



My Exchange Evaluation

Basic Information

Host University	Lund University, Sweden
Semester & Year of Exchange	Semester 1 2025
Otago degree(s)	Bachelor of Arts and Sciences
Major(s)	English and Geography

Academics/ course load

Which papers did you take whilst on exchange?

Course title	Language of instruction	Otago equivalent
SASH55 Introduction to Scandinavian Culture and Society	English	100 level Arts unspecified
SASH16 Survey of Swedish Literature	English	300 level ENGL
NGEA03 Remote Sensing for Landscape Studies	English	300 level GEOG

Total Otago credits gained: 72 points

Any comments about these papers?

SASH16 was my favourite class! It was super interesting to read and learn about some Swedish literature and had a pretty easy workload. SASH55 was easy with a really light workload, but not the most interesting class, I had lectures on a Friday afternoon and ended up skipping a lot of them unfortunately. NGEA03 was more work-heavy, but I was in class with lots of other regular bachelor's students instead of just exchange students, which is where I made a few of my good friends from seeing them in class together everyday.

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

The SAS courses were great in terms of workload, as they were specifically for exchange students. For each class I had one three-hour lecture a week, and only one final assignment, but that was quite

a light workload compared to lots of my other friends. I did two SAS courses in the first period, and one proper bachelor's programme course in the second period. That class was a lot more work, in terms of class time and homework, and I was super busy with a lot of group work and a couple field trips. It was definitely still manageable, and still easier than the Otago workload so it was worth it.

Accommodation

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

I applied for accommodation through LU Accom and AF Bostäder. I got offered an LU room in Eddan, which I wasn't super happy with because it was so far away, but I later got a room in Sparta through AF Bostäder which I was super happy with. You can sign the LU contract but cancel it later, which is good because you can secure housing while still looking for a better offer. The queue systems are random, but everyone I knew from NZ also got reasonably good times, and we ended up in Sparta together. I was in a corridor room which I liked because I could meet new people in my corridor, as lots of them were Swedish. I was also super close to uni campus, town, nightclubs and a supermarket, although everywhere is pretty close when you're biking. I had friends in Delphi, Vildanden, Måsvägen, Parentesen and Sofieberg who also loved their accom, it just depends on what you're looking for (corridor room vs studio etc.) and how much you're wanting to pay.

Money matters

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

Sweden was somewhat similarly priced to NZ, but I did spend more money than I do in Dunedin in general because I was going out more and travelling a lot. My accommodation was ~\$830 a month, but it changed depending on conversion rates between NZD and SEK. For a visa you get a study permit which was around \$250, my insurance was around \$750 and you have to sign up to StudentLund, with a semester membership costing ~\$50.

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

I used a Wise card, which I could transfer money to from my ANZ account at no cost. The conversion fees were pretty low and you could convert to a bunch of different currencies which was good while travelling. It also shows you the live conversion rates between currencies, so you could convert a bunch of money when the rates were low. I didn't use much cash in Sweden, but used a lot of cash when travelling around after exchange ended (Albania, Croatia, France, Portugal etc.) so it's good to have some cash outside of Sweden, most places will take Euros.

Visas & Insurance

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

I applied for a Residence Permit through the Swedish Migration Agency, it was a relatively easy process and only cost around \$250. You just need to complete everything and validate your passport in time, I didn't and then had to call them to get them to open my application again but it was a very avoidable mistake. When I arrived in Sweden I had to go to Malmö and do my biometrics, then they send you your residence card in the mail.

Did your host university have a mandatory insurance?

I think Lund gave you some insurance, but I still bought one that Otago recommended. Definitely get insurance, I ended up in hospital and so did a bunch of my friends so it's good to know that your insurance will cover it. My insurance also covered me when I was travelling after exchange, which meant I didn't have to worry about anything then either which was really good.

Extra-curricular/Social Activities

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

I found that there were so many opportunities to try out so many different things! You have to join a Nation which is basically just a big student club, I joined Hallands because they had good social events and sports nights, and I loved it. Try to get into a Nation's 'Novice Week', it's basically a bunch of social events with a group and your Swedish 'Fathers' who are your group leaders. Hallands has weekly spårt events, I often went with a group of other exchange students and was also where I met a bunch of Swedish people. The Nations also have nightclubs which I went to all the time, the best ones were VGs, GBGs, Lunds Nation, Helsingkrona and OGs. Hallands had karaoke pubs which were actually so much fun, we often went there for pres on a Friday night and then went to GBGs club. But the Nations also host many more events than just clubbing if you're after different things, a lot of them do lunches which I went to as well.

ESN Lund also organises lots of trips and events, I went on an ESN trip to Swedish Lapland which was my favourite week of the whole trip, it is definitely worth it. If you want to find lots of cool activities and trips they are definitely out there for you! Don't be shy about organising stuff with other groups of people, lots of the exchange students are also super keen to get out there and do things, and lots of the ones I met were Australian so pretty culturally similar which was nice when we were all so far from home. We had lots of cards/movie nights when there wasn't anything else on, so you can definitely always find something to do with someone.

What was the university/ city like?

Lund is quite similar to Dunedin (but much prettier) in the sense that it is largely students which is really fun. The streets in town are so gorgeous, and the uni campus is more spread out throughout the city but it's super cool. Lots of stuff is pretty centrally located around the city and campus, so it's really easy to get everywhere biking, walking or bussing,

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

Falafel Time outside the city library was probably my most visited place in Lund, it was so good and so cheap. Like I cannot even exaggerate how often I was there, it was the best, but there's so many kebab places throughout the city that are all so good. Broder Jakobs and Mannz Bageri were my fav places to get fika. There's a dumpling place and a noodle bar in town, which were also yummy. Africa Daily Market is also a must visit, you get all you can eat buffet for ~\$15, the family that run it are so so lovely and so kind.

The Botanic Gardens, Stadsparken and Sankt Hans Hill are really nice places for picnics/sunsets. Lomma Beach is a half hour bike away and definitely worth the visit, you can get the bus there too which is easy as well. I went for a hike at Kullaberg nature reserve, which is about two hours north of Lund on public transport but also definitely worth the visit. Dalby Quarry is really fun in warmer weather, we went swimming and cliff-jumping, it was super fun and a half-hour bus from Lund.

Copenhagen is a really fun day trip, Norrebro is a cute neighbourhood with lots of second-hand shops, Kalvebod Bolge is a nice place alongside the water to sit/swim/sauna as well.

Any tips for future students?

Just say yes to everything! Even when I was tired or not feeling it, I was always so happy that I made the effort to see friends or try new things. You really get out everything that you put in. There are limits to this and you can't do everything, but I felt like I put so much effort in and was happy knowing that I did every fun thing that I could :)

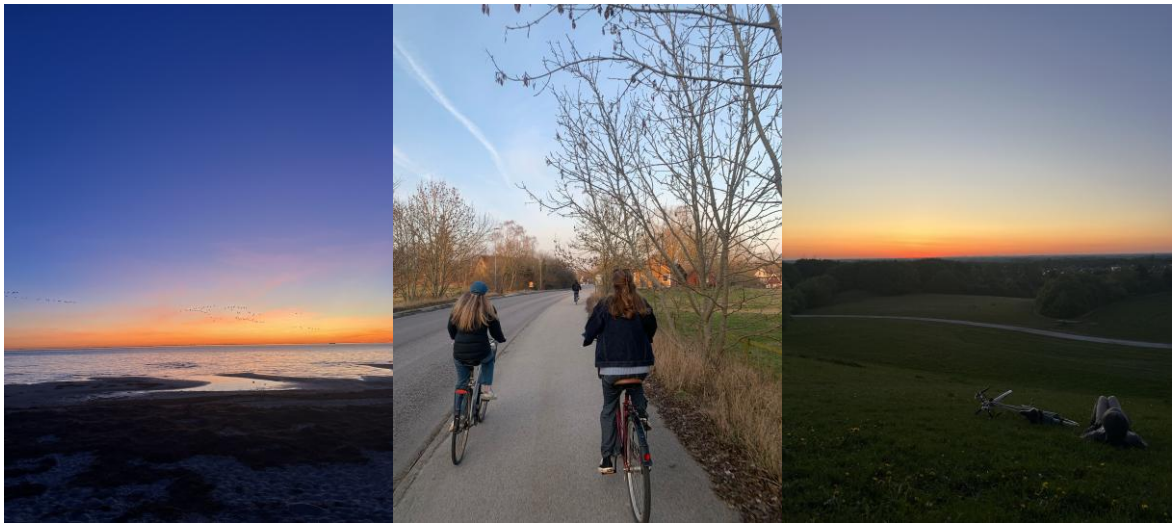
Overall Experience

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

Going to Lund was the most insane experience of my life and I am infinitely grateful for the opportunity. I met so many cool people and did so many fun things, and living in Sweden was such a cool opportunity to experience a new culture. Living in Europe also gave me the ability to travel which I really tried to make the most of.



Lund's main library! It was so pretty watching all the plants grow in spring.



Sunsets at Lomma Beach, biking around Lund and Sankt Hans Hill



ABBA Museum and Swedish Meatballs in Stockholm



Skiing in Swedish Lapland, and archipelago islands of the coast of Gothenburg



Hiking in Kullaberg Nature Reserve