



[SWEDEN] – [Kristianstad University]

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Your overall feeling after your semester abroad

[Help : How was your experience abroad? If you could go back I time, would you go to this university and why ?]

My Erasmus experience was very positive overall. Although Kristianstad was not one of my initial choices, I am glad I ended up in this city. It is a small and peaceful place, which makes it perfect for relaxing and focusing. Thanks to the train connections, it was easy to visit other nearby cities such as Malmö, Lund, and even Copenhagen. The only downside was the long winter, which at times felt a bit gloomy and challenging

GRADE : [a grade between 0 and 5] 4 <i>=> 0 (I do not recommend this semester abroad to my best friend) – 5 (I totally recommend this semester to my best friend)</i>
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Before the travel

Preparation

Visa

[Help : Do I need a visa ? If yes, what is the process ?]

There is no need for a visa since Sweden is in Europe.

The flight

[Help : what flight did you take (the company name, airport etc.) and when did you take your flight ticket]

To get to Kristianstad, I flew with KLM. My journey consisted of two flights: the first from Marseille to Amsterdam, and the second from Amsterdam to Copenhagen. From Copenhagen Airport, I took a direct train to Kristianstad, which was very convenient as the train station is located inside the airport. For my return trip, I followed the exact same route in the opposite direction. I took my first ticket in December and my second one in May.

My luggage

[Help : what to not forget in the luggage (what was useful and what you would like to have taken)]

Regarding luggage, it is essential to pack warm clothing. Sweden can be very cold, especially if you're not used to harsh winters (like when coming from a place such as Montpellier, where winters are generally mild). I mainly brought turtlenecks and sweaters, and having a good, warm jacket is absolutely necessary. I also brought thermal tights to wear under my pants, although I didn't end up using them much.

A trip to Lapland is also possible during the Erasmus (it's quite expensive, but truly an unforgettable experience that I highly recommend). If you already own snow gear such as ski pants or snow boots, I suggest bringing them with you, that's what I did. However, if you prefer to travel light, it is possible to rent this equipment through the travel company that organizes the trip.

Don't forget to also bring some lighter clothes for the later months (May and June). That said, it never got really hot during my stay, the warmest temperature I experienced was around 20°C

Bank account

[Help : did you have to change bank? To respect some amount requirement on the bank account etc.]

Since Sweden doesn't use the euro, I decided to open a Revolut account, which was completely free (I used the basic plan). One of the main advantages of Revolut is that it allows you to pay and withdraw money abroad with competitive exchange rates and no hidden fees. The app is also very easy to use and allows you to track your spending in real time, which can be very helpful for budgeting during your stay. It was also convenient because most of the other international students were using Revolut too, making it easier to split bills or send money between us.

Insurance

[Help : What insurance did you subscribe to ?]

I didn't change my insurance for my Erasmus stay, I continued using the same one I have in France, which is provided by MAIF.

Housing

Where to live

[Help : Do a google maps capture and circle the area you recommend to live in (and the one you do not recommend)]



There are two main housing options for Erasmus students. The first one is The Jail, located in Kristianstad itself, just a 5-minute walk from the city center. The second option is the Åhus Resort, which is by the beach but about 30 minutes away from Kristianstad by bus. I chose to stay at The Jail because of its proximity to the city center, which was more convenient for daily life. Åhus can be a great option for those who have a car, but since I didn't, the Jail was the more practical choice for me.

Find a flat or a room

[Help : How did you find your flat? Do you have any recommendation]

As mentioned earlier, I chose to stay at The Jail because it is closer to the city. I had a 6.6m² room, which is one of the smaller options available (the largest rooms go up to 13m², and there are also shared rooms). Even though my room was quite small, it was sufficient for a 5-month stay. The kitchen and bathrooms are shared.

The Jail is divided into different sections. In mine, I lived with five other people, and we had three bathrooms in total, so I shared mine with just one other girl, which made things easier in terms of cleanliness and organization. The kitchen, on the other hand, could sometimes be a bit messy, depending on the habits of the people you live with. But if you manage to set up a clear cleaning schedule with your flatmates, things usually work out fine.

Overall, I'm really happy I stayed at The Jail. Not only is it much closer to the city center compared to Åhus, but it also offers a great social atmosphere. Living in the same building as other Erasmus students makes it much easier to connect, whether it's visiting friends from other sections, knocking on someone's door to chat, or just spending time together in the common areas. It really adds to the experience and helps build a sense of community.

Cost

[Help : How much should I plan for a room or a flat?]

Concerning the cost, it depends on the size of the room you choose, but overall the prices are quite reasonable. For my 6.6m² room, I paid 3,550 SEK per month, which is approximately 315 euros. Over the entire semester, the total came to 17,750 SEK, or around 1,575 euros. Larger rooms or shared rooms may have different prices, but in general, the rent remains affordable compared to other European student accommodations.

When I arrive at the university

Inscription at the university

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

Concerning the registration process, I don't remember every detail, but overall it was quite straightforward and intuitive. My home university, MOMA, put me in direct contact with the partner university in Sweden. From there, I was given access to the Mobility Online platform, where I had to fill in some information and upload the required documents. These included things like a passport photo, the application form, and the transcript of records from my university in France. Even though I don't recall every step, the whole process was well guided and not difficult to complete.

Information on the university

Class

[Help : for each class tell us how was the class, what did you like and not like, would you recommend it for the next student?]

During my Erasmus, I took four different courses: International Rhetoric, Strategic Management, Innovation and Product Development, and CSR (Corporate and Social Responsibility).

International Rhetoric was a relatively easy course to follow. What I appreciated most was that it was designed to help students feel more comfortable with oral presentations, which I found useful. However, the content could sometimes feel a bit repetitive or unengaging.

Strategic Management was a very interesting and insightful course, but it's important to know that it requires a significant amount of work and time. If you're willing to invest the effort, it can be very rewarding.

Innovation and Product Development was also a course I enjoyed. Even though I had never taken a similar subject before, I was able to follow along and earned a good grade. I liked the mix of group and individual assignments, which kept things dynamic.

As for **CSR (Corporate and Social Responsibility)**, I personally didn't find it very engaging. It wasn't a bad course, but I simply didn't connect much with the content. Still, it was manageable and might appeal more to students who are interested in ethics or sustainability topics.

Organization of the Class

[Help : tell us the duration of the class, the volume of work, the behavior of teachers etc. ?]

The Swedish academic system is quite different from the French one. Instead of having multiple classes running in parallel, you usually take one course at a time. In my case, each course lasted about one to one and a half months, and I generally had classes two to three days per week. Classes often lasted a full day, although that wasn't always the case.

One important thing to know is that independent work plays a big role in Sweden. A large part of the final grade comes from both individual and group assignments, so time management and self-discipline are essential.

As for the teachers, I found them very approachable and supportive. They were always kind and easy to reach if you had any questions or needed help, which I really appreciated.

List of courses and recommendation

[Help : list your different courses and let us know what do you think : level (easier, same or harder than the 1st semester course at MOMA, what you liked about the content, how is the class organization, who is the professor). Finally, for each class, tell us if you recommend the course.]

At Kristianstad University, there aren't a huge number of management-related courses to choose from, but the selection is still sufficient to build a relevant learning path. In terms of difficulty, I personally found the level to be slightly easier than at MOMA, not by much, but mainly because the assessments were mostly based on written assignments ('send-ins'), which I usually find more manageable. There were also some oral presentations, and in certain courses, final exams, for example, in International Rhetoric, we had a CMQ (Computer-Marked Questions) exam at the end.

I would recommend all the courses I took, as they were all manageable and offered something valuable. However, I strongly suggest checking the course content beforehand to make sure it aligns with your interests and academic goals. That way, you can avoid ending up in a course that you don't find very engaging, like I did with CSR.

Exam

[Help : How was the exam? Format? Duration? Grade]

As mentioned earlier, there are different types of exams in Sweden. Personally, I had written assignments (both individual and group work), oral presentations, and a CMQ (Computer-Marked Questions) exam.

The grading system in Sweden is also quite different from the French one. Most commonly, grades are given using letters from A to F, with A being the highest and F meaning fail (all other letters are considered a pass). Some courses use a simple pass/fail system, while others might use the VG/G/U scale, VG meaning 'Very Good', G 'Good', and U 'Fail'. The grading method depends on the course and the professor.

When I live there

Safety

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

Kristianstad is a pretty safe city. I never encountered any problems during my stay, and I generally felt comfortable walking alone in the city, even at night. That said, it's still important to

stay cautious (especially as a woman) because even in a safe environment, it's always better to be careful. Just because a place feels secure doesn't mean that risks don't exist.

Phone and Internet

[Help : How to be able to call and have internet]

I personally already had a mobile phone plan that allowed me to use my data and make calls throughout Europe. I believe most mobile providers now include this feature in their plans. In my case, I was with Orange Telecom, and I didn't need to make any changes to use my phone in Sweden.

Events

[Help : How to know about the events?]

At the beginning of the semester, the university organized an introduction presentation where they introduced the student association (similar to a BDE in France). There was also an app called Orbi, where most student events were listed, and where you could directly buy tickets for parties, activities, and other events.

In my experience, most of the parties I attended were organized by Erasmus students themselves, and they mostly took place at The Jail. We usually communicated through a WhatsApp group to share all the information about upcoming events. It created a really friendly and spontaneous social atmosphere.

Sports

[Help : What sport can I do ? and how?]

There are a lot of sports activities available at the university, including volleyball, badminton, and even chess. At the beginning of the semester, there was a presentation from the Sports Union where they explained how everything works. To take part in the activities, you simply need to pay a small fee at the start of the semester, which then gives you access to all the sports offered.

Eating

[Help : Any recommendation? Or good tips (e.g. an international house buffet)]

I honestly don't have many specific recommendations when it comes to food. However, one piece of advice I can give is to be careful where you do your grocery shopping. Sweden is already a bit more expensive than France, and some supermarkets are noticeably pricier than others. For example, Coop tends to be quite expensive, while more affordable options include Willys, ICA Maxi, or Lidl.

Go to the university : bus, car, bike

[Help : How did you get access to the bus, car or bike]

I mostly went to university on foot, as it was the easiest and cheapest option—about a 30-minute walk. Some other Erasmus students chose to go by bike. Many of them bought second-hand bikes at the beginning of the semester from former students, especially at The Jail, where bikes are often resold.

You can also take the bus to get to the university. To buy tickets, there's a very easy-to-use app called Skånetrafiken. It also works for train tickets within the Skåne region, which includes Kristianstad.

Travels

[Help : What do you recommend and what do you not recommend]

I honestly recommend visiting as many cities in Sweden as you can because it is a very beautiful country. The cities in the Skåne region are especially worth exploring since they are easily accessible by train. I also suggest visiting Copenhagen, which is a very cool city and also easy to reach, you can even buy train tickets through the Skånetrafiken app.

Finally, the trip I recommend the most is the university-organized trip to Lapland. It's a truly unique experience. Although it is quite expensive, it is definitely worth the price. During the trip, we had the chance to see the Northern Lights, go dog sledding, and enjoy other amazing activities.

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]

One thing I maybe would have liked to know beforehand is that Kristianstad is a very calm city, but that Sweden in general, especially during winter, is quite a calm country overall. Most shops close around 4 or 5 pm (except supermarkets, which usually close around 8 pm and are open all day on Sundays), which is quite early compared to France. This quieter pace of life is something to keep in mind when planning your daily routine.

After your semester abroad

What are you planning do to?

[Help : What do you want to do next year]

Next year I am going to start my Master which is both very exciting and scary. I'm also going to have to adapt to a new and bigger city.

Did you apply for master?

[Help : in which master where you accepted]

I was accepted in the master Production et Financement – Management de la Musique in IESA art&culture.

[remember to fill in the excel : <https://docs.google.com/spreadsheets/d/11-vB4ABdkzIJR1AQ82drWyAVXfnCpRYr8COkeKihnIs/edit?usp=sharing>]