



# **Exchange Program Study Report**

Outgoing to Lund University

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## **PREPARATION BEFORE DEPARTURE**

- Course Equivalency

When I was notified that I got accepted to join the exchange program at Lund university, next steps were that I need to look for the study plan on the exchange semester. Listed all the course that wish to study and see whether previous exchange student had done course equivalency before. If not, you must take the course syllabus and fill out course equivalency form, then submit to your program.

- Residence Permit Application

After getting the certificate of accepted exchange student from Lund university, the process of residence permit is needed. By reading on how to submit the application, for Sweden, you need to fill out the online application form and submit required document to the Swedish Embassy via their website and pay the application fee. Waiting for response about 2 - 3 months, and they will ask you to go to the Embassy in Bangkok to take photo and collect biometrics (fingerprint). And wait for 1 – 2 months to collect your residence permit card at the Embassy.

## **STUDYING AT LUND UNIVERSITY**

- Environment

Lund university located in Lund, Sweden where it is a small town in the south region of Sweden, known as Skåne. In my opinion, Lund university is an international friendly environment where almost everyone can talk to you in English, so you do not have to worry about the language.

The course conducts in English and Swedish depending on the program you are in, but for the exchange student the course will be conducted in English. Moreover, even if the majority of student are Swedish people, but they always ask and participate in the class in English



Lund is a main campus of Lund university where faculty's building and library scattered throughout the city. As I study in Economics so most of the time, I will be using the Lund University School of Economics and Management (LUSEM) building for my lecture class and library. In each faculty, there have their own library but as a student you are welcome to use any library that you wish to use.

- Registering and Learning System

At Lund university, there are two important systems that need for registering and learning as follow:

1. Ladok - a system for student to register, withdraw, and drop for the course in each period or semester. It is similar to <https://reg.tu.ac.th/>
2. Canvas – a system for student and teacher to use as a online platform for the course. For example, the registered course will show on your Canvas where you can find the course materials, assignments, and information from the teacher.

- Courses Taken

**SUSA11** - Swedish: Introductory Course for Exchange Students 1

This course is a Swedish language course for the exchange student which exchange students can choose whether they wish to study or not. For me, I found this course very useful for living in Sweden because it taught me to know the basic Swedish words for communicating and living in everyday life, such as greeting, food, time, asking the way, and some Swedish culture. The course will start around 3-5 days after arrival days and before the semester begins. Therefore, I recommended exchange student to take this course even if this course cannot be transferred back to Thammasat university.

### *First Period*

#### **SVEE11** - Swedish for Exchange Students: Level 1

For SVEE11, this course is a first level for foreign student who wish to learn Swedish language. The timetable for this course usually has only once a week. In normal situation, it will teach in physical classroom but during the covid-19 situation the university still conducted the course online. In this course, you are required to have a textbook and a workbook. Basically, this course will have listening, speaking, writing, and teaching.

This course is more advance than SUSA11, you will learn more on grammar and phrase, but this course also requires you to self-study before the class. So, for me, it is quite hard to understand them on my own because the textbook is mainly in Swedish. Moreover, during the class, teacher will go through the textbook and exercise very fast making me cannot catch up to what the teacher said. In addition, in the class, there is also many groups activity for student to divide as a group to try to speak the Swedish language. So, I decided to discontinue the course in the last stage which was one week before the final exam.

#### **SASE13** - Economic History: Population Aging and the Welfare State

The main teaching method in this course is by attending the lecture. The lecture conducted two or three times per week. There is no examination, but there is seminar paper and presentation that needed to deliver by choosing the country and explaining more about population aging and welfare state.

The content of this course mainly taught about topic related to population aging and welfare states in aspect of how the country will cope with those problems. So, the teacher used Sweden as a main example to those problems.

### *Second Period*

#### **NEKG61** - Economics: Health Economics

The main teaching methos in this course is also lecture, but there is also 2 – 3 exercise class which the TA will explain the homework solution, and practice for the exam. For me, the course is very interesting which the course applies the basic economics to the health and health care. Moreover, the class environment relaxed and active, so the students can freely to ask the question that they are not fully understand. The criteria of this course divided into two main section which are 20% of home assignment, and 80% of final exam

## **EOSE04 - Economy and Society: Economic Growth in Modern Europe, North America, and the OECD Club**

The content of this course is focusing on the economic growth in the specific region starting from the pre-war period to the present time in many aspects, such as education and health. This course is quite complicated for me because it consisted of many elements which are peer-reviewed assignment, group assignment, and final paper (take-home final exam). Moreover, there are two teachers in this course where they taught in different aspects of the course.

### Note

1. At Lund university, one semester consists of two period which are first and second period. Normally, student will finish one course in one period and there is no midterm exam because the period is quite short only one and a half months.
2. During Covid-19 situation, in first period, all of my courses was conducted online via zoom, while, in the second period, all of registered courses was conducted onsite at the university.

- Activity

At Lund university, most of student activities organized by student organization, called “Nation”. In order to join, you need to join in Studentlund, then you will have an opportunity to join the Nation where you can access to social and cultural life in Lund. Moreover, you can get the student discount for the public transportation, restaurants, and shopping if you are joining in Studentlund, but I did not join because it has the joining fee, so I apply Mecenat instead for getting the student discount for free.

## **LIVING**

- Accommodation

During the time I lived in Lund, I got my accommodation from LU Accommodation which is a part of university. They specifically provide the accommodation to international student who are studying at Lund university.

The process of getting the dorm with LU Accommodation is that you need to register in the LU Accommodation website, wait for the application period and then choose 5 prefer location

and room types. The final step is waiting for the result. The LU Accommodation will notify which room types and location you will get, but most of the time you are in waiting list, including me.



Luckily that I got the two-bed rooms apartment with private kitchen and bathroom at Ideon Student House, so I lived with my friend. In order to get the room with LU Accommodation, my recommendation is that you should apply for the housing application and sent to them as fast as possible because they arranged the room in first come, first serve. Moreover, getting the room with LU Accommodation is the easiest way as an international student because it is reliable, contract, and payment can be done by their website. The renting apartment is fully furnished, and kitchen utensils are included. Moreover, the renting also includes internet, laundry, and electricity.

- Transportation

### **In Lund and Skåne region**

There is a public transportation operated in this region which is “Skånetrafiken”. They operate bus, train, and tram within the region. The ticket can be bought via their application (the easiest way) and machine at the station. There are many types of ticket, such as a single trip, 24-hour ticket, and monthly ticket. Your ticket can be used with every type of transportation (bus, tram, and train) depending on selected area.

Within Lund, people usually commute by walk, bicycle, and public transportation. Most of the time I choose to walk instead of using public transportation because the faculty is within 5 minutes walking distance. Moreover, many students also use bicycle because there is a road for the bicycle and sometime faster than taking a bus. In addition, taxi is another option available, but it is quite expensive choice

## Transport to other parts of Sweden and other countries



*Copenhagen* – From Lund to Copenhagen, people usually take a train travelling time from Lund Central station to Copenhagen airport is 40 minutes which using the ticket from Skanetrafiken as well. Note that most international student will use the Copenhagen airport because it closer than to travel than to use the Stockholm airport. Moreover, the train can also take you to the Copenhagen center where you can find many attractions and restaurants.

*Stockholm* – From Lund to Stockholm, people usually take a train operated by SJ which take time approximately 4 hours. Moreover, the travel route of SJ also travel to many regions of Sweden and nearby countries, such as Oslo, Norway.



- Shopping

*ICA/Coop/Willys* – ICA, Coop, and Willys are the three main supermarket in Lund where you can choose to go. For me, I mostly went to ICA because it was convenient as I walked only 5-10 minutes from my dorm. But many people agree that Coop are the most expensive followed by ICA, and Willys.

*Lukchan* – Lukchan is an Asian supermarket in central Lund where you can find all kind of Asian food, especially Thai products. The owner is Thai so you can feel free to ask for anything that you need, such as fish sauce and instant noodle



*Emporia* – Emporia is a shopping center locating in Malmo which take 20 minutes from Lund central. This is the biggest shopping center near Lund where you can find all shop that you needed, such as H&M, Zara, Sephora, and Bubble tea.

- Weather

The weather in Sweden is vary from day to day, so it quite changes quickly within a day. I went to Sweden in August till January (autumn semester). So, I experienced about 3 seasons:

1. Summer – around mid-August to September, the average temperature is between 20°C to 25 °C. It is the best time in Sweden because the sun is shine throughout the period and more sun light than darkness.

**Recommend Place and Activity:**

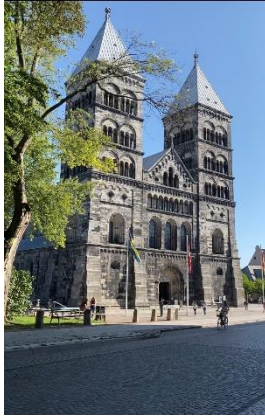
*Lomma Beach*



Lomma beach is very close to Lund where we can take 20 minutes bus from Lund to Lomma. The beach is perfect for summertime where everyone can enjoy and relax sunbathing, picnicking, and playing beach volleyball. Siting and enjoying the view of sunset and Oresund bridge which is the bridge connected Sweden to Denmark

### *Picnic*

During the summertime, people in Lund usually buy some food and snack, then sitting in Botanical Garden, Stadparken, and Lundagard park.



### *Volleyball*



Many people in Lund love to play volleyball, so during summer there are a lot of places where you can see volleyball court setting in the park and central of the city. Everyone can play just bringing the ball and friends! Moreover, there also your program will gather international student to play volleyball together

2. Autumn – around October to November, the temperature will drop to between 7°C to 17°C. It is getting a little bit colder for me, but with the sun it is the best weather for me living in Sweden.

### **Recommend Place and Activity:**

#### *Walking and Hiking*

In the autumn, I recommended to go for hiking or walking around Lund and the national park. I have a chance to go to two national parks nearby Lund which are Skrylle naturreservat and Soderåson National Park. I went for walking trails about 5 – 8 kilometers enjoying the changing of leaves color from green to red and then they fall during winter. At first, I thought 5 – 8 kilometers was very long distances, but when I experienced it, I felt that it was worth for me to enjoy fresh air and the view.



3. Winter – around November to January, the temperature ranges from  $-5^{\circ}\text{C}$  to  $3^{\circ}\text{C}$ . I was getting colder since the mid-November, and the coldest time for me was during beginning of December. In winter, I felt not so well because of weather, no sunlight, less daytime. The sun is set at 3 – 4 PM which make me more stressed, but it has many activities to get me out of stress during this time. Moreover, the city also decorated with the light and Christmas tree as well. And do not forget to keep yourself warm, I have to buy the new snow boots and winter coat because what I brought was not keep me warm enough.



## **Recommend Place and Activity:**

### *Ice skating*



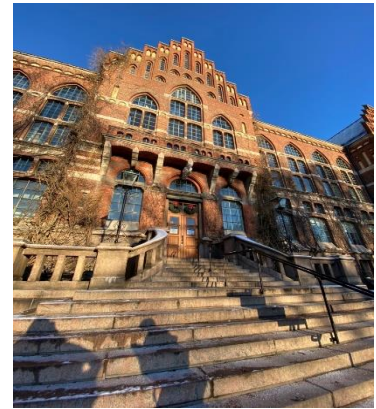
In winter, Lund central closed to shopping center in Lund, the municipality will set up ice-skating rink where everyone can ice-skate for free just bring skating shoes, but if you don't have, they also provided near the rink for free. So, I had a chance to ice skate twice and it was a good experience because it is open-air ice-skating rink which I never experienced before.

### *Christmas Market*



In winter, everyone loves the Christmas vibe where the city was filled of decorated light, candlelight, and Christmas tree with someday having a snow. In addition, the Christmas market started to open at the beginning of December where you can find foods, drinks, and seasonal items. I have a chance to go to few markets which are in Lund, Malmo, and Copenhagen.

Lastly, for all seasons, I recommended you visit the Lund university library where you can find a beautiful building changing the color in every season, so you can feel different vibes in different seasons.



## EXPENSES

- Expenses before departure

Airplane Ticket	32,995 THB
Residence Permit Application	5,500 THB
<b>Total</b>	<b>38,495 THB</b>
- Living Expenses per Month

Accommodation	20,000 THB
Transportation	2,500 THB
Telephone bill	750 THB
Foods and Drinks	20,000 THB
<b>Total</b>	<b>43,250 THB</b>

## IMPRESSION

After living in Lund, Sweden, I have a ton of impression. Firstly, in Sweden, it is a real cashless society. Many places are not accepted cash which is more convenient. I recommended to take only small portion of cash to Sweden. Secondly, the weather there is very good and fresh. Thirdly, I love the culture of “Fika”. Fika is when you have a small break and get some cup of coffee and bakery. Swedish people love Fika so much living there you can notice that people are Fika all day. Lastly, people are concerned about their privacy. Even if you are studying online, when you ask the question with camera on, the teacher will stop recording for you to ask because when the record post it will not have your face in the record.