

I chose to go to Lund University in Sweden for the fall 2015 term. Lund is located near Malmö, which is about 15 minutes across the bridge to Copenhagen. I picked it because of its proximity to an international airport in Copenhagen, and other surrounding Swedish cities.

help. Once you get to Lund, ensure you have a map of where you're going. If you're like me, and not used to European windy streets, it may be overwhelming. However, if you get lost, everyone speaks English and will be happy to help you out.

If you miss arrival day, be sure to go to the International office to get your arrival package. It comes with a SIM card, and JoJo card (bus pass) which are both extremely useful.

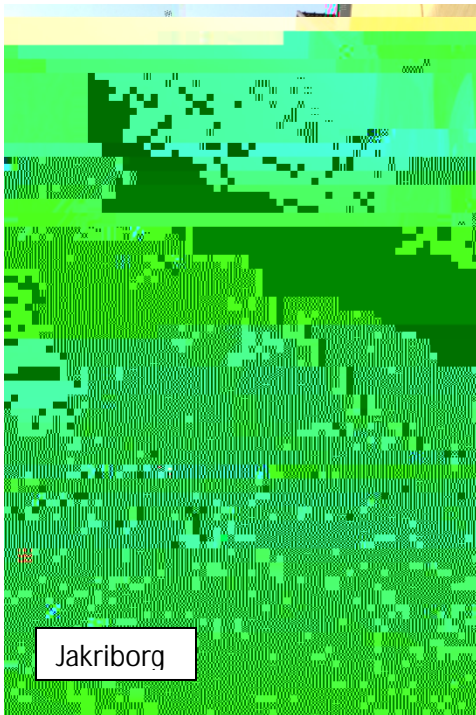
I bought a bike right away. Bikes are essential in Lund. Don't get a super high end one, it may get stolen.

I took an Intro to Swedish class during orientation weeks. It was helpful to get a few phrases down, and if you pass the exam you get 3ECTS credits.

I chose to continue my Swedish through the semester, and I really enjoyed the class. I recommend it, as you will become more immersed in the culture. Even though everyone pretty much speaks English if they need to, it's nice to complete a transaction at the grocery store in Swedish!

I took a Swedish Culture class, and a sustainable eating class which are both classes for exchange students. Both were interesting as they are not things that I would ever take in my kinesiology degree. I did try to get into some science courses, but the course load is a bit heavier, and I wanted to have the flexibility to travel.

Grading seemed to be fairly generous, and if you fail an exam you have the chance to take it again.



Jakriborg



Lomma beach, a great place to swim when it's warm!

Travel is easy in Sweden. You can get to almost anywhere by train. Malmo is about 20 minutes away, and is a great city to explore. In the summer they have a big festival which

I recommend seeing. Helsingborg is 20 minutes north of Lund, and it is possible to take a ferry to Helsingor, Denmark. Gothenburg is a beautiful city with a cute old town, and archipelagos. I recommend doing at least a night there as it takes 3 hours to get there by train. Stockholm is 5-6 hours train, or a 45 minute flight. Stockholm is a must see, and was probably one of my favorite cities.

There are many good day trips around Lund, and lots of hiking locations. My favorite was Kullaberg, which is north of Helsingborg. Also try to get down to the most southern point of Sweden!

In Lund itself, there are many good places to eat,