



## I. Your overall feeling after your semester abroad

My experience abroad has been great, I recommend choosing Sweden and the university of kristianstad because the people have been welcoming, the community of international students is very strong and it has been an opportunity to make unique trips to Sweden and other northern countries. Moreover, the courses are of high quality and the student/teacher relationship is very friendly and the Swedish university system is completely different from what we can find in France.

## II. Before the travel

### A. Preparation

#### 1. Visa

*As a country in the euro zone, it is not necessary to obtain a visa to travel to Sweden.*

#### 2. The flight

*The flights from Montpellier were expensive, I advise you to book a flight from Charles de Gaulle airport in Paris to Copenhagen airport. I took Air France and booked my flight 1 month in advance, I got 90€ with 1 baggage 23 Kg in hold, 1 backpack, and 1 cabin baggage included. Then, you have to take a train from Copenhagen to Kristianstad (about 1h30) for about 20 euros.*

#### 3. My luggage

Even if the duration of the exchange is 5 months until June, I advise you to bring winter clothes, jackets, sweaters, tights, gloves, hats, scarves, and aftershoes for the snow or if you travel in the country. It will be relatively cold all semester long even in the approach of spring and summer.

#### 4. Bank account

*I personally did not have to change my bank account because my card already had an international option. I advise you to see your advisor before your departure and make arrangements if necessary.*

#### 5. Insurance

*I pay a yearly insurance to Macif, it's an insurance contract for young people at 60€ which covers my civil and home insurance. It also covers me in the whole European Union. So I did not change insurer for my trip.*

## B. Housing

### 1. Where to live / Find a flat or a room

*The housing is directly managed by the university, they will contact you for housing. There are several possibilities, either living in the "prison" which is the university residence for international students. It is located in the city center, close to the train station, and 25 minutes walk from the university and 5 minutes by bus.*

*Or you can live in the ahus, which is a kind of camping site for international students, located on the beach, 30 minutes by bus from the city.*

*Otherwise, the university can put you in contact with private owners to place you in a house near the university (2 min) and 20 minutes from the center on foot, 5 min by bus.*

### 2. Cost

The rents are between 350 and 500 euros depending on your choices in terms of m2, the possibility of having a private shower and toilet for example for the prison. Rents are paid in advance in January for the entire semester with a deposit. It would be 1500 - 2000 euros of rent plus 500 of deposit for example.

## III. When I arrive at the university

### A. Inscription at the university

*Upon arrival in mid-January, members of the university will pick you up by car at the train station and drop you off at your chosen accommodation. You don't have to do anything when you arrive, the course registrations have already been made before your arrival (in October - November).*

## B. Information on the university

### 1. Courses

*I had 4 courses for the whole semester, International Marketing, Strategic Management, Product and Innovation Management, Sweden Culture and History. Classes are taken one at a time and exams are usually case studies and presentations. I only had to take one in-person exam. The university favors group work and seminars.*

### 2. Advice on "contrat d'étude"

*For the study contract I advise you to read well the website of the university, everything is very well detailed such as the content and evaluation of the course and the period of the course.*

## IV. When I life there

### A. Safety

*The city is very quiet and safe. There are no areas to avoid or any of that.*

### B. Phone and Internet

*For the telephone I have a European package, I advise you to inquire with your operator beforehand. The procedures with a Swedish operator are complicated as an exchange student, and are not worth it.*

### C. Events

*The university is very active in events. It organizes several fika's throughout the year to bring students together, and trips as well. One in the north of Sweden in Kiruna, and another in Stockholm.*

### D. Sports

*All sports are offered on campus, including boxing, basketball, climbing, volleyball, badminton, cross fit, futsal. And off campus: Padel and swimming. You can also volunteer to lead an activity if it is missing from the program. I myself was the activity leader for basketball. Playing sports at the university is really an opportunity to meet a lot of other students.*

### E. Eating

*There are no university restaurants on campus. You will be quite autonomous on this point. There are several supermarkets in and around the city for your shopping. The Swedish chains are Ica and Willies, but there are also two Lidl. Be careful because some products are much more expensive than in France in Sweden.*

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

*The university is a 20 minute walk from the city center and 5 minutes by bus. It depends on the accommodation you have chosen for your exchange. But many students walk to campus from the jail.*

### G. Travels

*I highly recommend traveling to Kiruna. It is a beautiful trip where you can do many activities such as dog sledding, snowmobiling, and others. It will be an opportunity if you are lucky to see the Northern Lights. Because of the Covid the trip was cancelled by the university but with other students we went by our own means. You should count on a budget of about 1000€ between the accommodation, the activities and the flights and trains to go there.*

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

*Doing the exchange in Sweden is a great experience, you will make lots of friends during your stay, discover incredible landscapes, and enjoy a totally different culture.*