

Exchange Report

Stockholm School of Economics, Sweden

By Kaustubh Kaushal
BBA Economics, 2023

Fall 2022

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Monthly Log

September:

In September, I arrived in Stockholm and received the keys to my housing at Saltis, which is the designated housing for exchange students. I participated in the orientation program at the Stockholm School of Economics, where I was able to learn more about the school, meet other exchange students, and get all of my administrative tasks taken care of. I was also introduced to the Exchange Student Committee (ESC) which is a student-run organization that helps exchange students to get settled in and make the most of their time in Stockholm. They organize events such as city tours, pub crawls, and other social events.

I enrolled in my courses for period 1, which included a mix of required courses for my major as well as electives that I was interested in. I also participated in exchange student activities such as a bowling night, a meet and greet with student association leaders and a welcome dinner organized by ESC. Additionally, I took the opportunity to explore Stockholm's nightlife and party scene, and even had the chance to travel to nearby Copenhagen for a weekend trip. During the free time, I also explored the city, visiting the Vasa Museum, Skansen Open-Air Museum and taking a ferry to the nearby Stockholm Archipelago islands. I also took the opportunity to experience the famous Swedish Fika culture by visiting some of the local cafes and trying traditional pastries.



October:

In October, as the first period of my academic exchange at Stockholm School of Economics came to a close, I sat for my exams and reflected on the progress I had made in my classes thus far. After a short break, I enrolled in my courses for the second period and was excited to dive deeper into my studies.

As October is a great time for traveling, I took the opportunity to explore more of Europe. I first went to Munich for Oktoberfest, the famous beer festival, where I enjoyed traditional German beers and food, as well as live music and cultural performances. The next destination was Amsterdam, known for its picturesque canals and rich history, I had a chance to visit Rijkmuseum and explore the beauty of Van Gogh's artworks. And finally I went to Italy to enjoy the art, architecture and the delicious Italian cuisine.

I also made sure to continue my cultural immersion by joining in on events and activities organized by the Stockholm School of Economics and the exchange student community. I attended networking

events, guest lectures, and club meetings, as well as going on trips and outings with my fellow exchange students. It was a great way to not only learn more about the Swedish culture but also to make friends from all over the world.



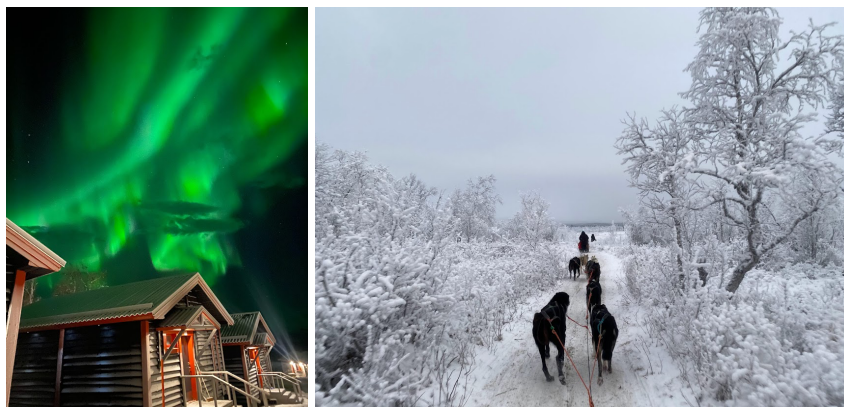
November:

November was a busy month for me as an exchange student at Stockholm School of Economics. As the end of the semester was approaching, I spent a lot of time preparing for my final exams, which included studying and attending review sessions. However, I also made sure to make the most of my time in Sweden by taking advantage of the unique experiences the country has to offer.

One of the highlights of the month was my trip to Lapland. I was able to experience the natural wonder of the northern lights, which was truly magical. I also got to take part in various activities such as husky sledding, skiing and visiting the WW2 museum in Narvik and even swimming in the fjords. This all gave me a chance to fully immerse myself in the wintery landscape.

In addition to focusing on my studies and enjoying the winter activities, I also took the opportunity to explore Stockholm and its surrounding areas. I visited some of the famous museums and art galleries, such as the Navy Museum and the Moderna Museet, which helped me to understand more about the culture and history of Sweden. I also took day trips to nearby cities such as Gothenburg and Malmö, which gave me a chance to experience different parts of the country and compare them to Stockholm.

Overall, November was a great month for me as an exchange student. Despite the pressure of final exams, I was able to make the most of my time in Stockholm and Sweden, and I will always remember the unique experiences I had in Lapland.



December:

In December, as the academic year at Stockholm School of Economics came to a close, students were busy wrapping up their studies by giving their final exams. This is a critical time for exchange students as it marks the end of their time in Stockholm and the completion of their academic exchange program. Along with studying and taking exams, many students took advantage of the festive season to experience the unique Christmas traditions of Sweden. Some popular activities included visiting the Christmas markets, ice-skating at the various rinks around the city, and catching a performance of a traditional Swedish Christmas carolling. As the month came to a close, students said goodbye to their new friends and the city they had come to call home, and made preparations to return to their home universities.



General Exchange Information

Visa Procedures

India:

- Apply for D-Visa on <https://www.migrationsverket.se/English/Private-individuals/Visiting-Sweden.html>
- Apply well in Advance

Orientation Activities:

- Pub Crawl
- Bowling
- Meet and Greet with Student Association Leaders

International Services & Activities

- Drinking and partying at clubs

Accommodations

- Might be provided by SSE, but is not guaranteed. The two housings offered are:
 - Saltis: <https://www.hhs.se/en/education/study-at-sse/housing/saltmatargatan/>
 - Lapis: <https://www.hhs.se/en/education/study-at-sse/housing/lappkarsberget/>

Courses Registration

- There are 2 periods in each semester.
- Courses have to be registered for the whole semester at once
- There is no add-drop period, so be extra sure of which course you want to do.

Teaching & Assessment Methods

- Physical teaching (Zoom if the teacher is sick)
- Assessment Methods include assignments, presentations and exams

Sports & Recreation Facilities

- No sports facilities on campus except a table-tennis table in basement.

Finance & Banking (including currency / expenses)

- SSE Advises not to open a bank account due to it being a long process
- Use credit cards from home country and make sure there isn't an international fee
- Use revolut

Social Clubs & Networking Opportunities

- List can be found here: <https://www.sasse.se/>

Health & Safety

- Extremely expensive for exchange students, make sure you have insurance
- Watch out for old lifts and loose windows, I was injured by both.

Food

- Only one small café in campus.
- All cuisines can be found in the city.
- Eating out is extremely expensive. Most exchange students cook and share their own food in the form of potlucks.

Transportation

- More expensive than Hong Kong transportation.

- Tickets are sold by the hour if it is single use ticket.
- Most exchange students rent bikes or buy month long passes for transportation.

Climate

- Negative temperatures in winter which results in snow (Extremely cold and extremely beautiful)
- Days become very short in winters (Sun from 8am – 2pm)

Communication

- Sim cards are sold in almost all convenience stores
- Prices for plans are very comparable to Hong Kong.

Cautionary measures

- There is visible crime in the city.
- My bicycle was stolen and I saw a mugging happen in a park to a highschool student who had his shoes stolen.
- Lock your bike on stands in busy roads and lock the body and not just the wheel.
- Don't travel at night in shady roads/parks if you are wearing valuables.

Other notes (if applicable)

- Swedes love their work life balance and so most stores/restaurants will close and night.
- It is very rare to find a 24 hour convenience store and restaurants
- There are some restaurants (Mostly falafel/kebab restaurants and fast food) that stay open till 5am.

Checklist of items to bring:

1. Passport and visa (if applicable)
2. Travel insurance documents
3. Confirmation of accommodation and contact information for the housing provider
4. Cash and credit/debit cards
5. Phone and charger
6. Laptop or tablet and charger
7. Adaptor for electrical outlets
8. Warm clothing, including a coat, hat, scarf, and gloves
9. Comfortable walking shoes
10. Rain gear or umbrella
11. Prescription medication and copies of prescriptions
12. First aid kit
13. Toiletries and personal hygiene items
14. Study materials and textbooks for classes
15. Camera or smartphone for capturing memories
16. Any important documents or certificates, such as vaccination records or proof of enrollment.
17. Warm sleeping bag or blanket (if you are planning camping or hiking trips)
18. Winter boots, if you plan to go to Lapland to see northern lights
19. Warm thermal underwear and socks,
20. A refillable water bottle
21. Student ID, as well as any other identification required to access university resources.
22. International Student ID card

Useful Links

Visa application: <https://www.migrationsverket.se/English/Private-individuals/Visiting-Sweden.html>

Saltis: <https://www.hhs.se/en/education/study-at-sse/housing/saltmatargatan/>

Lapis: <https://www.hhs.se/en/education/study-at-sse/housing/lappkarsberget/>