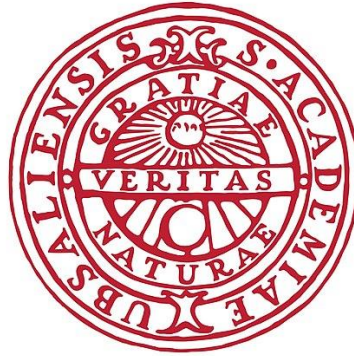


Exchange Report

Uppsala University, Sweden



# UPPSALA UNIVERSITET

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# Part 1: Monthly Activity Log

## August 2022

I still remembered the initial feeling when I just arrived Uppsala, a sunny natural place. It totally gave me the different atmosphere from Hong Kong. I was worried that could I even adapt the lifestyle of Uppsala. The anxious was gone when I started meeting some new and nice flatmates in Flogsta. The semester started at late August and I grasped the chance to explore around the Uppsala. I was really impressed by the weather of Sweden, the sky was always beautiful and the temperature was really nice to walk around in the downtown. In the first week after my arrival, I visited to the Ikea, Uppsala Cathedral, the Botanical Garden and etc. However, the cost of taking a bus to visit around was quite expensive (30-40 SEK, depends on the method you pay). Therefore, I purchased a bike as nearly every students do. It is recommended to buy a better bike even it may cost you more. You can always sell it to someone to earn some money.

Uppsala University provided a lot of welcoming events and activities to the newbies. You can always join the business union or nations to meet new foreign friends. After a week of adaptation, it was the time for the semester.



## September 2022

Bad thing happened to me for the entire September: I got bites from bedbugs and it was definitely a horrible experience! Do not hesitate to reach the housing office if you feel any unwell as they will offer free assistance to you. One of my flatmates had to move as she also experienced some serious allergies.

Anyway, during the September, I stayed in Sweden and tried to learn more about this country. I travelled to Stockholm for the very first time and visited to the Royal Palace, the Noble Prize Museum, Gamla Stan and more. From Uppsala to Stockholm, it takes around 35 to 60 minutes, depending on the transportation you take. As the semester kicked off, the business association Uppsala Ekonomerna provided a welcoming month with full of activities for us to meet new people. Also, the nations were also inviting newbies to join so they hosted numerous welcoming activities. It is strongly recommended to stay in Sweden for the first month after your arrival, as you can meet different people and join a lot of interesting activities. There are two important nation welcoming activities that you should join: Reccemottagning and the Nation Gasque. It is a student party with formal dinner that you can experience how the Swedish celebrate their new semester.







(gasque with my friends in Goteborg nation)

For the study, I had one lecture and one seminar to participate for first five weeks. Seminars were mandatory as it counted towards to your score. It was my first time to work with four foreigners and they were all Swedish. It was interesting to try new style of works. The course required one group work with around 2500 words every week and it was a case study. It was not a difficult work, but you have to take reference from the reading materials.

## October 2022

I started travelling to other places as I adapted to Uppsala's lifestyle steadily. I visited to the second-largest city in Sweden, which was also my nation's origin, Gothenburg. It was a beautiful place with one of the most famous amusement parks in the world, Liseberg. At the same time, the exam was getting close after five weeks of normal teaching. Since there was only one lecture and one seminar in October, I had more free time to travel around in Europe. I visited to Prague, Krakow and Amsterdam with my friends. I was glad that I could celebrate my birthday with my foreign friends in Sweden which made my journey more remarkable.





## November 2022

My course in previous periods ended as it only lasted for 2 periods. In period 3, I took an essay course that only two students enrolled in. It was a self-learning-oriented course that required students to do the research by themselves and seek help from advisor. There were only 3 workshops to attend and hand in one final essay. Unfortunately, I did not pass the exam and I had to retake. In the first week of November, I went for a quick trip in Brussels, Paris and London. After a short relaxation, I started my works on my essay as well as my study on the re-exam. Meanwhile, I experienced my very first snow shower in Sweden. The weather was not freezing as I expected. The snow was really beautiful, but my Swedish friend told me a cruel fact: you will get tired of it very soon. Anyway, I built snowman with my best friends in Uppsala, and it was a fun experience. One remarkable thing happened in November was, we won our first and final pub quiz in Smaland Nation! (lastly, I passed my re-exam!)



## December 2022

The Christmas was coming, and people were celebrating it. It was often to see Christmas market in Europe. They usually sell hot red wine, different kinds of foods and accessories about Christmas. As I only had my essay left for my study, I got more free times in December and I decided to travel to different place. I went to two other Northern-Europe countries, Denmark and Finland. Since I really wanted to know how the Sweden was during the Christmas, I stayed in the Northern White kingdom. I felt like the time passed even faster in December and I had to farewell with my friends. It was a sad moment but at the same time it was a lesson to learn how to say goodbye. At the end of the month, I celebrated my new year eve in Budapest and Vienna.





## January 2023

The exchange journey had come to an end in January. I spent my first two weeks in my corridor and left my mark to our lovely memory wall. Although the study in Sweden does not necessarily relate to my major study in HKUST, the journey was a vital part of my life. It helped me a lot in personal growth. I learn how to be independent; I learn how to communicate with foreigners confidently; I learn more about others' culture and values; I have been grown and matured during the life in Sweden; I learn how to be more open-minded and adventurous to everything new. The exchange journey has changed my life differently and positively.



## Part 2: General Study Abroad Information

### 1. Visa Procedures

For exchange student, you have to apply for residence permit card to stay longer than 90 days. During the process, you may not be able to find the embassy in Hong Kong. This is correct as the Sweden office is no longer processing the application. You can choose either Beijing or Shanghai. For my case, I applied and received the confirmation of my application in Hong Kong. I made appointments in Sweden to finish my photo taken and fingerprint, and collected my card by mail. For the most updated details, you should visit the official website.

### 2. Orientation Activities

There are a lot of activities that you can join. Before you arrive in Sweden, the school will send you details about orientation activities. There is a “Buddy Program/ Buddy Group” you can join before you go. Don’t worry if you miss the registration, since I joined the group after my arrival. For business student, there is also a business union which is called the Ekonomerna. They also offer a welcoming month with different activities so you can definitely make a lot of friends.

### 3. International Services & Activities

I did not join any international activities that organized by the school. However, the Ekonomerna also offers some international activities, such as a business trip to Frankfurt.

### 4. Accommodations

Uppsala University provides wide range of accommodations for students to live. You can find different types of dorms that you are interested in. For me, I live in the most popular accommodation among the exchange students: Flogsta. There are 12 people in one flat, with private bathroom and shared kitchen. The monthly rent is around 4000SEK. If you want to make more friends, live in a warm living atmosphere, or enjoy some inhouse party, Flogsta is always your best choice.

### 5. Course Registration

You do not have add/drop periods for course registration. You have to register your courses before your arrival. It is not a must that the school provides your interested course. However, you can still take reference from the course offer list according to your exchange semester. More details will be provided by the Uppsala University’s coordinators through email.

## 6. Teaching & Assessment methods

They offer three grading, VG (pass with very good), G (pass) and U (fail). Different courses have different assessment methods and teaching style. One of my business courses require students to attend lecture and seminar once per week. You have to hand in group case study and peer review every week for the assignment score. To get a pass, you have to attend an exam and get a pass in both assignment and exam. Another course only require me to attend three workshops in one month and hand in a final essay. Therefore, it depends on how your course instructor designs. It is noteworthy that some courses may provide letter grade, for ease of transferring credit.

## 7. Sports & Recreations Facilities

The school does not have the related facilities as far as I know. However, you can still find a gym room in the downtown with student discount. You can find look for nations that offer sport activities, such as Upplands Nation.

## 8. Finance & Banking

You will not able to have a bank account if you do not have a personal identity number. For the expense, it is expensive to eat outside. I usually eat in nations as they offer cheap lunch and dinner. Cooking will always your best choice as the price in supermarket is acceptable and sometimes cheap. You don't really need to prepare any cash as the Swedish use contactless payment nearly all the time. However, you can prepare some Euro to exchange for Swedish Kronor. Sometimes there are some second-hand bicycle markers that only accept cash so you may need it. You can still find ATM in the city but the handling fees of ATM is quite expensive.

## 9. Social Clubs & Networking Opportunities

To get more friends or networking, you can join nations to achieve it. You can join more than 1 nation to participate in more activities (you just need to pay more for the membership). You can also work for nations, such as a café staff or gasque helper.

## 10. Health & Safety

Sweden is a safe place, especially in Uppsala. My friends were always impressed about my bike as I did not lock my bike in 3 months! However, it is still recommended to protect your stuffs. No matter how safe the Sweden is, it is always better for you to not walking alone at night. For health services, it is expensive to get a consultation from the hospital. You can ask for some advices in the pharmacy.



## 11. Food

I think the food in ICA supermarket is acceptable and sometimes cheap, compared to Hong Kong. For eating outside, it costs you at least 150SEK per meal. For eating in nations, it costs you about 50-60SEK for lunch (e.g., pasta), and 70-80SEK for dinner (most likely they are burger). You will easily get tired of the food in Sweden, so it is strongly recommended to learn how to cook.

## 12. Transportation

In Uppsala, students take bus or bicycle as transportation. It is strongly recommended to buy a bike as it is so much fun to travel around in Uppsala. You should use mobile app to buy bus ticket as it is much cheaper than paying directly in the bus. You can consider buying monthly ticket also.

## 13. Climate

It is cold and freezing in Uppsala. It is normal to have 0 to -10 degree Celsius during the winter. Also, the sunset time is super early in Sweden. It is around 3pm during the winter and it will be completely dark around 4pm. However, the indoor temperature will be fine as they will control the temperature at around 20 degrees Celsius.

## 14. Communication

Swedish people speak fluent English so don't worry about communicating in restaurants or supermarket. Google translate will be useful as some places will only have Swedish.

## 15. Cautionary measures

It is important to keep yourself warm enough during the winter since Uppsala can be much colder than other places! Also, always bring your student card (which is also the campus card) as you may need to prove yourself as student to enjoy the discount or you may get fined.

## Part 3: Items to bring

Checklist	
	Clothes
	Router and LAN cable
	Mobile charger and adapter
	Towel
	Clothes hanger
	Bed sheets
	Notebook and charger
	Medicine
	Travel documents (Passport and VISA, letter of acceptance just in case)

## Part 4: Useful links and contacts

Sweden Migration Office for applying residence permit card

<https://www.migrationsverket.se/English.html>

Uppsala University Housing Office

<http://housingoffice.se>

Course Catalog

<http://fek.uu.se/student-en/incoming-exchange-students/courses/>

Uppsala Bus Operation – UL (for checking timetable, arrival time etc)

<https://www.ul.se/en>

Nations timetable for regular activity, restaurant and student party:

<https://nationsguiden.se/>

Sweden Medical Website

<http://www.1177.se>