

[SWEDEN] – [Kristianstad University]

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¹ To update the agenda just click right on your moose

I. Your overall feeling after your semester abroad

Overall, I really enjoyed my exchange semester. Even though the town is quite small and you can quickly run out of things to do, it's still a lovely place. There are plenty of opportunities to travel, but it's hard to fit everything in without being very organised, so do make sure you plan your trips in advance. The biggest downside is the weather: the winter is long and very cold, and even in June, it isn't all that nice. Don't expect to be in T-shirts – truly sunny days are rare.

GRADE : [a grade between 0 and 5] → 3,5

=> 0 (I do not recommend this semester abroad to my best friend) – 5 (I totally recommend this semester to my best friend)

II. Before the travel

A. Preparation

1. Visa

You don't need a Visa as Sweden is in Europe but make sure to still bring your passport and your European health card as you may travel a lot.

2. The flight

I took a direct plane from Lyon to Copenhagen with SAS as there is no direct plane from Montpellier. Then you have 1h30 of train from Copenhagen to Kristianstad. To buy the train ticket, you can either go on <https://www.oresundstag.se> or download Skanetrafiiken. For the return journey, I drove back with a French friend I met in Sweden, but I'd advise not to leave it too long before booking your flight

3. My luggage

I'd advise you to pack plenty of warm clothes, such as thermal underwear, jumpers, as well as lined tights and warm socks. In winter, temperatures can drop to around -15 degrees. As for shoes, as long as they're waterproof, they'll be fine. If you're planning to go to Lapland, warm clothes and shoes are included in the price, so there's no real need to take skiing gear. Don't forget your swimsuit, as there's a sauna! In spring, it never gets warmer than 20 degrees, so I'd advise packing lighter clothes, but don't expect to be able to go out in shorts and a T-shirt.

4. Bank account

As for the bank account, I opened a Revolut account with a YouTuber product placement deal, which earned me 20 euros straight away. With Revolut, there are no currency conversion fees (you don't even really need to convert the currency beforehand, because even if you have everything in euros, the conversion happens automatically at the time of payment), nor are there any withdrawal fees. There's no subscription to sign up for, it's all free. It's really handy when people owe you money (you just need to send a link) or for making bank transfers in general.

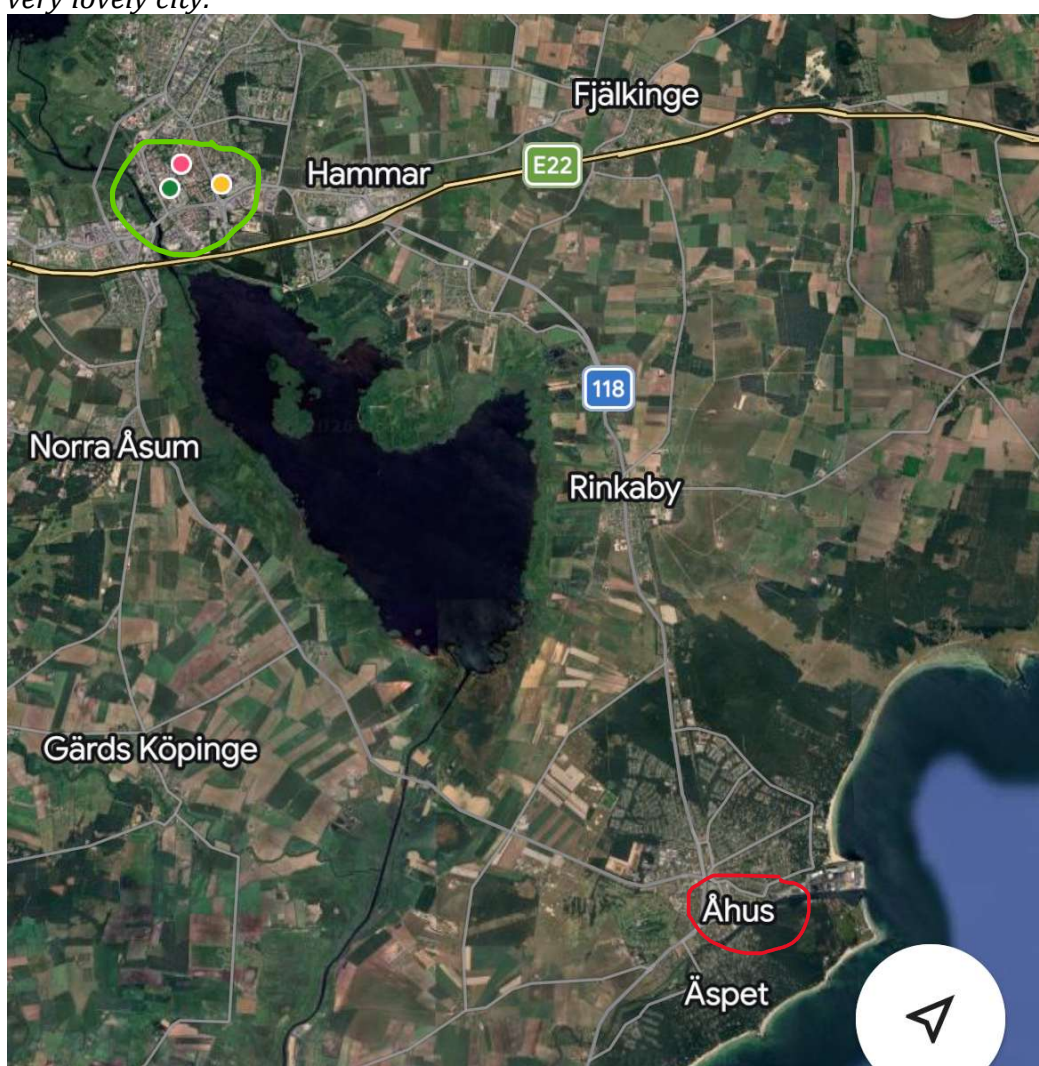
5. Insurance

I kept the same one as in France.

B. Housing

1. Where to live

I recommend living in Kristianstad (green) as it's closest to university. You are 5 to 10 minutes to the city center, grocery shops, the train station and the park. Åhus is 30 minutes away by bus and you have to take two. I really recommend living in Kristianstad as it's a very lovely city.



2. Find a flat or a room

The university (MOMA) puts you in contact by mail with Kristianstad university. You will have to do what I would call the “paperwork process” on an online platform. Only after

everything is checked and signed by HKR university (it takes a long time), you will have the opportunity to upload your preferences of housing on the platform. After that, they will contact you by mail (housing.hkr@...) and show you a selection of choices that you can make. Everything is very well explained in their mail. Then, you will have to choose either Kristianstad or Åhus. In Kristianstad, the budling "Jail" is organized by floor and section. There are three floors (rez de chaussée, premier et second étage) and in each floor there are three sections. One section is composed of ten rooms, a kitchen, two to three bathrooms and two common areas (couches, or big table where to eat). Jail is the best choice to do, you always see people, there are parties, and if you are organized with the people in your section for the cleaning, you will have a great time.

3. Cost

My room was 6 square meters, and I think I paid around 300/350 euros. It's the cheapest option. There are bigger rooms and even double rooms, they are more expensive but honestly, I adapted very well to my small room. Everything is detailed in the presentation they will give you. People from my exchange semester never received the presentation and were just assigned to a room (they didn't have the opportunity to choose between Kristianstad or Åhus), so if they take too long to get back to you, don't hesitate to send an email, but don't panic (they never respect the deadline of response, but be sure to do what you need within the deadlines).

III. When I arrive at the university

A. Inscription at the university

I don't really remember everything, but Moma puts you in contact with HKR by mail. Then everything is explained by mail. You will have access to a platform called mobility online. It's where you will need to upload documents like your ID... Everything is very well explained and detailed by email, be sure to respect the deadlines. If you do the paperwork step by step, then you shouldn't have any problem, and if you do, they will give you clear instructions by email.

B. Information on the university

1. Class

For my classes, I took international rhetoric, financial markets and instruments, strategic management and management control.

International rhetoric is nice, sometimes maybe a bit boring, but the teacher is very interesting and dynamic. The class is not too hard and it's pretty easy to have a good grade. I really recommend as it's very participative and the overall mood of the class is chill and pleasant. You have to be ok with giving small presentations in front of people for this class, and if not, it's your chance to improve.

For financial market and instruments, I think it was the first year this class was given so the teacher was a bit awkward and slow sometimes. But I still would recommend It. The content is interesting if you want to discover a bit more about finance. To pass, you have a quiz, two group projects and a final exam. If you work one week before the exam, then you are sure to have a good grade.

I would not recommend strategic management. It's a speed course, meaning you have class for six hours almost every day, a lot of group work and a final report. The duration of this class is more or less 5 weeks so it's very fast. The content is a bit boring(VRIO,SWOT,Pestel) and is a bit more interesting at the end. I had all my exams at the same time (Finance+rhetoric+management+masters) so if the schedule for this class stay the same, I don't think it's really worth it as you can still have a lot of classes the week during your exams.

I strongly don't recommend management control. It was the first time this class was given, the teacher was really slow, and you don't really understand where his logic is going when he's explaining the class. Overall, it was really boring, and the final exam didn't reflect what was seen in class. A lot of people failed this class, not because it was hard, but more as it's almost impossible to grasp the teacher expectations. It's a shame as the content was still interesting. If they don't change the teacher (Gert.P) and layout of the class, then I don't recommend. The only positive thing is that it was the only class I had for the last two and a half months, so I had a lot of time to travel.

2. Organization of the Class

Almost every class are based on a book you need to read, meaning the template and content of the class is based on that book. They can be very expensive and not available at the library, but you can easily manage without it (you can still have the best grade).

There are different rate of study. 100% means that it's a speed course that last maximum a month (less than a month and a half), you have class all day almost every day, and you need to submit a lot of work.

Then you have 50%, where the class last around three months maximum. You still have some work to submit but you have more time.

I recommend checking the schedule of each class so you can see if you can manage or not having multiple class during the same period of time (and for the exams too).

3. List of courses and recommendation

There's not a lot of choice linked to management, but I think you can still find what you might like. I had a friend who took business in English, it's a speed course that requires a lot of work and has a lot of exams. If you think you have a good level in English, I don't recommend this class as it may be boring for you.

4. Exam

Each class as a final exam/project and some other assessment you need to do (control continue).

For the final exam, you have the grades A B C D E and Fail. To pass (E), you need to succeed 60% of the exam. A represent 91 to 100% of success, B is 81 to 90% and so on. It's the grade of your final exam that dictate the overall grade for the class (ça remplace la Moyenne Générale).

Then you have the assessment that are graded with G or U (fail or pass). You need to pass everything pass the class, but if you fail something, you still have the chance to submit another assessment or take a retake exam (for final exams).

Overall, I would say that the assessment are not difficult, some final exams may be tough if you lack time to learn everything beforehand, but if you are well organized it should be fine.

IV. When I life there

A. Safety

I always felt very safe in Kristianstad even at night. It's a very calm city, and when the clubs are open, the police is always in front of them in case there is a problem. There is no area you should avoid or whatsoever.

B. Phone and Internet

I didn't change my internet program as I had the international one (REDbySFR) but you have to know that there is a law that state that if within 4 months you use more data in UE than in France then you need to pay (hors forfait). So by the end of my exchange, I couldn't use a lot of 5g outside. It happened only to me, so I think that it depends on the company you work with, some don't really check where you use your data.

C. Events

The events are managed by the student association (BDE) and they do a little presentation at the beginning of the semester. The only one I went to wasn't that good (a lot of Swedish songs).

Most of the parties are organized by people from Jail and happens in Jail. On Saturday night a lot of people are going to the club (Banken). Those types of parties are so nice to socialize and talk to people you didn't meet yet.

D. Sports

The student union also give access to a lot of sport within the university. You need to pay a membership. They have an Instagram with all the sports you can do and the schedules for the entire week. There, you can meet other students that don't live in jail, but I would say that Swedish students don't take part in those activities. The membership gives access to all the sports offered.

E. Eating

To do grocery I recommend the Willis that is just next to Jail. ICA and Lidl are a bit more far away. COOP is the most expensive, but you really need to try their "salades composées" (bar à salades).

I really recommend going to Rosegarden, it's an Asian buffet that cost 14 euros during the week at lunch (weekends and dinner are more expensive)

If you travel to Copenhagen, I don't recommend going to a local food restaurant as it's very very expensive and the food is not good. If you really want to try, look on google maps and internet to make the best choice.

F. Go to the university : bus, car, bike

You can go by foot in 25 minutes or by bus from the train station (it's a ride of not even 10 minutes). You can buy tickets on the app Scanetrafiiken and it cost a bit less than 2,5 euros. I went by car as a French friend from jail from Paris came by car and we had the same classes, but I would recommend going by bus during the winter and foot when the weather is better. You can also go by bike as some previous students sell theirs before leaving.

G. Travels

I recommend doing as much travels as you can. The university will organize one in Lapland (Kiruna) and one in Stockholm+Tallin. Both of them are so nice you should definitely think of doing them. Kiruna is the most expensive, I took all the activities, and it was so worth it. If you want to enjoy a maximum, I recommend having 3000euro saved for your travels (University + by yourself). Some of my friends went to Budapest and I heard it was amazing. I went to Copenhagen, Vienna and Berlin in addition, I really recommend going those cities. To go to Copenhagen airport, you can buy tickets from the app Scantrafiiken.

H. Any other information you would have liked to know about

I would have like to know that in Sweden, the shop close very early, so you really have to organize your time. The time flies real fast so if you plan to do something (travel, activities...), then do everything that is in your power to do it, don't wait thinking you have time. There's not a lot to do in Kristianstad so you really have to plan ahead stuff to not be bored at some point.

V. After your semester abroad

A. What are you planning do to?

Next year I am going to start my master in Montpellier management, so not so much of a change for me.

B. Did you apply for master?

I was accepted in the Master Startégie innovation Conseil

[remember to fill in the excel : https://lnkd.in/eUt_xB54]