



LUND
UNIVERSITY



Exchange Report (Fall Term 2022-23)

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Part I – Monthly Activity Log

August in 2022

I arrived Lund on 15 Aug, the arrival day. There were student helpers who picked me up at Copenhagen Airport and guided me to buy the train ticket to Lund. It was a warm welcoming from Lund University. When I arrived Lund, I went to the AF building to pick up the key of my student housing and bought the bedding set. The student helpers also offered the service of driving newcomers to their accommodations. It really helped a lot especially when I was carrying my heavy luggage.

When I first moved into my student housing, I was a bit frustrated because I was exhausted from the long flight but I still had a lot of cleaning to do. However, it was lucky that my accommodation – Sofieberg is next to the campus and supermarket.

During the orientation weeks, I took the beginner Swedish course – SUSA11. I learnt some useful phrases and met some international students. It was fun!



September in 2022

Lund is a small, lovely and comfortable city. I did a lot of walking in Lund. I could easily walk from one place to another place on foot. Autumn in Lund is amazing. You can see blue sky and apple trees everywhere. The sun set at around 9pm.

I did a short trip to Copenhagen during day off. It only took around 30 minutes by train from Lund to Copenhagen. I also went to Goteborg, another city in Sweden. The trip made me know more about Northern Europe. After visiting the two cities, I found that Lund was quite different. It is like a small student town with university's buildings and facilities scattering around the city. I always feel safe and relaxed in Lund.



October in 2022

The trees were turning red everywhere, which made me feel excited about the coming of the breezy season.

What's more, I met a group of Japanese friends. We threw a party and had a lot of fun.



There is a local practice called fika. Swedes like fika in cozy cafes. It means a coffee break and I enjoyed it a lot too.

At Halloween, students dressed up as different interesting characters and joined the party held by student nations or corridors. In Lund, there are many student nations named by the cities in Sweden. They hold different kinds of events, such as hiking, international dinner, sitting and parties regularly, which have become a crucial part of my student life in Lund. Swedes have a strong party and drinking culture. What I like most about student nations is that they provide a relatively safe place for students to party and mingle. In the parties, I got familiar with some Swedish songs as well. If you want to keep up with the nation's activities, you can follow their Instagram or Facebook pages or download an app called Keyflow.



November in 2022

November is the month of exams and projects. The workload in Lund University is relatively lower than that in UST. I like the teaching style of Lund. The teachers encourage students to think as well as provide a lot of opportunities for us to practice. If students have any questions, they are encouraged to raise them in class and discuss together. If students have any special reasons for being unable to take part in certain assessments in class, teachers are also happy to seek alternatives for them. In Lund University, students are expected to do the before-class preparation such as required readings. Sometimes, the exams are also based on reading material.

Group projects are another inevitable part of studying in Lund University. Working with international students can be fun and challenging due to different working styles and background. They are willing to share interesting ideas in meetings, but they could be a little bit unorganized.

December in 2022

I spent my Christmas in Finland, instead of Lund. However, I could also feel the Christmas vibes in Lund. In late November, they have already started to celebrate Christmas. They lit up the Christmas tree in the city center and there was Christmas caroling around the tree. There were Christmas decorations and merchandise everywhere. An ice-skating pop-up booth was also set up in the city center with Christmas songs being played.

One of the significant differences about Christmas in Europe and Hong Kong is how and whom we spend Christmas with. In Hong Kong, people go out and watch the Christmas trees and lights. Christmas in Hong Kong is somehow commercialized. Meanwhile, people in Europe focus more on spending time with families. Many shops or supermarkets are closed on 25th December.



January in 2022

As I have ended all my exams before January, I went travelling around Europe before going back to Hong Kong. I have travelled to Germany, Portugal, Spain, Italy and Austria.

Part II: General Exchange Information

Visa Procedures

The fastest and most convenient way to apply for a residence permit is to use the online application service at the Swedish Migration Agency's website. The application process could take about a month, so it is important to apply it as early as possible.

You have to prepare documents, such as bank statement, passport and letter of acceptance. It is noted that applicants must have certain amount of money in their bank account to prove that they are able to support their own living in Sweden.

According to Sweden Aboard, applicants should receive email notification when the visa is ready for picking up. Remember to keep track of the application status through phones so that you can proceed to the next step as soon as possible.

The consulate of Sweden in Hong Kong does not issue decision letter. Therefore, if you are holding HKSAR passport, you can pick the Consulate General of Shanghai or Beijing instead. The Embassy does not send out residence- and work permit decisions by e-mail or ordinary mail, but it will send you the first two pages of the decision letter. After being granted a permit, what you have to do is leave fingerprints for ordering your card. If you are Hongkong citizen with Hongkong passport, you can travel into Sweden without your card and then order it from migration agency in Sweden.

Orientation Activities

It is an advantage to arrive Sweden on arrival day as tickets of some orientation activities organized by the student union and exchange student office could be sold out very soon. Joining the orientation activities is one of the main channels to know more international students.

Another way to know new friends is to join the beginner Swedish courses – SUSA11. All students are exchange students around the world. You may get the chance to interact and practice Swedish during the class. Apart from new friends, you can learn useful Swedish phrases as well. It is strongly recommended to take the class during the orientation weeks.

After the semester starts, you can still meet new people or locals in events or parties held by student nations.

International services and activities

In Lund University, there is a department called International Desk which assists you with practical issues. You are welcome to ask about all sorts of non-academic issues throughout the semester, for example, where you can rent a bike.

Accommodations

There is a huge shortage of housing in Lund. Many students get their housing at the last moment or do not get any until they arrive Lund. Therefore, try your best to find alternatives or keep informed of any housing information. In addition, there are a lot of scams in Sweden. Please try to look for housings through reliable agencies, such as LU accommodation, AF Bostäder and Airbnb, and do not pay without seeing the house. You can also join some Facebook groups to look for housing, roommates or someone who shares the house.

Courses Registration

Please check the course list on Lund University's website. You may have to take some time to see whether the courses can match the HKUST courses so that you can transfer credits. Another reminder is that there may be major time clash between courses and exchange students will only know right before the semester starts. It would be great to choose some courses for alternatives.

Teaching and Assessment Methods

Students are encouraged to discuss in class and raise questions. The professors are friendly and willing to answer your questions.

Seminars, which are compulsory, may appear on your class schedule. Students are usually required to have group discussions or presentations during the seminars. If you are not able to attend, you may have to do extra coursework.

In addition, exams must be registered. Therefore, remember to register before taking part in them. Regarding the grading system, most courses in Lund University adopt an absolute grading system.

Sports and Recreation facilities

The easiest way to do sports is to go jogging and cycling around the city. You can explore the city and get familiar with it as well. If you want to play sports such as bowling, snooker, volleyball, badminton and swimming, you can go to stadiums. If you are looking for outdoor activities, you

can join the hiking organized by nations. I have been to seal hiking once. It was really fun and it would be safer to be guided by locals. Besides, there are gyms in the city too. Before paying for the membership, you can do the one-week trial.

Finance and Banking

Sweden uses Swedish krona (SEK). It is almost a cashless country, but it would be nice to have a few cash with you as there are some shops or kiosks that only accept cash. In general, it would not be a problem if you do not have any cash in Sweden. Yet, if you want to travel around Europe like Italy, you may need cash. Another tip is that you can add your card to your Apple Wallet. It is super convenient that you do not need to bring your card out but only your phone. It reduces the risk of your card being stolen. The card I used during the exchange and travel is HSBC world debit card.

Social Clubs and Networking Opportunities

Student nations are the major channel to socialize. They offer a wide range of activities and services, for example, clubbing, lunches, brunches, international dinner, hiking, workshops and karaoke nights. Through joining those activities, you can meet both local and international students.

Health and Safety

If you get sick during the exchange, you are recommended to buy medicine from a pharmaceutical firm. It is also vital to bring some medicines from Hong Kong.

Lund is a safe city compared to other European countries. Despite this, you should still take care of your personal belongings and not expose yourselves to a dangerous environment.

Food

You may want to try their traditional dish – meatballs. You can go to the IKEA in Malmö. If you want a convenient and cheap option, you can go for a kebab or pizza. There are many kebab shops everywhere. In Lund, there are a lot of Asian food like Chinese, Japanese, Thai and Vietnamese. Besides, Sweden is a vegetarian-friendly country. You can easily find vegetarian options.

Frankly, the price level in Lund is not as high as I expected. It is actually similar to the price level in Hong Kong if you dine out. For some food like eggs, they are much more expensive than those in Hong Kong.

If you want to save money, you can buy ingredients in supermarkets and cook by yourselves. There are several chain supermarkets, which are Willys, ICA, Lidl and COOP. The ranking in terms of the price are as follows: Lidl < Willys < ICA < COOP.

Transportation

I usually walk because my accommodation is right next to my campus. Sometimes, I take bus and train. There are two kinds of buses: green and yellow. The green one is running in Lund while the yellow one is running within Skåne.

To buy the ticket for bus and train, you have to download an app called Skånetrafiken. There are different options for a ticket. If you know you are going to take more than two rides, you can buy the 24-hour ticket. If you buy two or more tickets, you can get a discount. After purchasing a ticket, you will have a QR code and you have to activate it before getting on the bus or train. When you get on the bus, you only have to scan the QR code with the machine. When you get on the train, the staff will come to you and scan your ticket during the ride.

Although I did not buy a bike, it is very common to have a bike in Lund. You can consider buying it in a second-hand store or from previous exchange students who can be approached through Facebook groups.

Climate

In August, it is sunny and warm during daytime. It turns colder at night. From September to October, the weather is comfortable. In November, it becomes colder and colder while it starts to snow in December. Therefore, you can bring a few summer clothing for August and more winter clothing for the later months. The smartest way is to bring warm jackets so that you can do adjustment according to the weather change. It is extremely dry in Sweden that your skin will crack, so please bring lotions.

Communication

When exchange students arrive on arrival day, they are given a SIM card from Telenor. You can top up through app or convenient store like PressByrå. They have different top up plans for you to choose from.

Cautionary Measures

1. When it snows in Sweden, the road becomes slippery especially when the snow starts to melt. Therefore, remember to wear antiskid shoes and avoid using scooters or bikes.
2. Remember to bring your key when you go out.

Part III: Items to Bring

Checklist	
<input checked="" type="checkbox"/>	Enough clothings (clothes, pants, heat-tec, underwear, jackets, socks, shoes, swimsuit, gloves, hats, pajamas)
<input checked="" type="checkbox"/>	Glasses, contact lenses
<input checked="" type="checkbox"/>	A few tissues, towel, sanitary napkin, masks, rapid antigen test
<input checked="" type="checkbox"/>	Comb, hair dryer, hair bands
<input checked="" type="checkbox"/>	Lotions, lipsticks, Suncream
<input checked="" type="checkbox"/>	Water bottle
<input checked="" type="checkbox"/>	Charger, USB lines, adapters, router, cable
<input checked="" type="checkbox"/>	Padlocks for mailbox or lockers in hostels
<input checked="" type="checkbox"/>	Stationery
<input checked="" type="checkbox"/>	Medicines, bandages, sanitizers
<input checked="" type="checkbox"/>	Toothbrush, a small toothpaste
<input checked="" type="checkbox"/>	Cash, cards, HKID card, passport, a few photos (just in case), any documents you need
<input checked="" type="checkbox"/>	A few hangers

Part IV: Useful Links and Contacts

1. TimeEdit – website for checking the course schedule
<https://cloud.timeedit.net/lu/web/ehl1/>
2. How to use TimeEdit
<https://www.lusem.lu.se/media/ehl/exchange/incoming/find-schedule-timeedit.pdf>
3. Second-hand shop in Lund
<https://www.circlecentrelund.org/library-of-goods>
4. LU accommodation
<https://www.luaccommodation.lu.se/student-accommodation/our-student-accommodation/lund>

If more information is needed, get my contact from SBM Exchange Team by emailing at bmugexch@ust.hk.