



My Exchange Evaluation

Basic Information

Host University	Uppsala University
Semester & Year of Exchange	Spring Semester (Semester One) 2019
Otago degree(s)	Bachelor of Commerce
Major(s)	International Business and Marketing

Academics/ course load

Which papers did you take whilst on exchange?

Course title	Language of instruction	Otago equivalent	Otago credit value
Corporate Strategy	English	MANT338	18
Managing the Multinational Corporation	English	MANT342	18
Leadership	English	MANT330	18
International Business Law	English	COMM300	18

Any comments about these papers?

Corporate Strategy and Managing the Multinational Corporation are both Masters level papers, but I was able to enter these due to being in my fourth year and having already completed 360 points at Otago. Leadership and International Business Law were both exchange student only papers and were a lot less work intensive than the Masters papers I was enrolled in.

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

At Uppsala you undertake only one course at a time which made it easier to focus. The classes were a lot smaller and there was a lot of interaction between students and the lecturer. Class schedules were irregular and changed weekly, however I would say the course load overall was similar to Otago, if not slightly less.

Accommodation

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

I stayed at a primarily international student and exchange student accommodation complex called Flogsta. Everyone got their own furnished bedroom and bathroom, and then shared a common space and kitchen with twelve people. It was an incredibly social place to live and was also very close to a supermarket, bike shop, and pizza restaurant. To Ekonomikum (the business campus) it was about a 15-20 minute bike ride or a 15 minute bus. Overall would highly recommend staying here as an exchange student for the social factor, as well as the pricing as it was very similar to Dunedin living prices overall.

Money matters

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

I paid around \$680 a month in rent (which included internet, power, and water). My flights were rather expensive as I chose to take a popular route in peak period and therefore were around \$2700 including flexifare. From memory the visa was around \$150, insurance was around \$550, and food per week differed depending on the amount of group cooking I participated in, but I do not think it was a lot more than I spend in Dunedin.

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

In Sweden you cannot open a bank account unless you are living there for over six months, but the country is card based so I just used my New Zealand debit and credit cards (would recommend taking a spare in case you lose one).

Visas & Insurance

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

I had to apply for a visa which was done online through the Australian Embassy. The process was relatively simple and the result of the visa came via mail.

Did your host university have a mandatory insurance?

Uppsala University provided all of its exchange students with health insurance.

Extra-curricular/Social Activities

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

Uppsala is very much a student city and every week there would be multiple places students could go and socialise. They have a "nation life" there, in which students can choose to join one or two of thirteen nations. These nations have club nights, dinners, balls, and various other social events you can attend throughout the semester. This is the best way to meet other exchange students and Swedes- most exchange students joined both Snerikes and Stockholms nation as they had club nights on Tuesday and Thursday respectively.

What was the university/ city like?

The city is incredibly safe and well organised- the only item at risk of being stolen is your bike. It was easy to get around using just public transport and your bike- as soon as the snow melts everyone's main form of transport becomes biking. The university unlike Otago is spread throughout the city, however the campuses are grouped by subject so most likely you will have all your classes at one. The city centre has a decent amount of stores and cafes, whilst the outskirts have quite a few scenic walking routes and nice picnicking areas.

Uppsala is only a 40 minute train to Stockholm and a 20 minute train to Arlanda airport. It is very easy to travel to and from.

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

Definitely Fika! Fika is the Swedish tradition of having coffee and a snack with your friends. There are many quintessentially Swedish cafes in Uppsala (Café Arumet, Ofvandahls, Storcken to name a few) that are wonderful places to catch up with friends or study in. VGs nation also has a daily soup lunch that is a good deal- if you wait till the end they often hand out the leftover bread for free. Dining out in Sweden is typically quite expensive (the nations dinners were a lot more affordable than a restaurant), but everyone should try the Swedish version of McDonalds' "Max" at least once- there are a lot of vegan and vegetarian options here also.

The student trip to Lapland is also a once in a lifetime sort of trip- on top of getting to go to the ice hotel and dog sledding we were lucky enough to see the Northern Lights on this trip. Stockholms Gamla Stan, Archipelago islands, and Södermalm are places everyone should visit as well. There is a cabin called Norreda Torp that is a bus ride + short hike outside of Uppsala that is great in the spring- you can fit a large group of people here and it is situated in the middle of the woods near a lake- this was a really fun and affordable weekend trip.

Any tips for future students?

I did not pack enough formal wear! Student nations hold many gasques and formal dinners where longer dresses and suits are required, so I would recommend packing at least one ball appropriate outfit.

Overall Experience

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

From becoming accustomed to the Flogsta Scream where everyone yelled out their windows at 10PM to "release the stress of uni life" to learning to bike on the right hand side in the snow, every day in Uppsala was an adventure. Being a university with over 400 exchange partners Uppsala was an incredibly multicultural environment and I was able to befriend not only Swedes but people from all over the world. From the gorgeous architecture in the city centre to the lush forests and lakes on the outskirts, Uppsala truly embodied the serene Scandinavian lifestyle and I would recommend anyone to go on exchange here- truly, you would never regret it.