



My Exchange Evaluation

Basic Information

Host University	Stockholm School of Economics
Semester & Year of Exchange	Sem 2, 2018
Otago degree(s)	BCom & BSc
Major(s)	Finance and Computer Science

Academics/ course load

Which papers did you take whilst on exchange?

Course title	Language of instruction	Otago equivalent	Otago credit value
183 – The Psychology of Work	English	PYSC100	18
652 - Economics of Organization	English	ECON300	18
621 - Applied Marketing Theory	English	MART300	18
622 - Marketing in Practice	English	MART300	18

Any comments about these papers?

The two marketing papers 621 and 622, were offered one after another in 7 week slots. You're able to just take 622, however I would not recommend this as 622 builds a lot on the content from 621, many of the lectures were take by Erik Modig, a very well known marketing strategy consultant in Sweden who does work for Volvo and Klarna. The psychology paper was underwhelming, with the main lecturer on maternal leave, the substitute lecturer was somewhat unfamiliar with the course, however in general the course was very relaxed and easy to get a good grade in. The economics paper 652 was very intellectually stimulating, and is very different to any economics papers offered at Otago. The paper focused on introducing economic theories behind social issues.

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

The workload was very similar to Otago. A lot of the work however was done in groups, but don't let this scare you as the quality of the students is very high at SSE, with only a 5% entry rate for Swedish

students. The papers themselves were challenging, but easy enough to get a grade to pass in. If you were to fail a paper, SSE gives you multiple opportunities to resit the exam (or make up for it in some other way e.g. a take home assignment) without the fail appearing on your grade transcript.

Accommodation

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

I stayed in Lappis, the student accommodation near Stockholm University (not SSE). I had my own bathroom (shower and toilet), and shared a kitchen with 11 others. The kitchen itself is very large and gives you the opportunity to meet more international students from different halls. The accommodation is about 15-20 minute bus ride to SSE, with a month bus/train bus costing 600 SEK (100 NZD) a month for an unlimited number of trips, which is also a great way to see Stockholm!

Money matters

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

Rent was 4800 SEK per month with a 1800 SEK letting fee (non refundable). All food and drink roughly costs 20% more than New Zealand, going out to drink can be quite expensive. Flights were quite cheap to get to Europe, less than \$1000, and the return trip around \$1500, however you could probably find cheaper flights than these. I did not have to apply for any visas or insurance as this was covered through my European citizenship, so if you have a European passport (other than British) make sure you make use of it!

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

I mainly just used my ANZ account. You can set up an account with Handelsbanken, that costs 300 SEK, however it's probably not worth it. Most banks require a Swedish Personnummer to set up a bank account, which is given out by the Swedish government, and can take awhile to process. So it's probably not worth it unless you plan on staying for longer than 4 months. The only benefit of getting it would be to have Swish, Sweden's version of paywave and fast bank transfers. You can use Swish at all cafes, bars, restaurant, and to send money to friends.

Visas & Insurance

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

No, I have a European passport, New Zealand passport holders will have to apply for a visa.

Did your host university have a mandatory insurance?

Yes, however I was covered through my European passport.

Extra-curricular/Social Activities

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

SASSE the student executive run so many student events, just get involved. It costs only 100 SEK to sign up to the sports committee and it's a great way to meet Swedes. Through SASSE I surfed in Portugal, played in a futsal tournament in Uppsala one weekend, played mixed 7-a-side football every Wednesday and even trained for tough Viking.

What was the university/ city like?

The university is world class, the 5% entry rate for Swedes means the quality of both the students and the lecturers is very high. There is also so much to do in Stockholm, from the museums, parks to nightlife, you can always find something to do. There are also relatively cheap flights out of Stockholm to other countries, so make sure you make use of this.

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

Uppsala is a lot of fun for a weekend, try go with some Swedes who have friends in the city and I'm sure you'll find a fun party or sittning (banquet). You can also take cheap cruises for around 20-30 euros return to Helsinki (Finland), Tallinn (Estonia) and Riga (Latvia), which is a lot of fun if you have a decent group of you. The cruises travel through international waters so the alcohol is tax free, and really cheap.

Any tips for future students?

Go on exchange you won't regret it! Sweden is an awesome place to live, it can be a little expensive, but Stockholm itself definitely makes up for it. Just go, it will be the time of your life.

Overall Experience

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

My experience was truly awesome, I made so many friends from all over the world! I've even travelled with some of them through Asia since. Get involved and don't be afraid to put yourself out there, the chance to go on exchange will help you grow so much as a person. Taking the seemingly large risk of going overseas to a completely foreign country with a different language might seem extreme, but Sweden is such an accommodating place for everyone (in particular SSE) you definitely won't feel left out. It's the time of your life, and it will open so many doors for you in the future that you may have never considered before!

Photos:

<https://drive.google.com/drive/u/0/folders/1WU5NebOpt044qD4749QpVXp3lylOsbc>