



My Exchange Evaluation

Basic Information

Host University	Stockholm School of Economics
Semester & Year of Exchange	Semester 2 (August-December) 2018
Otago degree(s)	LLB, BA
Major(s)	Economics

Academics/ course load

Which papers did you take whilst on exchange?

Course title	Language of instruction	Otago equivalent	Otago credit value
Ideation – Creating a Business Idea	English	LAWS 400 Level	15
Execution – Running your Own Company	English	LAWS 400 Level	15
Business Model Innovation	English	Econ 300 Level	18
Economics of Organisation	English	Econ 300 Level	18

Any comments about these papers?

All were very interesting classes. Very interactive, less content heavy than Otago classes. They were more discussion based.

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

It was a lighter workload than Otago classes. Most of the classes centred around group work and working on practical skills rather than learning theory. I found my grades were higher in comparison to the effort I put in at Otago. The lecturers were all fantastic, many of them owned successful companies and were teaching based on their own experiences which was very interesting.

Accommodation

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

I stayed in Lappis which was a student village 20 mins by bus from SSE. It was great accommodation. I had my own (fully furnished) bedroom and ensuite and used a communal kitchen. The lappis facebook page was really good so I was able to buy a couch and coffee table for my room as it was massive! Lappis housed students from 4 different universities. This meant that we had the opportunity to meet people from outside of our uni. The only con was the commute to uni.

Money matters

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

Accommodation was roughly \$180NZD per week, food was slightly more expensive than in NZ. I got travel insurance that covered everything while I was away and I got a visa which had an admin fee attached. I bought a 3 month public transport pass which were valid on all trains, busses and trams, I used this at least 2-4 times a day. I travelled in the weekends so was paying for additional flights and accommodation. SSE also organised trips and events for us which came at an additional cost.

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

I used a visa debit card which was a bit annoying. Stockholm is almost all cashless so you need a card of some description. You cant load SEK onto a cash passport which made things a bit difficult. People with EU passports were able to open bank accounts which meant they weren't getting additional fees like with the debit card.

Visas & Insurance

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

I applied for a student visa online. You will need a student visa card to get in and out of Sweden. You can choose to get your biometrics (photo and fingerprints) done before you arrive at uni (I did this in London 2 months before I went to Stockholm) because it takes a few weeks to process. I would recommend doing what I did, but keep in mind that I had to pick up the card from the same embassy at the end of the processing time. You can get it done when you get to Sweden but it takes longer and ideally you have the card when you enter the country.

Did your host university have a mandatory insurance?

Yes

Extra-curricular/Social Activities

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

SSE organised a huge amount for exchange students, there was week long trip to Lapland which was amazing, within the trip they organised snowmobiling, national park visits, husky sledding, visits to reindeer farms and ice lakes. They also offered a surfing trip to Portugal. The university also hosted multiple black tie banquets which have traditions that are specific to Sweden. They also hosted

many events during the week at the uni bar.

I volunteered for the Nobel NightCap which is the after party for the Nobel Prize. The Students' Nobel NightCap is created by students to celebrate the Nobel laureates after the awards ceremony and it is hosted by SSE. I was chosen as a Decor Manager in the project, I was responsible for designing two rooms for the event. My role required me to coordinate with creative, construction and food and beverage teams. I was also required to approach companies for sponsorship and manage the volunteers who worked on the project during construction week. It was a great way to meet lots of people and get involved within the uni.

What was the university/ city like?

The city is beautiful and there is always lots to see and do. The city itself is on over 14 different islands, each one is unique and has lots to offer. The university is very small, with only around 2000 students. The uni building is beautiful and the lecturers were amazing.

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

The ABBA museum is a must! As is the photography museum. There are lots of concerts and fun events on in the summer also. Stockholm has an amazing "fika" or coffee culture which makes the cold winter very social. The old town (Gamla Stan) is beautiful and the Soldermalm area is very cool, and there is always lots going on there!

Any tips for future students?

Do something new every day! I tried to do this and I still felt like I had so much left to see.

Overall Experience

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

My overall experience on exchange was amazing. I met so many lovely people and really felt like a local by the end. I tried to do things outside of the exchange organisation so that I could get to know the city and the Swedish culture. The university student association were amazing, they organised so much for the exchange students and that made it really easy to get to know people and have lots of fun. Being able to be involved in the Nobel Nightcap was an experience that is totally unique to Stockholm and something that you wouldn't get to experience anywhere else. The city has so much to offer, the people are kind and it is a very safe place to live.