

EXCHANGE REPORT

Spring 2024-2025

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Copenhagen Business School | Denmark

MONTHLY LOG

January: A month of settling in and gaining independence.

On 16/1/2025, I start my journey to Copenhagen. As I am flying alone, I handled the entire travel experience, including the immigration check and transit on my own. Once I arrived, I was greeted by my exchange buddy from Copenhagen Business School, who helped me check into my student accommodation.

After settling in, I decorated my room with purchases from IKEA. I also explored local supermarkets, using Google translate to navigate my way along different aisle. The relaxed atmosphere of Copenhagen was a nice change, but the high cost of living and the long, dark winter nights were quite challenging. At first, I felt overwhelmed and homesick, especially when I have to manage everything on my own.

Despite the tough moments, the experience forced me to become more self-reliant. After 2 weeks of adaptation, I can finally enjoy the relaxed vibe that Copenhagen possesses.

February: A month of new experiences and cultural learning.

In February, I kicked off my orientation at Copenhagen Business School. It was an exciting opportunity to meet students from all over the world, including the US, Japan, and various parts of Europe. One of the most memorable experiences was learning traditional Danish dance. While I'm not good at dancing, I really enjoyed it because I have the chance to have a taste of Danish Culture. I also joined a sightseeing tour of Copenhagen's canals. It was fascinating to see Copenhagen from the water, especially considering the city's name—Copenhagen, which means "The Merchant's Harbor" in Danish.

As the month went on, I started cooking my own meals, making dishes including steak, spaghetti, and seared salmon. As the schedule in CBS is very relaxed, I have the chance to attend a Manchester United Premier League game. It is a dream come true for me as I am a die-hard fan of this football club even since I was 5.

March: A month of adventure and academic pressure.

In March, I traveled to Iceland and was truly amazed by the power of nature. I felt incredibly lucky to have spotted the northern lights and witnessed Iceland's breathtaking landscapes. It was an experience like no other.

At the same time, I had to prepare for online exams. Three of my courses had online essays with deadlines ranging from 24 to 72 hours. It was stressful, but with careful planning, I was able to stay on top of my work.

While staying in Copenhagen to prepare for my exams, I also took the time to explore the city and nearby Malmö. These 2 cities are not touristy or exciting, but they have a chill and

calm vibe and allows me to relax after preparing for my exams. The peacefulness of these places made me imagine what it would be like to live there.

April: A month of exploration and discovery.

In April, I took a trip to Morocco during Easter. I had the chance to ride a camel and watch the sunset over the desert with my peers. While Morocco is not as developed as Europe, and I had some trouble adapting to the food there, the experience that Morocco brought me was truly unforgettable.

I went back to Copenhagen in late April. To my surprise, Copenhagen has cherry blossoms. Watching them bloom felt like I have taken a trip to Japan!

May: A month of reflection and final adventures.

May marked the end of my semester and the start of more travels. I had the chance to visit several cities in Central Europe, including Budapest, Prague, and Vienna. I also made it to Paris, enjoying my life with the chill and relaxed vibe that the city embraces.

However, my exchange ended on a bit of a challenging note I ran into an immigration issue in Frankfurt airport and I missed my connecting flight. Although it was frustrating in the moment, it taught me how to handle setbacks and adapt quickly.

I am incredibly grateful for all the amazing experiences that I have during my exchange journey. It feels like a long break from the hustle and bustle in HKUST. I am fully recharged and I am ready for the challenges that I will be running into in my final year of study.

GENERAL STUDY ABROAD INFORMATION

Topic	Content
Visa Procedure	<p>Passport Type:</p> <p>I hold a Hong Kong Special Administrative Region (HKSAR) passport.</p> <p>Visa Requirements:</p> <p>As an HKSAR passport holder, I am visa-exempt for short stays (up to 90 days) in the Schengen Area. For stays over 90 days, a residence permit is required. I entered Denmark visa-free and applied for a residence permit upon arrival.</p> <p>Visa Application Process:</p>

I applied for the residence permit through the Danish Agency for International Recruitment and Integration (SIRI) after arriving in Denmark. The application required submitting documents like proof of admission and financial statements. Applications must be submitted in person at a SIRI office in Copenhagen after filling out the online forms.

Visa Fees:

The fee for the student residence permit is approximately DKK 2,000, paid online.

Processing Time:

The processing time is around 1 month.

Orientation Activities

INTRODUCTION WEEK SOCIAL PACKAGE - SPRING 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27 JANUARY	28 JANUARY	29 JANUARY	30 JANUARY	31 JANUARY	1 FEBRUARY	2 FEBRUARY
	WELCOME PRESENTATION SPØ1 11:00 - 12:00 CBS GREEN INITIATIVE - CBS HODSTED SPØ1 12:00 - 13:00 BRACELET PICK-UP FINSDENVEJ 60 15:00 - 17:00 WELCOME MEET-UP PH ØVNHALLEN 18:00 - 20:00	INFO MEETINGS SPØ1 09:00 - 11:00 CAMPUS TOURS (ON YOUR OWN) - MEET-UP PH ØVNHALLEN 12:00-14:00 FOLK DANCING (ONLINE SIGN-UP) PH ØVNHALLEN 16:00 - 18:00 19:00 - 21:00	INFO MEETINGS PH ØVNHALLEN 10:00 - 11:45 CITY CENTER ØSTERSØMME HØJBY CITY CENTER 15:00 - 18:00 HOT CHOCOLATE MEET-UP CAFE NEXUS 17:00-21:00		CANAL TOURS (ONLINE SIGN-UP) VED STRANDEN 26 11:15 - 12:15 12:00 - 12:00 14:00 - 15:00 15:15 - 16:15	

THE MANDATORY DAYTIME ACTIVITIES ONLY INCLUDE PARTICIPATION IN THE WELCOME & INFORMATION MEETINGS.
 TO PARTICIPATE IN ANY EVENT (EXCEPT FOR THE MANDATORY INFORMATION MEETINGS) ONE NEEDS TO PURCHASE THE INTRODUCTION WEEK SOCIAL PACKAGE.
 YOU WILL BE ABLE TO CHOOSE ONE OF THE SLOTS FOR CANAL TOURS, CITY CENTER AND HOT CHOCOLATE MEET-UP ON THE 15TH OF JANUARY.
 PLEASE NOTE THAT THE PROGRAM IS SUBJECT TO CHANGE. CHECK THE WEBSITE & PH ØVNHALLEN.

In the introduction week social package, here are some of the highlights and what I think CBS exchange students have to attend:

Welcome Presentation (27th January):

The Welcome Presentation provides a holistic introduction to life at CBS, covering essential aspects such as courses, exams, and the library. It is an essential event for new exchange students to familiarize themselves with the academic environment and resources available at CBS.

Canal Tour (1st February):

The Canal Tour offers a unique opportunity to see Copenhagen from the water. You’ll cruise along the city’s scenic canals, exploring iconic landmarks while enjoying the beautiful views of the city’s architecture and natural surroundings.

Folk Dancing (29th January):

Folk Dancing is a fun and interactive event where you’ll learn traditional Danish folk dances. It’s a great way to immerse yourself in

	<p>Danish culture while enjoying a lively and social activity with fellow exchange students.</p>
International Service and Activities	<p>CBS will pair you up with an exchange buddy. As Danish people are quite private, they do not tend to socialise with you very actively. However, they are really genuine and is willing to offer you any help.</p> <p>They will pick you up when you arrive, and also accompany you to check in at your student accommodation.</p>
Accommodations	<p>CBS offers student accommodation, but due to high demand in the Spring semester, I was placed in UMEUS Valby, a private facility.</p> <p>While it is standard to pay a deposit, Danish landlords are strict about room condition checks. Unfortunately, UMEUS is known for being particularly harsh, and I did not receive my deposit back. I strongly oppose you choosing any student accommodation operated by UMEUS, as it is known for being extremely harsh and irresponsible.</p> <p>Be cautious when renting accommodation in Copenhagen, and don't hesitate to defend your rights if the checks are too strict.</p>
Course Registrations	<p>Course registration starts 3-4 months before your departure, and the add drop period starts 2 weeks before your departure. It is done at their online student portal.</p> <p>At Copenhagen Business School (CBS), you can typically study 30 ECTS credits per semester, which is equivalent to 12-15 credits at HKUST. If you wish to take on a heavier course load, CBS allows you to overload up to 37.5 ECTS credits with approval. To request this, you'll need a letter from the program manager of your major. This flexibility is great for students looking to maximize their academic experience, but be sure to plan ahead for the extra workload and ensure all approvals are in place well before the semester starts.</p>
Courses Taken	<p>Here are the courses that I have taken</p> <ol style="list-style-type: none"> 1. Language of Negotiations <ul style="list-style-type: none"> ○ Field: Management ○ Assessment: Exam ○ Credits: 7.5 ECTS

	<p>2. Global People Management: Human Resource Management & Leadership</p> <ul style="list-style-type: none"> ○ Field: Management ○ Assessment: Exam ○ Credits: 7.5 ECTS <p>3. Principles of International Marketing</p> <ul style="list-style-type: none"> ○ Field: Marketing ○ Assessment: Exam ○ Credits: 7.5 ECTS <p>4. Behavioral Finance</p> <ul style="list-style-type: none"> ○ Field: Finance ○ Assessment: Exam ○ Credits: 7.5 ECTS <p>Study and Course Load:</p> <p>I completed 4 courses, which is a total of 30 ECTS credits. The flexible schedule required proactive participation and good time management, especially since attendance was not mandatory.</p> <p>Difficulty Level:</p> <p>The courses were generally easy to medium in difficulty. They were less demanding than courses at HKUST but required active participation and self-discipline to succeed.</p>
Finance and Banking	<p>Currency: Danish Krone</p> <p>There's no need to open a bank account in Copenhagen. You can apply for an international debit card from any major bank in Hong Kong. In Copenhagen, almost all the places accept card payment.</p>
Climate	<p>Winter:</p> <p>Winter in Copenhagen is rainy, with temperatures around -5°C. While it's cold outside, you don't need to dress too warmly indoors, as most buildings have heating, and the temperature can reach 20°C.</p> <p>Spring:</p> <p>Spring in Copenhagen brings milder temperatures, ranging from 5°C to 15°C. The weather can be unpredictable, with occasional rain and sun,</p>

	<p>so it's best to layer your clothing, carry a light jacket and bring an umbrella.</p>
Health and Safety	<p>Healthcare system in Denmark:</p> <p>The healthcare system in Denmark is different from Hong Kong. If you're feeling unwell, start by visiting a pharmacy and informing the staff about your symptoms. They will recommend the appropriate medicine.</p> <p>If you need to see a doctor, you must make an online reservation through their system. A consultation typically costs around 1000 DKK, but if medicine is needed, it is free of charge.</p>
Food	<p>Danish traditional food includes open sandwiches and mostly cold dishes. Eating out can be expensive, with meals costing at least 200 DKK per person. Therefore, I recommend doing your own groceries. Copenhagen has plenty of Asian supermarkets where you can find the ingredients needed to cook Asian food.</p>
Transportation	<p>In Copenhagen, there are metro, S-trains, and buses. Taxis are 3-4 times more expensive than in Hong Kong, so I recommend avoiding them unless you're carrying a lot of luggage when you first arrive or are departing the city.</p> <p>You should download the app Rejsekort, link your credit card to the app, and check in/out whenever you use public transport. If you forget to check in/out, you will be fined 750 DKK.</p> <p>Cycling is very popular in Copenhagen, and it's a common way for locals to get around. You can download apps like Donkey Republic to rent a shared bike. However, people in Copenhagen are skilled cyclists and ride quite fast, so if you're not confident on a bike, I suggest using public transport or walking for short distances.</p>
Communication	<p>Most of the Danish people understands English. You can use English in almost all of the places in Denmark.</p> <p>As for SIM card, you can either purchase several Europe 30-day data card in Hong Kong, or buy sim card in the local supermarkets. Both cost around 100 Hong Kong dollars/ Danish Krone each.</p>

Sports and Recreation Facilities	There are several gyms chains in Copenhagen, and the price is around 300-500 DKK, depending on which gym you are joining
Social Clubs & Networking Opportunities	There are plenty of social clubs in Copenhagen Business School as well as at the place where I live. However, I did not join any of them.
Cautionary Measures	Danish people values privacy. You may encounter Danish people who do not actively social with you, or always try to keep a distance with you when interacting. However, they are very nice and are always willing to chat with you.
Other Notes	Please enter and leave Schengen area in Denmark. Denmark do not issue a Schengen resident card, but only a resident permit letter to exchange students who have a short stay. As other Schengen countries may not recognise the resident permit letter, you may run into immigration issue if you enter or leave the Schengen area with the resident permit letter.

ITEM TO BRING

Copenhagen is a well-developed city. If you need something, it is easy for you to purchase both online and offline. However, you should also prepare the following item during your time in Hong Kong, as it can reduce the troubles that you would get into. The following list is non-exhaustive, which only acts as a reminder to what needed extra attention.

Documents regarding identity

- Hard copy of CBS acceptance letter for immigration issue
- Hard copy of your passport

Daily necessity

- Medicine that are proven to be effective to you
- Universal plug adapter

Clothing

- Short sleeve t-shirt and shorts: As mentioned, indoor heating may cause indoor temperature reaching 20°C or higher. You should prepare summer clothing in case your accommodation is too hot
- Thick down jacket
- Thermal undergarments

USEFUL LINK AND CONTACT

Booking a doctor in Copenhagen: <https://laegernedanmark.dk/en/>