



UPPSALA UNIVERSITET

Exchange Report

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Operations Management, year 4
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PART I: MONTHLY ACTIVITY LOG

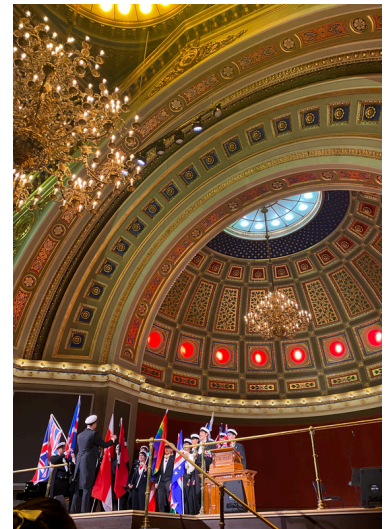
August:

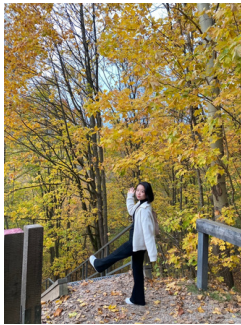
I arrived in Sweden in late August and spent my first week exploring Visby and Uppsala on my own. At first, I felt a bit worried and lonely, as it was my first time traveling alone. However, I soon started enjoying the experience, especially the long daylight hours in August, with the sun setting around 8:30 PM. Walking slowly through the streets and parks helped me relax and feel at ease. I also explored the supermarkets and noticed that the prices of necessities were slightly higher or similar to those in Hong Kong. Since I did not arrive on the suggested date, I missed the orientation activities, but I took this as an opportunity to explore Sweden independently. Observing the local lifestyle, weather, and culture, which were quite different from Hong Kong, felt like a mysterious adventure.



September:

I checked into my student hall and bought necessities from the nearest IKEA and supermarket. I met new friends through the welcome activities organized by the business school in Uppsala. Many of us lived in the same student hall, though in different buildings, and we often met up to cook and dine together. I started the semester with a course on management and control, and I quickly noticed that the teaching style was quite different from that in Hong Kong. There was a strong emphasis on discussions and interactions, which I found engaging and enriching. At mid of Sep, I saw the first aurora in my life just in hall kitchen. I was touched and amazed by the nature. Uppsala University is home to many student nations, which organize various activities and offer food and drinks at student-friendly prices. I joined "Uplands Nation" and, at the end of September, attended a gasque—a formal dinner featuring live music and singing performances. It was a unique and unforgettable experience.





October:

I embarked on my first trip to the Baltic States with friends. Although there weren't many major attractions or activities, we still had a great time. It was autumn—my favorite season! I loved walking through the vibrant yellow and orange maple leaves, and simply sitting in the park, soaking in the peaceful atmosphere, felt incredibly soothing. The weather was perfect—cool and breezy with plenty of sunshine. At the end of October, I traveled solo to Copenhagen, Denmark. I instantly fell in love with the city's atmosphere, and the Danish people were exceptionally warm—some even smiled when our eyes met. One of my favorite places was Glyptoteket, an art and sculpture museum in central Copenhagen featuring a stunning winter garden. Later that month, I celebrated Halloween with friends and my corridor mates. We dressed up, did themed makeup, and created unforgettable memories. One of our friends even DJed for the party, and we had a blast playing beer games.



November:

I started the month with a trip to Poland, where I found everything quite affordable and the food delicious. Visiting Auschwitz concentration camp and the Wieliczka Salt Mine was a deeply moving experience. In mid-November, I traveled to Italy, exploring Milan and Venice. Venice was particularly magical, with perfect weather and incredible seafood. We also took a gondola ride, which, though pricey, was worth it for the experience. Around the same time, I began my second course, Scandinavian Leadership, which involved frequent discussions and presentations. I really enjoyed it as it broadened my perspective on leadership styles, highlighting the differences between Scandinavian and Asian approaches. The professors were approachable and encouraged active participation. Towards the end of the month, Uppsala experienced its first snowfall! I was beyond excited and had a fantastic time playing in the snow with friends—we built a giant snowman, had snowball fights, and went sledding down slopes. Additionally, a friend doing an exchange in Germany visited me, and we took a cruise to Helsinki together, exploring more of Scandinavia.





December:

As the semester progressed, my academic workload became intense, with multiple assignments and presentations due on the same day. The increasingly shorter daylight hours also affected my mood, making me feel a bit down at times. Fortunately, spending time with friends helped a lot—we cooked together, played board games, had deep conversations, and decorated for Christmas. We also visited Christmas markets in Sweden and hosted a Christmas party, preparing a variety of festive dishes. At the end of December, a friend from Hong Kong visited me, and we embarked on an ambitious 18-day journey across six countries—Italy, Hungary, the Czech Republic, Austria, Germany, and Switzerland. Although the trip was fast-paced, the breathtaking scenery and unforgettable experiences made it all worthwhile.



January:

I continued traveling with my friend for the first half of the month before returning to Uppsala to focus on my remaining assignments. The academic experience at Uppsala University had been eye-opening—courses were discussion-based, encouraging critical thinking and independent learning, which was quite different from the more lecture-heavy approach I was used to. I gained a deeper understanding of Scandinavian leadership styles and management practices, broadening my perspective on global business and cultural differences.

Beyond academics, my time in Sweden allowed me to immerse myself in the local culture. I appreciated the Swedish concept of "**lagom**"—finding balance in life—and the strong emphasis on sustainability and work-life harmony. I also experienced the warmth of Swedish hospitality, from friendly locals to the close-knit student community.

Looking back, I will always cherish my time in Sweden, not only for the friendships and memories but also for the valuable academic and cultural insights I gained. I can't wait to return someday!



PART II: GENERAL STUDY ABROAD INFORMATION

1) Visa Procedures

As an exchange student, you must apply for a residence permit card if you plan to stay in Sweden for more than 90 days. During the application process, you may notice that there is no Swedish embassy in Hong Kong handling these applications, as the Swedish office no longer processes them. Instead, you must submit your application through the Swedish embassies in either Beijing or Shanghai.

In my case, I applied and received confirmation of my application while in Hong Kong. Fortunately, the embassy offered a 1–2 day passport check in Hong Kong, but if you are unable to secure a spot, you will need to travel to Beijing or Shanghai for this step. Once in Sweden, I scheduled an appointment to complete my photo and fingerprint registration. For the most up-to-date information, always refer to the official website.

2) Orientation Activities

Before your arrival, the university will send you details about the orientation activities. I highly recommend arriving on the school's suggested arrival date, as they provide an airport pick-up service with a shuttle bus and a welcome pack for students.

If you are a business student, the business union organizes a welcome month filled with various activities, offering a great opportunity to meet new people and make friends.

3) International Services & Activities

I joined Uplands Nation, which hosts a variety of events where you can socialize and even find work opportunities in Uppsala. Additionally, the business department offers international activities, such as a business trip to Copenhagen, providing students with valuable experiences beyond the classroom.

4) Accommodation

Uppsala University offers a wide range of student accommodations to suit different preferences. You can choose from various types of dormitories based on your needs. I lived in Flogsta, the most popular accommodation among exchange students. Each flat houses 12 people, with private bathrooms and a shared kitchen. The monthly rent is around 5,000 SEK. If you're looking to make new friends, enjoy a lively atmosphere, or experience fun in-house parties, Flogsta is the best choice!

5) Course Registration

There is no add/drop period for course registration, so you must enroll in your courses before arriving in Sweden. However, you can refer to the course offer list based on your exchange semester to help with your selection. More details will be provided by Uppsala University's coordinators via email.

6) Courses Taken

I took a total of three courses:

- Media and Communication (7.5 credits)
- Scandinavian Leadership (7.5 credits)
- Perspectives on Management Control (15 credits)

7) Finance & Banking

You cannot open a Swedish bank account unless you have a personal identity number. However, this is not a major issue since Sweden is a cashless society, and contactless payments are widely used. You don't need to carry cash, but it's a good idea to bring some euros for traveling. ATMs are available in the city, but they charge high withdrawal fees.

8) Climate

Uppsala is cold and freezing in winter, with temperatures typically ranging from 0°C to -10°C. The most challenging part is the early sunset—it gets dark around 3 PM in winter, and by 4 PM, it's completely dark. To prevent seasonal depression, consider taking vitamin D supplements. However, indoor temperatures are comfortable, as heating systems maintain around 20°C.

9) Health & Safety

Sweden, especially Uppsala, is a safe place, but it's always important to take precautions. Bike theft is common, so make sure to lock your bike securely. Regardless of how safe Sweden is, it's still better to avoid walking alone at night.

For healthcare, medical consultations are expensive, so pharmacies are a good place to seek advice for minor health issues.

10) Food

Groceries from ICA supermarket are reasonably priced, sometimes even cheaper than in Hong Kong. However, eating out is expensive, with meals costing at least 150 SEK per dish. Student nations offer discounted meals, making them a more affordable option. Since food choices in Sweden are somewhat limited, I strongly recommend learning to cook to avoid getting tired of repetitive meals.

11) Transportation

In Uppsala, students mainly use bicycles or buses for transportation. Buying a bike is highly recommended, as it makes exploring the city much more enjoyable. If you take the bus, use the mobile app to purchase tickets, as it's cheaper than paying on the bus.

Since I wasn't comfortable riding a bike on slopes or slippery roads, I opted for a monthly bus pass, which was a more convenient and cost-effective choice for me.

12) Communication

Swedish people speak fluent English, so communication in restaurants or supermarkets won't be an issue. However, Google Translate can be useful in places where only Swedish is displayed.

13) Cautionary Measures

- Dress warmly during winter, as Uppsala can be much colder than other parts of Sweden.
- Always carry your student card, as it's needed to access discounts, including student-priced bus tickets.
- Register on the Mecenat App to prove your student status and take advantage of student discounts.

PART III: ITEMS TO BRING

- Clothes
- Mobile charger and adapter
- Notebook and charger
- WIFI router and LAN cable
- Towel
- Bed sheets
- Medicine
- Heattech
- Thick socks
- Gloves
- Winter boots
- Cash (Euros)
- Debit and credit cards
- Internation student card (optional)
- Travel documents (Passport and VISA, letter of acceptance)

PART IV: USEFUL LINKS AND CONTACTS

Sweden Migration Office for applying residence permit card

<https://www.migrationsverket.se/English.html>

Uppsala University Housing Office

<http://housingoffice.se>

Course Catalog

<http://fek.uu.se/student-en/incoming-exchange-students/courses/>

Uppsala Bus Operation – UL (for checking timetable, arrival time etc)

<https://www.ul.se/en>

Nations timetable for regular activity, restaurant and student party:

<https://nationsguiden.se/>

Sweden Medical Website

<http://www.1177.se>