

Exchange Report | Fall 2022 | Sweden

Lund University, School of Economic and Management

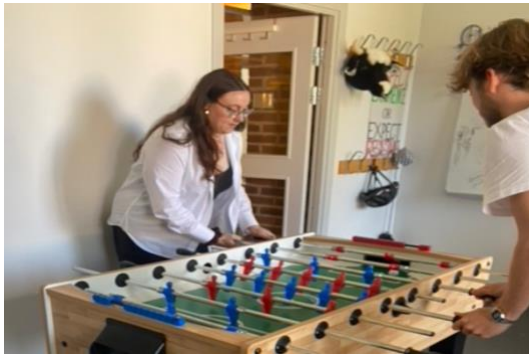


LO CHAK SUM | BSc in Quantitative Finance | Year 4

Monthly Activity Log

August:

I arrived in Lund on 16 August, one of the arrival days. Arrival day is a day that Lund Student Ambassadors are helping us to settle down in Lund. Some of them waited for us at Copenhagen Airport and guided us on where to take the train to Lund. I went to Lund University by train with the help of the student ambassadors. Given that I have no accommodation offered by the school at that moment, I have booked an Airbnb with other Hong Kong students at a place near Lund, with 15 min bus travel to Lund Central. After settling down most of the things, including the sim card and LU student card, we have started our orientation weeks. I have attended a 2-week Swedish course, where I met many friends and learnt basic Swedish. I have not joined many activities offered by the school as the tickets are quickly sold out.



September:

The first half of the semester kicked off. I have studied two courses which are about sustainability and Scandinavian culture. I attended lessons and explored places near Lund with my friends. For example, we went to Malmö and Helsingborg. Apart from cities in Sweden, I have travelled to Copenhagen for a weekend and Italy for ten days. It is my first travel after two and a half years of covid. It is unforgettable.



October:

The courses taken in September continued. There are some mandatory seminars for the sustainability course, focusing on the discussion among students and teachers. I went to Switzerland in early October and performed skydiving, a lifetime experience. Apart from going to Switzerland, I went to Visby, an isolated island in Sweden, with all UST exchange students at Lund University. It is a delightful city, and I relaxed from the academic pressure. I went to the Liseberg, the largest theme park in Sweden, to celebrate Halloween with my friends. By the end of the month, I have finished writing an essay for the sustainability course.



November:

The second half of the semester kicked off. I have continued my studies on Scandinavian culture and started a new course about health economics. Health economics is not a course that can be transferred to HKUST, but I just based on the success of the health policies in Sweden and decided to take it. It gave me a brief understanding of Swedish health policies and how to evaluate different insurance plans. Aside from academics, I have been to different countries, including London, France, Iceland, the Netherlands and Belgium. I explored different cultures and places and made new friends during the trip. On the other hand, when I was in Lund, I mainly focused on solving homework and attending classes.



December:

It is the month of exams and assignments. When stepping into winter, the sunset is at 3 pm. Most of the time, when I finished my lunch, the sky was getting dark. People say it will quickly get depression of the lack of vitamin D provided by the sunlight. I had vitamin D starting in November to get well prepared for the cold and dark winter. After the examination, I went to Finland to spend my Christmas and to London for the new year celebration.



January:

I travelled for the whole month. I went to Portugal, Spain, Norway, Austria, Hungary, and Germany. I returned to Hong Kong at the month's end to prepare for my next semester.

General Exchange Information

Visa Procedure

The residence permit costs SEK 1,500. It can be only applied only after you receive the acceptance letter. I have applied for the residence permit online and received an electronic confirmation letter that proving I have been granted the residence permit after calling the Embassy of Sweden in Shanghai. I did my fingerprint and photograph in Malmö as the Embassy of Sweden in Hong Kong is not responsible for these administration procedures. The residence permit is sent through mail after a week of recording the fingerprint and photograph. For the most updated information, please check the official website.

Orientation Activities

The first two weeks of the exchange program are orientation activities. The school offered many programs for exchange students. You need to buy tickets from the school to join those events. I did not join any except the compulsory orientation activities. I recommend you join if you have time and if you wish to make some friends who are also exchange students.

International service and activities

There is a website for the international desk in Lund. It provides different information and deadlines for submitting applications by email. For most student activities, we use the EventLund app and Facebook group to check the information.

Accommodations

None of the HKUST students were offered accommodation from the school at the beginning. One of us got the LU accommodation after 1 or 2 weeks of the result announcement as she was on the waiting list. I know someone that joined the waiting list on the arrival day and got an offer from LU Accommodation. We tried to find AF Bostäder, the school agency, for housing but failed in August. At last, we rented an Airbnb somewhere near Lund and went to school by a 15-minute bus ride.

However, fortunately, I got an offer from AF Bostäder later on and moved to Vildanden in October. It is quite far from the LUSEM (45-minute walk), but at least I got a place to live.

I heard that some of my friends got spammed by some people on Qasa, a booking agency website. I strongly recommend only finding LU accommodation or AF Bostäder for housing. Some students rented the LU Guest House as they offered single or double rooms, but it easily gets fully booked. In the worst case, you need to find Airbnb or a hotel as your last resort.

Course Registration

You need to submit an online form indicating your course preference. The school will provide you with the course allotment confirmation before both semesters starts. At Lund University, there are two semesters. One starts in September and ends in October, while the other begins in November and ends in December or January. There is a Swedish course for exchange students where you can learn some basic Swedish.

Teaching and Assessment Method

Course	Teaching and Assessment	HKUST Equivalent Course
SUSA 11 Swedish: Introductory Course for Exchange Students 1	4-5 lessons weekly 1 Final Exam	/
SASI 03 Environmental Studies and Sustainability Science: Concepts, Challenges and Approaches in Sustainability Studies	10 lessons 6 mandatory seminars Weekly Diary + 2 HWs 1 Group Presentation Final Essay	SUST 1000
SASH55 Introduction to Scandinavian Culture and Society	1 lesson weekly 1 Final Essay	HUMA 1000 HMCC
NEKG 61 Economics: Health Economics	2-3 lessons weekly 2 HWs (in individual or group) 1 Final Exam	ECON 4000 Level

Sports & Recreational Facilities

There are many sports facilities in Lund. There is a gym, Gerdahallen, that allows a one-week free trial. In the winter, there is an ice-skating area for free in the city center. There are also many hiking activities organized by the students or the school.

Finance and Banking

Lund is a cashless city. There is one shop in Lund that accepts cash only. You can use credit cards for all payments in Nordic countries. Union Pay is not widely accepted, so I recommend Visa and MasterCard. HSBC World Debit Card is a popular choice among Hong Kong students.

Social Clubs and Networking Opportunities

I joined Kalmar Nation, which is popular among exchange students in Lund. There are a lot of nations for students to join, and they would host different activities for students to join. If you join the activities that are held by your nation, you will get discounts or even free admission.

Health & Safety

It is quite safe in Lund as it is a student city. For medicine, you can visit the pharmacies in Lund or bring your own personal medicine. Given that at my time it was still under the covid situation, I brought Panadol and different medicines as Sweden treated Covid as common flu.

Food

Willys, ICA and Coop are the three supermarkets in Lund. I often bought food and cooked in my dorm. The cost of dining out is similar to that in Hong Kong. Moreover, there is an Asian supermarket LokChan that sells Asian food. There are restaurants selling Chinese food as well, and I strongly recommend PinWei ZhongGuo, which is near LUSEM.

Transportation

Lund is a bike-friendly city. You can easily buy a bike for around SEK1,000 and resell it at the end of the exchange period. However, I lived outside Lund for the first two months. I therefore decided to buy a monthly ticket with a student discount for around SEK400. If you want to travel outbound, you probably go to Copenhagen Airport by train, which costs you SEK153. You can buy the tickets together as group tickets would have discounts.

Climate

It is pretty dry in Lund. It is very hot in August, and the sunset is around 11 pm. We usually forgot our dinner as the sun was still hanging in the sky. However, since September, the weather has turned cold, and eventually, the sunset is around 3 pm in December. Be aware of the snowy ground as there was a day that the snow melted, and the water formed ice on the street.

Communication

Most of the Swedish can speak English. In supermarket, you can use Google Translate or other translate app to translate the wordings that you do not understand.

Cautionary Measure

Be aware of the temperature difference in the morning and at night. It is easily to get cold if you wear the same set of clothes.

Items to Bring

- Passport
- HKID Card
- Letter of Acceptance
- Credit Cards
- Laptop
- Adaptors and chargers (Recommend bringing some spares as adaptors easily got damaged)
- Portable Charger (Phones easily run out of battery in cold weathers)
- Medicines
- Stationary
- Chopsticks
- Thermos Bottle
- Your favorite food (I always miss the food in my hometown)

Useful Links & Contacts

The Swedish Migration Agency

www.migrationsverket.se

Residence Permit for higher education in Sweden

<https://www.migrationsverket.se/English/Private-individuals/Studying-and-researching-in-Sweden/Higher-education/Residence-permit-for-higher-education.html>

LU Pre-Arrival Guide HT21

<https://www.lunduniversity.lu.se/sites/www.lunduniversity.lu.se/files/2021-06/Pre-Arrival-Guide-HT21.pdf>

LU Arrival Day Information

<https://www.lunduniversity.lu.se/student-life/before-you-arrive/your-arrival-lund>

AF Bostäder Website – Novish for Student Housing

<https://www.afbostader.se/en/stay-with-us/need-a-student-housing/novisch/>