

Spring Term 2022-2023 Exchange Report

COPENHAGEN BUSINESS SCHOOL, DENMARK

Copenhagen Business School

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Year 3 GBUS & FINA

Monthly Activity Log

January

I arrived on 17th January in Copenhagen and I was picked up by exchange buddy at the airport. She helped me with the check-in process at my dorm. We went to grab lunch afterwards and she shared some interesting differences between the Danish and the Chinese cultures. After settling in for a bit, it was the Introduction Week organized by the CBS Exchange Social Program, which I would definitely recommend everyone going to CBS for exchange to participate in because it was a good opportunity to meet new people and I met some of my close friends on exchange through their activities. In that week, we had folk dancing session, scavenger hunt and most importantly, fun parties.



February

February was when school officially started. I took 4 courses – Financial Derivatives, Behavioural Finance, Language of Negotiation, and Theories of Contemporary Society – and all of them started in this month. I spent most of my time going to lessons and meeting new people at the CBS parties. Even after the Introduction Week, the CBS ESP Committee still organized parties regularly throughout the entire semester, so you would never have to worry about not having enough social activities. Other than that, I also did a bit of exploring within Copenhagen with my friends, such as visiting the Rosenborg Castle, and it was really nice especially when the weather was good. We also went to Germany and Poland together when we did not have classes, where we met a group of kids that were incredibly welcoming to us.



March

In March, I visited Iceland with some friend also from HKUST, a country that had been on my bucket list for years. We visited landmarks like the Blue Lagoon and the Golden Circle. It felt

surreal to witness the water erupting from the ground driven by the geothermal activities. We were struck by the beauty of the country's natural landscapes, from the towering waterfalls to the ethereal hot springs. Videos and pictures could not have captured the true beauty of it. We also tried some traditional Icelandic cuisine, including shark soup and wolffish. We also tried to see the northern lights in Iceland, but unfortunately for two nights in a row, the aurora was not very active and we didn't get to admire them. But overall, my time in Iceland was a once-in-a-lifetime adventure that left me in awe of the world's natural wonders.



April

In April, I spent most of my time in Copenhagen, but I also had the chance to visit Italy, which became one of my favourite trips during this entire exchange. Italy had so much to offer, from the finger-licking-good pasta to the stunning architecture and artwork. We went to Venice and the water city was indeed lovely. After that, we went to Florence, which is my favourite city in Italy. The city holds so much historical values but still felt very vibrant, especially at night. In Rome, I visited the Colosseum and the Vatican, and I marveled at the intricate details of the Sistine Chapel. Seeing the architecture and artworks in person had me speechless. It felt unreal to know that people hand painted all of that. For the remaining time, I stayed in Copenhagen, where I saw the cherry blossoms in bloom throughout the city. I also visited some of the city's museums and landmarks with some friends, including the Tivoli Gardens, the Little Mermaid statue and Reffen.



May

May was my last month in Europe as my flight back to Hong Kong was on the last day of May. I grabbed my last opportunity to travel to Spain and Portugal for a week and it was one of the highlights of my exchange experience. In Barcelona, I stayed in a hostel and met some wonderful friends. We went to the famous bar Dr Stravinsky together. I also bumped into some other exchange students from CBS and we ended up spending the rest of our trip in Spain and Portugal together. We were captivated by the stunning architecture of Antoni

Gaudí and visited the iconic Sagrada Familia. After leaving Spain, I traveled to Portugal and spent time in Lisbon. From Lisbon, I also went to Cascais and admired the famous Boca de Inferno. I spent my last couple of days in Copenhagen hanging out with some new friends and I'm so glad this exchange journey connected me to so many interesting people!



General Exchange Information

Visa Procedures

Holding a HK passport, we do not need a visa to enter Denmark. You can stay in Denmark visa-free for up to 90 days if you hold a HK passport. I only applied for the residence permit in the Immigrations Office in person after I landed in Copenhagen. The procedures are simple. You can pay for the permit in advance and then you make a reservation online. On the day, you just need to bring all the documents required to the office and wait for approval. My permit was approved after a month.

If you are planning to stay for more than 3 months after you receive your permit, you can also apply for a CPR number and a NEM ID, which would give you better access to healthcare and other public services. If you have any questions, you can also ask in the exchange student group chat (which would be created closer to time) and people would be more than willing to help.

Orientation Activities

There was an Introduction Week organized by the CBS Exchange Students Team. It was an eventful week of parties, adventures and exploration. I met so many new people from around the globe and we ended up becoming really good friends throughout the whole exchange.

I encourage people going to CBS for exchange to definitely participate in the Introduction Week actively. It would be an amazing opportunity to make friends.

International Services & Activities

There is a buddy programme for exchange students in CBS. My buddy was nice enough to pick me up at the airport when I landed in Copenhagen. As for other activities, the CBS Exchange Students Team would host parties and activities regularly every month, so keep your eyes out for them and there would be opportunities to meet new people throughout your exchange journey.

Accommodations

We applied through a portal and it was on a first-come, first-served basis. I lived in Kathrine Kollegiet, which was my first choice. It was one of the dorms that had private bathrooms and private kitchens. However, because of this, there was only one common kitchen on the ground floor and one common hangout area in the basement. Hence, there might be fewer chances to mingle with your neighbours compared with other dorms that have a common kitchen for every floor.

Courses Registration

We could only register for 4 courses per semester. CBS offers quarter courses or semester courses. For the quarter courses, they usually would last for around 2 months. For the semester courses, they could run through the whole semester. So I would suggest check the course dates carefully before the registration to manage your time wisely.

Teaching & Assessment Methods

CBS follows a more student-centered approach to teaching and learning. They put more emphasis is on interactive and participatory learning, encouraging students to engage in discussions and group projects. For example, in my behavioural finance class, we would have at least two discussions per lesson. I also did not have any graded assignments. You do the assignments for your own practice and learning, but they are usually not graded.

Finance & Banking

I personally did not open a bank account for Europe since the procedures are quite complicated and I do not see a necessary need for it. I travelled through Europe with just my debit card. In most cases, only bringing a credit/debit card would suffice. However, if you would like to get a haircut in Copenhagen, do take notes that they accept cash only, but that would be the one time when cash is required in Copenhagen.

Health & Safety

Copenhagen is generally considered a safe city, but it is important to take basic precautions as well. Denmark has a well-functioning healthcare system. When I was there, I got an ear infection from Covid before I received my CPR number. So I had to call the Copenhagen medical helpline (1813) to reserve a doctor's appointment. I told the nurse my symptoms and she helped me schedule an appointment with a nearby hospital. Just remember to bring your passport to the hospital. After the appointment, you would need to go to a pharmacy to get your medicine on your own as the hospitals would not give out medicine.

Food

It is quite expensive to dine out in Copenhagen so usually I would cook at home. There is a Lidl next to Kathrine Kollegiet and there are also a lot of supermarkets across the city, so it is easy to shop for groceries. Some of the must-try restaurants/cafes in Copenhagen: Lee's Kitchen (for when you are missing the taste of Hong Kong), Det Vide Hus, Buka Bakery, etc.

Transportation

Copenhagen has a well-developed and efficient public transportation system. The city is also very bike-friendly, and cycling is the most popular mode of transportation among locals. For trains and buses, you should get a Rejsekort (travel card like Octopus card) or a monthly pass for unlimited travel within the city right after you land. Most of their train lines also operate 24 hours.

Communication

I got a Lyca sim card and I got one of their monthly plans on their website. It is very easy to top up on their website with credit card. Their data plan can also be used across Europe.

Sports & Recreation Facilities

There is a gym called FitnessX in Frederiksberg that many CBS exchange students go to as it is close to our dorm and one of the CBS campuses. The membership fee for two is DKK400 per month, so you can find another friend to share it with you. It is actually a good deal as the gym is spacious and well-equipped. The facilities are also new and clean.

Social Clubs & Networking Opportunities

CBS provides numerous opportunities for socializing and networking. The school has various clubs and organizations catering to different interests, such as entrepreneurship, sustainability, and cultural exchange, but they do not send out official recruitment, so you would need to look out for their Instagram. Additionally, CBS organizes events and career fairs, which are opportunities for networking as well.

Cautionary Measures

While Copenhagen is generally safe, it is still important to remain alert and take certain precautions. Sometimes there might be racist remarks against you but if you just ignore those people, they would go away. Also avoid walking on the quiet streets alone at night.

Checklist of items to bring

For reference only, not exclusive to the following:

1. Visa documents and Passport
2. Small amounts of cash (in DKK and Euro)
3. Credit or Debit Card
4. Clothes for windy winter weather
5. Clothes for layering as summer approaches (e.g. t-shirts, tank tops, etc.)
6. Adaptor
7. Medicine for flu/cold (e.g. Panadol)
8. Big backpack for travel

Important Links

CBS International Office: <https://www.cbs.dk/en/about-cbs/organisation/administrative-units/cbsinternationaloffice>

CBS Course Dates: <https://www.cbs.dk/en/study/internationals/exchange-students/dates-and-deadlines>

CBS Course Catalogue: <https://www.cbs.dk/en/study/internationals/exchange-students/undergraduate-courses-exchange-students>

CBS Housing: <https://www.cbs.dk/en/study/internationals/exchange-students/housing>