



My Exchange Evaluation

Basic Information

Host University	Stockholm School of Economics
Semester & Year of Exchange	Semester 1 2025
Otago degree(s)	Bachelor of Commerce
Major(s)	Majoring in Marketing, Minor in Communication Studies

Academics/ course load

Which papers did you take whilst on exchange?

Course title	Language of instruction	Otago equivalent
8061- Ideation- Creating a Business Idea	English	MART306
BE252- Applied Marketing Theory	English	MART329
8064 Growth- Managing Your Firm	English	COMM 300 Unspec
BE905 Leading Teams: Advanced Project Management	English	COMM300 Unspec

Total Otago credits gained: 54 points 72 points 108 points _____

Any comments about these papers?

These courses were really interesting as they incorporated real life case studies which made the learning experience engaging and practical. We also had the opportunity to work with Volvo Truck to help improve their B2B strategy.

How did the academic experience/ workload/ style of teaching differ from Otago?

The workload was similar to Otago University which made it manageable and familiar. However, there was more class discussions and the class sizes were much smaller (comparable to a typical tutorial group in Dunedin). In BE252, we had weekly group presentations with the team we formed at the beginning. However, the workload was easy to stay on top of and not too difficult but the courses are shorter as you do 2 papers per half semester so you do 4 papers in the time of 1 semester.

Accommodation

What accommodation did you stay in? What were the pros and cons of your accommodation?

I stayed in a student accommodation called Lappkärrsberget SSSB.

Pros: Very easy commute to University and into the city centre, most exchange students also stayed there, beautiful forest and beach (even though it's too cold to swim) behind the hall, supermarket and bar on property, shared kitchen.

Cons: There are 1000 students living there so it's hard to connect with lots of people, it's very different to New Zealand halls (many buildings with no communal area- I was expecting it to be like a NZ hall where we all go to one space).

Money matters

Please detail your basic costs, e.g. accommodation, flights, visa, food, insurance

Transportation: Buy a SL card (can be done through an app, super easy). It's very necessary and used for buses, metro and some ferries. Around \$115 NZD per month

Accommodation increased to \$6,598.00 SEK which is around \$1,155.80 NZD per month, however, this includes heating, electricity, wifi etc.

Visa: Visa was around \$263

Food: Similar to NZ but a little more expensive but not too crazy. I found I would go out for coffees and cafes a lot as it was a great way to stay social with the other exchange students.

Insurance: Insurance was around \$692- there are discount codes you can use.

Phone plan: I had troubles with this at the start but just buy an Esim! I use Mobimatters and it is very easy to set up.

What means did you use to access your finances? What would you recommend? (Credit card, Cash passport, foreign bank account, etc.)

To access my finances I got Wise, it is a great platform to use when travelling internationally and super easy to set up and transfer money into from your New Zealand bank account.

However, my apple pay for my wise card didn't work so I recommend sorting out your wise a few weeks before you depart so you have time for your physical wise card to be delivered.

Don't bring Swedish cash as nowhere takes cash. However, if you are traveling to a different country check if that country usually takes cash eg: Morocco.

Visas & Insurance

Did you have to apply for a visa? What was the process?

Applying for a Visa is done online. I recommend get it done as soon as possible as it can take a few days/weeks to verify etc.

Did your host university have a mandatory insurance?

Yes, you are required to have insurance when living there.

Extra-curricular/Social Activities

What organised activities were available to students? What extra-curricular activities would you recommend to future exchange students?

Yes there were extra-curricular and social activities that the university organises. They have a bar in the university similar to U-bar where students go to events.

There is also trips you can do, for example, I went on a week trip to Sweden Lapland and got to see the northern lights, reindeers, went on a snow hike, dog sledding etc.

What was the university/ city like?

Stockholm was beautiful! It was an amazing city to do an exchange in because it is so safe, everyone speaks English, public transportation is super easy, very easy and cheap travel around Europe!

Stockholm is a great place to go on exchange. Moving to a new country can be daunting but Stockholm's cleanliness and safety make it easy to feel at home. You're never on edge or constantly worried about your safety or belongings, like pickpocketing. For example, whenever I travelled outside of Stockholm, I always looked forward to returning as it's so calm and welcoming that it genuinely feels like home.

University wise I found it more difficult to make friends with the actual Swedes as they are more reserved and quiet so I spent most of my time with the other exchange students.

Any recommendations for things to do, places to visit, places to eat etc.?

Cafes: Gast (Near SSE), Johan & Nyström (Sodermalm), Volca Coffee, MatchaYa,

Food: 800 Grader, Basta, Eatnam, Amao Dumplings, Lillebrors bageri

Places: Mälarpaviljongen Soldermalm rock view, Gamla Stan + Sodra Riddarholmshamnen (its near gamla stan but has nice seating), Olle Adolphsons Park, Ice Hockey Games, Djurgarden.

Nightlife: Berns (DM Instagram account for Guestlist – free entry), Café Opera (need guestlist – through their website), Rose Club (need guestlist – through their website), Lion Bar, Crazy Horse, K Karaoke, Soldermalm has nice bars.

Any tips for future students?

Put yourself out there! You're only going to get what you put out.

I found it was very easy to make friends as everyone loves that your from New Zealand.

Save heaps if you can as your most likely going to travel lots around Europe!

It is very cold at the start so pack thermals and gets dark around 2pm but it only gets better if you're going in semester 1.

Also don't over pack, I didn't wear half of my clothes and it was super annoying when leaving.

Bring a little backpack (e.g. a Macpac small backpack) perfect for weekend travel especially with Ryanair and you don't want to pay for extra luggage

Also after the semester ends you will have around 2 months because university starts in Otago, I recommend to travel through Europe so bring a big backpack. Even if no one is able to go with you, go alone! I am currently solo traveling and I love it!!

Overall Experience

Please write one paragraph (or more) about your exchange experience. Please include some photos!

Best months of my life! It was so upsetting leaving. I made my best friends for life on my exchange.

If you are hesitant please do it! You will never get this opportunity in your life again and I've never heard a bad exchange experience. Sure it is scary going to a new country but I promise you will be fine within a day. Everyone there is in the same boat and everyone is always looking to make new friends!

Take advantage of the easy travel around Europe as well.

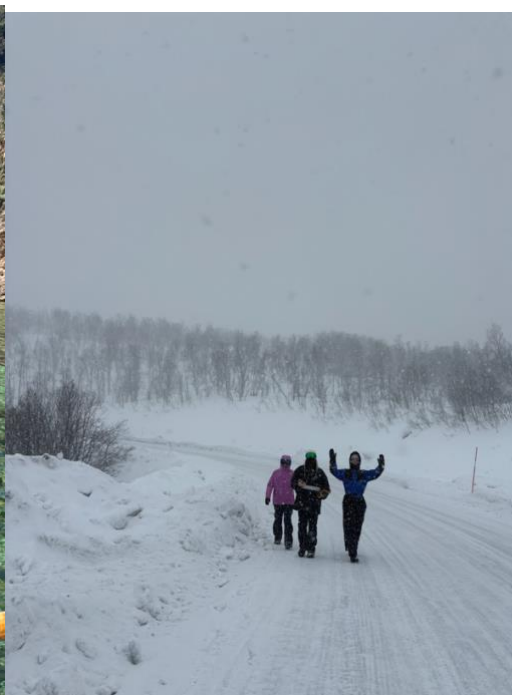
I can't even put into words how amazing my experience was. It was so beautiful and you come out as a different person with different perspectives and new experiences from the world!

If you have any questions don't hesitate to message me on Instagram @evienatusch :)

Some photos of my experience are below:



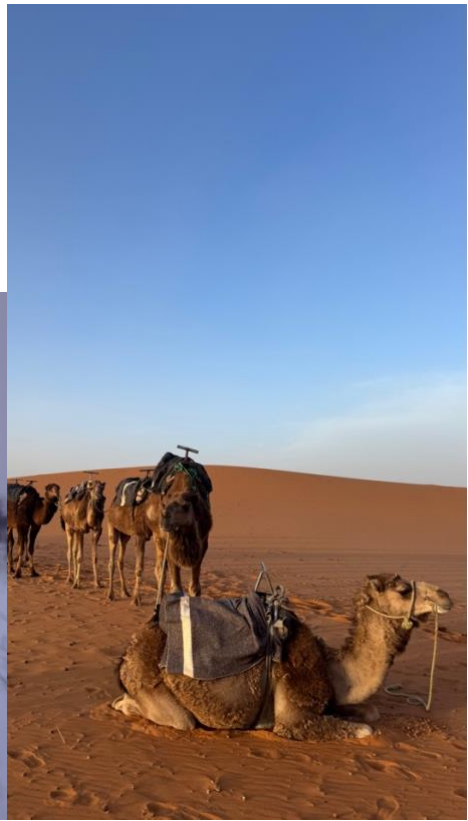
Croatia



Sweden Lapland



Dog Sledding- Sweden Lapland



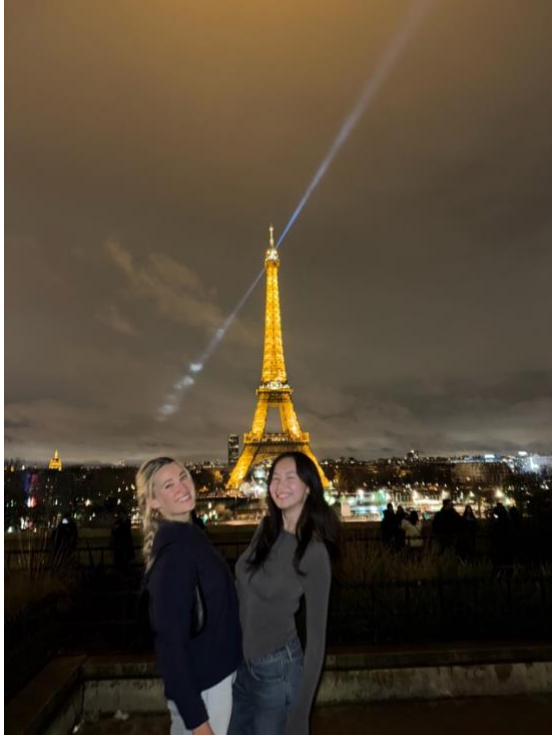
Morocco



Morocco



Lagos Portugal



Paris



Budapest



