



My Exchange Evaluation

Basic Information

Host University	Stockholm School of Economics
Semester & Year of Exchange	Fall period – 2025 (August to December)
Otago degree(s)	Bachelor of Commerce
Major(s)	Marketing & Management

Academics/ course load

Which papers did you take whilst on exchange?

Course title	Language of instruction	Otago equivalent
8065 - Business Model Innovation	English	MART301
BE918 – Sustainability Challenges	English	MART305
BE917 – Decision Making for Individuals & Organizations	English	MANT301
8061 – Ideation – Creating a Business	English	ENTR200-level

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

Any comments about these papers?

The courses were engaging and very group-focused. Most assessments were through group work and class participation rather than exams.

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

The workload was manageable but leaned heavily on teamwork and class engagement. Teaching was discussion-oriented, encouraging active participation rather than traditional lectures. Most courses are pass/fail.

Accommodation

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

I stayed in SSSB Lappis

Pros: One bus from Lappis to SSE, ICA (supermarket on campus), and own bathroom

Cons: 10-person shared kitchen (depends on what you like but it was nice meeting other people)

Money matters

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

- Accommodation: \$1,130/month (5,998 SEK/month including utilities)
- Visa: 275 NZD (1,500 SEK)
- Food: relatively similar to NZ, although eating out is expensive (Lidl has the best prices)
- Insurance: \$600 NZD (Safe Travel Insurance)

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 for all transactions

Visas & Insurance

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

Swedish Migration website - takes a couple of months to process.

Did your host university have a mandatory insurance?

No

Extra-curricular/Social Activities

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

The Stockholm School of Economics Student Association (SASSE) organised many events, which I highly recommend. I joined the SSE Cheerleading team and competed in Barcelona, which was a highlight. I also suggest participating in sports teams to stay active during the dark months.

Other events to attend include exchange banquets and parties at the university. The first three weeks are definitely the best and busiest, so get involved!

What was the university/ city like?

Stockholm is vibrant, clean, and very student-friendly. The campus environment is welcoming and inclusive, with plenty of opportunities to meet local and international students.

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

- Lapland trip: husky sledding, Norway, and Abisko National Park. Expensive but worth it.
- Explore small towns: Vaxholm and Uppsala.
- Check out local restaurants and cafes in Ostermalm, Södermalm and Gamla Stan.

Any tips for future students:

Get involved in SASSE events, join sports teams, and explore Stockholm and its small towns. I would recommend travelling when you're free. It is very cheap to get around over here in Europe, so make the most of it.

Overall Experience

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

My exchange at the Stockholm School of Economics was amazing. Academically, the courses were engaging, interactive, and offered a new approach compared to Otago. Socially, SASSE and the cheerleading team allowed me to meet great people and attend fun events, including a trip to Barcelona and Lapland. Stockholm itself is a beautiful, vibrant city, and my trip to Lapland and overseas trips were unforgettable. Overall, I highly recommend going on exchange to Stockholm.

