the largest sports centres in Northern Europe, provides discounted prices for students. It offers classes including pilates and zumba. Fitness24Seven is one of the cheapest gyms. As the name indicates, it is open 24/7 so it is fantastic if you want to train in the evening.

Besides sports, there is too much to do in the city. Domkyrkan, Lund's famous cathedral, is a must go. I suggest picnicking in spring at The Lund University Botaniska Trädgården, which is a spacious botanical garden. Besides Lund, you may explore Skåne, a county where Lund locates. Trips to Helsingborg, Malmö and Ystad fill your weekend schedules. You will never feel bored since there is always something to explore.

Finance & Banking

Being a cashless country, some shops only accept card payment. Therefore, it is important for you to bring credit cards. Nearly all shops accept Visa and MasterCard, but not UnionPay and American Express. You may need to enter a 4-digit PIN code when paying. You may try enter 0000 but it does not always work (This never worked on me.). When using credit cards online, you may need one-time password which is sent to your Hong Kong number. Hence, you should keep your Hong Kong SIM card properly since you may need to change SIM card frequently (Some of my friends brought two phones, one with Sweden SIM card and another with Hong Kong's one.).

However, you are still recommended to bring a ATM card with PLUS or Cirrus logo since you may need cash when travelling to other countries. Remember to activate overseas ATM withdrawal service in advance.

The currency of Sweden is Swedish Krona (SEK). During my exchange, the currency rate was 1SEK:0.8HKD. The expense summary is as follows:

Item	Amount
Return Ticket	\$7000
Accommodation	\$10000
Living Expense	\$4000
Travel Expense	\$12000
Others	\$1000
<u>Total Expense</u>	<u>\$34000</u>

PayMe is a useful app when settling bills with other Hong Kong exchange students. You are suggested to download it before going to Sweden since you need your Hong Kong SIM card for registration. Another useful app is **Splitwise**. You can use it to keep track of shared bills and split them easily.

Social Clubs & Networking Opportunities

There are 13 student nations, which are large students clubs unique in Sweden. They organised a wide range of activities, such as pubs and formal balls. I joined Sydsåkanska Nation, which is near to LUSEM. It provides cheap lunch every Friday (This was my purpose of choosing this nation but eventually I never enjoyed it.).

To join these nations, you have to be a member of Studentlund and visit the nation house, i.e. nation's headquarter, personally. Though you can only join one nation, you may still join the activities organised by other nations (Usually with higher prices). Therefore, it does not matter to join any of the nations (Probably you do not have time to join the events as well.).

Health & Safety

I was so lucky that I did not get sick during exchange. If you are sick, you can visit pharmacies, clinics and hospitals. You do not have to worry about the fee since all incoming students in Lund University are covered with Student IN insurance. All details can be found on the student guide you receive on the arrival day. In case of emergency, call **112**. Although Sweden has a comprehensive healthcare system, before COVID-19 outbreak in Europe, I could not find any alcohol-based hand sanitisers, not to mention medical face masks. Therefore, you are advised to bring a sufficient amount of personal hygiene supplies if necessary.

Overall speaking, Lund is a safe city. Nonetheless, you have to pay attention to your personal belongings since CCTV is not common. Bike is usually the target of thieves. Besides, there are only a few street lamps and the population density is low. I recommend you not walking alone in the dark since it is not easy to ask for help if anything happens.

Food

Dining out is expensive in Lund. It costs around 100SEK for lunch and 200SEK for dinner. School restaurants provide cheaper food options, which cost 40SEK approximately.

Here are restaurants suggested if you want to dine out:

- **MAX Burgers** - Sweden "McDonald's" which serves fantastic burgers with fries.

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- Creperiet i Lund - Perfect crepes, especially the vegan one.
 - Broder Jakobs - Best place for “fika”, which means coffee time in Sweden. You must try semla, a cardamom-spiced wheat bun filled with a mix of milk and almond paste and whipped cream.
 - Valvet - All-you-can-eat Mediterranean food.
 - Mui Gong - Chinese restaurant which you should visit when having homesick.
 - Mat & Destillat - Classic Swedish food with pleasant atmosphere.

In most of the time, my friends and I cooked by ourselves (To be honest, I was responsible for dishwashing only since I did not know how to cook. It is important to make friends who cook well.). Among all supermarkets, Willys and Lidl sell food at the lowest priced, followed by ICA and Coop. There are always promotions so you may check out regularly. If you are homesick, you can visit Lokchan, an Asian supermarket. Remember to bring your own bag since plastic bags are charged. You may put the plastic bottles and aluminium cans in reverse vending machines located in large supermarkets to get back the deposits of these containers.

Transportation

Travelling with bikes is one of the best transportation options. Since buying a new bike is expensive, I suggest buying a second-hand bike. However, for people who do not know how to ride a bike (It is me.), riding bus is best way to move around in Lund. To travel from Lund to other localities in Skåne or Copenhagen, you will have to take the train. To buy the bus and train tickets, you have to download the app Skånetrafiken. Cash is not accepted as a means of payment so you have to buy the tickets beforehand. There are three types of tickets, 1-hour, 24-hours and 30-days. There is also student discount. In case of random check by the transportation company, you may use the Studentlund card to prove your student identity.

Climate

Located in the Southern Sweden, Lund is not as cold as expected. However, due to strong wind and heavy rain, feels-like temperature is always at least 3°C lower than the actual temperature. 2020 was the warmest year so there was rarely snow. February is the coldest month that the average temperature is 0°C. Starting from March, the weather gets better. Lund has short hours of daylight in winter, at most 6 hours per day. However, it will get better when spring comes.

Since holding umbrella is not common in Sweden (It is too windy to hold an umbrella and it is a norm.), you are suggested to bring a *waterproof and windproof jacket*. Avoid your body exposed by wearing scarfs and gloves.

Communication

Most Swedes speak perfect English so you can communicate with them smoothly in most of the time. The only communication barrier is written languages. The use of English in written work is rare. You can seldom see English on the food packages or restaurant menus. Therefore, you shall always keep Google Translate ready.

You are advised to buy the SIM card in Lund. On the arrival day, Lund University gave us SIM cards which phone service provider was Telenor. It has the cheapest prepaid plans.

Other Notes

There are a number of Facebook groups where people buy and sell second-hand things in Lund. Everything is sold in the groups and you may bring less luggage from Hong Kong.

Items to Bring

Documents			
Passport	HKID Card	Decision Letter	Acceptance Letter
Insurance Documents	Passport Photos	Copies of Documents	

Banking and Finance		
Cash (EUR + SEK)	Credit Cards	ATM Cards

Clothing	
Wind-proof and Water-proof Winter Clothing	Summer Clothing

Electronics			
Wireless Router and LAN Cable		Laptop	Mobile Phone
Chargers	Calculator	Hair Dryer	Adaptors

Personal Items			
Skincare Products	Medicines	Umbrella	Raincoat
Stationary			

Others		
Carry-on Bags	Body Wallet	Hong Kong Snacks

Useful Links and Contacts

- Lund University - <https://www.lunduniversity.lu.se>
- LUSEM - <https://www.lusem.lu.se>
- LUSEM's Course List for Exchange Students - <https://www.lusem.lu.se/study/international-opportunities/exchange/incoming/courses>
- LU Accommodation - <https://www.luaccommodation.lu.se/accommodation-student/>
- AF Bostäder - <https://www.afbostader.se/en/>
- BoPoolen.nu - <https://bopoolen.nu/en/>
- Studentlund - <https://www.studentlund.se>
- Swedish Migration Agency - <https://www.migrationsverket.se/English/Startpage.html>

Wish you a fruitful exchange journey at Lund University! If you have any questions or more information is needed, feel free to get my contact by emailing SBM Exchange Team at bmugexch@ust.hk.