



My Exchange Evaluation

Basic Information

Host University	Stockholm School of Economics (SSE)
Semester & Year of Exchange	Semester One 2025
Otago degree(s)	BACom
Major(s)	Economics and PPE

Academics/ course load

Which papers did you take whilst on exchange?

Course title	Language of instruction	Otago equivalent
BE554 The Economic Approach to Policy Design	English	ECON300 unspecified
756 Comparative Economic History: Theory and Evidence	English	ECON300 unspecified
BE906 Impactful Entrepreneurship for Global Challenges	English	MANT200 unspecified
1006 Introductory Swedish	English / Swedish	HUMS100 unspecified

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

Any comments about these papers?

Entrepreneurship had lots of guest lecturers from different spheres of the Swedish workforce which made it really interesting. We also had to produce and pitch our own businesses that could solve a global challenge.

Economic history I found the least engaging. The exam was based purely on two books you had to read, with the exam making up 100% of your grade. I've taken much more interesting papers at Otago that teach similar content in a better way.

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

All three papers (not Introductory Swedish) were very heavy on course readings. The final exams for all three were based either purely or significantly on either research papers or books you had to read over the course of the teaching period.

Studying for the exams was also much harder than Otago as no past papers were provided. But the exams were all done digitally.

Accommodation

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

I had an apartment in Liljeholmen that I got through SSE. I had my own kitchen and bathroom, with it being open plan. My apartment was double the size of my mates in other areas around the city. We ended up doing most gatherings at mine due to the extra space. It also was very easy to get into the city as it was on the red metro line.

Money matters

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

My rent was around \$1200NZD per month, but this fluctuated with the exchange rate quite a bit. Insurance was around \$1000NZD through StudentSafe Outbound, although I am staying in Europe for an extra 3 and a half months after finishing in Stockholm.

Eating out is super expensive in Stockholm, so I tended to cook my own meals at home etc. Did get quite a few lunches from Lidl near uni for \$5NZD.

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

I used Wise and Revolut for accessing money while overseas. Sweden does not tend to use cash, and I only needed to get some out once for a tailor.

I did have to pay for my rent with ANZ as they didn't accept payments from Wise. I would recommend turning your NZ sim into a e-sim before coming so that you can still receive the text codes to access apps and websites etc. As in Sweden you need a personal number to get an e-sim.

Visas & Insurance

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

Applied for a student visa, was a straight forward process. I just couldn't apply until I had the acceptance letter from SSE.

Did your host university have a mandatory insurance?

Only for housing, which was included in the rent. You did need to have insurance though, but the insurance requirements by Otago were the same.

Extra-curricular/Social Activities

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

There were some activities planned by the university, but my friends who had been there for two semesters said they had a lot more in the first semester.

What was the university/ city like?

Stockholm was an amazing experience, but winter can be difficult to adjust to. When I first arrived the sun set around 3-4pm, which was a shock coming from NZ summer. But by the time I left in early June, the sun was setting around 10-11pm and was rising by 2-3am.

Everything in the city/country is super easy to access by public transport. One of the last things we did was go out to Sandhamn Island as it had a really nice beach and it took an hour and half from the middle of Stockholm via bus and ferry to get there.

The university itself is really small, and the library was closed while I was there. The National Library is good for studying, as well as the Student Building in the attic space.

Lots of nice coffee shops around the city which are worth visiting. Lilla Espresso in Södermalm has 35sek coffee (very cheap for Stockholm) and it tastes good too.

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

We spent many nights at Under Bron in the winter, which then turns into an outside club in summer. It will depend on your taste in music if you enjoy it though.

If you want some fancy fish and chips, Hasselsson in S:t Eriksplan is nice, and has a cheap pint as well.

Any tips for future students?

Make the most of it, say yes to as many opportunities as you can. This is how I made most of my mates while I was there.

Overall Experience

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

Finishing my degree overseas was definitely worth it, I've met so many amazing people that I'm catching up with while I travel around Europe for the summer before coming home. The difference in lifestyle, and study was a shock. It makes you appreciate home, but also see where we are lacking a bit. It has also made me a way more confident person, as you are in this new place by yourself and you need to sort things out. While in Stockholm I got to visit Denmark, Finland and Norway and do it with people that are now life long friends!

