



My Exchange Evaluation

Basic Information

Host University	Uppsala University
Semester & Year of Exchange	Sem 2 2023
Otago degree(s)	Bachelor of Commerce in PPE
Major(s)	

Academics/ course load

Which papers did you take whilst on exchange?

Course title	Language of instruction	Otago equivalent
Why Some Countries are Rich: An Economic History of the World	English	ECON 300
International Politics	English	POLS 250
Comparative Welfare States	English	POLS 300

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

Any comments about these papers?

The papers have a European focus which makes it interesting. Other than that, they are similar to Otago.

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

The papers are designed so they are taken one at a time. I really like this style of teaching as you do one paper, do the exam and then go to the next.

Accommodation

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

My accommodation was similar to the halls in the sense that everyone was in an apartment. What made it different was that you lived in corridors of 12 people in which you shared a kitchen (cleaned to various degrees.) My room had an ensuite and had its own WIFI (you will need to buy a modem but a second hand one is only \$20 or so. The pros of my accommodation was that it was a mix of nationalities and easy to make friends as well as it always being 20c inside. The downside was that the kitchen is up to everyone to clean and if you don't have a tidy corridor it might get quite messy (mine wasn't but some of my mates ones were).

Money matters

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

I found the living costs to be pretty similar to New Zealand except for certain stuff. The bus on one hand was quite expensive although you won't need it so much as you will be biking everywhere was \$6 a ride. The supermarkets have similar prices but much greater options. The Systembolaget (the Swedish government run liquor store) has similar prices if you are buying beer or wine. If you are looking for an RTD on the other hand good luck as they are rare to find and expensive. The visa was a couple hundred from memory and insurance was \$1000 which included my laptop and phone ect. Accommodation was pretty good and worked out to be \$170 odd which included free power, WIFI and laundry which is standard over there.

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

USE WISE!!

It is by far the best way to send money into your account and use it. A lot of my international friends would use it which made it super easy to transfer each other. Sweden doesn't use cash and if you are only there for a semester there is no point setting up a bank account. If you use the link below you can save \$14 for the cost of the card as well 😊

https://wise.com/invite/u/jackwilliampauls?utm_source=url&utm_medium=invite&utm_content=&utm_campaign=3for50&referralCode=jackwilliampauls

Visas & Insurance

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

APPLY EARLY AND TAKE YOUR TIME READING THE REQUIREMENTS. I had a couple issues with my visa and so did a couple of my friends over there. It is a bit of a process that might require you to go to Canberra to get your ID checked. You can book in a time at another place in Europe if you decide to do some travelling before. But unfortunately you cannot do it in New Zealand. It is a relatively simple process but I would recommend sending documents to the migration agency to check if they are okay BEFORE you send them through to save a lot of hassle as they have very strict requirements for document validity. For a 6 month visa from memory you need to show that you have savings at your disposal of \$9000 (you don't need that much in my opinion)

Did your host university have a mandatory insurance?

Yes, so does the Swedish government for Visa's.

Extra-curricular/Social Activities

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

There are loads of student bars and clubs something that Uppsala Uni is somewhat famous for. If you wanted to you could have a bar night that is packed and busy each night of the week and get student prices for drinks. There is a great underground techo scene also.

The best way I found to meet locals was by joining the Uppsala rugby team as the Swedish may be friendly on a night out but if you want to make good friends you need to see them in the daytime. There are also a lot of skiing options once you get into the winter and a couple student run clubs.

What was the university/ city like?

Super beautiful with heaps of character. It has a population bigger than Dunedin but you can bike from each end of the city in half an hour as its so flat.

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

Snerikes nation on a night out as student. Great cafes to study and have Fika in the city and lots of amazing trails for running/walks. There is a local football team which has great atmosphere as well some ice hockey.

Any tips for future students?

Just go. If you have any questions please contact me as it was such a great time!

Overall Experience

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

Uppsala was such a great time and I couldn't recommend it enough. You will experience lots of highs and lows doing an exchange and particularly in Sweden. Having to take vitamin D tablets during the winter due to the sun setting at 3pm is an experience that might get you down at first but you adapt to it and will begin to make the most of the dark. Biking everywhere is great but once snow covers the streets it gets a bit harder. The Sweds are funny people and are pretty different to Kiwi's. Don't be shocked when no one smiles back to you when you walk past them or by the silence on the public transport. Everyone knows English so you won't have to learn the language but it's great fun to learn it anyways. There are lots of cultural difference that make life really interesting and you notice the difference in governance especially around the control of certain things such as alcohol where there are much stricter rules about when you can buy it.

The city itself is such a cool spot and I hope the photos do it justice but it probably won't. I really enjoyed feeling so far away from New Zealand and you will get a lotta attention and interest from

people about home. One thing to note however, being on a 12 hour difference does make calling friends hard but once you get used to it, it's all good!



The Castel in the city centre during winter.



One of the trails near Flogsta where I stayed.



That same trail but in the winter.



The Uni where some of my lectures were.



A gasque. (A fancy dinner for students that nations will put on every so often.



The bikes near outside my accommodation.



Biking in the city centre (No one wears helmets)



One of the many lakes near Uppsala



The one day I couldn't bike to uni.

