



LUND
UNIVERSITY

SPRING
2023

EXCHANGE REPORT



LUND UNIVERSITY

School of Economics & Management, Lund University, Sweden

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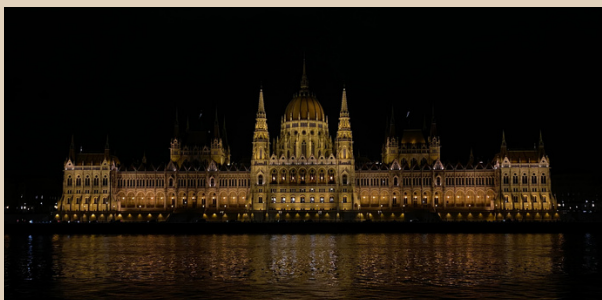
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DECEMBER

As a matter of fact, the official “Arrival Day” set by Lund University was on 9 January 2023, but I travelled to Sweden already in late December 2022 for passport checking (in which I will explain this more in the “Visa Procedures” part). Thus, I didn’t stay in Sweden for too long before kickstarting my 2-week Late Christmas Trip in Central Europe. I travelled to Prague, Vienna and Budapest with my UST friends, and we were lucky that some Christmas markets were still opened during our time of visit. We tried a lot of local food, skated in Europe’s largest ice rink, and even enjoyed the countdown in Prague. The scene was so astonishing with tons of fireworks exploding all around us.

JANUARY



You could gather lots of useful materials on the Arrival Day, such as SIM card and leaflets introducing the schedule of the orientation weeks. At the same time, you could make enquires about your accommodation or anything related to your exchange life (like how to connect to the university Wi-Fi), so make sure you don't miss the Arrival Day. After that, there were various orientation events organized by the school and different nations. There were also some mentorship programs allowing you to meet other exchange students, but it really depends on whether you are assigned to a group with active participants (Unfortunately my group was not).

There were many exchange students from Hong Kong (over 20!) so we decided to celebrate Lunar New Year by eating hotpot and Tongyuen (glutinous rice balls) together. Moreover, we went to Falsterbo in Southern Sweden, a beach where local students said there would be lots of sea lions resting along the seashore. Although we were not lucky enough to be able to see any, it was still a great place to enjoy the sunset and view of the Baltic Sea. One thing to be noted is that the beach area will be closed in around late January to early February since it is some kind of a protected area, so it's better to go there in January. Besides, I went to the Technology & Maritime Museum in Malmö (Teknikens och Sjöfartens hus / Malmö Museum) and the exhibitions inside were pretty interactive and inspiring if you are interested in technology and science.



FEBRUARY

Lund is in the South part of Sweden so don't expect too much snow. In fact, as much as I could recall, there were only around five days that I was able to see snow in Lund. However, there was a night when the snow was big enough for us to build snowmen and have a snowballs fight. We played till the next morning and the memory was unforgettable.

Without doubts, studying was just a very small part in my exchange, hence there is plenty of time left for my friends and I to explore more about Lund and nearby places. We skated a lot (there were 2 ice rinks in Lund: one near the Cathedral and one in Sparbanken Skåne Arena), watched an ice hockey match in Malmö Arena, walked around Malmö (the sunset view was gorgeous around the Malmö beach) etc. The most amazing night that I have had was a sittning, a Swedish tradition in which people dressed formally and had a three-course meal together in a huge dining hall, followed by a K-pop afterparty organized by one of the nations. Learning about different cultures is always a rewarding experience to me.

In late February, I went travelling in Switzerland, and it is the most beautiful country that I have ever been to in Europe. Although the travelling expense was much higher, there it was totally worth it.

MARCH



Watching Aurora is definitely one of the top bucket list items for every exchange student. Therefore, my friends and I joined a 7-day tour organized by ESN to Finland, and so did many other exchange students. The tour fee was rather cheap (around 400 Euros, transportation and accommodation included) but we have to take a 26-hour bus ride, not once, but twice, for a round trip, which was honestly a torture for us. Nevertheless, we had a fruitful experience there: we visited the Santa Claus Village, went skiing for 2 days, participated in different winter activities such as snowshoeing, cross-country skiing and husky sledding, but most importantly, we watched the amazing aurora. Not to mention that our accommodation (a wooden single house) was so cozy that we spent most of our nights playing inside. There were many unforgettable moments throughout the trip, so I really recommend everyone to go on a trip for aurora hunting (Abisko in Sweden is another famous place for this but early booking is needed).

After the trip, I was exhausted and had to be prepared for the final exam for period 3 (there are 2 periods in each semester). Therefore, I stayed in Lund for the rest of March. I took my time to discover more about Lund, there are many places with great views that are within cycling distances. There are also a sports centre (which is called Victoriastadion) where you could play a variety of sports there, such as tennis, squash, paddle ball and badminton. It soon became the resort for me and my friends. At the same time, my friends and I cooked a lot and often hanged out in my friends' apartment. Ice-skating and gathering at night become a daily habit for us.



APRIL

Right after I finished my exam at the end of March, I embarked on my Easter journey, in which I went to Milan, Florence, Pisa and Barcelona. The 13-day trip was filled with joys and laughter, I enjoyed the most delicious truffle carbonara and tiramisu, admired the beauty of the architecture of Barcelona (got to say the Sagrada Familia is the best church that I have ever been to), and watched my first live football match at Camp Nou.

For me, the fun continued even after going back to Lund. I joined a hiking trip organized by ESN with my friends. Although the track was not challenging at all, it was always relaxing to breathe in fresh air in the woods and feel the nature. Then, I challenged myself by cycling from Lund to Malmö and returning. I only used 40 minutes to go to Malmö but it took me more than 2 hours to get back since it was too windy and I was exhausted as well (Therefore, I highly recommend others to take the train back if they don't have good stamina). Still, it was quite an experience to bike from city to city while enjoying the view throughout.



In late April, my corridor organized a "TDC". It is a tradition in Lund at which people who are staying in the same corridor will throw a night party. There will be a common theme (ours was "Easter") and each room will design their own games according to that theme. We started by having dinner together at the common kitchen, then we visited each room one by one and went back to the common area again for the after party. We played lots of mini-games and hence drank a lot such that I could barely remember how that night ended. It was so wild and thrilling.

APRIL

Missing the change of witnessing the aurora in Lund was one of the things that I regretted the most in this exchange. That night, the aurora forecast indicated a relatively high probability of seeing aurora in Lund, yet I was too lazy to go out even though my friends asked me out, thinking that there was only little change to be able to see aurora in southern Sweden. Some of my friends insisted to go, and so they are lucky enough to see the norther lights again with a different colour, I really wish I could be there! (they saw it on the Sankt Hans Hills, which is the highest spot in Lund)



MAY

My journey in May was so packed and full of memories. I first travelled to Paris in early May to enjoy the mouthwatering French cuisine. Then, I went back to Lund to attend my last lecture of the semester and celebrated it by visiting Tivoli (an amusement park) in Copenhagen with my friends. Although the Park was small, there were many rides that it took us a full day to try them all. Shortly afterwards, I went on a trip again to Amsterdam, Luxembourg and Belgium. It was the time that I finally understood how to really travel in Europe - slow down your pace, not to rush through tourist spots and really enjoy the way of living there.

Time is ticking, so my friends and I were trying to make the most out of our time. Thinking back, we really did many crazy things: Took group photos in front of different famous buildings in Lund at 6am, partied at the Västgöta Nation's Metro Club and had to take somebody home since he was wasted, took my bike to Copenhagen to join a party with other Hong Kong exchange students from DTU (a university in Copenhagen), returned to Lund in the next morning but then immediately rode to the Lomma Beach and spent a full day there...

During my last week in Lund, I went to Copenhagen with my friends for sightseeing for the last time. In fact, there were many gorgeous places there that were worth visiting, such as Christiania and Nyhavn. In my opinion, the city view in Copenhagen under good weather conditions is the best in Europe. Later that night, we enjoyed a Korean Barbeque style all you can eat buffet there. I could hardly recall how was the food there since we all drank lots of soju in the restaurant.



MAY

I also make use of my last few days to revisit places in Lund. I don't know if it was the weather problem, but I think that Lund in summertime is a lot better in terms of the city view and activities. The university library looked more grand and fairytalelike with the layer of wall covering plants. The flowers and water fountain turned the main building into a grand palace. Even my hall, Sparta, no longer looked like a prison under the blue sky. There were lots of activities for us to enjoy as well, including playing beach volley, having a picnic in the botanic garden, visiting the history and art museum, and small-scale rock climbing. As far as I could remember, 30 April is a very special date in Sweden (in which they called Valborg), there will be massive events being organized and celebrate it everywhere, so don't schedule any trip on that day, otherwise you cannot experience it (I was so stupid to do that).

Time flies, I ended my exchange life with a short solo trip to Stockholm. It was the best trip that I have ever had because I could plan the schedule by myself and do whatever I want (I even took a ride in the roller coaster that had accidents recently). Then, I had no choice but to say goodbye to my hall and the people that I had met there. Words cannot express how much I miss Lund and all my friends there, and I will cherish those precious memories forever!

GENERAL STUDY ABROAD INFORMATION



1. VISA PROCEDURES

Visa application was the biggest obstacle when we were planning our exchange!!! (continue reading if you want some tips on how to get the permit in the fastest and easiest way.)

Generally speaking, holders of a HKSAR passport do not need a visa to visit the Schengen area (Sweden is included) as a tourist for up to 90 days every six-month period. Since exchange students are staying for around 6 months (180 days), we have to apply a residence permits. The application's procedures were rather simple, after receiving the Letter of Acceptance from Lund, I just had to follow the guidelines on the website to submit the required documents and information.

However, the Swedish Migration agency adopted a new policy this year, in which all applicants of the residence permit have to present their passports to a Swedish embassy or consulate-general for checking. The Swedish embassy in Hong Kong would not handle such matter, so we were advised to go to the embassy in Beijing/Shanghai. Nevertheless, Covid-19 was still viral at that time in mainland China, if we want to go the embassy in Beijing/Shanghai, we would have to quarantine ourselves in hotels for 7 days beforehand and afterwards! This was so costly and time-consuming for us.

The only alternative was to go to the migration centres in Sweden instead, but we have to stay outside of Sweden afterwards to wait for the result of our application, which they claimed to be around 4 months! However, it was already mid-November and we have to time for this. My friends and I all felt hopeless and frustrated by how inflexible the Swedish Migration Agency was, one of them even withdrew from the exchange program. As far as I know, around 40% of students from different Hong Kong universities, who were originally planning to exchange in Sweden, gave up the opportunity or changed to other universities in other countries.

At last, I decided to go to Sweden earlier to do the passport checking and travelled to other countries to wait for the result, that's why I kickstarted my exchange life with a long trip mentioned above. You may be wondering: Isn't that I have to wait for a long time for the result? Yes, that's right, but I also found a loophole: To continue the application after passport checking, the Swedish Migration Agency required proofs from you (like photos or flight tickets) to show that you are outside of Sweden. Since customs will not check your passport at the airport when you are flying with the Schengen area, thus they will have no idea (there is no official record) even though you return to Sweden. Therefore, I fly back to Sweden even I didn't have my permit granted.

Be that as it may, after going back to Lund, the Swedish Migration Agency notified me that they did not accept the proofs that I sent them for some reasons. I was so mad because it meant all my efforts before were in vain. Luckily, I thought of another way to cheat: I took the train to Copenhagen (which is outside of Sweden) and took some photos as proofs. Then, I sent them those “proofs” and received the residence permit on the next day! Many other exchange students from Hong Kong also followed suit and all of their applications were successful. Therefore, I would strongly recommend to do the same thing if you want to save time and money.

After that, they will send you your residence permit card by mail or you have to pick it up at their centre in Malmö. Keep it safe and don't lose it, otherwise you will have to go to the police and the agency to report the loss and re-apply another one, which is very troublesome.

In short, I was very disappointed of the Swedish Migration Agency regarding in their policy and how unhelpful they were whenever I made requests. With that being said, this problem is just a tiny part of my exchange journey, I am glad that I still decided to go to Sweden after this visa issue since this exchange was truly once-in-a-lifetime experience to me. Those memories were so wonderful as if this exchange was a dream. (I really recommend you come and experience it all by yourself!!!)

2. ORIENTATION ACTIVITIES

On the arrival day, you will receive a leaflet showing the schedule of different orientation activities in the first two weeks. As far as I know, different nations also have their own orientation camp, but you have to be their own member in order to join. I didn't participate in any but I heard that it was quite fun and you could meet more local students and learn more about their cultures.

Moreover, if you are from LUSEM (School of Economics and Management), you could join their own mentorship program. They will organize some events for ice-breaking, and then each group will have their own activities (My group just organized a fika and a dinner in one of the mentors' home, then the group became inactive as most people were not responding to the messages). You could also learn more about those events organized by LUSEM, the sitting that I joined was also arranged by them.

The followings were the orientation activities that I joined:

- **Introductory talks:** the introductory talk is compulsory for every exchange student, it's also a good chance to meet new friends there, but make sure to arrive earlier since it's easy to get lost in Lund in the first few days. There are a couple of other talks with topics like mental wellness and instructions on how to use the library, but I think they are optional.
- **Taste of Sweden:** it's an event for us to try traditional Swedish food, such as meatball and some dessert. It's fun but don't expect too much (some has weird taste).
- **Game nights and hiking tours:** In fact, there were lots of other activities that I didn't join. You can feel free to choose whatever event you like but remember to register earlier as it is on a first-come-first-serve basis.
- **Welcoming Party night:** You could buy the tickets on the Arrival Day venue. It was a huge club night organized by the student union to welcome all the exchange students. It was a good timing for socializing but remember to pre-drink first before going in, the drinks inside were more expensive.
- **Mentor group:** How good a mentor group was heavily depended on the proactiveness of the mentors and the mentees. Normally, they will arrange a city tour to walk around Lund and introduce us of some history of Lund (or some funny facts about the university). I heard that some groups organized some parties and went to some nations' activities together as well.

3. INTERNATIONAL SERVICES & ACTIVITIES

The International Desk of Lund University provided a pick-up service in the Lund Central Station on the arrival day. However, they will only be pay attention to those trains that come from CPH airport. If you are not going from the airport, make sure to look for people wearing reflective vests with the logos of LU on them. That day, I went to Lund from Malmö (I will explain why later) and I was lost when I arrived in the Central Station. I had no idea how to get to the Arrival Day Venue and wandered around for 20 minutes to look for the pick-up booth. Luckily, I was able to locate the booth, which was very far away from the platform of the station. There were some hot drinks and snacks provided and a guide showed us the way to the arrival day venue.

There were various things that you could get on the Arrival Day:

- **Leaflets with the schedule of different orientation activities in the first 2 weeks**
- **SIM card** (which could be used in the whole Schengen area)
- **Some souvenirs** (such as LU tote bag and memo)
- **Entry tickets to the welcoming party night** (for purchase)
- **Key of your accommodation** (If your accommodation is provided by LU Accommodation or AF Bostäder)
- **IT support** (for WiFi connection or any technical issues)

You could purchase a welcoming package that includes a pillow, a set of bed sheet and pillow cover, a bottle of detergent, some sponges and kitchen towels...It's convenient in the sense that you don't have to buy them all by yourself and you could use them once you arrive your accommodation, but I didn't buy it because there were some items that were useless to me and it seemed to be cheaper to buy them separately in IKEA.

The International Desk was also in charge of the Mentorship Program. They organized a large-scale city hunt, in which there were checkpoint games at the base of every student nation of Lund. Since the nations' locations were scattered over Lund, it was also a good opportunity for us to train our sense of direction and know more about the difference between different nations.

4. ACCOMMODATION

Housing in Lund is extremely competitive and you are not guaranteed an accommodation offer. With that being said, there are still multiple methods for you to apply for accommodation:

- **LU Accommodation:** You will need to look into their website about different accommodations and indicate your preference in October. There are different locations and types of rooms for you to choose. If you are lucky enough, you could secure a housing offer in November.

- **AF Bostäder:** AF Bostäder is the biggest student housing provider in Lund. They will organize a lottery in December and most of the students got their housing from the lottery. You will have to sign up and pay a fee to become a member of Studentlund in order to participate in the lottery. However, if you still couldn't secure an offer in the lottery, then you will have to compete with others in a system similar to an auction. They will randomly assign a priority ranking to each account, people will then be able to put their names on the waitlist under each vacant room that are available in the system. The system will assign the room to the person with the highest position in the waitlist. There will be new room offerings from time to time so you will have to stay tuned and check the website frequently. **Note: Remember NOT to sign up for unfurnished rooms in the system! Otherwise, you will have to buy all furniture by yourself, including desk, chair and bed. Also, be aware of the timing of the lottery! (I will explain why)**
- **Accommodation at the student nations:** there are only a few housing offerings from nations and you are required to become their member if you want to live in their accommodations.
- **BoPoolen:** It's a student housing website run by LU's student unions. There are different types of rooms available, like a room in a local student's apartment or even rooms from private landlords. However, the hygienic quality may be below bar and the price is more expensive. Also, buyers have to be careful of scams or frauds. Thus, BoPoolen is the least option.
- **Other accommodation agencies (e.g. Airbnb):** I have some friends who were really unlucky and couldn't find any housing, so they eventually booked a long-term apartment on Airbnb together and shared the expense. It was more costly and the address was far away from the university.

Personal Experience:

I was so unfortunate that I got a bad priority ranking in AF Bostäder's system. Thus, I was not able to find any housing even when I leave Hong Kong, which made me so nervous as I didn't want to find housing on BoPoolen. With no choices left, I have to rent an Airbnb in Malmö (because it was cheaper than those in Lund) for the first month, with the hope that I could find a housing by then. Then, there was a lottery on the Arrival Day and ironically I got an offer. However, in order to accept the offer, I had to start paying rent for January. At the same time, I couldn't cancel my booking in Airbnb with such short notice. As a result, I am double paying my rent in January and I have to travel to Lund from Malmö every day in that month! In my opinion, it was non-sense to host the lottery on the arrival day, people have no time to adapt to the sudden change.

Tips:

- Locationwise, Sparta is the best for LUSEM students since it is just 1-minute walk away and there is an ICA supermarket nearby, but the international corridor (where my housing was) is the least favourable one as you don't have your own shower and toilet. Ideon used to be a hotel, so their rooms are more comfortable with bathtubs. Moreover, they have a big lobby for social gatherings and a big kitchen so that you can cook faster in groups.
- If you have a friend that is willing to be your roommate, I would recommend you guys to rent an apartment together. Apartments are usually bigger and comfier with their own living room, toilet, kitchen and even a cloakroom. My friends lived in an apartment and we often hanged out there.
- You could apply for short stay in guest house of LU Accommodation, so that you could have a temporary accommodation with the first few weeks. Although the price may be a bit more expensive, the contract is very flexible so you could move out once you found a housing. In such way, you won't encounter my problems.

5. COURSE REGISTRATION

Unlike HKUST, a semester in LU is separated in 2 periods. In each each period, students have to enrol in at least 2 courses. Students can take up to 30 ECTs (similar to credits in HKUST) while the numbers of ECTs of different courses vary. Remember to check the database for credit transfer and do courses mapping first in HKUST's credit transfer system. The course registration is completed online on a platform called SoleMove, you will have to register 2 additional backup courses for each course that you wanted to enrol in (so 12 courses in total). Choose carefully as there is a high chance that you could not enrol in your first choice. Look into the webpages of different LU departments for more information. The followings are the courses that I had enrolled in:

SUSA11 - Swedish: Introductory Course for Exchange Students 1

- This is an optional language course for exchange student to learn simple and conversational Swedish. It only lasts for the first 2 weeks but there is lecture every day, not to mention that the pace of teaching was too fast and many of friends could follow.

INFN65 - Informatics: Business and Artificial Intelligence

- It is a master course about AI and its impacts on the finance industry. There were many talks and 2 seminars with pre-seminar assignment. In addition, there were 2 labs in which students have to learn to use Knime, a platform for creating Machine Learning (ML) models. The group project was about Knime application, students had to form groups to create a model to address certain business problems. At the end of the period, there was a presentation on the project and it was graded by the professor as well as another group. The final exam was a 48-hour take-home exam which required students to submit an essay about the reason why ChatGPT was successful.

SASH68 - Critical Animal Studies: Animals in Society, Culture and the Media

- This course is about how human perceive and position animals in the society. There were 5 themes and each theme lasted for 2 weeks, with lecture in the first week and a seminar in the second week. Lectures were not compulsory but attendance was recorded for seminars. However, you could complete the compensation assignment if you were absent in the seminars. Also, students had to submit a reflective journal for each theme and a final essay at the end of the course.
- HKUST Credit Transfer Mapping: SOSC 1000-level Course (3 credits).

SASH55 - Introduction to Scandinavian Culture and Society

- This course spanned over 2 periods with only 1 lecture per week. Needless to say, the course was about the Scandinavian culture. For the final essay, students would choose 3 Scandinavian culture's representations for analysis.
- HKUST Credit Transfer Mapping: HUMA 1000-level Course (3 credits).

FEKG95 - Business Administration: From Barter to Bitcoin and Beyond: Re-Imagining Money for a Sustainable Future

- This course is about macro-economics and different monetary systems. The mid-term and final paper required lots of reference from the course readings, so students had to finish all readings. There was a workshop at the last lecture that required students to be divided into groups and design their own monetary system. The final paper was about the result of that workshop.
- HKUST Credit Transfer Mapping: FINA 3000-level Course (3 credits).

6. TEACHING & ASSESSMENT METHOD

Be prepared for a much more interactive teaching style than that in HKUST. You will have to engage in lots of group discussions and answer/raise questions in every lecture.

Below is more information about each course that I had enrolled in:

SUSA11 - Swedish: Introductory Course for Exchange Students 1

Items	Evaluation
Assessment method	no attendance score, 1 final exam (MC questions)
Teaching method	2/3-hour Lectures in a large lecture hall
Class size	around 100 students
Class format	Didactic method, with some group discussions for practices
Grading	you will be fine if you have studied the notes
Workload	5/10
Comment	Self-directed learning was expected, teaching pace was fast since Swedish is a bit similar to some European languages (like German)

INFN65 - Informatics: Business and Artificial Intelligence

Items	Evaluation
Assessment method	no attendance score, 1 group project (accounts for 3.5 ECTs), 1 final exam (accounts for 4 ECTs) (~3000 words)
Teaching method	2-hour lectures in a small classroom
Class size	around 40
Class format	Interactive with many group discussions, asking questions was encouraged
Grading	OK, a bit harsh
Workload	8/10
Comment	The course content focused more on machine learning, impacts of AI on the society and ChatGPT, very little about AI and related technical skills.

SASH68 - Critical Animal Studies: Animals in Society, Culture and the Media

Items	Evaluation
Assessment method	5 pre-seminar assignments, 5 reflective journals, 1 final essay (~3000 words)
Teaching method	lectures in a small classroom, even smaller rooms for seminars as students were divided into sub-groups
Class size	around 60 students
Class format	didactic for lectures and interactive for seminars, with lots of group discussions and presentations
Grading	Lenient, lots of guidance on your final essay
Workload	4/10
Comment	The course's content was very interesting and inspiring to me; Be prepared to actively participate in discussions.

SASH55 - Introduction to Scandinavian Culture and Society

Items	Evaluation
Assessment method	no attendance score, 1 final essay (~3000 words)
Teaching method	3-hour lectures in a small classroom
Class size	around 30 students
Class format	didactic teaching, sometimes the lectures would last for 5 hours in which students would watch a movie together
Grading	Very lenient
Workload	1/10, not to mention that the last lecture was in mid-April even though the official end of semester was in mid-June
Comment	The course's content was supposedly interesting but the professor's teaching style was not very engaging, I often had no idea what he was talking about

FEKG95 - Business Administration: From Barter to Bitcoin and Beyond: Re-Imagining Money for a Sustainable Future

Items	Evaluation
Assessment method	no attendance score, 1 mid-term paper (~300 words), 1 final essay (~1500 words)
Teaching method	3-hours lectures in a small classroom
Class size	around 50 students
Class format	Very interactive with frequent group discussions, students would sit randomly in circles during class
Grading	OK, but heard that many students failed the mid-term exam due to direct referencing from notes without any explanation or self-reflection
Workload	9/10, every week has pre-class assignment and around 3 readings to finish beforehand
Comment	The course's content was very interesting, the professor was very knowledgeable and responsive in face of students' enquiries. It blew my mind after learning about how monetary systems really work in reality

7. FINANCE & BANKING

Electronic payment is now the norm in Europe. However, do bring some cash as I also used cash to buy my bike from an online seller. Using Apple pay or Google pay would be a better option than using physical cards since sometimes the machine may require you to insert a PIN if you use cards. Although I had already set up the PIN for my cards in Hong Kong beforehand, the transactions were mostly rejected and it kept saying that I have entered the wrong PIN.

To play safe, I would recommend bringing 2 master/visa cards. I opened an HSBC One account just for this exchange since it could be used to save foreign currencies. However, the official currency in Sweden is Swedish Krona, which is not a common currency nor on the list of 12 major currencies that you could save in the HSBC One account. Thus, I could only accept the real-time conversion rate whenever I make transactions. It's a good practice to be aware of the changes in the conversion rate since owing to the fact that you could save more by exchange the 12 major foreign currencies (for travelling purposes) at a lower rate.

Note: Check your bank statement occasionally to prevent scams!

Breakdown of my expense (estimates):

Items	Expense (HKD)
Student Accommodation	20,000
Return air tickets between Hong Kong and Copenhagen	8,000
Transportation in Lund (mainly train tickets)	2,000
Living expense (including entertainment, grocery, dining)	30,000
Travelling expense	50,000
Total	110,000

8. CLIMATE

In general, the weather in Lund is colder and drier than that in Hong Kong, but the difference is not that big. During winter, the temperatures were around 0-degree Celsius. It was cloudy, rainy and windy all the time. You could not hold an umbrella thanks to the big wind, so it's better to have to waterproof and wind-shielding jacket. If you want to bike in Lund, gloves, scarfs and thicker shoes (or warmer like boots) are a must to keep your hands and feet from freezing.

There are only a few days in winter that had good weather, but the spring and summer in Lund are mostly sunny with blue sky. The temperatures were like around 20 degrees Celsius in daytime, but it can drop to 8 degrees Celsius at night, so always bring a jacket. By that time, you will already get used to the cool weather and can even wear T-shirts and shorts.

9. HEALTH & SAFETY

If you have minor health issues, you could always buy medicine from "Apotek". If you are seriously injured and really sick, then you could go to the hospital in Lund , which is near the university library. If you got Covid, then just stay in your room until you fully recover.

Lund is very safe, even at nights. There is no need to worry about pickpocketing or walking alone. However, look out for swindlers, I have a friend who gave some money to a family that claimed to be tourists and were robbed.

The public order in other European countries is not as good as that in Nordic region. Some of my friends were pickpocketed in Belgium and France, so really take care of your belongings when travelling.

10. FOOD

“Fika”, which means coffee and cake, is a very important tradition in Swedish culture. It also represents their emphasis on quality of life and the slow living pace. I like fika a lot that I am still doing it after coming back to Hong Kong.

Food prices in Sweden are quite high compared to that in Hong Kong (especially for vegetables). Therefore, we often cooked together so that our shared expense per head per meal was just around HKD 40. There is an Asian market called LokChan for you to buy whatever you need to make Chinese cuisines. Dining out is also expensive in Lund (around HKD 120 per meal), but there are a number of choices provided that Lund is a small city. Here are some examples of our frequently visited restaurants or restaurants that I would recommend:

- Mui Gong (Chinese restaurant)
- Crêperiet (French restaurant)
- Broder Jakobs Stenugsbageri (high quality bakery)
- Smaka på Kina Höjdpunkten (品味中國)
- Waynes Coffee (A cafe good for Fika)

Tips:

- The general level of food price in different supermarkets: Willys < Lidl < ICA < Coop
- Most restaurants close early at night (around 9-10 pm) and on Sunday. At the same time, there is no 24/7 store so you cannot buy anything during midnights.
- Alcoholic drinks can only be purchased at state-owned Systembolaget. It closes at 6-7 pm and on Sunday, so plan your parties in advance. Remember to bring your ID card with you since they may check your age.
- Snacks are very cheap in “Normal” (a brand name)

11. TRANSPORTATION

Copenhagen and Lund are two of the most bikers-friendly cities. Cycling was also my common way to commute. It was free of charge and I needed not to wait for bus. However, biking could be quite tiring since Lund is hilly. You could also use scooters, shared bikes or even walk. Speaking from personal experience, scooters were expensive to rent (~HKD 2 per minute + ~HKD 10 unlock fee); shared bikes were inconvenient, since you have to return the bikes to certain station, but there were less stations outside city centre; walking was too slow and tiring for me if I have to go places far away from my dorm.

On the other hand, the public transports were very convenient as well. You just have to download an app called “Skånetrafiken”, with this app, you could plan your journeys and buy tickets. This app can be used in CPH and the Southern part of Sweden, no matter you are taking bus, train or tram.

For the transportation in other countries, you will have to google it yourself, but most cities have some day pass designed for travellers. Although the transportation expense in European countries is quite high, it is unwise to do fare dodging as there were many staff checking tickets (especially near tourist attractions) and the penalty was quite high (Heard that the fine in Venice is 100 Euros).

Here are some tips for biking in Lund:

- New bikes are extremely expensive (~HKD 5000), so second-handed bikes are the most popular option.
- Second-handed bikes are more expensive in physical stores, but you could enjoy free repairs. Alternatively, most of us buy bikes through Facebook's marketplace. (Useful links are provided at the last section)
- If you buy bikes through Facebook, you could request to check the bike before buying it. If you find any problems, you could bargain for a lower price or even reject the deal.
- You could always bargain for a lower price. The seller often set a higher price in the beginning (I did the same thing when I was selling my bike).
- Front and back lights are compulsory in Lund and good for your own safety, you could buy cheaper lights in ICA.
- I would recommend bikes with thicker tires as the roads in the centre of Lund are quite bumpy, so mountain bikes are preferred over racing/road bikes.
- The biking rules in Copenhagen are stricter and there is even police to catch people who don't follow them. For example, you cannot bike after drinking and cannot bike in the reverse direction on the roads.
- If your bike is broken or needs some fine-tuning, you could go to the "Bike Kitchen". It provides equipment, tools and free second-handed components for repairing. They won't help you to fix your bike, but they will teach you how to do it. It will only open on Tuesday (for public) and Wednesday (for members only) from 1830 to 2030. The membership fee is around SEK 70 only.

Here are some tips for using the public transport in Lund and CPH:

- The pricing of the tickets on the "Skånetrafiken" app uses the zone system. The app will identify the zone for you, which would cover both your locations of departure and arrival. You can travel wherever you like within that zone with the time limit.
- There are many types of tickets: Single ticket, 24-hour ticket, 30-day ticket etc. Check carefully about the terms of those tickets and choose wisely according to your needs
- If you buy two or more tickets together, you will get a discount.
- Only the 30-day ticket can be borrowed to another person
- If you really want to save money and share a ticket (e.g. 24-hour ticket for you to use in the morning, and your friend to use at night), you could tie the ticket to your account, logout on your phone, and then login again on your friend's phone (This method cannot be performed frequently within one day).
- You will be fined for SEK1500 if you cannot show a valid ticket that was activated, they check every time!

12. COMMUNICATION

The English literacy in Nordic countries is very high while all exchange students were able to speak English, so there was no communication barriers. If you really want to make more foreigners or local people, try to be more outgoing and proactive. Cooking in the common kitchen was a good way to know more about your corridor mates, while taking part in more nations' events and orientation camps could also expand your network. Regarding the use of social media, most of them have Instagram and Whatsapp, but they preferred using Facebook's Messenger for communications.

The WiFi in the campus and student accommodation was very strong, but you will have to bring your own WiFi router (or buy it in Lund). For SIM card, as mentioned, I used the one that I got on the Arrival Day, in which I remembered there were two telecom companies: Telenor and Lyca. I used Telenor and purchase the "Fastpris" plan every month, the data can be accumulated and transferred to the next month if you top up the card before the deadline. With that card, I could gain access to the network and make phone calls in most European countries (NOT including Switzerland and UK).

13. SPORTS & RECREATION FACILITIES

I am not a gym guy, so I don't know much about the gyms in Lund. Still, I know that there are some private gyms (like one near LUX and one near Sparbanken Skåne Arena), and they offer students discounts. Furthermore, there are lots of facilities that you could enjoy in Lund:

- Ice rinks for Ice-skating (one near Stadshall Lund and one in Sparbanken Skåne Arena, both will close in some point during spring)
- Victoriastadion (indoor sports centre where you could play badminton, squash, tennis, table tennis, padel ball etc.)
- Outdoor beach volleyball pitch (near Sparbanken Skåne Arena)
- Outdoor basketball court and football pitch (scattered all over Lund)
- Disc golf park (in Sankt Hans Hills)
- Bowling (in Bollhuset)
- Indoor swimming pool (in Simklubben Poseidon)
- Skateboard Park (in Söderlyckan Skateboardpark)
- Stadium for track and field (in IFK Lund Friidrott)

There are still a lot more to explore in Lund.

Tips:

- Some student housing has Sauna/table tennis for tenants to book, while the common area in each corridor usually has a TV and some board games.
- There is a place called "Fritidsbanken" where you could rent sports equipment for free. It has a variety of items, such as rackets for tennis and badminton, frisbee (for playing in the beach or disc golf), ice skates, ski gears... There is even hiking and football boots for rent.

14. SOCIAL CLUBS & NETWORKING OPPORTUNITIES

Thanks to the Nation system in Lund, exchange students there could enjoy a truly fruitful life with lots of activities every day. You are required to join a nation so that you could enjoy many different discounts (including the student discounts on the Skånetrafiken app). Even if you are not a member of a certain nation, you can still join its activities, but just for a higher price. You could even work in your own nation, which is good experience to know more about the local culture and people.

Besides, there are different clubs and societies that you could join according to your own interest. For example, I heard that there was a football club which would organize practice every week, I still regret that I didn't join them. The number of opportunities really depends on your proactiveness, join more communal dinner, be more active in mentor groups, even go travelling with other foreign friends... all of these could really expand your network and enrich the exchange experience.

15. CAUTIONARY MEASURES

Swedish people respect one another's private space a lot, so they don't like hi-bye talks on the streets (that's why there were many people wearing headphone on the streets in Sweden). The society is also built on mutual trust, so try to act responsibly and be a trustworthy person. Remember to bring a formal attire (like suit) for the sitting.

16. OTHER NOTES

To make your LU student card, you have to go to library or some other locations (LU will send you information about this). They will take a photo of you at that time and make one for you immediately, so make yourself look neat before going.

Remember to sign up to be a member of studentlund, otherwise you cannot join any nation events nor participate in the AF Bostäder's housing lottery.

There was a second-hand shop where you could buy rice cooker (super important to use since we often cook) and other electrical appliances.

Apart from enjoying a lower price for tours organized by ESN, being a ESN member could also enjoy some discounts in RyanAir, such as free additional baggage for 2 flights.

ITEMS TO BRING

Essential:

- Passport
- HKID
- Letter of Acceptance
- Credit card
- Medicine
- Stationary
- Copies of several important documents and ID
- Small amount of cash

Clothing:

- Underwear
- Heattech (long-sleeve & pants)
- Trousers
- Long-sleeve
- T-shirt
- Pajamas
- Socks (**Thick** & thin)
- Scarf
- **Gloves**
- Shorts
- Slippers
- Sports shoes
- A warm, water-resistant jacket
- **A warm, water-resistant shoe**

Electronic:

- Laptop
- Adaptor (Extension socket)
- Portable Charger
- Cables (very expensive in Lund)
- *WiFi Router & LAN cable*
- **Hair dryer**

Other:

- Hong Kong style snacks (for sharing with the local or exchange students)
- Card game
- Sunglasses

(Words in **red**: Can be bought in Lund, with a lower price but higher quality)

USEFUL LINKS & CONTACTS

Bike Kitchen (for repairing bikes)

- <https://www.facebook.com/BikeKitchenLund>

FaceBook's marketplace for buying or selling bikes (actually you could also buy a lot of different things there, e.g. I bought an air bed before)

- <https://www.facebook.com/groups/1847016675536008/>
- <https://www.facebook.com/groups/sellbuystufflund/>
- <https://www.facebook.com/groups/1720823444889415/>

Ladok (for course registration and checking grades)

- <https://www.student.ladok.se/student/app/studentwebb/>

TimeEdit (for planning schedule)

- <https://cloud.timeedit.net/lu/web/ehl1/>

ESN RyanAir Discount

- <https://www.esncard.org/ryanair>

AF Bostäder Website

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

LU Accommodation Website

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

BoPoolen

- <https://bopoolen.nu/en/find-housing-in-lund/>

Swedish Migration Agency Website

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

USEFUL APPS

- Canvas



- STUK.CO (electronic card of studentlund)



- Skånetrafiken



- Omio



- FlixBus



- Telenor Ladda (for SIM card of Telenor)



- Voi/Lime/Tier (for renting scooter)



- Lundahoj (for renting sharing bikes in Lund)



- **Keyflow (for booking a table or entry ticket in the nations' events)**



- **EventLund (for gaining information about different nations' events)**



THANK YOU

