



STAP Experience Report

Lund University School of Economics and Management (LUSEM), Sweden

Fall Term 2024/2025 from 20.09.2024 until 19.01.2025

[Redacted]
Bachelor Business Administration

[Redacted]
Leadership and Change Management

Innovation Management

International Business and Multinational Enterprises

Swedish: Introductory Course for Exchange Students

About

Before I share my experiences during my term abroad and living in Lund, I want to provide some context. I had never been to Scandinavia before my exchange, and thus, had never visited Lund. At the time of my exchange at Lund University School of Economics and Management, I was in the sixth semester of my bachelor's in business administration. Since this report reflects only my personal perspective, I recommend consulting other sources for a broader view before making any final decisions regarding your exchange university.

If you have any questions or comments, feel free to reach out to me!

Testimonial

"Studying at LUSEM has been an incredible experience, combining excellent academics with the charm of Lund's vibrant student life. From engaging classes to unforgettable social events and cozy fika moments, this exchange has truly been a perfect balance of learning and living!"

Introduction

Lund is a charming city in southern Sweden, renowned for its vibrant student life. It is home to Lund University, one of the oldest and most prestigious universities in Scandinavia, founded in 1666. With a population of around 90,000, Lund is a relatively small city, but about 40,000 of its residents are university students. This gives the city a youthful and dynamic energy, with students playing a key role in the cultural and social fabric. The university's influence is evident in the city's cafes, parks and public spaces.

Preparation

Lund University provides extensive support through information guides and emails to help incoming students prepare for their stay and **application**. The university will ensure you are well-informed about the necessary steps and deadlines. Most information can also be found on the following website:

<https://www.lusem.lu.se/study/international-opportunities/incoming-exchange-students-lusem>

Finding **accommodation** in Lund can be challenging. Options include LU Accommodation, AF Bostäder, and private rentals via Facebook and BoPoolen. The university provides useful information on housing, including housing lotteries, but these are usually held quite late in the process. In general, it is best to start looking as early as possible. Be sure to check Facebook and BoPoolen for housing, but always be cautious of scams. While scams are common,

following the guidelines on BoPoolen's website can help you stay safe: <https://bopoolen.nu/en/beware-of-frauds/>. After dealing with several scams on Facebook, I managed to find an apartment in private student accommodation. Many of my friends also had luck with the lottery, while others initially stayed in an Airbnb and searched for housing after arriving.

For your **arrival** in Lund, I recommend flying into Copenhagen Airport, then taking the train over the Öresund Bridge directly to Lund Central Station. Two practical considerations: First, credit cards are widely accepted in Sweden, so there is no need for cash. Second, having a bike is essential for getting around Lund; you can reach any point in the city within 15 minutes by bike from the center.

Arrival and Orientation

The university organizes an **orientation week** with events, social activities, and mentor groups to help students integrate. The week starts with an arrival day where mentors and university staff will welcome you and provide all the necessary information.

To enhance your social integration, I recommend participating in as many events as possible, especially joining a “**student nation**,” which is central to the student experience in Lund. Nations host a variety of events, from parties and sports to affordable meals. They also offer opportunities for students to volunteer, often earning the chance to participate in traditional "sittnings" (dinners with singing).

Academic Experience

The semester is divided into two terms, allowing students to focus on two courses at a time. The **courses** are highly interactive, with a focus on group work, presentations, and assignments rather than traditional exams. Final grades are based on group assignments, presentation skills, and individual take-home exams. I took courses such as "Swedish Introduction" "Leadership and Change Management" "International Business and Multinational Enterprises" and "Innovation Management". I highly recommend the Swedish language course, as it provides a solid foundation in the language and allows you to pick up useful phrases for casual conversation.

Classes are typically smaller and more informal, with an emphasis on discussion and independent study. Students often address professors by their first names. Many courses involve group work, readings, and discussions.

The **workload** may feel lighter compared to some home universities, though it varies by course. Assessments are usually take-home exams, group projects, and presentations rather than standardized tests. From my perspective, passing courses was easier, but getting an A grade was more challenging than at my home university in Cologne. However, this experience may vary by the courses, as some of my friends had different experiences.

Life in Lund

Lund is a small, student-centric town, full of cozy cafes, parks, and an energetic student life. Lund's student life revolves around its student nations, which host a wide range of social events, from parties to themed dinners. **Nations** organize everything from lunches and brunches to parties, sports competitions, pubs, sittings, and trips. The nation's app keeps you updated on all the events, with at least three different events happening every day. Additionally, the **Erasmus Student Network (ESN)** offers many excursions and social activities.

In terms of **cost of living**, Sweden is generally more expensive than Germany, especially when dining out and purchasing basic goods. However, Sweden is the most affordable of the Scandinavian countries, and in Lund, the high number of students helps keep many options relatively affordable. Nations offer affordable meal options, and there are several cheap falafel shops around the city. Nevertheless, you should be prepared for groceries to be around 15% more expensive than in Germany.

Travel and Leisure

Lund's proximity to Copenhagen and Malmö, along with convenient train access to other parts of Scandinavia, makes it an ideal base for **weekend trips**. Popular destinations for students include Stockholm, Oslo, Gothenburg, and Lapland. The Erasmus Student Network (ESN) also offers additional travel opportunities.

Locally, there are plenty of activities to explore, such as nearby beaches, national parks, and Swedish landmarks. I highly recommend visiting the following places for a **day trip**: Lomma Beach, Ven Island, Kullaberg, Helsingborg, Landskrona, and Ystad.

Conclusion

Despite the challenges of securing accommodation and coping with Sweden's cold, dark winters, Lund offers an unforgettable study abroad experience. The city claims a vibrant student culture, a supportive academic environment, and numerous travel opportunities. Personally, studying abroad in Lund was the best decision I made. After visiting other cities in Scandinavia and talking to Swedish students about universities in Scandinavia, I can confidently recommend doing a semester abroad in Uppsala or Lund if you want to experience the best of student life in Sweden.