

Lund University

School of Economics & Management



Spring 23

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Exchange Report

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January

Getting started...

Arriving in Lund in mid-January, the first two weeks in town was meant to be exploring around and experiencing the Swedish culture. As a small town in the Nordics, Lund has a sparse population and adopts bikes as primary transportation. To my surprise, the sun set around two to three o'clock in the afternoon in Lund in winter. Speaking of academics, I took one marketing course and one management course in Period 3 and one humanities course that spanned across Period 3 and 4. What's more, I walked on frost on my first day to school which turned out to be quite slippery! Aside from academics, I was lucky enough to have met Hong Kong friends who my companions throughout the exchange journey have then been. We met up for Fika, the culture of having a coffee break which the Swedes are most proud of, and skated in the open-air ice rink in city center in our leisure time. As we celebrated the Chinese New Year Festival, we gathered for hotpot and pizza night. In the end of January, we got to the Måkläppens Naturreservat, the southwesternmost tip of Sweden, where we inhaled the salty fresh scent of the Nordic Sea and hoped we were fortunate to watch the harbour seals.

February

Going around Europe...

I kick-started the month with the move to my assigned accommodation, Vildanden, a 10-minute walk to the only shopping mall in Lund. Paying a visit to the IKEA warehouse nearby Lund was perhaps one of the most Swedish things we have done where we enjoyed the Swedish meatballs and roasted salmon in the IKEA Restaurant, and had a great time going around. In other days, we made skating as a habitual activity that we skated three to four times a week. Settled down in Lund, I kicked off the European trip with my first stop in Paris, France, a city that has long been my dreamland, to visit my friend who was on exchange there. Together we went to the Eiffel Tower, climbed the Arc de Triomphe and took the cruise along the Seine. We got to experience the Parisian romance that was reflected in countless aspects round the city, and I still could recall the fascination of the sparkling Eiffel Tower at night. Shortly after, we travelled to Luxembourg where she experienced her first snow and walked uphill to the Grund which claimed to be the utmost stunning balcony in Europe. Departing from Luxembourg, we arrived in Belgium. From Brussels to Bruges, we were deeply in love with the massive amounts of chocolates, waffles, and mussels.

March

A once-in-a-lifetime memory...

Seeing the aurora was a once-in-a-lifetime experience and the genuine happiness and astonishment lives till today where we went all the way up to the Finnish Lapland with a 26-hour shuttle ride. Appreciating the breathtaking landscape and the great wilderness, we stepped across the Arctic line and visited the Santa Claus Village in Rovaniemi as well as our first time trying out the Finnish national sports – skiing and snowshoeing. Despite the hiccups here and there, we did enjoy ourselves very much while ensuring safety. We even got to take on a husky ride and had taste of the traditional hot berry juice when the temperature reached -30°C outdoors. As we returned to Lund, it was about to be our friend's birthday, and thus we baked a fruit chiffon cake and surprised him at the door at midnight. Following the birthday celebration, Period 3 was coming to an end and therefore it was time for group paper submissions and final examinations. Work-life balance was attained through frequent meetup for skating and cooking as we worked hard to catch the deadlines.

April

Spring is round the corner...

With the commencement of Period 4, I took one marketing course on top of the humanities course brought forward from Period 3. In-class discussions and tutorials were made highly interactive and a thought-provoking ground at LUSEM which I found crucial to business students like me to live with the ever-changing world. Together with 3 of my friends met in Lund, we travelled to Italy, getting to Venice, the city of canals and allies and then to Florence where we overlooked the city landscape and the meticulously built Cathedral of Santa Maria del Fiore from Piazzale Michelangelo at dawn and of course a few scopes of gelato per day! By mid-April, spring has sprung with greening of trees and blooming of flowers in town. We have also gone from skating rinks to badminton courts and even our first beach volleyball match in late-April. Before putting our nose to the grindstone as final examinations approached, we experienced the Swedish TDC in Sparta, an international corridor accommodation, where each tenant has his or her room decorations and games aligned with the theme of the night and alcohol is a must as well. Spring has officially arrived as we celebrated a bonfire night on Valborg, the last day of April.

May

Exploration continues...

The submission of course paper in early-May marked the end of my semester studies at LUSEM and therefore an opportunity for me to pick up on city explorations. As amusement park enthusiasts, we went to Tivoli Gardens, the world's second oldest amusement park, in Copenhagen, Denmark, where we had so much fun in bumper cars and rollercoasters. In other times, we biked around the town going from ESS, the European Spallation Source, that was in the north of Lund to a big piece of lawn in the south which was as well a nice spot to capture sunset and see trains pass by. In mid-May, we went for a stay in Gothenburg, the second largest city in Sweden, where we had the famous Räksmörgås, a Swedish prawn sandwich and walked along seaside. What's more, we had a barbecue night in the backyard! I then went on a trip to the capital cities of Scandinavia quickly after, stopped by Oslo, Norway first, followed by Stockholm, Sweden and then Helsinki, Finland. Highly civilised with sound city planning together with fresh and delicious seafoods ranging from prawns, codfish to salmon and many more for foodaholics like me, I kind of understood why the Nordic region has constantly being ranked as countries with high levels of happiness!



June

Until next time...

Counting down the days in Europe before we headed back to Hong Kong, our days in Lund went fruitful with cake baking and hosting a picnic in the park, one of the best ways to slow down in mind. Picking up on the European tour, we then travelled to Paris, France, yes again for me, and you could tell how much I love this beautiful and magical city and I got to Disneyland Paris this time. The visualisation as well as the storytelling of the fireworks at the park were perfect and hit on every fantasy you could have for Disney. Barcelona, Spain was the next stop after Paris where we spent a whole afternoon at the Barceloneta Beach sitting in the sun watching the glimmering water and we were astounded by the almost impossibly built La Sagrada Família. Upon returning to Lund, I spent my last week revisiting the places and revisiting bits of memories throughout the months. I am genuinely grateful to everyone who has been part of my exchange journey and shall cherish the laughs and cries we shared forever.

Studying at LUSEM



01 Visa Procedures

File an application for the residence permit card via the Swedish Migration Agency website. You need to go to their office in countries with the right of abode or in Sweden in my case to record your fingerprint and take a portrait as the Consulate General of Sweden in Hong Kong does not provide such service as per my application period. You need to present the admission letter and the decision letter to go through immigration.

02 Orientation Activities

The orientation week comprises of events held by LU International Desk, nations and student organisations. There are several free official seminars to help you settle down in Lund, getting to know the academic matters and understand the Swedish culture. On top of that, there are also welcoming events that require prior registration.

03 International Services

On arrival day, Lund University staff and mentors offer pick-up services from Copenhagen Airport and Lund Central Station. Arrival day services include keys pick-up from LU Accommodation, Swedish SIM cards support and shuttle ride to LU Accommodation and AF Bostäder. Students may as well purchase a bedding package including a pillow and a set of bedlinen, etc.

Studying at LUSEM



04 Accommodation

Majority of students apply to LU Accommodation, the official system at LU. It is highly competitive and extremely difficult to get a spot for official accommodations so remember to apply as soon as application opens. With that, AF Bostäder is therefore an alternative housing provider students apply to. If you are looking for accommodations near LUSEM buildings, Sparta, by LU Accommodation, might be a nice choice. For me, I lived in Vildanden, by AF Bostäder. I highly recommend this housing to those who need more private space with individual toilet and shower yet quite far from LUSEM.

05 Course Registration

The semester is divided into two periods and you are encouraged to take two courses per period with 7.5p per course and you will attain a total of 30p throughout your studies at LUSEM. Pre-registration opens before your arrival in Lund and you are required to pick 2 back up courses for each course you choose, contributing to a total of 12 courses chosen. I am enrolled in all four courses of my first choice and other students get what they want as well as far as I have heard.

06 Teaching & Assessments

Courses are usually made up of lectures and tutorials with no attendance taking for lectures while most tutorials do require students to attend all of them. You will need to prepare for the topic, generate essays or slides beforehand and share in class your insights in tutorials and they are usually graded in accordance with quality delivered. Speaking of examinations, most of the courses include only one final examination and they are conducted onsite via an official system. Students may check out course information and grades through Ladok, an online portal for Swedish universities.

Living in Lund

07 Finance & Banking

The Swedish Krona (SEK) is the currency in Sweden while most transactions are cashless. We are not eligible for the Swish payment and only if you need cash, ATM machines are not common in Lund yet you can find one outside Lund Central Station. During my stay, I used the HSBC Mastercard Debit Card which has almost zero transaction fee and no spending limit.

08 Climate

The temperature in winter lies between -5°C to 5°C and there are snow showers across January to end of March with a few heavy ones. It can be very windy in Lund due to its inland feature and it is a lot more colder in Lund than in winters in Hong Kong so you may hope to have heat-tech in your luggage. In spring and summer time, daytime is much longer and temperature goes from around 7°C to 22°C with a quite significant temperature variation between day and night.

09 Health & Safety

Both HKUST and Lund University have an insurance coverage within Sweden and I have purchased an additional insurance as I do travel outside of Sweden. In Lund, you can see Apotek, pharmacy in Lund, where you get both non-prescription and prescription medications as well as daycare items.

10 Food

There are quite a number of restaurants at the center and they offer different types of cuisine and there are Chinese restaurants in case you feel homesick. You can also see quite a lot of coffee shops in Lund as Swedes are coffeeholics. For most of the time, we cooked as a group and did the groceries in supermarkets at the center.



Living in Lund

11 Transportation

Move around by tram and bus and you may take the train to cities nearby Lund and even to Copenhagen with e-tickets via Skånetrafiken, a transportation app in the Skåne area. Monthly tickets are available for those having a long stay and biking is an alternative. Lund has well developed bike lanes and it is easy to purchase a second-hand bike via online chat groups.

12 Communication

Swedes speak perfect English on top of Swedish and there are little language barriers. Since Wi-Fi router is not provided in the accommodations, you are strongly encouraged to bring your own but of course you can purchase one in town. For mobile data, it depends on whether you opt for SIM cards or data plans.

13 Sports & Receptions

During my stay, I did skating, badminton, tennis and beach volleyball. For skating, there is a free ice rink at the center in winter till late February and there is also an indoor ice rink with payment required till early-April. For badminton and tennis, you can book a time in Victoriastadion while price varies throughout the days. There is a beach volleyball court next to Stadsparken, the largest park in urban area in Lund.

14 Social Clubs & Networking

Lund University has 13 student nations which they organise events such as pubs and formal dinners. It is a great way to experience the Swedish culture and mingle with local students. To join the nation activities, you must be registered with one of the nations through StudentLund website and visit the nation to activate your membership. You may check out the nations' Facebook pages to see their latest updates.

15 Cautionary Measures

Almost zero language barrier and remember to stay safe when biking!



Before You Go

Items to bring

DOCUMENTS

- Hong Kong ID Card & Passport
- Acceptance Letter
- Decision Letter
- Insurance documents

CLOTHING

- Waterproof down jacket
- Scarf
- Gloves
- Thermal clothes
- Daily wear clothing

ELECTRONICS

- Wi-Fi router
- Laptop & charger
- Travel adapter
- Power bank

MISCELLANEOUS

- Skincare products
- Medicine
- Umbrella
- Stationary & calculators



Useful Links & Contacts

Studying at LUSEM

Swedish Migration Agency: <https://www.migrationsverket.se/English.html>

Lund University: <https://www.lunduniversity.lu.se/>

Lund University International Desk: <https://www.lunduniversity.lu.se/current-students/international-desk>

Lund University School of Economics & Management: <https://www.lusem.lu.se/>

LU Accommodation: <https://www.lunduniversity.lu.se/student-life/housing/lu-accommodation>

AF Bostäder: <https://www.afbostader.se/>

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

Living in Lund

Skånetrafiken: <https://www.skanetrafiken.se/>

