



Exchange Report

Lund University, Sweden

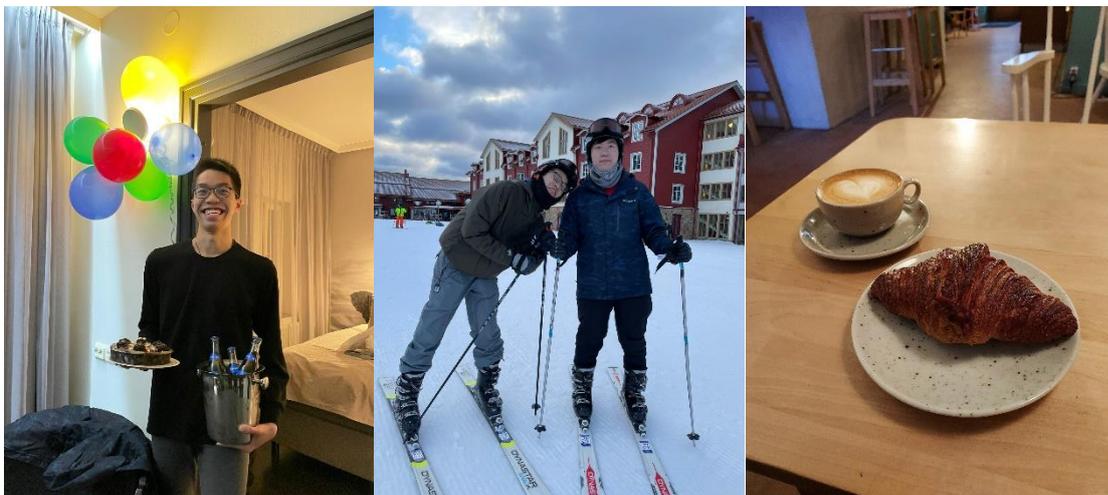
Fung Kei Ning Ryan

Year 3 BBA (FINA & IS) | Spring 2022

Monthly Activity Log

January 2022

I arrived 3 days before the arrival days. I don't recommend anyone follow such an arrangement, as you will find yourself so lonely. The first month is for me to settle down, plus actively Fika. I have joined a lot of orientation activities, met a lot of new people, and started learning to cook which is the wisest decision I have made during this exchange. I went skiing with my UST friends as well! This is my second time to ski and to me it is a great experience! During this trip, my exchange friends gave me a surprise birthday celebration, and I am so glad that I can meet them all during this exchange.



February 2022

I went to Denmark with my UST buddies, plus Iceland for the northern light. I tried eating sheep head and sheep testicular (totally not recommend) and they are really unforgettable. Nothing really happen at all, but I started to enjoy my life there. I am extremely chill and happy, without doing anything special. From this point, I changed some of my definitions of how life should be.





March 2022

I completed some exams here. They are less intense compared to UST one, but really rely a lot on your self-study. Apart from academic stuff, I went to Abisko, a village in northern Sweden. I tried ice climbing, ice fishing, dog sledding, and they are pretty cool. Recommending everyone to try it.



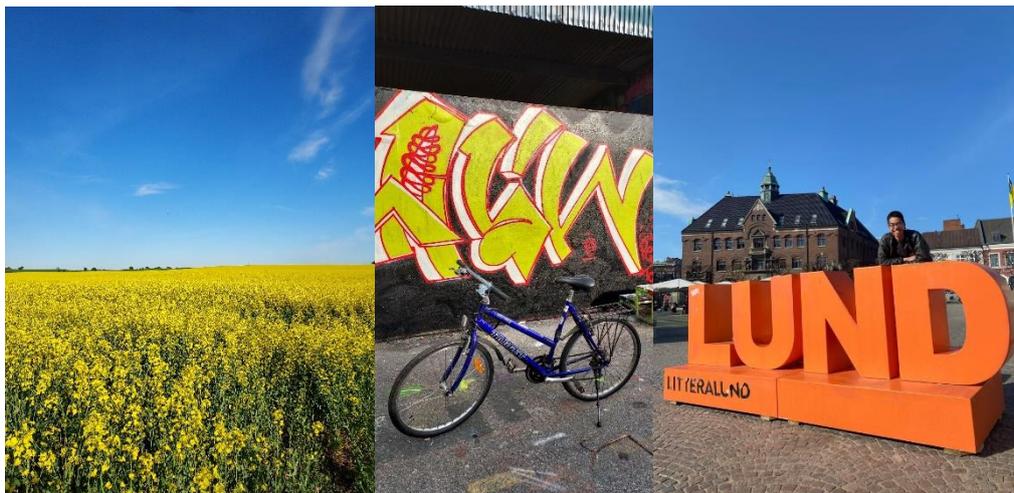
April 2022

Another semester started this month. I revisit Stockholm for museums and restaurants, on my own. The experience of travelling alone is pretty interesting. You can feel the freedom but at the same time insecure. On the other hand, I went to Switzerland, Germany, Netherland, Belgium, and Spain. This proves that if you handle your study well, travelling is never a problem.



May 2022

I left Sweden on 28/5. Instead of travelling again, I stayed in this lovely place and enjoy my last month of exchange instead. At the end of the trip, I realized that life can be simple and happy.



Visa Procedures

You need to apply for a visa/ resident permit to study in Sweden for more than 90 days, which is the maximum date you can stay in the country without a visa. Once you have received the acceptance letter from the university, you can begin the application.

During the application, you are required to provide:

1. Passport
2. Academic Transcript
3. Acceptance letter from Lund University
4. Bank statements showing that you have more than 40000 HKD

The whole procedure is pretty time-consuming (~2 months), but convenient enough since you can complete the whole procedure online, through the website of the Swedish Migration Agency. For my situation, Lund university sent me my acceptance letter on 8/11, but I planned to arrive at Lund on 7/1, which means less than 2 months for my visa application. It makes things too rush. Remember, the working efficiency or attitude in Sweden may be slightly different from what you expect, compared to Hong Kong. Please seek help from the school if you suspect you don't have enough time for the visa application.

Once arriving in Lund, you can make an appointment at the Swedish Migration Agency. The nearest one around Lund University should be the one in Malmö. You can make your appointment on the internet, and you will do the photo taking and fingerprint registration there. By doing so, you can receive your residence permit card around 2 weeks later in your mailbox. If you haven't received it by that day, please call them. I encountered such a situation and turns out they fail to send it to me. I need to wait for extra 2 weeks and pick it up in Malmö.

Orientation Activities

The orientation activities take place during the first and second weeks. The exact date will be provided by the school. I have participated:

1. 'Taste of Sweden'- You can give it a try, but it is over-priced and doesn't expect too much from it, trust me
2. 'Board Game Night'- Highly recommend to everyone, especially if you are a board game lover. Board games somehow can be treated not as the main point, since it is also a great chance to meet other exchange students
3. 'Ice Skating'- No coach just a venue with equipment, totally depending on your interest if you want to join or not

4. *‘Mentor Group’- This is definitely a must-join activity. You will be randomly assigned to a mentor group composed of local students and some international exchange students. You will really learn a lot, both academically and cultural wise, when you meet with them. There is only one official activity, so mostly depends on how active your mentors are
5. * Swedish: Introductory Course for Exchange Students 1’- I will explain more in the later part

International Services & Activities

The International Desk at Lund University will organize different activities for exchange students during your whole exchange period, e.g. some day trips, hiking events, board game nights, movie nights, etc. Apart from those official activities, there are lots of Whatsapp groups in Lund for you to join, corresponding to different hobbies and interests. I joined the gathering from the hiking group, and table tennis group. They are all pretty fun.

Accommodations

I applied for my accommodation through LU Accommodation, an online official system from Lund University. The housing here is not guaranteed and is highly competitive. I suggest you apply for it as soon as possible. If you don’t have an offer, you can find it through other housing agencies, such as AF Bostäder and BoPoolen.nu, and are all recommended by Lund University. Fortunately, I got my housing through LU Accommodation, and live in a corridor room in Eddan.

Eddan is one of the newest accommodations available on the LU Accommodation platform. You will have your room and toilet, and around 5 people sharing a kitchen. There are a supermarket, clinic and gym room nearby. The living environment is quiet and comfortable. But if you want to go to the Lund Center, it takes around 30 minutes by bus or 20 minutes by bike.

Warm reminder, bring your router and LAN cable since they will not be provided. On the other hand, there are no blankets, pillows or sheets provided. But you can buy the welcoming package provided by the school on your arrival day. It most likely provides all you need. At the same time, you can buy other furniture or daily necessities at IKEA in Malmö.

Course Registration

The course registration is completed online, through the platform SoleMove. You can find the available courses there and register accordingly. All exchange students can take up 30 ECTs for one semester, close to 13-15 credits at UST. You can check the Credit Equivalence Database of HKUST to see if your interested courses can be mapped to a course at our university. But please bear in mind to prepare in advance. You are required to submit your official transcript, which can be obtained through our school website. The process takes around 1 month.

The university splits one academic term into two semesters, while you need to take 2 courses per term. Including the Swedish course I took during the orientation week, the courses I took are:

1. Swedish: Introductory Course for Exchange Students 1 - SUSA11 (Recommend for those who have nothing to do and aim at getting some credits during the first two weeks)

A two-week intensive Swedish training course. You will learn some basic but totally not useful Swedish here. No attendance taking is needed for my zoom lessons at that time. Just a final exam with MC questions.

UST Credit Transfer Mapping: 2 free credits

2. Informatics: Information Systems Security - INFC40 (Recommended for research lovers)

A course about information system security, with no textbook but lots of guest speakers sharing. No attendance taking is needed for my zoom lessons at that time. There is a group project with no fixed topic, just do your research on some interesting and related fields. The exam is a take-home exam with nearly 1 week to complete. Again, the exam has no fixed answer, the first part even requires you to brainstorm questions, answers, and motivation on your own.

UST Credit Transfer Mapping: ISOM 4200 (3 credits)

3. Introduction to Scandinavian Culture and Society - SASH55 (Recommended for low workload lovers)

It is a two-semester long course that introduces you to some backgrounds about the Scandinavian Culture, with no textbook but lectures with no attendance taking. There are lots of related readings provided for each topic. There is only one final assignment in which you need to do your research on any three Scandinavian cultures.

UST Credit Transfer Mapping: HUMA1000HMCC (3 credits)

4. Business Administration: From Barter to Bitcoin and Beyond: Re-imagining Money for a Sustainable Future - FEKG95 (Recommended for passionate learners)

This is a course with some mandatory seminars that require attendance taking. No textbook is required and a lot of required readings before each lesson. This lesson is super fruitful in content-wise. You will learn a lot about the existing currency system. There are mid-term and final exams for this course. Not demanding in workload but super demanding in your understanding of the topic.

UST Credit Transfer Mapping: FINA3000LEVEL (3 credits)

5. International Business: Organization and Leadership, 5 credits - IBUA41 (Recommended for interactive lesson lover)

This is a course which nearly requires 100% attendance and pre-read the assigned chapters in the textbook in every lesson, and needs to complete a reflective summary before each lesson. During every lesson, there will be intense discussions. The workload is super heavy, but just 6 lessons in a semester. Interestingly, since the workload is super heavy, you are revising every week so you don't need to do any revision for the final exam.

UST Credit Transfer Mapping: MGMT1120 (3 credits)

Teaching & Assessment Methods

The teaching style here is so free and laid back, focusing on interaction, and reading heavily. You don't need to call the professor as 'professor' but just their names. Lessons are chill, with a 10 min break every 1-hour lesson.

Sports & Recreation Facilities

As I know, there are lots of public sports facilities provided in Lund, and you can technically do any sports you want. I once joined a table tennis gathering through a WhatsApp group. On the other hand, there are places for snooker and bowling, but the recreation facilities are really limited when you comparing to Hong Kong.

Finance & Banking (including currency / expenses)

We are not allowed to open a local bank account there, so most of my expenditure is paid with my credit card. Sweden or even the entire Europe is pretty cashless, so you don't even need your wallet most of the time. A warm reminder will be we have no transaction pin for our credit cards, but this is not the case for the European ones. As a result, if you use your card, they may ask you to insert your PIN (you can try 0000). To avoid such a situation, link your card to Apple pay or Google pay (it doesn't require a network to use it). Then PIN will not be needed.

Social Clubs & Networking Opportunities

You are required to join a nation at the beginning of the semester. Then you can enjoy all the student discounts by joining StudentLund. You will also have your virtual member card once you joined a nation, by downloading an APP. There are various activities available organized by different nations, and you can join all of them even if you are not a member of that nation. You can even do volunteer

work and participate in the operation of your nation, such as hosting lunch or dinner gatherings. In my case, I just randomly join a nation and enjoy the discount. For networking opportunities, there are different opportunities provided from the school, or the nations, to meet new people. All of these rely on your proactiveness.

Health & Safety

The health care system in Sweden seems not that accessible for exchange students, but if you got any injuries, you could still get timely help. I have never tried to seek help from the clinic, but you can buy different types of medicine in the pharmacy there. Remember, you can always seek help from Lund University when you encounter problems.

For safety, unlike other European Countries that might have lots of pocket pickers, Sweden is super safe (at least from my perspective the Northern part of Europe are pretty safe). You will not get used to the car wait for you to cross the road first. However, don't take it for granted. Bad people are still there, so you still need to be careful.

Food

Talking about food in Sweden, the 'Fika' culture will immediately come to my mind. It is just the high tea culture in Sweden, with coffee and pastries. But the culture behind reflects how to chill the Swedish people are. However, the food cost there are pretty high. A burger king set may cost you 70 HKD. So please be prepared to cook on your own, especially since most of the restaurants are closed on Sunday.

(A fun fact: one of my coursework topics is about the Scandinavian food culture. Technically just all about bread and butter, or different types of potatoes and meat. But they are delicious.)

Transportation

Most of the locals use bikes/scooters as their primary tool of transportation. You can buy a bike from a second-hand bike shop, or on Facebook's secondhand products group. Another way of transportation will be bus and train, and all of the available information will be on the Skånetrafiken app. You just need to fill your destination with your GPS then you know how to go there. Their UI is pretty straightforward. The app will generate a QR code for you to scan once you bought it. There are different types of tickets, just remember those bus tickets are all area tickets, instead of point-to-point tickets.

Climate

Generally, it is cold if you comparing to the weather in Hong Kong. Winter can be negative degrees Celsius while spring can still be around 10 degrees Celsius. But you will get used to it anyway. The weather is dry, so you may need some hand cream. For clothing, don't bring a big warm coat. Instead, you should wear multiple layers. Or else you will be extremely hot when going indoors. Go search on layering system for your reference

Communication

The most important part is the mobile phone SIM card. Buy an international SIM card in Hong Kong first, then buy a local SIM card in Sweden. It is on a top-up basis, you pre-pay for how much GB you want to get. You can top up in most of the convenience stores. While for daily conversation, you just need English. They are so willing to speak with you in English.

Cautionary measures

If things happen, calm down and seek help from others. Take pictures of everything if necessary. Having records for evidence is always the best approach.

Items to Bring (Major)

<p>Essential:</p> <ul style="list-style-type: none"> - Air ticket - Passport - HKID - Residence Permit Decision Letter - University Acceptance Letter - Photocopies of all document - Credit Card 	<p>Electronic:</p> <ul style="list-style-type: none"> - Computer - Charger - Router - Cable - Adaptor - Power bank
<p>Clothing:</p> <ul style="list-style-type: none"> - Heattech (for winter) - Underwear - Pants - Socks (both thick and thin) - Hiking shoes/boots (water resistance for snow) - Shield jacket - Fleece jacker - Mid layer jacket - Scarf 	<p>Others:</p> <ul style="list-style-type: none"> - Scissors - Stationary - Medicine - Toiletries - Cup noodles (can for own consumption or let local try) - *Mini rice cooker

- | | |
|--------------------------------------------------------------------------------------------------------|--|
| <ul style="list-style-type: none">- Gloves- Sun glasses- Spare glasses | |
|--------------------------------------------------------------------------------------------------------|--|

Useful Links and Contacts

Lund University: <https://www.lunduniversity.lu.se/>

Swedish Migration Agency: <https://www.migrationsverket.se/English/Private-individuals.html>

TimeEdit: <https://cloud.timeedit.net/lu/web/eh1/>

Ladok: <https://www.student.ladok.se/student/app/studentwebb/>

Canvas

Skånetrafiken: Find it on app store