

# Exchange Report

Fall 2024

Copenhagen Business School

Denmark

KWAN Ching Yeung (Calvin)

## Monthly Log

### September

My first month in Copenhagen was a mix of new experiences and cultural adjustments. Arriving in Denmark, I was immediately struck by the city's commitment to sustainability, evident in the extensive bike lanes and the popularity of cycling as a primary mode of transportation. I signed up for a bike subscription service, Swapfiets, which allowed me to explore the city while embracing the local lifestyle. Academically, I began my courses at Copenhagen Business School (CBS), where the emphasis on real-world applications and collaboration with local businesses stood out. One of the highlights was a guest lecture from Novo Nordisk, a global healthcare company, which gave me insights into how sustainability and innovation are integrated into their business model. However, adjusting to the Danish teaching style, which prioritizes work-life balance and quality over quantity, was initially challenging. I had to learn to pace myself and manage my time more effectively, which was a stark contrast to the fast-paced academic environment at HKUST. Despite the initial challenges, I felt a growing sense of excitement about the opportunities ahead.

### October

By October, I had settled into a rhythm, both academically and socially. The course "Economics of the Euro" was particularly engaging, as the professor, with his background at the European Central Bank, provided deep insights into the complexities of monetary policy and the challenges of fiscal unification in the eurozone. Outside the classroom, I participated in a field trip to Carlsberg, where I witnessed firsthand how a traditional industry like beer production is adapting to modern sustainability challenges. The company's efforts to reduce water usage and CO2 emissions were inspiring and aligned with the circular economy concepts I had studied at HKUST. On a personal level, I began to appreciate the Danish emphasis on work-life balance, as I found myself enjoying more daylight hours and a slower pace of life compared to Hong Kong. However, the shorter days and colder weather as winter approached were a new challenge, and I had to adapt to the changing climate while maintaining my academic and personal commitments.

### November

November was a month of deeper cultural immersion and academic growth. I took the project course on Global People Management, which focused on cross-cultural communication and the impact of cultural dimensions on management styles. Working on group projects with students from the UK, US, and various European countries was both challenging and rewarding. It taught me the importance of understanding cultural differences and how they can influence team dynamics and decision-making. Outside of class, I continued to explore Copenhagen, visiting places like the Nyhavn harbor and the Tivoli Gardens, which offered a glimpse into Danish history and culture. However, as the days grew shorter and darker, I faced the challenge of maintaining my energy levels and staying motivated. The Danish concept of "hygge" (coziness) became a source of comfort, as I learned to appreciate the small joys of life, like enjoying a warm drink with friends or spending quiet evenings reading.

## **December**

December marked the end of my semester at CBS, and it was a time of reflection and celebration. Academically, I completed my final essays and exams, which required me to apply the critical thinking and analytical skills I had developed throughout the semester. One of the most memorable experiences was presenting an essay on sustainable business practices, where we analyzed how companies like Novo Nordisk and Carlsberg integrate sustainability and innovation into their operations. The feedback from professors and peers was invaluable and reinforced my commitment to advocating for sustainability in my future career. Outside of academics, I embraced the festive spirit of Copenhagen, visiting Christmas markets and experiencing traditional Danish holiday customs. However, as the semester came to a close, I also faced the challenge of saying goodbye to the friends I had made and the city. Reflecting on my time in Denmark, I felt a deep sense of gratitude for the experiences I had and the lessons I had learned, both inside and outside the classroom. My semester in Copenhagen had not only enhanced my academic knowledge but also broadened my perspective on life, work, and the importance of sustainability and collaboration in a globalized world.

## 1. Visa Procedures

For holders of the HKSAR passport, Denmark allows entry under the Schengen visa-free policy. It is advisable to apply for a student visa while in Denmark, which takes about four weeks to process. During this time, you will need to provide proof of a bank account under your name with a minimum balance of approximately 50,000 HKD.

## 2. Orientation Activities

The free orientation activities offered were generally sufficient. However, I found that touring Denmark is more enjoyable when accompanied by friends.

## 3. International Services & Activities

A free Danish language course is provided by SIRI in Copenhagen, which can be beneficial for newcomers.

## 4. Accommodations

If you want student accommodation from CBS, it is crucial to apply as soon as you receive the link. Umeus and private accommodations are also available, but be aware that the deposit may not be refundable for various reasons.

## 5. Courses Registration

Credit overload is recommended at CBS for students aiming to match the academic load of five courses at HKUST.

## 6. Teaching & Assessment Methods

Assessment is primarily based on final exams, with no attendance requirements.

## 7. Sports & Recreation Facilities

There are no sports facilities on campus; however, gyms are available throughout Copenhagen, similar to other cities. Over the summer, I enjoyed the various parks and river pools.

## 8. Finance & Banking (including currency / expenses)

There is no need to carry cash, as Denmark operates primarily on a credit card system. However, opening a bank account in Denmark can be quite challenging.

## 9. Social Clubs & Networking Opportunities

CBS offers a wide array of clubs to join, particularly through their entrepreneurship center.

## 10. Health & Safety

Copenhagen is generally very safe. Your student visa includes a yellow health insurance card, which provides coverage.

## 11. Food

I recommend bringing some canned food from Hong Kong for nostalgia. There is a Chinese supermarket located about a 10-minute walk from Copenhagen Central Station.

## 12. Transportation

Biking is the primary mode of transportation. If cycling is not an option, public transport passes cost around 800 HKD per month.

## 13. Climate

Enjoy the sunlight during the summer. However, be prepared for shorter days starting in late October, with sunset occurring as early as 3 PM.

## 14. Communication

Facebook is the primary communication platform in Denmark for various reasons.

## 15. Cautionary measures

Be cautious of bike theft, which is quite common in the city.

## 16. Other notes (if applicable)

Please do enjoy the Summertime in Denmark, Winter would be pretty extreme and it is the best time for you to experience the Danish term 'hygge'.

### **Items to Bring Checklist:**

1. Clothing suitable for varying weather conditions (layers for warmth, waterproof jacket)
2. Comfortable shoes for biking and walking
3. Personal hygiene items (toiletries, medications)
4. Laptop and necessary academic materials (notebooks, pens)
5. Canned food or snacks from home for nostalgia
6. Adapters for electronic devices (European plug)
7. A bike lock (if you plan to bike)
8. Umbrella or rain gear
9. Warm accessories (hat, gloves, scarf)
10. Any important documents (passport, visa, insurance)

### **Useful Contact and Information**

1. **Copenhagen Business School (CBS) official website:** [CBS Official Website](#)
2. **Danish language course information (SIRI):** [SIRI Danish Language Courses](#)
3. **Local public transportation website for schedules and passes:** [Visit Copenhagen Public Transport](#)
4. **Information on student accommodations in Copenhagen:** [Student Housing Copenhagen](#)
5. **Health insurance details for international students:** [Study in Denmark Healthcare](#)
6. **Local emergency services contact numbers:** [Emergency Numbers in Denmark](#)
7. **Community forums or social media groups for international students in Copenhagen:** [International Students in Copenhagen](#)