

Sweden – Hogskolan Kristianstad



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I. Your overall feeling after your semester abroad

This semester was an incredible and unique experience for me. My experience was exceptional, I discovered incredible places and people. It was one of the best experiences of my life! If I could go back, I would not hesitate for a moment. It is a unique experience, which I highly recommend to every student.

I came back from this semester with many memories, engraved for life in my memory, with a wider cultural background, a much more open horizon, an improvement in language skills, being more comfortable with conversations that are not limited to business vocabulary, and most of all, I came back with many new friends.

The host university was present throughout the semester: administrative questions, meal organization, etc.

II. Before the travel

A. Preparation

1. Visa

To go to Sweden, a visa is not necessary at all because it is in Europe. All you need is a valid identity document.

2. The flight

About my trip: I flew from Marseille Airport to Copenhagen Airport, with a 1 hour stopover in Munich (Germany) for the price of : 145€ with the company Lufthansa. Then from Copenhagen, you just have to take a train, directly from the airport, which costs about 20 euros, and takes you directly to Kristianstad central station.

3. My luggage

About my suitcase, my luggage: I took with me a big suitcase in the hold of 23 kg as well as a cabin suitcase and a backpack, it is enough.

Be sure to take cold clothes because at the very beginning of the semester in January until February it's cold and windy but towards the end of the semester, around April, the temperatures increase, it warms up.

As for the city itself, you can walk around with sneakers, that's enough.

But also take some lighter clothes like small jackets or sweaters if you plan to go to bars or clubs, and also, is noteworthy that in the buildings it is very hot.

If you plan to go to Lapland, which I did, be sure to take ski clothes and adequate shoes because it is very cold up there (-25°).

4. Bank account

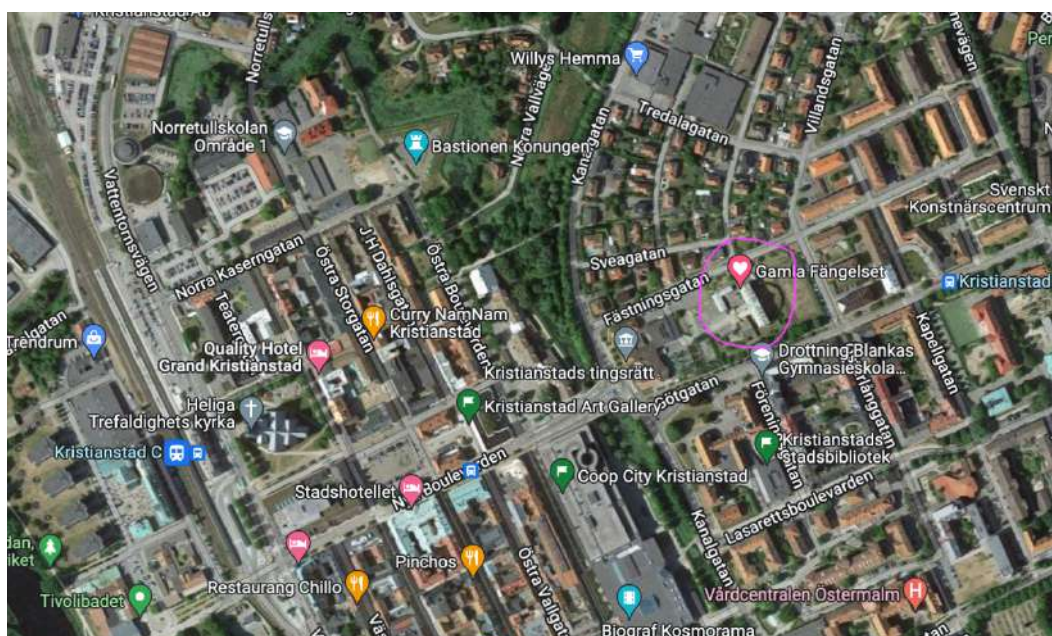
About the bank account: I am normally with BNP Paribas bank, but with my bank card, making all payments in Sweden would have been with fees. That's why I subscribed to a card at Boursorama bank without fees, and it is very good for the semester.

5. Insurance

Concerning the insurance, I subscribed to the European health card. As well as with my insurance with my parents, I subscribed to the travel insurance to declare that I was going abroad.

B. Housing

1. Where to live



The university offers 2 alternatives for accommodation. The first one: small flats in Åhus or a university residence which is in fact the old prison, jail of the city rehabilitated.

Personally, I chose the 2nd option (circled in pink), the prison is located at 30 min walking distance from the university but you can also take the bus or go there by bike. I recommend living at "the jail" because you are 5 min walk from the center of the city and quite close to the university. It's very friendly, it's actually a giant roommate with lots of students.

Living at the jail is really what I recommend because it's very friendly and it's the place where you can meet the most people, meet the most different nationalities in order to enrich yourself.

2. Find a flat or a room

The university mails you the alternatives they propose, so you can choose directly with them or look for another alternative by yourself.

I had a room of 8,7m² with a desk, a bed and a wardrobe. This may sound small but in the end I hardly spent any time there, we spent more time in the living room/kitchen with the other students than in our rooms. I shared a bathroom with 1 other person, you can choose who you want to be with and the kitchen with several. But I never had any problems with this sharing.

3. Cost

Help : How much should I plan for a room?

For my room of 8,7m², I paid 1939 euros (with the deposit of 200 euros included).

III. When I arrive at the university

A. Inscription at the university

Help : How was the process, what did you have to do?

The registration process is really not complicated. We had to register on the "Mobility Online" website where we had to publish all our documents like the "Transcript of records", the courses you choose, but also your personal information. And all this will be transmitted directly to the partner university.

Afterwards, you will have to complete your study contract and the OLS test (language test) for your home university.

B. Information on the university

1. Courses

Help : List the different courses, and for each course, describe the format, the content, the exam, what did you like and not like, would you recommend it for the next student?

I really enjoyed the way the classes worked because in most of the classes we are in small groups, we are constantly interacting with the students as well as with the professor who always wants to involve the students so that there are interesting discussions. The classes I attended were all very interesting and interactive. Another thing to mention about the Swedish system is that there are not many hours of classes per week.

And note that here it is not like in France, where you have classes and at the end of the semester you have exams dedicated to each course. In Sweden there is about one course per month, by that I mean that for example I started the semester with dedicated to the whole month of January my marketing course and at the end of the month around the beginning of February I had the exam and after the exam the course is definitively finished.

So with this system I didn't have many class sessions per week, about three hours of class.

On the other hand, the fact that I didn't have a lot of classes meant that I had to do a lot of personal work, especially reading course books to illustrate the teachers' lectures, but also for the written exams, on the book.

But apart from all that, I found that the workload was not extreme which allowed us to have free time and to be able to go on small trips around.

Here are the courses I chose:

- **International Marketing and retail management** - 7.5 credits

This course is composed of 3 sections, and each section has a different professor.

- Section 1: International Marketing. Here, it's an individual work, it's an oral. You must choose an academic article, on the subject of your choice, make a one-page summary, and then make a presentation.
- Section 2: Retail Management. Here, you have to form a group, and a case study has to be done.
- Section 3: Branding. The exam is on table. We have to answer several open questions.

- **Strategic management** - 7.5 credits

Very interesting course, with 2 teachers, Ola and Per. They do their best to make the course lively, they want us to participate, which I think is great. Workshops are set up for maximum interaction between students and teachers.

The exam consists of 2 parts: first there is a written/case study to be handed in per week; and a final report on the company of your choice (to be done alone or in pairs)

- **Intercultural Communication** – 15 credits

It's a very cool class, the teacher is extremely nice, he wants us to succeed, he makes sure that everyone succeeds in his class. There is no pressure to have in this class. And the classes are very interactive.

This course consists of several exams:

- 2 papers to be handed in dealing with our first impressions of Sweden, as well as the unwritten rules of our home country. And there will be an oral to discuss the different opinions together.
- 1 report to be done in group, which is completed with a discussion with another group to give advice.
- 1 written exam on the book to be read: it is a MCQ.

2. Advice on “contrat d'étude”

Help : would you recommend for a student when picking its courses

I would not suggest Business Ethics: Some students have had great difficulty passing this course because the professor's expectations are very high.

I recommend the subjects I had (International Marketing, Strategic Management) as well as those of my friends like: Swedish culture, International Rhetoric.

IV. When I live there

A. Safety

Help : Is it safe? Is there areas or times I should avoid

Sweden is a very safe country, like all Scandinavian countries, it is known for that. There is no aggression. It is so safe that theft is considered a crime here.

B. Phone and Internet

Concerning the telephone, I did not change my telephone subscription, I had an Orange subscription with which I could always send messages as much as I wanted as well as make calls and I had 12Go of Internet which was amply sufficient because within the residence as well as within the school and even in the large surfaces, there is the wi-fi.

C. Events

About the events, the University doesn't propose a lot of events, but all along the semester, our manager sent us mails to warn us that there was going to be a Fika, that is to say a small snack in order to discuss with everybody, to meet new people and especially new nationalities.

D. Sports

To access the university's sports, you have to pay 25€. The university offers a multitude of sports, such as basketball, soccer, boxing, swimming, volleyball, badminton, cross-fit, underwater rugby, paddleball. It's really complete and great.

E. Eating

Help : Any recommendation? Or good tips (e.g. aninternational house buffet)

Concerning the food, if you eat at the university, there is a cafeteria in the main building where you can find sweet and savoury food with sandwiches, paninis and snacks. Otherwise there is a supermarket (ICA) three minutes away from the university where you can find a lot of things, and you can buy them and sit on the tables on the campus in good weather, or even inside.

Otherwise, I used to live in the " Jail ", I used to shop at the little Willys supermarket. You can find everything you need to cook there, with a bread section as well.

Moreover, within the C4 supermarket, less than 10 minutes away, there is a Lidl, where there is certainly more choice, but the prices are not extremely cheaper compared to the Willys. I advise you to go to the Willys, where you can find everything you need.

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

Regarding public transportation, there are buses serving the entire city.

To go to the university for my part, living in the prison, I took either the bus at the central station, which brought me in front of the school (10 minutes of travel), or I walked to the

university, because here the ticket is relatively expensive (2,70€), so we preferred to walk, which was pleasant, especially by good weather. The walk takes us about 20 minutes.

G. Travels

Concerning the travels, the biggest advantage to be in this part of Sweden, is that we have Copenhagen, the capital of Denmark at 1h30 by train, it's an extraordinary city, especially to visit with your friends.

But otherwise around the city there are a lot of small and cute cities to visit like Lund, or Malmö, a much bigger and more dynamic city than Kristianstad, as well as a lot of other small villages around, to go for a walk, as well as to discover the Swedish architecture.

Otherwise for my part with a group of friends here, we organized a trip to Lapland, more precisely in the city of Kiruna, this trip was simply incredible, we had the opportunity to see with our own eyes the Northern Lights which was just magical and beautiful. We also went snowmobiling and dog sledding. So of course the cost of the trip was quite high (1000€) but it's a trip that is really worth it because it's the trip of a lifetime, you don't see the Northern Lights every single morning.

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

Help : What would I liked to know if I could have gone back in time

If I had to go back in time to know some information, it would be first of all to have known beforehand the changes of temperatures that there is here, the changes of seasons are very present and we feel them.

Moreover, you should have some money, because even if life here is not excessively expensive, it is still more expensive than in France, which means that when you go shopping, the prices go up quickly.

Then, you have to take into account the fact that you will have to take care of the masters. Maybe prepare the potential papers that may be asked of you. And also consider whether you will have to take exams for the schools.

V. Photos



City center of Kristianstad at sunset



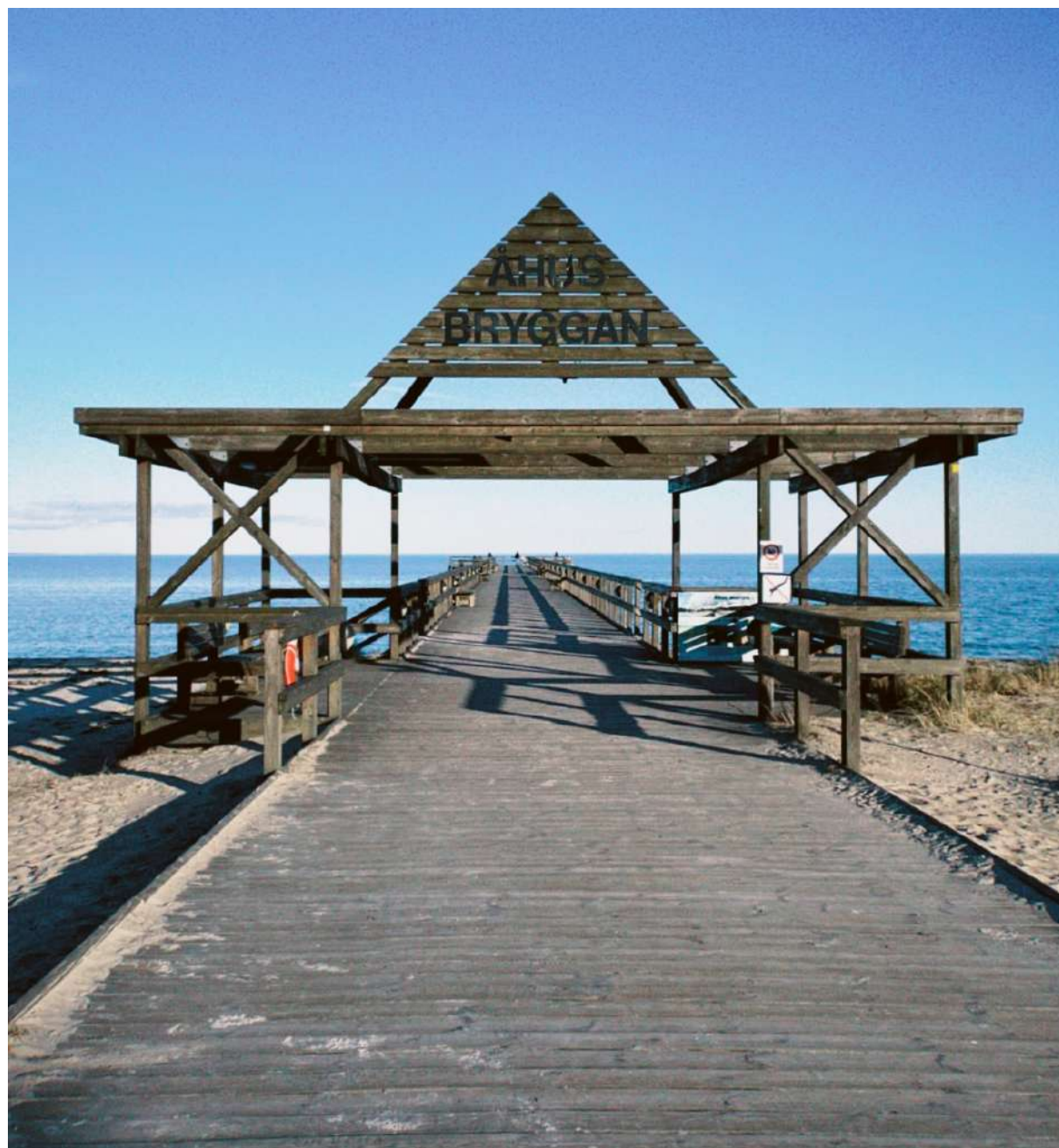
Snowy Kristianstad





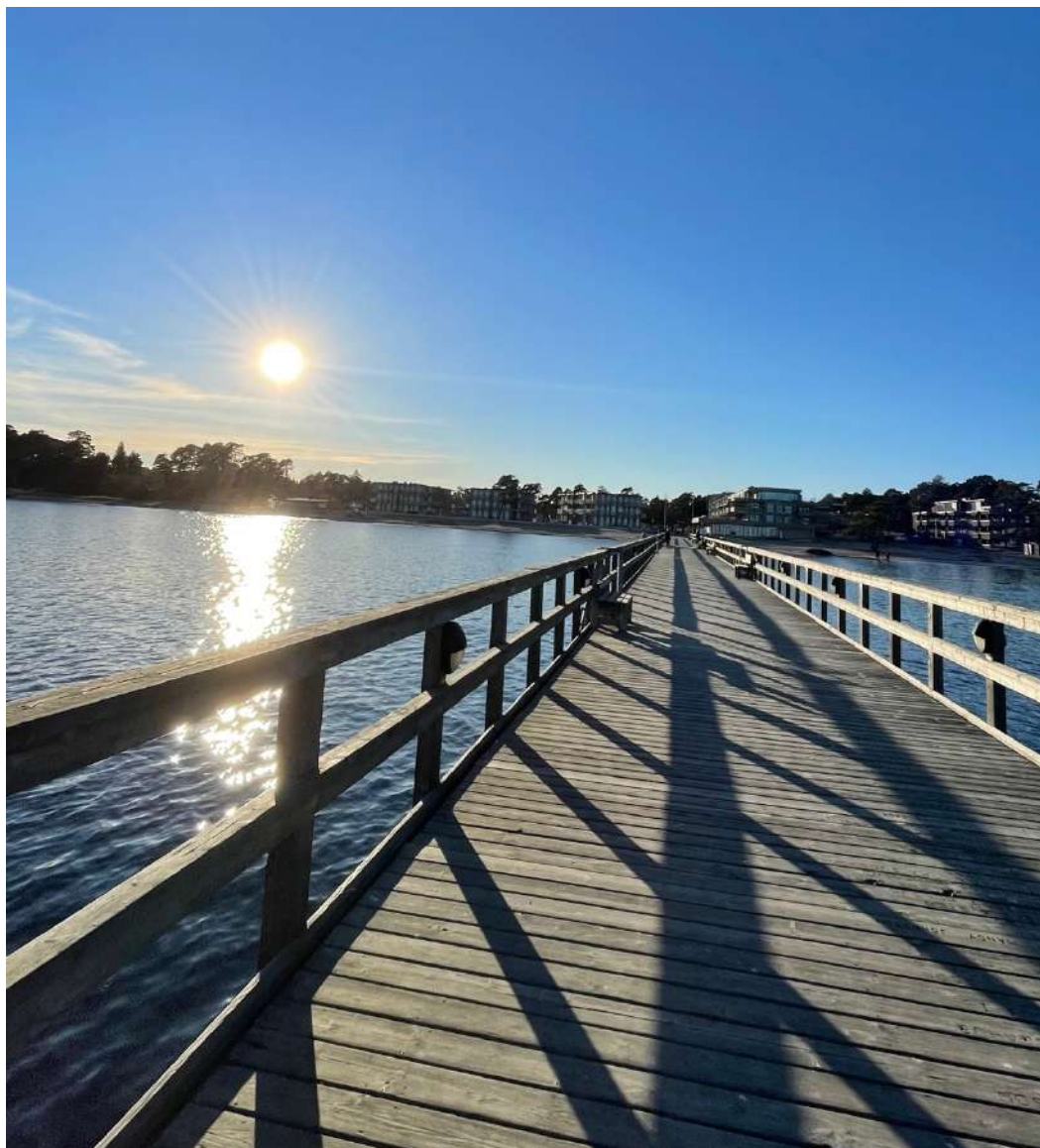
The university campus covered in snow

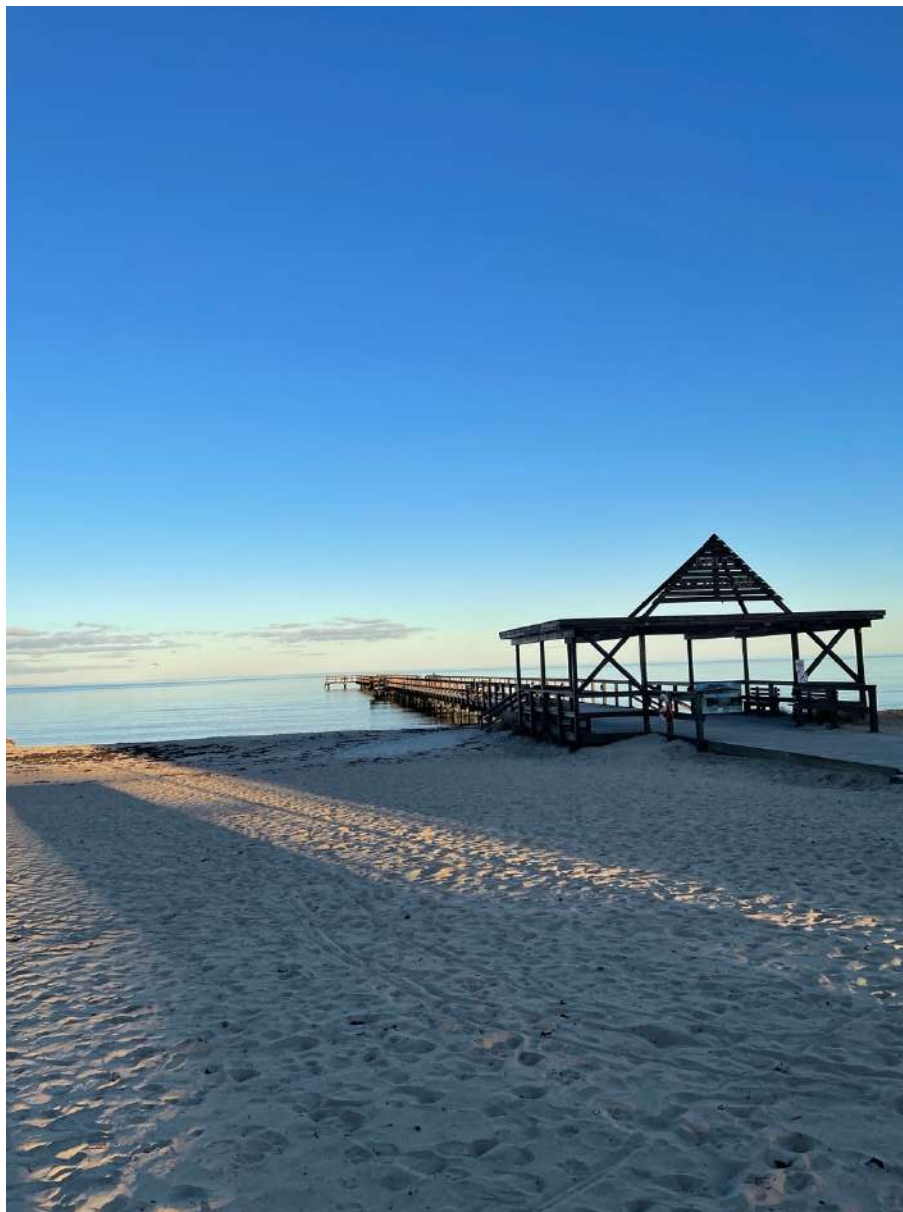




Ahus



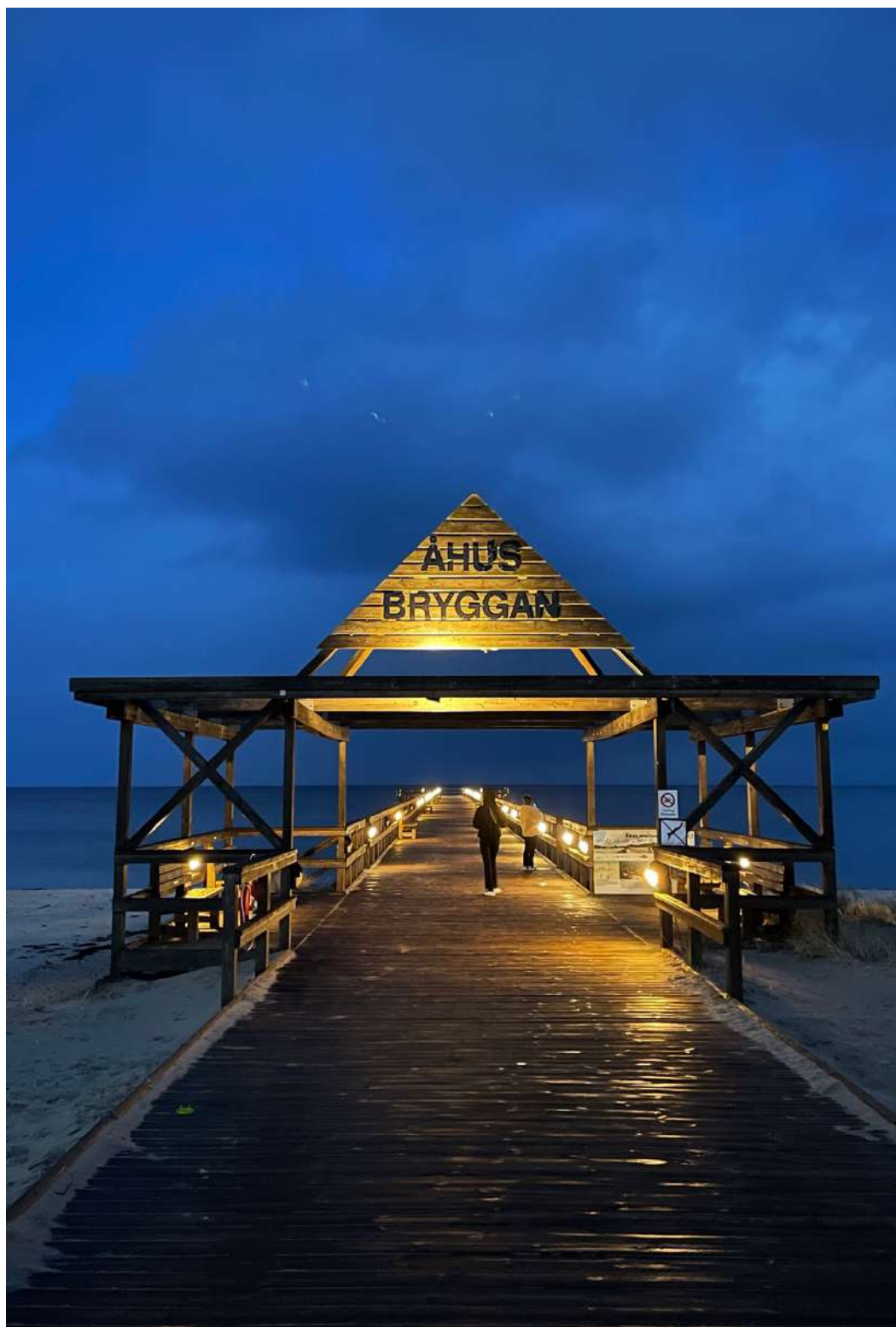




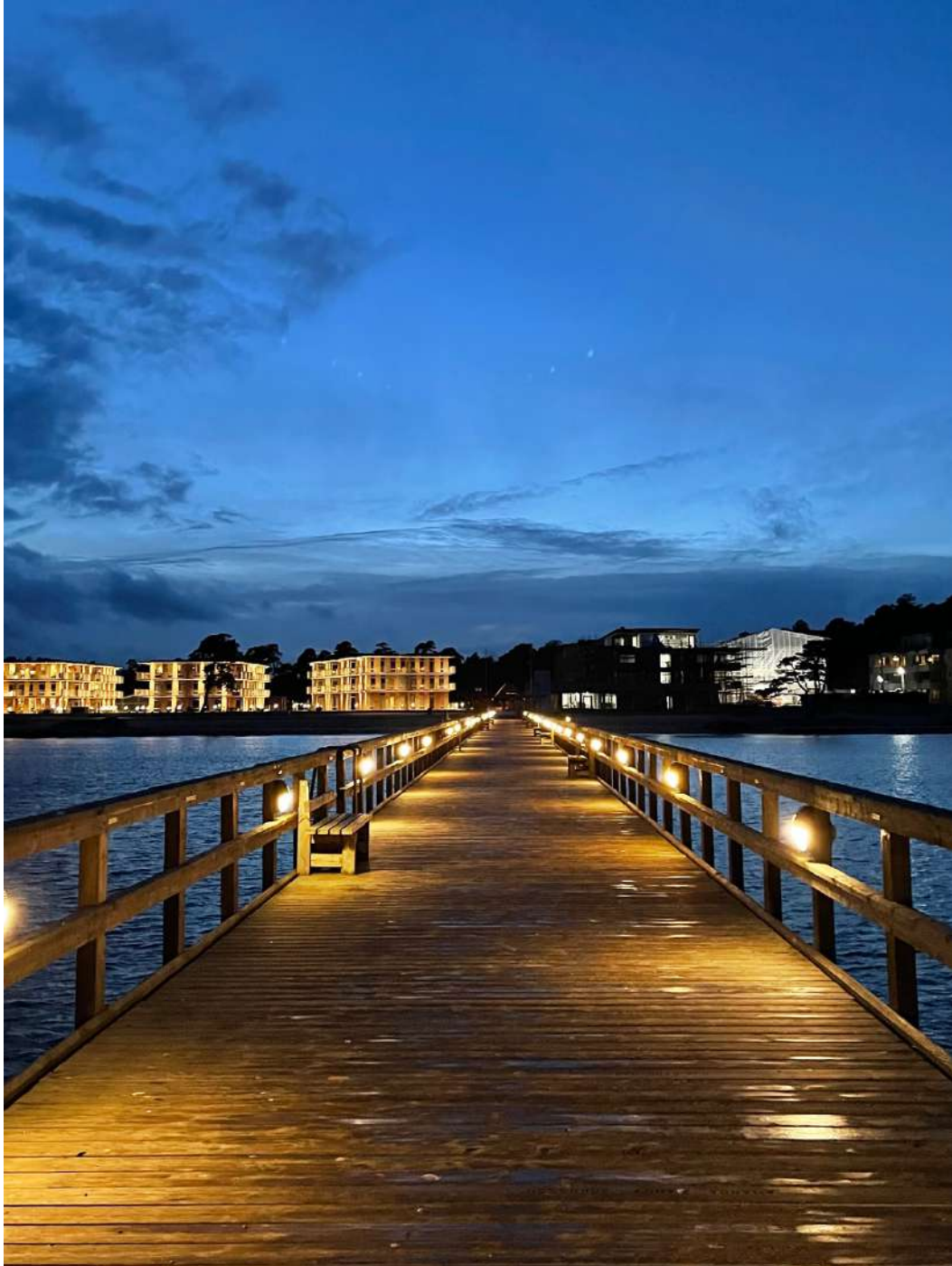


Ahus Beach





Ahus by night





Travel to Swedish Lapland - Kiruna





Reindeer Park

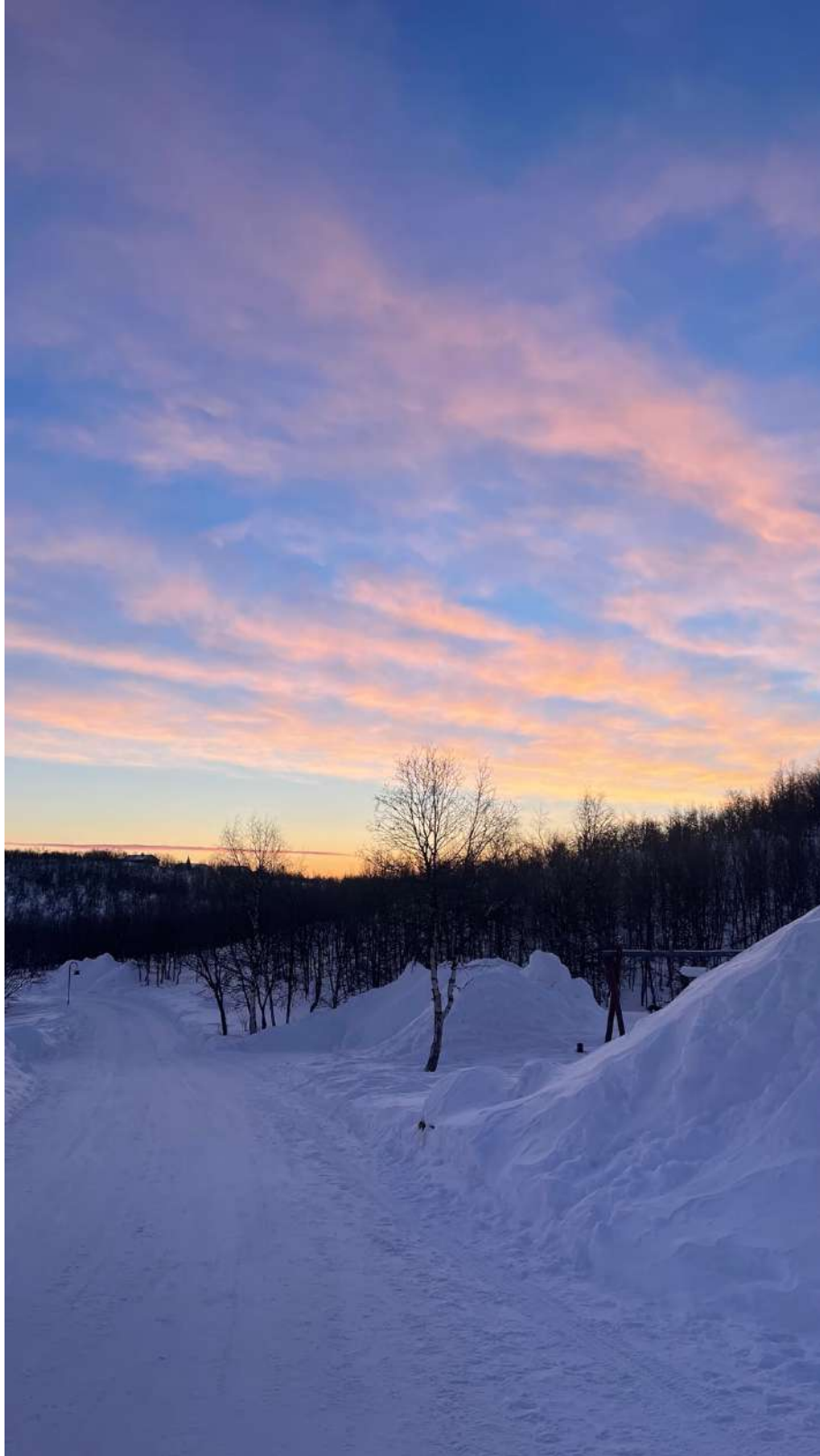






Activity - Sled dogs





Sunrise in Kiruna





Activity - Snowmobile







[Visit of the Ice Hotel](#)





Observation of the Northern Lights by night





Observation of the Northern Lights at the end of the day

