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# Exchange Report

Fall 2023

Copenhagen Business School

Denmark

HE Kai

## Monthly Activity Log

Write a log of one paragraph for each month highlighting some of your interesting exchange experiences, activities, impressions & places of interest. Please describe your study, learning and life experience. This section should be at least 600 words long.

### September

When I first arrived at school in September, I was quite excited. It was my first time abroad, and university life in Denmark was noticeably different from Hong Kong. The place I lived was very far from the school. However, my classmates at school discussed whether to choose the subway or a bicycle. Despite Denmark's very cold winter, since we had not experienced this kind of life before, we decided to try cycling. Riding a bike to school in September was actually enjoyable because Denmark's terrain is very flat, giving a sense of carefree riding and losing track of time. In the second week of arriving in Denmark, I had a severe toothache due to having too much fun. I was very panicked and didn't know how to deal with it, so with the company of friends, I went to see a doctor. The doctor was very professional, explaining things I didn't understand and even mentioning that my name was the same as his child's. With his help, my teeth were successfully restored to health.

### October

During my time studying in Denmark, we made many local Danish friends. They told us a lot about Danish customs, habits, and why they joined the EU. It was like opening the door to a new world because I had never experienced such different yet similar lives up close. The school curriculum was also very different from that in Hong Kong. There was a stronger emphasis on ESG (Environmental, Social, and Governance) in Denmark, which was prevalent everywhere. This sometimes triggered my thoughts, but I actually couldn't give up eating beef, so for me, it had its pros and cons. One thing that amazed me was the absence of a campus concept; all the school grounds were scattered within residential buildings, which I found impressive as it felt like it couldn't create a strong sense of community for everyone. During my studies, I would also travel with classmates on weekends, exploring the cultures of different European cities. This led to a whole new perspective on history, humanities, politics, and more. It was like opening the door to a new world for me, as it directly led me to start learning Dutch and French, making me realize that the world is much more than what I had previously known.

### November

In November, there was a Potato Festival in Denmark, which led to a week-long holiday. During this holiday, I chose to stay in Denmark to experience the traditional culture. Due to the high latitude, potatoes are a significant food source for them, and their various ways of preparing potatoes surprised me. I participated in some local activities where I earnestly experienced the Nordic people's minimalist spirit and their yearning for sunlight. This made me grateful for everything I have when I later returned to Hong Kong. In November, it was also a month of personal challenge for me. I joined the debating society, even though my English was not very fluent at that time. I had to debate with others in the style of British parliamentarians, which I found to be a very challenging task. Despite this, I was deeply interested and did not shy away or feel daunted. Instead, I diligently practiced in my dormitory, believing that this would help me achieve second place in training sessions later on. I was very excited about this achievement, which was also thanks to the training I received from them.

### December

In December, Denmark celebrates Christmas for the entire month. Perhaps due to the extreme cold and severe reduction in daylight hours, they emphasize the concept of coziness, gathering at home to enjoy the winter holiday festivities. On Christmas Day, the city is empty as most people are at home with their families, a stark contrast to the atmosphere of Christmas in Hong Kong and a complete overturn of some of my preconceptions.

1) Type of passport/travel document you are holding

2) Type of visa you are required

3) Required documents

4) Visa fees

China passport study visa there the invitation letter 5000rmb

**What are the course(s) that you have enrolled at the host institution?**

economics

**Please briefly describe the course registration procedures, such as**

- 1) When did you receive the course registration details**
- 2) What is the course registration procedures**
- 3) Where can you access information related to course registration (e.g. websites)**

late august

email the staff

websites

**Where did you live during the program?**

Off-campus student dormitory offered by NGOs or private companies

**Please briefly describe the accommodation at the host destination, including**

- 1) What type of accommodation**
- 2) What is the application procedures (If you are staying at accommodation offered by the host institution)**
- 3) How did you search for the accommodation and where did you book your accommodation (If you need to arrange your own accommodation)**
- 4) Facilities in the accommodation**

single room

website

**Please briefly describe the health and safety support provided at the host institution, including**

- 1) Whether there is health centers or clinics available on campus**
- 2) Any safety matters that you are concerned about**

good enough

### Finances

**How much did you spend (in HKD) on the following items? (Please input "0" if not applicable to you)**

**Air ticket between the place of departure and destination (round trip)**

HKD 3,000

**Accommodation (for the entire study abroad period)**

HKD 40,000

**Program fee (if applicable)**

N/A

**Personal expenses**

HKD 200,000

**Others, please specify**

N/A

### My Top 3s

Please share with students some of your top 3s. If it is best to provide the information in the language of the host destination, please do so, but provide an explanation in English.

#### **Courses at the host institution**

1

#### **Favourite Food**

2

#### **Hang-outs places on campus**

3

#### **Must-dos in the city**

1

#### **Not-to-dos in the city**

2

#### **Useful local apps or websites**

1

#### **Words to describe my study abroad experience**

2