

EXCHANGE REPORT

Cloris Lau Hoi Ning (Major in FINA & IS)
Spring Term 2021-2022
Stockholm School of Economics
Sweden

Part I – Monthly Activity Log

January 2022

I have arrived Sweden on 3/1 and have travelled inside the country before school starts. My friends and I went to Stockholm, Gothenburg, Uppsala and Malmö. It was really nice to understand the Swedish culture and try out traditional Swedish cuisines. The coldness and short daylight had taken me some time to adapt.



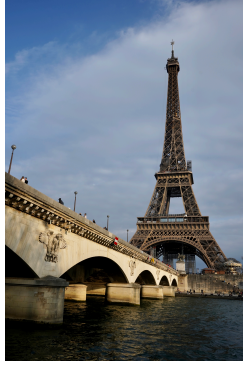
February 2022

Coursework starting to get intense in February. I have spent quite an amount of time and effort to do group project and case studies. I have managed to go to two trips. In early February, I have travelled to Amsterdam and Brussels. At the end of February, I have travelled to Abisko. It is truly astonishing to see the aurora and I had a fun time trying Husky sledging.



March 2022

At the start of March, I have travelled to Liverpool and London. It was nice to watch a football match in Anfield and Phantom of the Opera in London. To prepare for the two exams I had in mid-March, I have studied in the library for a week. After the exam, I have spent my two-week holiday travelling to Paris and Edinburgh.



April 2022

In this period, I only registered for one course. Hence, I have more spare time to explore the city and enjoy the local culture. I had two trips in this month. For one I have went to Vienna and Budapest. And the other one I have travelled to Amsterdam again for the tulip and visited Copenhagen. 30 April is the Walpurgis Night, the night for bonfire in Sweden. On this day people will hang out with friends and celebrate. I had a great time in Skansen to enjoy the choral singing, spring speech and bonfire on the night.



May 2022

On the beginning of the month, I went to two countries in the Baltic, Lithuania and Estonia. After that, I went to a solo trip to Norway following the Norway in a nutshell tour recommendation. Finally, I have travelled to Italy before my final examinations.



July 2022

I had my examination on 1st June. Then, I spent most of my time packing as I have returned back to Hong Kong two days later.

Part II General Exchange Information

Visa Procedure

In general, the visa took around 2 months to be granted. I have applied for visa once I received the acceptance letter from SSE. As Sweden does not have an embassy in Hong Kong, you could only receive the decision letter from Consulate General in Hong Kong to prove that you been given a permit of residence in Sweden during the specific time. When entering Sweden, just show this decision letter alongside your passport would allow a smooth entry. And when you arrived Sweden, you could apply online to visit Swedish Migration Agency's office for the issuance of resident permit.

Orientation Activities

Originally SSE will be holding a two-day orientation at Early January. Due to COVID restrictions, one day where we would have bus tour to travel around Stockholm was cancelled. We only joined the school tour to visit different rooms and student societies in SSE. Usually all exchange students would join the orientation, therefore it is a great opportunity to meet with other exchange students.

International Services & Activities

SSE has an exchange committee that will organise different activities for exchange students, such as gatherings, museum visits, banquets, to name but a few. Usually they would send out an application form via WhatsApp group and you could apply if it interests you.

Accommodations

SSE provides two dormitory location to choose: Saltis and Lappis. Saltis is in city centre and very close to SSE so I have chosen Saltis as my preference. You have to go to the website provided by SSE to fill in your top two preferences. At last, I was given my second preference which is a shared room in Saltis. Saltis is in the city center, which is really convenient. It takes around 20 minutes to walk to the train station and around 25 minutes to walk to Gamla Stan, the old town. Therefore, I quite recommend to pick Saltis as your dormitory.

Courses Registration

You can register the courses via SSE's online portal. If you would like to study master-level courses, remember to seek pre-approval from SSE beforehand.

Teaching & Assessment Method

Teaching methods are quite similar to UST. More marks are usually allocated to participation so it would be better to participate actively in class. The professors are quite nice so if you have any questions regarding the syllabus or anything, you could feel free to talk to them after class or send an email to them.

Sports & Recreation Facilities

There are many sports club you can join at SSE. However, inside the campus there is not much sport facilities you could use.

Finance & Banking (including currency / expenses)

Sweden has their own currency SEK. Usually euro is not except in there. However, it is not necessary to exchange SEK in cash beforehand as Sweden is a cashless city.

I have used HSBC's Mastercard Debit Card and I quite recommend it as it does not charge any fees when paying aboard.

Social Clubs and Networking Opportunities

At the start of the term, you will be invited to join a range of social clubs. You could choose the clubs that interest you and hand in the application via email. As for networking opportunities, there are a lot of gatherings organised by the exchange committee you could join.

Health and Safety

Sweden in general is a safe country. However, it could be quick dark and quiet in midnight so it would be better to go back home earlier.

Food

I usually cook at the dormitory since dining out is relatively expensive in Stockholm. Lidl is a supermarket near my dormitory with the cheapest price but with less variety. Sometimes I will go to Coop to buy groceries as well.

Transportation

The transportation network in Sweden is well-developed. Mostly I would take the underground and bus. The pricing for the transportation is SEK 26 for discounted student fare that is valid for 75 minutes. As I live in Saltis, which is in the city centre, I mostly walk to the place instead of taking transportation.

Climate

Sweden is really cold. When I first arrive in January, almost every day is below zero degrees. The weather starts to get warmer bit by bit. But still, I will always wear HEATTECH whenever I go. It would be great if you bring your own HEATTECH to Sweden as buying the same clothes in Sweden will cost you much more than in Hong Kong.

Communication

People mostly use Whatsapp and Facebook Messenger for communication.

Cautionary measures

The school will provide insurance cover for the exchange.

Items to bring

- Warm clothes
- Credit card
- Camera
- Charger
- Medicine

Useful Links and Contacts

- Study at the Stockholm School of Economics:
<https://www.hhs.se/en/education/study-at-sse/>
- Sweden Migration Agency:
<https://www.migrationsverket.se/English/Startpage.html>