

Exchange Study Programme

My Exchange in University of Skövde, Sweden

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BENG4-CE, Yr 3

My Pre-departure Checklist

Resident permit in Sweden

Start the application immediately after receiving your acceptance letter from the university. You should also show you got enough money to support yourself (SEK36,500 for a semester).

Details: <http://www.migrationsverket.se/English/Private-individuals/Studying-in-Sweden.html>

Insurance

One should purchase both health and travel insurance in order to apply for the resident permit. There is no special requirement for the coverage of the insurance. However, other countries may require certain coverage.

Passport

Make sure your passport is valid during the exchange period.

Acceptance letter

Some airlines may ask you to show the letter if you have not bought your return ticket.

Air ticket

Buy as early as possible to save money.

Other stuff

Electrical adaptor, books, snacks from HK, etc.

Just Arrived...

On the day of arrival, my friend and I missed the last train to Skövde (about 8pm). We stayed at a small hotel in Stockholm for one night (about SEK500) because the hostels in the city center were full. We took the train at 8 am on the next day and it took 2

hours to Skövde (for high speed train). The university is very close to the train station. We just walked to the university and waited for the staff from the university to drive us to the accommodation. Finally, we could settle down after a 14-hour flight and a night in Stockholm.

Orientation

The orientation program introduced some facts about the universities, examination rules, facilities such as the Library, Student Affairs Office and IT helpdesk, Student Union and the International Committee. The information is useful because we need to use the facilities very often. We also had some Swedish fika (is a concept in Swedish culture with the basic meaning “to have coffee”, often accompanied with pastries or sandwiches) in the orientation. There were some welcoming activities held by the International Committee such as movie night and visiting the City Council.

My Place

My accommodation is called Xenia. Every student lives in a single room so we could have much personal space. But we always gathered in the living room so it was quite warm there. We can get basic stuff. There were some minor problems like the fire alarm sometimes rang without any reasons and the Wi-Fi signal was weak. But other things were fine. The dormitory was safe.

My First Class

The lecture class is similar to the one in HK, but the laboratory and tutorial classes are quite different. In Hong Kong, tutors would give us some weekly tasks to solve and sometimes guide us step by step to achieve the goal. But in there, the tutors would only give us some sources and a lab manual to solve the task on our own. They would not teach us actively, but they would answer your questions patiently. You have to take the initiative. For the exam, the professor would not give you any exercises to practise the calculation, but you can find the past paper to practise on your own. Therefore, I think this university requires student to take the initiative to study and ask questions actively. Some courses only take two months. I think they are in a hurry because we have to remember lots of contents for the exams within two months.

People I Met

The students I met were mainly exchange students from other countries like Germany, Spain and Mexico. They are all very kind and speak fluent English. Mexicans are very enthusiastic. They always shake hands or even hug each other when they meet someone. They like to eat spicy food too. In fact, I only make friends with few local students because the courses I took were for exchange students. But the local people there are very nice and polite. I can communicate with them in English without any difficulties.

Out of Classroom

Students can join different clubs and societies such as the choir and the fencing club. I took part in a computer game production by being a voice actor for the characters in the game. It was a lot of fun. I also joined the Lapland trip with other exchange students to explore the northern part of Sweden. We saw the aurora borealis and reindeers. Some of us also tried the ice climbing and dog sledding.

Money

Including the funding from the university, I spent about HKD60,000 during my exchange study. It includes the rent, transport tickets and some trips around Europe. It is advisable to book transport ticket earlier because it becomes more expensive if it is closer to the departure time. The food in Sweden is more expensive than that in HK (except milk), especially eating in restaurants. So it is better to cook by ourselves.

Goodbye

I miss the friends I met there. They are very kind and we had many unforgettable experiences. I also miss the weather, the atmosphere and the environment there. The air is fresh, lots of trees growing around and the society is peaceful and warm. I will not forget the time there, especially the snow time.

Home Sweet Home

I become more independent after the exchange study because I have to buy food, cook and clean the toilet by myself. These things are usually done by my mum when I am in HK. I think I should help my mum much more since they are not easy jobs. I also learn to become more active in study and take the initiative to ask teacher questions when I do not understand something.

Sharing

Most of the students will be very nervous before they go for an exchange study, especially when going to a country with different cultures or going there alone. It is not avoidable because there are many things that we are not familiar with. But I think we can just let it go when all the things are ready. We should not let the nervousness affect our mood to travel and study. But of course, we need to pay attention when we are traveling (safety, be on time to catch the flight). We also need to balance our life between studying and having fun.

Overall Rating

4 (5 = the most satisfied)

