

Exchange Report

Spring 2024

Copenhagen Business School

Denmark

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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.

January

My exchange journey started on 13 January as I landed in Copenhagen and met up with my buddy. On the second day after arrival, I went to the city centre together with some other exchange students and we witnessed the coronation of HM Frederik X, the new King of Denmark. In the fourth week of January, I joined the Exchange Social Program organised by the school. This orientation programme consisted of a welcome party, a folk dancing workshop, campus tours, a city scavenger hunt and canal tours. They also held some bargain-priced parties in some very exclusive clubs and bars in Copenhagen. I met a lot of friends from all over the world through activities and parties during orientation week. I also did a lot of exploring in Copenhagen with friends. We walked through the arts in Thorvaldsens Museum; we climbed up the Round Tower and admired the stunning view of Copenhagen; we went skating outdoor at Christianshavn; and of course, we visited the infamous Nyhavn, the signature landmark of the city. I did not just hang out in the capital of Denmark. I went on a day trip to Odense, the third-largest city in Denmark after Copenhagen and Aarhus and it was the home of the well-respected author Hans Christian Andersen. We took the time to traverse through his magical world of fairy tales and his birthplace. Nevertheless, school started on 29 January and that concluded the first month in Denmark.

February

February continued with more parties and meeting more people. Despite the commencement of lectures, I was able to take some time out and continue the exploration of Copenhagen and nearby cities. I went to Kastellet in Copenhagen. Some of us gathered one day and we went on a one-day expedition to Malm, Sweden, located just across reseund. We took a one-hour bus ride to there, but you could also take a train. February also marked the start of many excursions to other European countries. I went to Narvik, Norway to catch the polar lights (but in vain) and to ski (but fell on the slopes). I also travelled to Switzerland and Austria. I visited the breathtaking snowy mountains of the Alps, wandered in Mozart's birthplace and took on an adventure in the small town of Hallstatt, Austria. In terms of academics, I teamed up with three other students to complete a short presentation on the effect of lobbying on the policy-making process in the European Union.

March

In the first week of March, I went to Norway with my friend. We visited the three largest cities in Norway: Oslo, Bergen and Stavanger. Navigating through the stunning fjords is a must-do for everyone planning to go to Norway. After returning to Copenhagen, a friend of mine came to Denmark. We explored the other attractions in Copenhagen, including Frederiksborg Castle and Kronborg Castle in the suburbs, Christiania Freetown and The Tower of The Church of Our Saviour in the city centre. Beer enthusiasts cannot miss the Home of Carlsberg, where they showcase the story and the production of Carlsberg beer. In the last week of March, I travelled to Iceland with my friend. We had a great time seeing all the natural scenery like ice caves and glacier. Seeing the polar lights for the first time is the most unforgettable experience I have had during my exchange journey. Late March also marked the end of the third quarter (Q3) of the academic year and the start of the exam season for Q3.

April

Shortly after returning to Copenhagen from Iceland, I embarked on a series of expeditions. The first stop was Finland. During this trip, I completed two take-home examinations ' more about that later. We spent two days in Helsinki and a week in Rovaniemi, the home to Santa Claus. Unlike Helsinki, Rovaniemi had a lot to offer. Not only did we meet Santa Claus, but we also took the opportunity to ski (and fell down less this time), take rides on husky and reindeer sleighs and catch the aurora for the last time before winter ends. After visiting Finland, we travelled to Tallinn, Estonia and Riga, Latvia before going back to Copenhagen. You can surely feel the vibe of the Baltics in their old towns. However, I did not stay in Copenhagen for long before going to Paris, Brussels and Amsterdam. We only had a week for these three capital cities. Despite a tight schedule, we did manage to visit most of the must-go destinations, such as the Eiffel Tower and Louvre in Paris and the tulip fields in Amsterdam. The one-week trip ended tragically when my entire backpack was stolen on a train back to Copenhagen from Amsterdam (so please be cautious when you are outside of Scandinavia).

May

After recovering from the losses, I went on yet another journey. This time I went to Scotland with my friends. We travelled to Edinburgh and joined a tour around the Scottish Highlands. Admiring the view of lochs was an amazing experience while trying haggis was not. Right after the trip to Scotland, I took an oral exam for my Danish class, which was kind of a unique experience. The next day I took a train with my friends and went all the way to Billund, Denmark, where we spent two days playing in Lego House and the true Legoland like kids. In mid-May, I travelled to Budapest, Hungary with my friends. Budapest was definitely a lively city ' we spent time on a cruise seeing the majestic parliament building, in spas healing our bodies and in restaurants having delicious Hungarian cuisine at affordable prices. After returning to Copenhagen, I decided to (finally) take a break and stay in Denmark as I was fatigued from months of travelling. However, staying in Copenhagen does not mean a boring time. In fact, this decision allowed me to feel the hygge of this country again. Visited by another group of friends of mine, we went sightseeing in the city. I finally got the chance to clear off items from my Denmark checklist as I was busy travelling to other countries. I tried canoeing for the first time in the canals of Copenhagen. Together with other exchange students, we had a great time in Tivoli, the world' s third-oldest amusement park. Coming to the end of May, the fourth quarter (Q4) ended, and I had to start picking up my studies.

June

My time in Denmark in June wasn' t particularly fun as people I had met and friends I had made were leaving. It was difficult to say goodbye to them, knowing that we might not meet again after returning to our home countries. Despite that, life went on and so did exams. Two days after my first and only written exam in CBS' s examination hall, I returned to Hong Kong, only to realise how hot and humid it was here.

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**

As a holder of HKSAR passport, there is no visa requirement to enter the Schengen Area and Denmark as long as the duration of your stay is less than 90 days.

However, as exchange students, we are required to apply for a Residence Permit in order to live in Denmark. There are two ways you could do it: (1) go to the visa centre in Shenzhen months before arriving in Denmark and prepare it in advance; or (2) enter Denmark with visa-free and have your application of Residence Permit handled there. I regret choosing the first method as I need to pay an extra 1700 DKK of embassy fee, which could have been saved if I were to go with method 2. You will need a CPR number for access to public healthcare and other services, which you can apply for after arriving in Copenhagen.

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

1. Behavioral Finance
2. Doing Business in Europe
3. Macroeconomics and European Economic Integration
4. Danish ' Integrated Skills

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)**

We are required to register for 30 ECTS of credits, which is equivalent to 4 regular courses. Since CBS adopts a quarter system (Q3: Feb ' Mar; Q4: Apr ' May), you may carefully consider which courses to take so that you can arrange for other activities. Course registration started in October and is done through their portal. Course catalogue can be accessed at <https://www.cbs.dk/en/study/internationals/exchange-students/undergraduate-courses-exchange-students>

Where did you live during the program?

On-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**

There are six dormitories for exchange students in CBS. I lived in Porcelonshaven during my stay in Denmark. It was probably the closest to the main building (Solberg Plads or SP for short) ' just a 10-minute walk away from SP. There were two supermarkets nearby (Fotex and Lidl), which made buying groceries convenient. There was a gym above Fotex, too, for those who needed it. I had a large room with a fully functional kitchen in it and I shared the bathroom with another student who just lived next door. It cost me HK\$46,000 in rent.

CBS does not guarantee a student residence for every exchange student. They may refer you to stay in other accommodations like The Mark. In that case, you could try asking the inbound exchange team if they can offer you to stay in Nimbusparken, which was intended for graduate students as mentioned on their website but a few undergraduates also live there.

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**

Denmark is very safe ' people leave their babies in prams outside of supermarket. There is one exception though: good luck to those living in N??rebro.

Holders of CPR number are entitled to public healthcare.

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 8,000

Accommodation (for the entire study abroad period)

HKD 46,000

Program fee (if applicable)

HKD 600

Personal expenses

HKD 80,000

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

Behavioral Finance

Danish

Macroeconomics and European Economics Integration

Favourite Food

Cardamom bun

Pistachio croissant

Roasted pork

Hang-outs places on campus

Cafe Nexus

SP library

SP canteen

Must-dos in the city

Riding a bike around the city

Experiencing Hygge (coziness) in Bastard Cafe

Spending an afternoon in Reffen (street food market)

Not-to-dos in the city

Eating out every day (trust me you will be broke after a week)

Riding a bike but forget to raise hand signals (The Danes will get mad)

Forgetting to check in or out at public transport

Useful local apps or websites

DOT (transport app)

Rejseplanen (The travel planner)

my.cbs.dk

Words to describe my study abroad experience

Hygge

Eye-opening

Chill