



LUND
UNIVERSITY

Exchange Report

LUND UNIVERSITY, LUSEM

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---“Despite all the hardships caused by the pandemic, I still found my two-month stay in Lund the best memory in my university life” ---

Monthly Activity Log

JANUARY 2020

Three things I did before leaving Hong Kong.

1. Got my hair dyed for the first time (BLUE GRAY)
2. Learned cooking for the first time (I just bought a book and left it UNTOUCHED)
3. Flew to Vietnam and enjoyed a hot summer (Sweden is COLD)



I arrived in Lund on 13th January. In the first two weeks, there were loads of orientation activities and I made lots of new friends around the world! I met most of the important people who constituted my wonderful exchange life in this period.

In total 7 students from HKUST in Lund, and none of us could cook well. So, I became the chef who is in charge of everyone's meals in default. From having fast food everyday to cooking simple dishes and not even knowing how to preheat the oven, and eventually being able to make Asian cuisine with limited ingredient and share with westerners, it was indeed a great improvement.

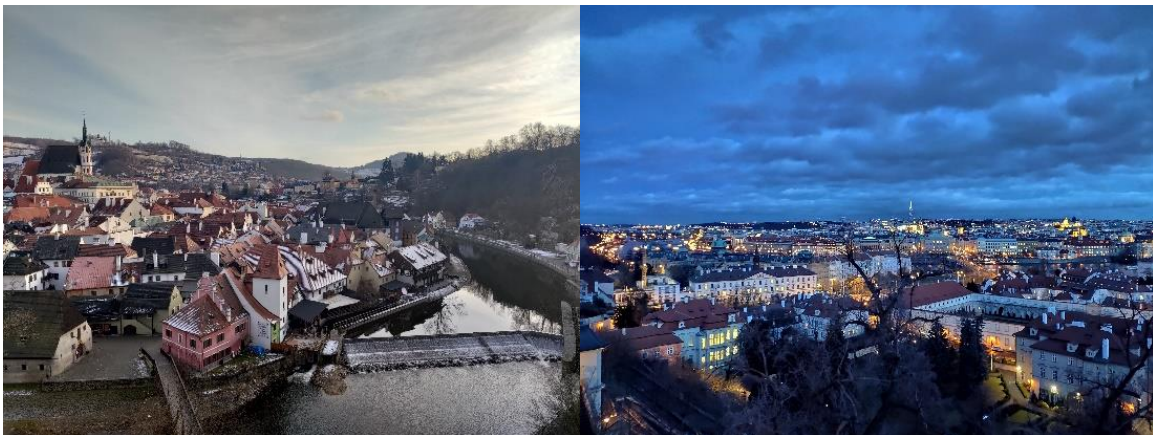


Another thing that needs to be mentioned is how I celebrated Lunar New Year. Although we had 12 people celebrating together, and most of us had an “Asian” face, I was the only one born in Asia. So you can see in the photo, I was the only one wearing in red.....

Everyone was required to prepare one cuisine for the day and I decided to cook Sago with coconut milk. I did not know what was the proper name of the dessert at that time, so it was named the “mini bubble tea”. Definitely a great piece of memory for me.



At the end of January, I had my first travel in Europe since arrival! I went to Prague and it was indeed a historic, beautiful and fascinating place. The astonishing night view from a castle on the mountain top, drinking beer in every meal, cheap but quality food..... I will recommend every friend of mine to go there.



FEBRUARY 2020

Given my limited time staying in Lund, I can tell February 2020 was the best month I had (In fact February is the only full month I stayed in Europe haha).

Three places I went:

1. Copenhagen

Copenhagen is a must-visit place for Lund exchange students because we always need to take the flight in Copenhagen Airport. During my two-day-one-night stay there, I can tell Copenhagen is a pretty city, but unfortunately I was not able to visit most of the famous spots because the weather was very bad (quite common in Scandinavia Winter).

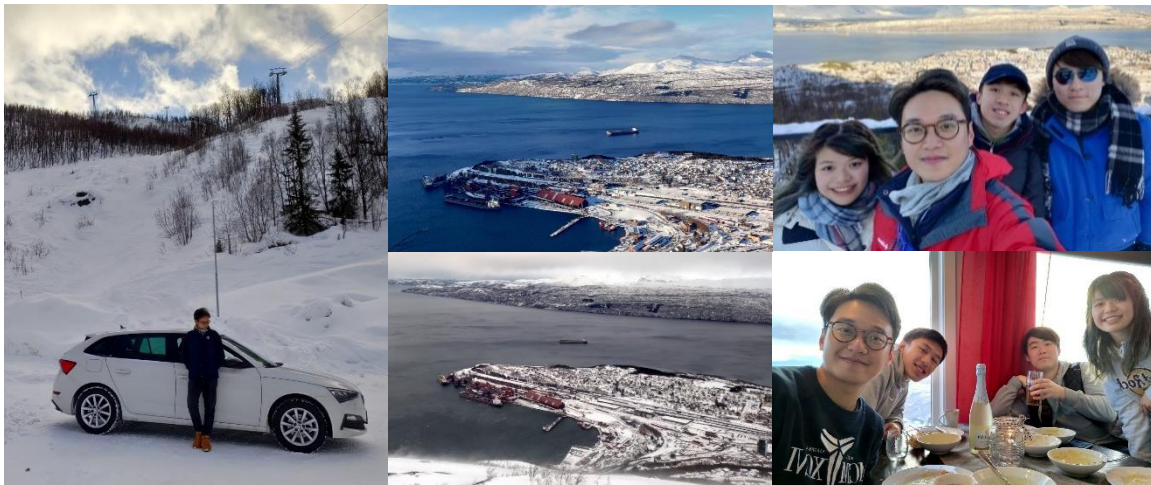
The most remarkable part is the people I went with. I went there with a group of Asian faces who were not born in Asia. It was interesting (and exciting) to see the cultural difference between us, especially at night after some drinks..... One fun fact: I accidentally discovered that one of them is my distant relative! His aunt in Canada married my cousin in Canada, and they gave birth to a child, so we are kind of connected by blood LOL What a small world!



2. Lapland (for Aurora)

Here is the highlight of this month: my trip to Lapland and I nearly literally LOST MY LIFE there. With other three exchange students from Hong Kong, we had an unforgettable self-drive tour there.





We managed to catch the Aurora on the first day with naked eyes due to the good weather, and it probably used up all our luck. In the town of Narvik in Norway, we went hiking on a sunny day, but when we were approaching our destination, the weather turned bad rapidly and became very snowy and windy. We could barely see each other under strong wind and I even got separated from others. The 5 minutes that I was alone in the mountain under severe weather was the most remarkable memory. Luckily, we were rescued by others and managed to go down the mountain safely.

3. Britain

First of all, I am a big fan of Chelsea, and I hate Manchester United. The only competition that I was able to watch in Chelsea Stamford Bridge Stadium was ruined by MU.

Secondly, if you plan to watch a football match, make sure you join the official fans club membership (at least several months earlier) and purchase your ticket there. Scalper tickets can be up to 10 times more expensive!

On top of football, another reason I went to Britain was visiting my cousin who is very good at making Chinese cuisine. I just missed the taste of home too much.



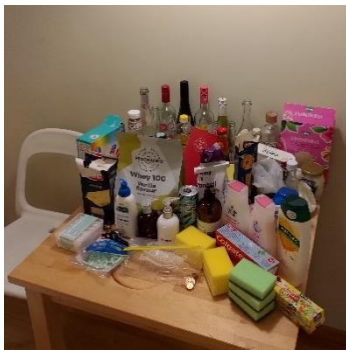
MARCH 2020

It was a month of saying goodbye. As the pandemic was spreading in Europe, more and more people left and I made the decision and went back to Hong Kong on the 20th of March, a day that I originally planned to go to Budapest.

Everything was in a rush so there were many things that I could not bring with me, and I took a picture for them to officially mark the unexpected end of my exchange.

Although the situation was getting worse, my new friends and I still managed to gather before we left and had a mini birthday party for one of them. We were not sure about when it will be the first time we met each other, but at least we met each other and created some memories in these three months, so you can see we all had big smiles!

Goodbye my friends. Goodbye Sweden. Goodbye exchange.



*(all my inventory)



*(farewell meal for frds)



*(packing suitcase)



General exchange information

1. Visa Procedure

Firstly, apply online on the website of the Swedish Migration Agency. If the application is approved, **remember** to go to their office in Hong Kong to take your decision letter.

Make sure you go there during the opening hours, which is very short.

After arrival, you need to present your Hong Kong passport with the admission letter and decision letter to go through immigration. After that, in order to get the residence permit which allows you to stay for longer than three months, you need to make an appointment online and go to their office in Malmo to record your fingerprint and take a portrait.

You may make an appointment before you arrive Sweden, but you do not need to worry as making an appointment is quick and easy. The waiting time is usually less than a month.

2. Orientation Activities

Lund has awesome orientations for exchange students. Before the semester starts, you will receive an orientation booklet from Lund, and it will detailly list all the activities you can join in the first two weeks. There is not any lesson in that period!

You will be assigned to a mentor group. **My tip here:** You can freely join the activities held by other groups. Try different groups and join the one suit you the most!

On top of the mentor group, you can choose your own **NATION**. They all have very different selling points and culture so again make sure you spend time with as many Nations as you can and choose your best suit!

(One of my regrets is not joining their activities but going to travel too early)

3. International Services & Activities

Follow their Facebook page called “International Desk at Lund University”.

4. Accommodations

The top choice for business students is always **Sofieburg**. Own laundry, own kitchen, big room, and very closed to LUSEM (the business school of Lund). However, space is very limited.

I lived in **Bautastenen**. This place has obvious cons: super far away from LUSEM and quite far away from Lund C (city center), and there isn't much chance for you to know the neighborhood as we do not have any common space or sharing facilities. However, as one of the most unpopular choice, I would like to highlight some pros of it:

- a. Privacy: only need to share your living room, kitchen, laundry, and washroom with your flatmate.
- b. Kind-of convenient: It is the only accommodation which is connected by a train station called Gunnesbo (because it is the most remote one...). So, if you would like to go anywhere by train, you can skip the step of taking a bus to Lund C.
- c. Shopping-friendly: It is quite closed to the largest shopping mall in Lund – Nova. There are also three big supermarkets, namely ICA, COOP and CITY GROSS in the same region.

In case you do not have an offer from the official LU accommodation, you can consider the AF Böstader. I do not know much about it but some of my friends living there had very positive feedback.

5. Courses Registration

Unlike UST, usually you can enroll in the class you pick. Interestingly, they sub-divide one semester into two, and ideally you will study two courses for each sub-semester.

Although you will only take four courses in normal circumstances, you will be asked to pick 2 back-up courses for each of them, so you need to pick 12 courses in total during the online courses registration,

Tips: They can offer very different courses in fall and spring, so do not solely rely on the HKUST credit transfer database.

6. Teaching & Assessment Methods

Attendance for the first lecture is compulsory for all courses. Other than that, most of the courses do not take attendance, but I highly recommend everyone to take part in every lesson as most of them are quite interactive, open-minded, and interesting.

Comparing to Hong Kong there are more group projects, open-ended essays, and presentations, but you seldom need to memorize things. Very different from traditional Asian education.

7. Sports & Recreation Facilities

There is not a university gym, but there are quite a lot of privately-owned gym rooms in the town. They are not free-of-charge, but usually there will be student discounts.

To my knowledge, the cheapest gym in the town is in the Victoria Stadium. Membership for one semester is roughly 500 HKD.

8. Finance & Banking

Swedish Krona is the official currency in Sweden, but people seldom use cash as electronic payment is very popular and convenient in Sweden. In my opinion, bringing 1,000 SEK cash is already enough.

For credit card payment, if they require a 4-digit PIN code, just tell them you would like to complete the transaction by signature. They will later double-check the payment details with your ID card.

I remember exchange students are not eligible for a bank account in Sweden, and UnionPay is very unpopular there. So, on top of the UnionPay ATM card that we always use in Hong Kong, I would suggest applying for a VISA Plus or MASTER Circus ATM card in Hong Kong before you go. I think Standard Chartered, HSBC and Citibank have this service.

9. Social Clubs & Networking Opportunities

Join more activities organized by the mentor group and your Nation!

10. Health & Safety

I have a say on this topic.

HKUST has insurance, Lund has insurance, and I purchased additional insurance for myself, so there are “triple protection” for me.

Unfortunately, I was injured during biking, and the wound went quite serious that I could not handle it by myself, so I have the chance to “enjoy” the medical services in Sweden. For the insurance claim, I suggest using the HKUST insurance or your personal insurance purchased in Hong Kong so that the payment is not subject to cable transfer charge.

There are hospitals and clinics and you can easily find their contact and address in the guidebook you received from Lund. But if you would like to make a phone call reservation, there is one potential problem: the recording is not in English but in Swedish. My advice is to ask one of your Swedish friends to help, or just walk in.

For minor issues, daily medicine or first aid tool kit can be easily purchased from “Apotek”, which means pharmacy in Swedish.

11. Food

Students usually cook by themselves as dining out can be expensive. Make sure you make use of the supermarkets’ weekly or bi-weekly discount as the discounts are quite big. I will share a useful link that combines all the latest supermarket discounts. I used it every time!

Shopping Tip: some of the discounted items are “member-only price”, and we are not eligible for a supermarket membership. They are written in Swedish so be careful.

If you would like to make Asian cuisine, you can visit LokChan and Kött & Spices in Lund C and they are the only Asian markets in the town.

If you would like to purchase some alcoholic drinks, the only place you can buy is the state-owned Systembolaget. Bring your passport with you so that they can ensure you are above 18 years old (esp. Asian all look quite young from their perspective).

12. Transportation

“Skånetrafiken” is a mobile app that everyone uses in Sweden. With this app, you can easily purchase your bus ticket and train ticket in Sweden or even Copenhagen. While we can enjoy the student discounted price, there are three types of tickets: Single, 24-hour pass and monthly pass, the longer the period the higher the price. The price is also determined by how big your “travel zone” is.

Biking is another option. It is cheaper and convenient so there are lots of bikes in Lund. For me, I biked in most circumstances, but it can be quite tiring when you are biking uphill (Lund is a hilly town) I have lots of to share and here are my suggestions:

- Most of the bikes do not have handbrakes on both sides. You either practice more to get used to it or search for a two-sided handbrake bike.
- Second-hand bikes in stores are generally expensive, low quality and out of maintenance. I suggest using the second-hand transaction function on Facebook.
- In the first month, due to the sudden increase in demand, the second-hand bikes in Lund will be a bit over-priced. You can extend your search to Malmo and actually it is very convenient to carry your bike from Malmo to Lund (and you need to purchase a special ticket for the bike if you take the train)
- Front and back light are compulsory for Lund. Driving a bike at night without them is illegal. If the lights do not come with your bike, you can search for them in NOVA or other shops. The cheapest I saw was priced at around 50 SEK.
- The bicycle lock is important as well. Usually second-handed bikes will come with a lock, but if the lock is rusty, you may wish to purchase a new one as a rusty lock is EXTREMELY difficult to open (I had three broken rusty locks back then...)
- Uninstall your lights after parking your bike. Lund is a safe town, but your lights can still be potentially stolen by others.
- If your bike is broken, or you would like to fix or tune your second-handed bike, there is a workshop every week that provide participants with tools, second-handed components and free-of-charge teachings from volunteers. The link is provided at the end.

13. Climate

In winter, the weather changes quickly and you can witness four seasons in one day. The most horrible weather is windy and rainy, especially when you are biking (be careful on the road condition). You either do not use an umbrella or use a very rigid one to shield you from strong wind.

At the time I left Lund, which was March, since summer is coming, the weather was incredibly good, and Lund was very beautiful under sunshine.

14. Communication

Swedish generally speak great English, so there are little language barriers. To make friends with students around the globe, according to my observation, Facebook Messenger seems to be the most popular and international one.

For internet access, students are suggested to bring their own WIFI router otherwise you need to buy in Lund, and it is expensive there. Regarding the mobile data, I purchased a pre-paid card in Hong Kong beforehand so that I could use it in the first few days. After that, students can use the service provided by Telenor. The pros of Telenor are you can make phone calls and receive SMS while a pre-paid card can only connect to the internet.

15. Cautionary measures

Do not risk your life like me during hiking in Norway. Plan your trip as detailed as possible. Bring a box of masks in case of anything as you can hardly purchase one there.

16. Other notes

There are some student discount associations that I highly recommend:

- A. Studentlund: It is the association of Lund's Student Union. You can enjoy various discounts like Flixbus.
- B. Erasmus Student Network (ESN): With this membership, students can enjoy cheaper ticket prices and free-of-charge free check-in luggage of RYANAIR!
- C. International Student Identity Card (ISIC): You can either apply it with the student identity of Lund or HKUST. Applying with Lund student identity is cheaper as the cost is SEK 300 compared to HKD 300. In other countries in Europe, the student card of Lund can be less recognized so that you will need it.
- D. Finnair/SAS Youth: You do not need to join any membership for this one. Just make sure you compare the youth fare with the results from Skyscanner.

For shopping, on top of NOVA in Lund, you may also consider Emporia (and of course IKEA) in Malmo. I think Emporia is the largest shopping mall in the region.

For traveling, sometimes flight from Malmo Airport is cheaper than Copenhagen Airport.

Items to bring

Since you can easily find a general list from Google / other previous exchange reports, I will just mention some less popular and Lund-specific items here for your consideration:

Rice cooker

The taste is very different when you cook rice from a simple pot

Hair Dryer

You may also purchase a second-handed one after arrival.

Electric Water Boiler

If you have a habit of drinking warm water like me, bring it with you or buy one in Lund.

A vacuum flask

For hot water.

Wi-Fi Router + LAN cable

This is VERY IMPORTANT! Do not forget the charger and the LAN cable. It is quite hard to find a second-handed one in the beginning.

Warm, wind-shielding, and water-resistant jacket

The combination of cold, windy, and rainy is a huge challenge for sub-tropical kids. However, you might also consider buying one there because there will be big sales in January every year.

A pair of water-resistant shoes with good tractions

Basically, something like “Timberland”. If you are lucky enough, you can also purchase it in Sweden during big sales in January. On top of Timberland, Hayley Hanson is also a good choice. The famous chain store “Stadium” sells budget and quality sportswear and shoes.

A small backpack that fit the restriction of low-cost air carriers

Otherwise, you need to pay a huge cost for your luggage.

Wind-shielding and warm Facemask

I am not referring to the medical one but the one that people usually use when it is too cold. When you are biking, the wind can be too strong, and your face will feel very cold.

Rigid and wind-shielding umbrella

Normal umbrella can be easily destroyed

Useful links:

1. International Desk of Lund

<https://www.facebook.com/internationaldesk/>

2. Supermarket discounts

https://www.kampanjveckan.se/reklamblad?gclid=CjoKCQIAzMDTBRDDARIsABX4AWzW5Eap2lFIVj4cjWbeANM-19PNdm7M6g8UjxvIFkmo-XGoPnCOJGooAqyTEALw_wcB

3. Bicycle repairing workshop

<https://www.facebook.com/Bike-Kitchen-Lund-1614394048783886/>

4. ESN RYANAIR Discount

<https://www.esncard.org/ryanair>

5. OMIO: International travel transportation planning

<https://www.omio.com/>

6. SJ: High speed railway ticket in Sweden

<https://www.sj.se/en/home.html#/>

7. Splitwise: An app to do accounting work and split the bills in different currencies

<https://www.splitwise.com/>