



Exchange Report

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Stockholm School of Economics
Sweden

Part I – Monthly Activity Log

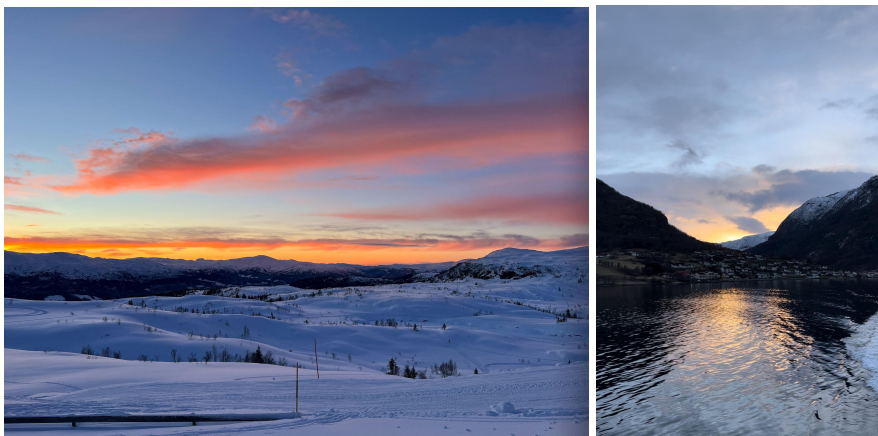
January 2023

I arrived in Stockholm with my fellow UST exchange buddy on January 9th and we headed straight to the SSE Housing office to check-in to our accommodation. The first few days were dedicated to settling into the accommodation and getting acquainted with the campus and its facilities. The school's orientation program provided valuable information about the academic structure, student life, and local customs. Despite the 3-hour daytimes of Swedish Winter, I tried to make the most of my time by attending many events organised by fellow exchange students. I highly recommend being proactive and joining these events as this is how you get to know other exchange students from all around the world.



February 2023

February was a light month in terms of school coursework so I began my travels across Europe. I travelled to Norway, France, and Lapland (Northern Sweden). The Lapland trip was organised by the SSE exchange student committee, where we headed to the arctic circle and stayed there for 7 days. The trip included many activities such as reindeer feeding, husky sleigh, arctic survival, cross-country skiing and a short trip to Narvik (Norway). We were lucky enough to catch a glimpse of the northern lights during the trip, which was truly breathtaking.



March 2023

Our semester in SSE was divided into two periods (first half courses and second half courses), with an examination period for each of the periods. Since the courses I took had many assignments and final exams, the first half of my march was just spent studying in Stockholm. Once exams were over, I hopped onto a plane to begin my 12 day travel in Switzerland and Italy. Switzerland was one of the most beautiful places I have ever visited, with picturesque scenery everywhere you look. I went skydiving with my friends in Interlaken, one of my bucket-list items I have always wanted to do. It was truly a one-of-a-kind experience that I highly recommend everyone to try. We also spent two days skiing in the Swiss Alps, satisfying our adrenaline craze.



April 2023

In April, I immersed myself in the vibrant cities of London, Prague, and Copenhagen. London was a whirlwind of excitement with its iconic landmarks like Buckingham Palace and Big Ben. I found myself captivated by the bustling energy of Covent Garden, where street performers entertained the crowd. Indulging in a traditional afternoon tea was an absolute treat that left me feeling like royalty. Prague, with its fairy tale-like atmosphere, stole a piece of my heart. I wandered across the historic Charles Bridge, marvelling at the breathtaking views of the Vltava River. Exploring Prague Castle and its stunning Gothic cathedral felt like stepping back in time. Lastly, Copenhagen charmed me with its modern Scandinavian design and cozy atmosphere. The picturesque Nyhavn waterfront, lined with colorful houses, was straight out of a postcard. I savoured delectable Danish pastries and soaked up the laid-back vibes of the city.



May 2023

I spent the final month in Stockholm to fully explore what the city has to offer. To experience nature in the summer months, I went on a boat trip with friends to the different islands in the Stockholm Archipelago. Exploring the islands, we hiked through lush forests, discovered secluded beaches to sunbathe in, and marvelled at the breathtaking coastal landscapes. The tranquillity and serenity of the archipelago were truly rejuvenating, especially after the long winter months.

As my time in Stockholm drew to a close, I bid farewell to the city that had become my second home. My study abroad experience at Stockholm School of Economics and my time in Stockholm were truly transformative. From academic growth to cultural immersion, the journey enriched my life in countless ways. Stockholm will forever hold a special place in my heart as a city that broadened my horizons.



Part II – General Exchange Information

Visa Procedures

I was fortunate enough to have completed my resident permit procedure before the new policy change that went into effect on November 1st 2022, which required applicants to travel to a Swedish Embassy (outside of Hong Kong) to provide proof of passport/identity. Because of this, the whole process only took around 1 month to complete. I applied for the resident permit as soon as I received my confirmation letter from SSE. The application procedure itself is pretty straightforward, but the result comes in the form of an acceptance letter which you have to then bring to Sweden to receive your actual resident permit card.

Orientation Activities

During the orientation day, we took part in various activities that introduced us to SSE and its campus. The school tour was pretty nice because we got to wander around the buildings, libraries, and visited all the society clubs which introduced us to the various student run organisations in SSE. Shortly after the tour, we had a school talk in the atrium hall which was very informative, where they filled us in on the school's history, core student principles, as well as general tips for surviving in Stockholm. The day ended with us receiving our SSE access cards and our virtual Mecenat student cards, which provide discounts for various things around Stockholm. The orientation activities were not only informative but also helped us connect with fellow students and feel like we were part of something exciting.

International Services & Activities

The student organisation committees in SSE are all grouped around a student body called SASSE, in which they are in charge of all the student activities in SSE, from sporting events to company banquets. I would recommend regularly checking the SASSE calendar for all the events being held in the month.

Accommodations

SSE provides 3 student accommodation options for exchange students – Saltis, Lappis & Hagvik (new). I stayed at Saltis during the exchange which was very enjoyable as the location is super convenient; 2 mins walk from school and plenty of food options to choose from. It was pretty much all the exchange students' top choice for accommodation.

Courses Registration

Course registration is done through the school portal in the beginning of December before the semester begins. The process is very simple compared to UST – simply click on the course you are interested in to register. There is not much competition to get into the courses so there is no pressure during the registration period. Since I

was interested in a master's course, I emailed the school to request the right to register for master courses.

Teaching & Assessment Methods

The teaching methods are quite similar to how the courses are taught in UST. The courses I took involved many case discussions, which was very enjoyable as everyone in the class actively participated.

Sports & Recreation Facilities

The SSE campus is quite small so there aren't any on campus sports facilities. There is however a very good gym located next to Saltis/SSE called SATS, which I highly recommend getting a membership for.

Finance and Banking

The main currency used in Sweden is Swedish Krona. However, I would not recommend exchanging SEK in cash beforehand as Sweden is a cashless city, with few places accepting cash as payment. Most credit cards charge an international transaction cost of around 2%, so compare across different banks to try and find the best deal.

Social Clubs and Networking Opportunities

Feel free to join any of the club societies as the club culture in SSE is quite big. However, even if you don't join the societies you can still attend the hosted events by signing up on Keyflow.

Health and Safety

Stockholm is a very safe city with a good healthcare system. I felt completely safe walking around the city at night alone. Still, it is always good to be cautious.

Food

Stockholm has a variety of cuisines to offer, with plenty to choose from around the school. However, food in Stockholm is quite expensive so be prepared to cook food for yourself most of the time.

Transportation

Stockholm has a great transportation system, all under the SL company. Make sure to purchase student tickets for buses, trains and boats for a discounted price. However, Stockholm is also very walkable so I spent most of my time just walking to destinations.

Climate

Very cold and dark during the winter months. I knew about this beforehand but actually experiencing it was completely different from what I imagined. Vitamin D pills are a must as you won't be getting much sunlight. The temperature ranges from 5 °C to - 5°C which you will become used to after some time.

Communication

I recommend the Telenor provider for sim cards, which you can get in the telenor stores or in convenience stores. I used the Fastpris data plan which allowed me to also have data across other EU countries.

Cautionary Measures

Nothing much to worry about, just be smart when you are travelling.

Other Notes (if applicable)

Part III – Items to Bring

- Passport
- Type C or Type F adapter
- Electronics
- Portable charger
- Warm clothes
- Gloves
- Scarf
- Big Coats
- Medicine

Part IV – Useful Links and Contacts

Resident Permit Application:

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

SSE portal:

<http://portal.hhs.se/>

SSE homepage:

<https://www.hhs.se/>