

# LUND UNIVERSITET

Sweden Fall 2022  
Cho Yuk Ching



LUNDS  
UNIVERSITET





## August

**"I arrived in Lund on 12th August and I would say this month is definitely the most hectic month of all time."**

It took a lot of effort and time to move in, and go through all the administration tasks, and these first two weeks were used to get familiarized with the new environment. Luckily, Lund University has provided a lot of help by offering shuttles and pick-up cars on arrival day, arranging orientation events, mentor groups, and of course, organizing the SUSA course that allows us to make friends while picking up simple Swedish for daily usage!

Settling down doesn't mean sticking inside Lund the whole time! Since Malmo and Loma Beach is so close to Lund, I and my friends have also taken a few tiny day trips outside Lund to explore Sweden!



## September

**"Moving habits that I built in Hong Kong to Sweden"**

Apart from joining the Gym, I have also joined a few hikes, volleyball events, and pool nights to add some health to my fika and pastry life.

Speaking of going on a trip, I have been to Helsingborg, Helsingor, and Copenhagen in September, which all are places that have a travel time within 1 hour from Lund. Among all these cities, my choice of travel will be Helsingor! Especially the Kronborg Castle as joining the castle tour has allowed me to know more about the Danish-Swedish relationship in the past and the historical background of the Shakespeare story, Hamlet, which are all pieces of knowledge that I had not accessed before, and has made my journey very rewarding!



October

Best City in Europe:

# BERLIN

This month was basically my Travel month! I have been to Gothenburg, Visby, Berlin, and Turkey in just one month.

Berlin is my favorite place (AMONG ALL PLACES I HAVE BEEN). How this city has put forth its best effort in preserving historic shreds of evidence, including the Berlin wall, concentration camps, and different monuments and architectures has shown me the importance of protecting historic evidence in education. Uncovering past events and using them as vigilance has shaped Berlin with a wholesome and creative atmosphere in which everything, including Berliner's fashion, food, and tones of street performances has inspired me a lot. Strongly suggest students from Hong Kong pin Berlin on your to-go list!

## Okonomiyaki! Feed My Asian Tummy!

Having spent not much time in Lund for October, Potluck is my favorite event of the month, which is also a MUST-DO for an exchange that I will definitely recommend. I and my friends from Sweden, Taiwan, Singapore, France, Japan, and Portugal have all brought our own food and gathered around for a nice cozy dinner! Not only limited to learning about the Swedish culture, but I can now also learn about food from different countries around the world, and most importantly, feed my Asian tummy with the most authentic Okonomiyaki made by our Japanese friends!







## November

I have decided to stay in Lund until the term end as it is such a once in a lifetime opportunity to be able to enjoy student life with international friends outside Hong Kong, and I can tell that it is one of the most magical months in my life. My first-ever snow have made this November more magical! All the following fantastic activities had kept me busy for the whole month and enchanting memories are created!

**HIKING · BUILDING SNOWMAN · BOULDERING ·  
GINGER BREAD HOUSE COMPETITION · MAHJONG ·  
ART AND CRAFT PUB · GYM · ICE SKATING · HIKING**

## December

Exams end in mid-December. Apart from studying and preparing for the final presentation, it is also very important to seize every minute to experience Lund. There is so much fun going on by meeting friends every night in my last two weeks there. We skate, we listen to Christmas concerts, we went to sittning, we gym, we did a lot of things to help ourselves remember every taste of Lund.

**On 17th December,**

# I LEFT

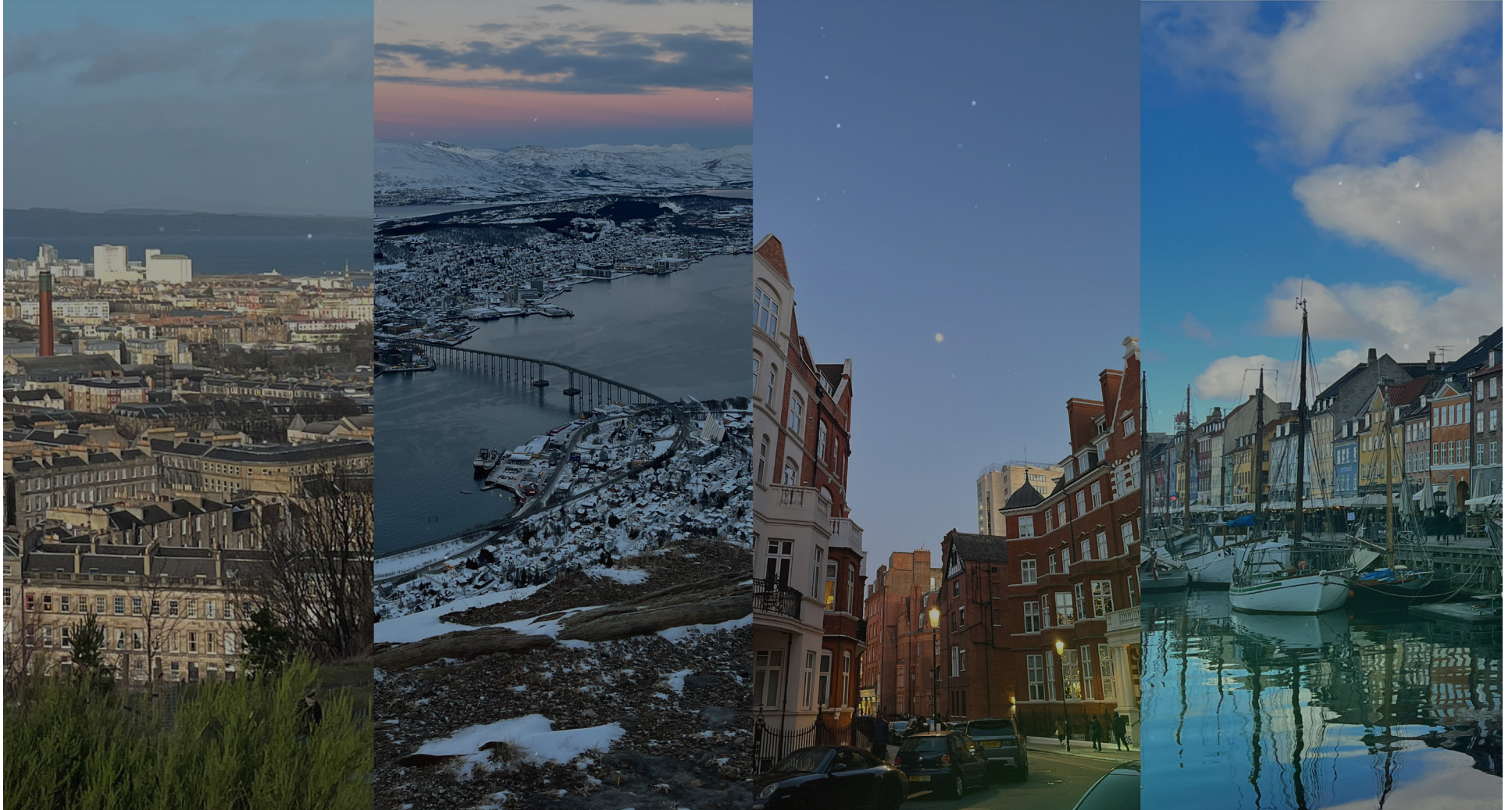
**the place where I have been  
staying for the past 4 months**

and started my 1.5-month European travel journey! Starting from Stockholm to Rovaniemi, Helsinki, Tallinn, Colmar, Strasberg, and ending my 2023 in Paris! All these places are amazing, but one to point out is that... I low key think the Santa Claus Village in Rovaniemi is too comercial (Just a heads up to lower down your expectation if you are going there!)





January



**“It may feel a little bit like home”**

I arrived in London, UK on the first day of the year, couldn't describe how much excitement is in me when I first step into this country that friends and families have been mentioning over the years. It may feel a little bit like home when you realize how similar urban planning in the UK and Hong Kong are, which I guess it's more or less a small cure for my homesickness in the middle of my trip (Shout out to the delicious Canton food and the uncle in four seasons who treat us with soy milk!). I have then headed to Manchester, Edinburgh, Tromsø, and then Copenhagen to take my flight back to reality.

# "Arrival Day is not a mess"

Some LU helpers will be in Copenhagen airport waiting and helping you whenever you need them. They also have pick-up shuttle provided! They will bring you from Lund Central station to AF Borgen, where you can purchase bed linen packs, join orientation activities, and get a free sim card!

## Queueing Culture in Lund

You need to queue for everything in Lund! From accommodation to orientation events and nation events, patience and luck are all you need to get them.

### About Accommodations...

IT'S VERY HARD TO FIND A PLACE THERE.

There is a very serious scarcity of accommodation places for university students in Lund. Be lucky or be quick to secure your place.

There are 2 common routes to get your place in Lund. Either through [LU Accommodation](#) or [AF Bostader](#) and here are some procedures and things that you may want to know about them:

#### LU Accommodation:

- Student dorm
- Easy to apply
- Research well on your choice
- Everything on LU Website
- Direct Lottery for student dorm
- FYI Eddan is too far from the city center or school!!!

#### AF Bostader:

- Dorm with 3rd-party operator
- Lottery for queueing number
- The more front your number is, the higher the chance you get the room.
- New rooms out every month, so you may want to find a temporary place first and keep an eye on the website.

### Orientation and Social Activities:

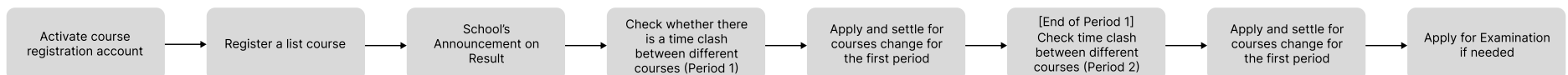
They have societies in Lund, but we usually go to the nation for fun. A nation is somehow equivalent to a "House" in Harry Potter. Every student will have to join one when they started their LU life! (Shout out to Kristianstad Nation!!!)

No worries if you are not fast enough to get tickets for school-organized orientation events! Nations got you by organizing their own orientation events, weekly pub, hikes, and many parties!



## School Life!

In my opinion, the class schedule and registration process is a bit too complicated. The flow chart will help to clarify the whole process:



Be aware you even need to apply for taking an examination for your course. So be careful and do not miss any of those deadlines!

Courses information and your LU account will be sent to your email. You may also find information about courses of the previous year here: [Courses](#)



## “I go to school by bike”

I purchased a second-hand bike with 400 hkd and sold it at around 350 hkd! This means that my transportation fee for 4 months in Lund is somehow equal to 0! I will highly recommend you to get a bike if you know cycling. But one thing to consider is that it is very hard to bike in snow or even in cold weather. So I actually purchase a bus pass for my last month in Lund and in total, I still only spend around 400 hkd in transportation in Lund for my whole exchange journey.

## Best place to visit in Lund!

### Asian Food!

- **Taiwan Corner**

Cozy small café with Taiwanese fried chicken and Braised Rice with Pork! Lao Ban niáng is the best and this place helped me a lot when I have serious homesickness in Lund.

- **Smaka på Kina Höjdpunkten**

Most affordable and satisfying lunch in town! 三饅飯 with salad bar and free drinks!

- **5 Flowers Noodles**

High-quality Beef noodles :D



### Western Food!

- **Tugg Burger**

Affordable lunch set with high-quality burger! Most importantly, you can get sweet potato fries for free!!!

- **La Cucina**

Best pizza in the world, GO.



### Sport!

- **Gerdahallen**

I spend a lot of time in the best Gym in town. They provide a lot of classes across the week and of course, a really big area for both weight and cardio training. Moreover, it's 24 hours so it feels more like a gathering place for me and my friends and we gave so much fun there!

- **Skane KlatterKlub**

Back day sounds a bit boring? Boulderling got your back! There is a small boulderling center in Lund which shoes for rent and gym area are available there. More details: [Boulderling](#)

- **Bollhuset**

Sometimes you may find bored staying in Lund which this Bowling place will back you up! Prices are very reasonable and I would say the environment is much cleaner than what we got in Hong Kong! More details here: [Bowling](#)

Weather is such a hot topic in Sweden, which is also something that our Swedish teacher first taught us in Swedish. Weather is so good in the Summer, but starting to be really cloudy and chilly in mid September. In my opinion, Lund is not that cold in comparison to other Nordic cities, normally it's around 3 to -4 in the winter, while you can still enjoy a white Lund (Snow falling since mid November)! I won't suggest you bring a lot of clothes since you can basically buy everything there which I somehow find things I brought the much more useful and adapted to the environment there. Bring beanies, gloves (essential for snowman!) and one big jacket if you want!

# Väder i Lund

## (Weather in Lund!)

## Other things that you may want to know:

### Visa Procedure

Swedish visa application procedure varies over the year. As I know, the only way to obtain the visa now is to apply when you arrive Sweden. Given that if you have a valid Hong Kong passport, you can stay in Europe for no more than 90 days without a visa, which make it possible and given you enough time to get a visa after arrival. You may find more information here: [Sweden Visa](#)

### Finance

You do not need any cash in Lund! Nordic countries are cashless places and what you need to bring is a credit card or a debit card! The most common one that is used by Hong Kong students is HSBC's World debit since it do not incur any transition fee for any transaction. One thing to remember is that , eventhough Sweden is a cashless country, you will need Euro when you travel around Europe, so bare in mind that you may want to exchange some Euro in Hong Kong! You may do more research or find more information about the World debit card here: [HSBC World Debit](#)

### To-bring Check List

There are alot to list out, but here are some that it's a MUST bring for myself (At least to make your arrival day smoother):

#### Hygiene

- Toothbrush
- Toothpaste
- Towel
- Small shampoo
- Small Conditioner
- Small body wash

#### Skincare

- Sunscreen
- Face cream
- Moisturizing Mask (Very pricey in Sweden)
- Skincare
- Body lotion
- Hand cream

#### Daily

- Clothes
- Scarf, Beanie and gloves
- Medicine
- Exothermic pad
- Adapter and Charger
- Kettle
- Hairdryer and Hair Straighten

NICE TRIP

# Trevlig Resa!