
Student Exchange Reflection in Linköping University, Sweden

This summer, I participated my exchange study at Linköping University (LiU). I had been preparing for a long time for this opportunity. It is a chance to broaden my perspectives and push myself to adapt to new surroundings. I had never been to Europe before, so I was unfamiliar with European culture. This journal captures the unforgettable experiences and lessons I gained during this exchange.

Since I aimed to broaden my horizons, I didn't want to miss any opportunity to experience as much as I could in Sweden. Hong Kong and Sweden are far apart, but luckily, my journey went smoothly. When I arrived, I see the difference compared to Hong Kong. Sweden is much bigger, so transportation isn't as convenient, and it takes longer to get around. One new thing I tried was riding a scooter! Almost everyone in Sweden uses them to travel around. Some of my friends from CityU took the time to learn how to ride this new type of transportation too.

LiU organized many activities during the summer. The first event was the Welcome Dinner, where I met most of my friends from different countries. Everyone was very kind and talkative. We also tried some Swedish food, like Gravlax salmon, which was delicious. Unlike in Hong Kong, there was no rice—they use potatoes as their main starch. During the dinner, we also had a quiz to learn more about Sweden. Besides that, we had daily activities like "Swedish Candy Tasting," "Swedish Crash Course and Fika," and "BBQ & Garden Games." I joined these activities, and the candy was tasty, and even some that had a strange flavor, but it was all very fun. One of my favorite things was the "Fika," which means a coffee break. I enjoyed fika every day in this exchange.

The course I took at LiU was Nanotechnology, and I found it quite interesting. We attend one lesson each weekday, and the rest of the time will be our free time. Although My classmates asked a lot of questions, but professor was always kind to answer all of them. Overall, the course was pretty relaxed because we had two coffee breaks during each lesson. Most of my classmates brought a cup to enjoy a little fika. After class, I would spend the rest of the day traveling with friends from different countries to explore places in Sweden, like "Gamla Linköping," which means "Old Linköping." We also cooked together during our time at the accommodation. However. time passed quickly every day, but it was definitely memorable.

What I both like and dislike about Linköping is the weather—sometimes it rains, and sometimes it's sunny. I really enjoy the sunshine and the blue sky. When the weather is nice, the day just feels great! LiU also organized small trips for us, like visits to Vadstena, Stockholm, and Norrköping, so we could explore more of Sweden. Luckily, most of the trips had good weather. The European architecture is truly beautiful, and I saw many buildings and things that I could never see in Hong Kong. But the most important part of this exchange was meeting so many new friends and being able to talk with them without fear. I talked with them just like I would with friends back home in Hong Kong. They even let me try some food from their countries.

To conclude, I'm really grateful for the opportunity to explore life outside of Hong Kong. This exchange has given me so many unforgettable memories. I not only gained academic knowledge but also personal growth, becoming more open-minded and confident in my ability to navigate new environments.