

Exchange Report

Fall 2023

Uppsala University

Sweden

AU Kam Ho

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.

August

I embarked on my journey and arrived in Stockholm, Sweden in mid-August, marking my first time setting foot outside of Asia. Upon my arrival at the airport, I was fortunate to meet two schoolmates who were also hailing from Hong Kong. Like me, they were about to begin their exchange studies in business and management at Uppsala University. Settling in my student housing, I became acquainted with my neighbours who hailed from a plethora of different countries, which immediately enriched my cultural experience.

August

In the initial two weeks following my arrival, I took the opportunity to explore the city. I familiarized myself with the school's environment, enthusiastically participated in the welcoming activities organized by the student nations, and fulfilled my curiosity by visiting popular markets and the iconic IKEA store. I found that the cost of living was generally on par with Hong Kong, however, the restaurants leaned towards the pricier side. The food, vastly different from Asian cuisine, was a novel experience, and I embraced it wholeheartedly, sampling meatballs, burgers, salads, and pizza.

September

The semester began in earnest in September. Over the first two months, I would be immersing myself in the "Management and Control" course. The learning style in Sweden diverged significantly from what I was accustomed to in Hong Kong. Rather than traditional lectures, we were assigned numerous literature and research papers to read. We then had to synthesize our understanding of the theories into weekly group reports on specific topics. These reports were presented and discussed with other groups during class. While I initially found the style daunting, I committed to contributing my ideas and collaborating effectively with my groupmates. The process was thoroughly enjoyable and it fostered a close interaction with classmates hailing from diverse countries such as the U.S., France, and Ukraine. Keen to learn more about Scandinavian cultures, I embarked on a trip to Copenhagen, Denmark with the two Hong Kong friends I made recently.

October

Sweden's culinary offerings were truly amazing, but I must admit, I still longed for the familiarity of eastern foods. Consequently, I started buying more food ingredients from the markets, honing my cooking skills in the process. I even invited my neighbours to sample some Asian dishes that I prepared. After completion of the first course, we were given a two-week semester break, which I used to explore more destinations. My travels took me to London, U.K., where some experiences felt remarkably similar to Hong Kong. In late October, I ventured to the Baltic countries and experienced my first snowfall in Estonia.

November

The semester resumed, and the intensity ramped up with two new courses - "International Business Strategy" and "Business in Networks". As a Math and Econ student from HKUST, these business courses proved a bit challenging. We had to prepare lengthy presentations, followed by even longer Q&A sessions. Despite the demanding nature of these tasks, I put in my best efforts and found it to be an invaluable opportunity to build my confidence and enhance my public speaking skills.

December

A noteworthy incident occurred during the Christmas holiday when my Singaporean neighbour forgot his key card. Unlike the service efficiency we were accustomed to, the 24-hour hotline service was unresponsive during the holiday. As a temporary solution, I offered him a place to stay for the night in my room, and it was not until the following day that we were able to resolve the issue.

January

After an enriching and unforgettable experience, I returned to Hong Kong in January, carrying with me a treasure trove of memories and personal growth.

Please briefly describe the visa application procedures, including

1) Type of passport/travel document you are holding

2) Type of visa you are required

3) Required documents

4) Visa fees

1) HKSAR Passport

2) Student Residence Permit

3) Passport, Letter of Acceptance, Bank Statement, Passport checking in a personal visit to the Consulate General of Sweden in Shanghai or the Embassy of Sweden in Beijing.

4) SEK 1,500

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

2FE232 Perspectives on Management and Control

2FE228 Business in Networks

2FE234 International Business Strategy

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)

1) Received on 2023-03-30 21:50. Deadline for completing the application is 2023-04-15.

2) Upload a copy of Transcripts of Records in English (PDF only), Select Courses

3) Course offerings and course syllabuses are on the website (<https://fek.uu.se/student-en/incoming-exchange-students/courses/>). A list of eligible courses would be sent through email. Inquiries can be sent to the email <incoming@fek.uu.se>.

Where did you live during the program?

Off-campus student dormitory offered by the host institution

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

1) Apartment

2) Quoted from the University's email:

'**You must apply for housing.**'The online housing application form will be emailed out to you once available.

The application period for housing is usually **15 - 31 May 2023**. It is extremely important that you do not forget to apply for housing! You are strongly recommended to fill out the form before the deadline as late applicants will not be offered housing. If the application is successful, offers will be made in the beginning of December and an ACTIVE RESPONSE from the applicant is REQUIRED. Please note that it is very difficult to find housing on your own in Uppsala.

Find out more about housing on the independent, contracted private company, The Uppsala University Housing Office's website:(www.housingoffice.se)

4) I stayed in Klostergatan 16. The room is about 23 square meters and includes private bathroom and kitchenette (with fridge, microwave oven and basic kitchen equipment). Common area includes a large sitting room, a common kitchen, gym, laundry facilities and a cafe.

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

1) Yes, but I never visited it

2) I think no. By the way, Uppsala University has an accident insurance policy for all incoming exchange students, but travel to and from Sweden in connection with our study period and trips outside Sweden during our study period are not covered.

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 13,000

Accommodation (for the entire study abroad period)

HKD 25,000

Program fee (if applicable)

N/A

Personal expenses

HKD 30,000

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

2FE232 Perspectives on Management and Control

2FE234 International Business Strategy

2FE228 Business in Networks

Favourite Food

Meatballs
Burgers
Salmon

Hang-outs places on campus

Light Room
Botanical Garden
Library

Must-dos in the city

Take a boat tour on the Fyris River
Explore Uppsala Cathedral (the tallest church)
Visit Gustavianum (UU's oldest building, now a museum)

Not-to-dos in the city

Don't drink on the street!
Don't swim in the Fyris River!
N/A

Useful local apps or websites

UL App (bus tickets)
SL App (train tickets)
Revolut (digital wallet like Payme)

Words to describe my study abroad experience

Enriching
Adventurous
Challenging