



## My Exchange Evaluation

### Basic Information

<b>Host University</b>	Lund University
<b>Semester &amp; Year of Exchange</b>	S1 2019
<b>Otago degree(s)</b>	BASc
<b>Major(s)</b>	Environmental Management and Politics

### Academics/ course load

*Which papers did you take whilst on exchange?*

<b>Course title</b>	<b>Language of instruction</b>	<b>Otago equivalent</b>	<b>Otago credit value</b>
Swedish Politics: Past and Present	EN	200 level politics	18
The Religious Impact of Migration in Sweden	EN	100 level arts unspecified	18
History of the Holocaust	EN	100 level arts unspecified	18
Critical Animal Studies	EN	100 level arts unspecified	18

*Any comments about these papers?*

I really enjoyed the first three listed, they were informative about European and Swedish history as well as the current state of Sweden.

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

Unlike Otago you only do two courses at a time, so it works in two terms within a semester. There is no 'set' midterm break, some people get a break between their first lot of courses and their second lot and others do not. I only took courses designed for exchange students so had a lower workload, both in contact hours and expected work than other people I know. My courses had few compulsory classes and most of the content was available online. Throughout the time you are taking a course there tend to be compulsory assignments which are only graded for pass/fail with your final grade coming from an essay, take home exam or exam. You have to complete the assignments to pass even though they aren't graded.

## Accommodation

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

I was not accepted into LU or AFB accommodation, I was initially really annoyed about this but now am so glad it happened! Finding accommodation in Lund is super stressful, especially from the other side of the world! LU and AFB accommodation works as lotteries so there is no way to increase your chances with them!! I ended up staying in a place called The New Greenhouse, I was told about it by another exchange student. It was the best! Greenhouse (GH) is situated outside of Lund (its only drawback) but is still only a 20-25 minute bike from the city and university and there is a bus stop a 10 minute walk away. It is set up like the dorms in Dunedin except it is unstaffed and uncatered, so there is between 15 to 30 people per floor. Most LU or AFB accommodation is advertised as corridor rooms, this does not mean dorm rooms but is actually 4 to 6 rooms around a shared kitchen. GH was an actual dorm, which is what I was looking for. It had a range of ages from 19 to 34, mixture of undergrad and postgrad, and a huge range of nationalities. I cannot recommend GH enough and if I had my time again I would have chosen it over LU or AFB accommodation. If you don't get into LU or AFB don't panic there are other options. Outside of GH there aren't other dorms but there is the nations, not all offer accommodation but it is definitely worth looking into, there is also a facebook group where you can post.

## Money matters

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

Flights = \$1300 to Europe – I booked late

Accommodation = \$140 per week all inclusive (no food)

Visa = \$160

Food = depends what you eat! Food from the supermarket is slightly more expensive and eating out is MUCH more expensive.

Insurance = I did a full year exchange (only half in Lund) and it was \$1200 with \$0 excess, it is so worth getting good insurance and worth having a \$0 excess, I made a claim of \$1000 within the first month and the process was really straight forward. I got my insurance through STA who meet all of Otago's conditions.

Bike = this is something every person in Lund has! My bike cost \$250, it was a nicer one, I heard people got them for as little as \$100! I had to replace a wheel which was \$75 and then sold my bike for \$200.

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

I continued to use my Debit Card, the same one I use in NZ, I pay a very small fee each time (between 2 and 50 cents). I also have a cash passport which I keep funds on in case I lose my debit card or for an emergency. I would recommend looking into an N26 card, I never got one but friends did and loved theirs. There is no real point in opening a Swedish bank account if you are only here for six months, it's a hassle and not necessary.

## Visas & Insurance

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

I applied for my visa in mid-November for a January arrival. It was super easy and fast. They will email you when a decision has been made but won't tell you the outcome, I just emailed the Embassy in Australia and they were able to tell me. Your visa letter will arrive in the mail. When you arrive in Sweden you go to the nearest immigration centre (Malmo if you are in Lund), they take a photo etc and then your visa card arrives in the mail.

*Did your host university have a mandatory insurance?*

No.

## Extra-curricular/Social Activities

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

When you first arrive the jet lag might hit hard but go to the O-week activities! It is where you will meet people who will be your friends for the rest of the semester! In the first few weeks the university as well as the nations hold events so there is lots of opportunities to meet people. You'll also meet people in your classes. I wasn't in Lund in the weekends very often as I travelled a lot but if you are the nations hold movie nights and club nights. The nightlife in Lund outside of the nations is pretty non-existent so take advantage of the nations! There is an entrance fee to get in normally. You can go to any nation regardless of what nation you join! They also organise lunches during the week, baking sessions, sports, balls, dramas and more! You can be a volunteer for nation events which earns you a ticket to the helpers ball and free meals! ESN is another great way to meet people and get involved in activities in and outside of Lund. They run international trips, I went to Finland and cannot recommend it enough!!

*What was the university/ city like?*

Lund is very much a student city, it very quickly feels like home. The university is spread out across the city but your classes are normal in the same place each time so you get to know where you need to be quickly. Lund feels very small, you don't have to be there long before you know where everything is. The city centre is filled with takeaway shops as well as restaurants.

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

Things to do: Lund and Malmo have loads of activities, fun runs, colour runs, quiz nights, marches etc which you can be a part of, keep an eye out in facebook groups etc to stay up to date with things happening around you. In the Spring there is a festival/day called Valboug to celebrate the arrival of Spring. There is a concert in the city park during the day and in the evening lots of bonfires, try to be in Lund or at least Sweden for this day!

Places to visit: Lomma beach and Dalby Quarry are both close by and great places to visit as it warms up! It is worth the trip up to Stockholm but try go in the warmer months! There is lots of nation parks nearby, I went to one with the university early in the semester and later hired a car with friends to visit another, and right before I left Sweden did an overnight hike. Nations, ESN and other groups organise trips around Sweden, canoeing, hiking etc so get involved in those. Ven Island makes for a nice day trip in spring or summer.

Places to eat: The most important part! Eating out in Lund and Sweden is expensive, there is no real way to avoid this. The cheapest option of which there is no shortage is kebabs, they are everywhere and are amazing! My favourite burger place was hands down Shady Burgers, OMG they are amazing, the Halloumi burger is incredible. True Foods has a great range of vegan food which is delicious, they even have guest chefs from time to time! A friend and I treated ourselves to one lunch out a week and tried different places each week, totally recommend this as there is so many options!

*Any tips for future students?*

Try to relax! Planning an exchange is stressful with visas, accommodation, flights, insurance and all these things to organise! Try to tick them off one by one and don't panic! The university is there to help and everything will fall into place!

Its freezing in the winter! Bring warm clothes, buy extra jerseys from second hand shops or H&M when you get here. Gloves are your new best friend! It is dark in the winter, and hard to find the motivation to leave the house in a snow storm but the sun will come!

IKEA is fabulous for all the extras you need; towels, rubbish bins, bedding etc!

## Overall Experience

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

Lund was such an incredible place to study and a great base for explore Sweden, Scandinavia and Europe! I visited 21 countries and over 70 towns and city during my exchange and the following summer! Whether you travel every second weekend like I did or focus more on being in Lund and the surrounding area you will love your exchange! I meet so many amazing people from every corner of the world. Lund is such a beautiful town to live in (an instant second home), the Swedish people speak amazing English which makes everyday living easy, the university offers a wide range of courses and has students from across the world come to study, the south of Sweden is filled with national parks and nature, it's so close to Denmark and Copenhagen making international travel so easy; what more could you want from a place!! My exchange in Lund has been the most adventurous and fun filled six months of my life! GO ON EXCHANGE!



Me and my kiwis at a farewell sittning (a Swedish formal dinner).

## Lund and Sweden



My first day!  
The Lund University Library is stunning!



Lund University trip to a National Park in the snow.



Lund streets are the cutest!



The Greenhouse!



Swedish cottage weekend away



Bike rides in the snow.



Lund Cathedral



Trusty bike



Perk of living on the outer park of town, surrounded by fields of flowers in the spring



Other gorgeous national park

## Europe



Milford Sound or Norway?



The Northern Lights! The most magical night of my life



Copenhagen is a short 40 minute train ride away!



Hallstatt, the cutest little Austrian town



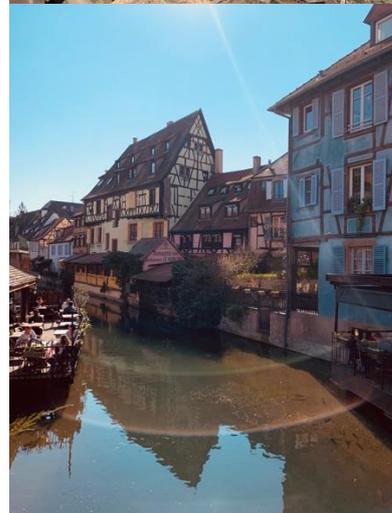
The memorial to the murdered Jews of Europe in Berlin. Europe is filled with history.



The Roman Forum, going back in time to over 2000 years ago!



The Top of the World! The highest railway station in Europe in the Swiss Alps!



Adorable French towns.



The City Walls of Dubrovnik



Otago girls in Croatia!