

Exchange Report – Fall 2022/23

Lund University, Sweden  
School of Economics and Management (LUSEM)



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Year 3

# Monthly Activity Log

## August

Due to personal schedule, I arrived Lund on 28 August which was two weeks later than the orientation week. Prior to my late arrival, I informed the international desk and exchange coordinator of my arrival date. They provided me information through email to support me getting familiar with the study in Lund. I got the welcome package from LU International desk. There were also online orientation activities for students who could not attend in person. The lessons started on the next day of my arrival. In the first period, I took INFC40, SASI03 and SASH55.



## September

September was a challenging month for me. Not only because I was starting to get familiar with the new environment, but also the unexpected accident encountered. In the mid of September, I got covid that forced me to stay inside the house for a week until I recovered. My symptoms were much serious than other friends, but luckily I recovered soon. When there was no lesson, I utilized the time to explore the surrounding cities and participated in different social activities such as karaoke night and mentor group gathering. In this month, I visited Malmö, Lomma, Helsingborg and Aarhus in Denmark.





## October

Though the exam period was approaching, I only got one final assignment to finish. Therefore, I got some time to join social activities and had trips. I visited Göteborg and Visby of Sweden at the beginning of Oct. Visby is the inspiration of Kiki's Delivery Service, it was amazing to see the cartoon scenes appeared in actual. In mid Oct, I joined several parties which were good ways to meet new friends from other countries. When it came to the end of Oct, I had a trip to Switzerland alone. That was the first solo trip I ever had that I wanted to try for a long time. The natural view of Switzerland was fascinating. I met people from Korea, Thailand, India in hostel and had a day trip to Grindelwald First with them. It gave me a completely new and fun experience in trip.



## November

The second period started in this month, my lessons of SASH55 continued and I also took a new course INFC60. My schedule was less busy which I usually had lessons twice a week only, so I grasped the time to travel around. I first travelled to Norway, then I went to UK to find my friend exchanged in there. Getting chance to have trip with close friend made it more precious and enjoyable. I also visited Iceland with some Lund buddies and my friend's buddies from Copenhagen business school. Walking in Iceland just like stepping into the places appear in documentary. I tried my first glacier hiking and saw northern light there.



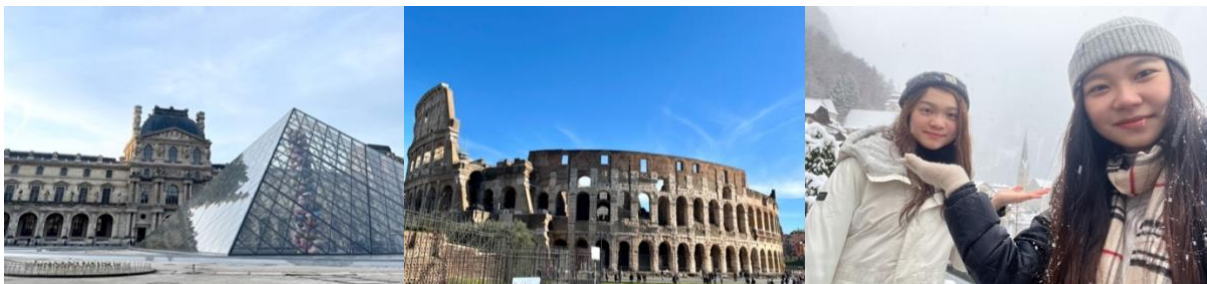
## December

This was my last month staying in Lund, so I spent a lot of time in the city. It was also the coldest month of Lund, the city was always covered with snow. Most of the classes ended in mid-Dec, so many students left the city after that and it became deserted. When Christmas was coming, I went to Finland with friends to celebrate Christmas. The Christmas vibe of European Countries was so good, you can see the Christmas decoration everywhere. There were also Christmas markets in many cities. Visiting Santa Claus Village on Christmas day definitely made my Christmas more memorable.



## January

I spent most of the time on travelling in this month. My journey started from Germany, then I visited Netherland, Belgium, France, Italy and ended in Austria. Although my last lesson of INFC60 was on 13<sup>th</sup> January with zoom presentation, I managed my time to finish the essay and prepare presentation with my teammate during my travel. I went back to Lund to take my luggage and say one last goodbye to the city on 22<sup>nd</sup>. I took the flight back to Hong Kong on 23<sup>rd</sup>.



# General Exchange Information

## Visa Procedures

Application for Visa is unnecessary for those who hold a valid Hong Kong passport and stay no more than 90 days. For those who stay longer than that, you could apply the residence permit in the Swedish Migration Agency's website as long as you get the letter of acceptance. In general, it takes two months to process the application. It is always better to apply earlier as sometimes additional time might require if some information is missing. Since the Embassy of Sweden in Hong Kong no longer issue residence permit, you can choose embassy located in mainland China to handle. After the application is approved, you can send email to the chosen embassy to get the first page of decision paper and take it when you enter the border. The permit can be got after arriving Sweden.

## Orientation Activities

The orientation week starts from arrival day and lasts for 2 weeks. Multiple choices of activities e.g. IKEA tour, welcoming party are offered and you can participate in those you are interested in. Some activities have to buy tickets before joining that usually sold out quickly, so remember to pay attention to the ticket selling information if you want to join.

## International Services & Activities

If you find any difficulties regarding the exchange, the International desk would be able to answer your questions. You could find them through email or visit their office during opening hour. At the summer holiday before arrival, they also hold virtual meeting for students to ask questions online. You could take a look on their website to know the virtual session time and office hour.

## Accommodations

The shortage of accommodation is extremely serious in Lund, I recommend to search for it as soon as possible. There are two common ways to get the student housing: LU Accommodation and AF Bostäder. LU Accommodation is part of the Lund University, offering housing to international student. No guaranteed housing is offered to exchange student, the offer is provided on first come-first serve base, so you have to apply immediately once the application period start. It is common to not getting offer from LU Accommodation. Then you could consider AF Bostäder which prioritizes students who study there first time. I was the unlucky one who did not get housing from the above both, so for the first two months I rent a housing in Airbnb with my friends and moved into Lund University Guest House after that. The Guest House offer short-term accommodation only which is 3 months in maximum.

## Courses Registration

LU would announce the course list for exchange students around a month before the exchange. To know whether which courses are available before that, you could refer to course list of last year in same semester which is mostly the same, instead of the credit transfer database, as it may include postgraduate courses which you could not register. Before the course registration, you could apply course mapping approval first in the credit transfer application to secure you register the suitable courses. I took the following courses:

INFC60 IS Sourcing Strategies for Business Development

SASH55 Introduction to Scandinavian Culture and Society

INFC25 Informatics: Human – Computer Interaction, Analysis

SASI03 Environmental Studies and Sustainability Science: Concepts, Challenges and Approaches in Sustainability Studies

## Teaching & Assessment Methods

Lund university adopts absolute grading system. The assessment bases on final assignment or examination and group project mostly. Swedish education emphasizes self-directed learning, there is no participation mark to induce student answering the questions. The class schedule is light, sometimes I only needed to have lesson twice a week. Even with a few guidelines and restrictions, the study atmosphere in LU is good that students tend to raise questions and share opinions in class voluntarily.

## Finance & Banking

The currency of Sweden is Swedish Krona (SEK), the exchange rate to Hong Kong Dollar (HKD) is around 1:0.75. Sweden is a cashless country where people mostly use credit or debit card to pay. Visa and Mastercard are the most common payment method in the shops. However, I still recommend to have some cash prepared as a few of the shops still only accept cash payment. It is not necessary for exchange students like us to register a bank account here.

## Climate

Before October, Lund is still in the summer season with longer day time and sunny day most of the time. However, the weather changes quickly starting from early October. Lund has a shorter daytime in winter and sometimes the temperature could reach -10°C or even lower. The coldest time is December that the sky turns dark at 3:30pm.

## Health & Safety

Lund is a safe city in general, there is no common security problem except the bicycle thefts. In terms of the healthcare, LU has offered insurance covering the expenses for medical service to exchange student. You could go to nearby hospital and claim the money when sick.

However, most of the people would choose to take medicine on their own, as the medical system of Sweden is complicated and it is time-consuming to see the doctor.

## Food

Although food price in Lund is higher than Hong Kong, it is acceptable compared with other Scandinavian countries. Dining outside is expensive in general, but you can still find some economical options e.g. nation's lunch, kebab. I mostly cook on my own. The most common supermarkets are ICA, COOP, Willys, Lidl where the latter 2 are usually cheaper.

## Transportation

Lund is a small city, you can arrive most of the places easily through biking or walking. For the bus or train services, you could search the route and buy ticket in an app called "Skånetrafiken". There are 25% off group ticket discount for buying tickets for 2 people or above. You could also buy monthly ticket if needed.

## Communication

Swedish people are good English speakers, you can easily communicate with them in English. There is also an introductory Swedish course for exchange students to learn basic Swedish for daily communication.

## Sports & Recreation Facilities

There are several gym rooms in Lund, you can choose the one near your place. According to my friends, the fee is much cheaper than Hong Kong and you could join different sports classes once you join the membership. 7 days free trials is available to see if that gym room fits your needs.

## Social Clubs & Networking Opportunities

There are different nations representing multiple cities of Sweden in LU. It is a good chance to make new friends through the nations' activities. Every week, the nations announce their activities in their social media account, you could keep following the announcement to participate in the activities interested. Some of them have to apply online first while some of them do not have to.

## Cautionary Measures

Always keep alert to the surroundings when travelling. I met some weird people in Switzerland and Finland where are considered as safest countries by most people.

## Items To Bring

- Passport & HKID Card
- Residence Permit
- Letter of Acceptance
- Medicine
- Laptop
- Chargers & Plug Adaptors
- Clothes & Shoes
- Credit/Debit Cards & Cash
- Stationary
- Umbrella

## Useful Links and Contacts

Swedish Migration Agency

<http://www.migrationsverket.se/English/Private-individuals/Studying-inSweden/Universities-and-university-college/How-to-apply.html>

LU Accomodation

<https://www.luaccommodation.lu.se/accommodation-student/>

AF Bostäder

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

LU International Desk Website

<https://www.lunduniversity.lu.se/current-students/international-desk>

LUSEM Website

<https://www.lusem.lu.se/>

Timeedit for checking course schedule

<https://cloud.timeedit.net/lu/web/eh11/>