

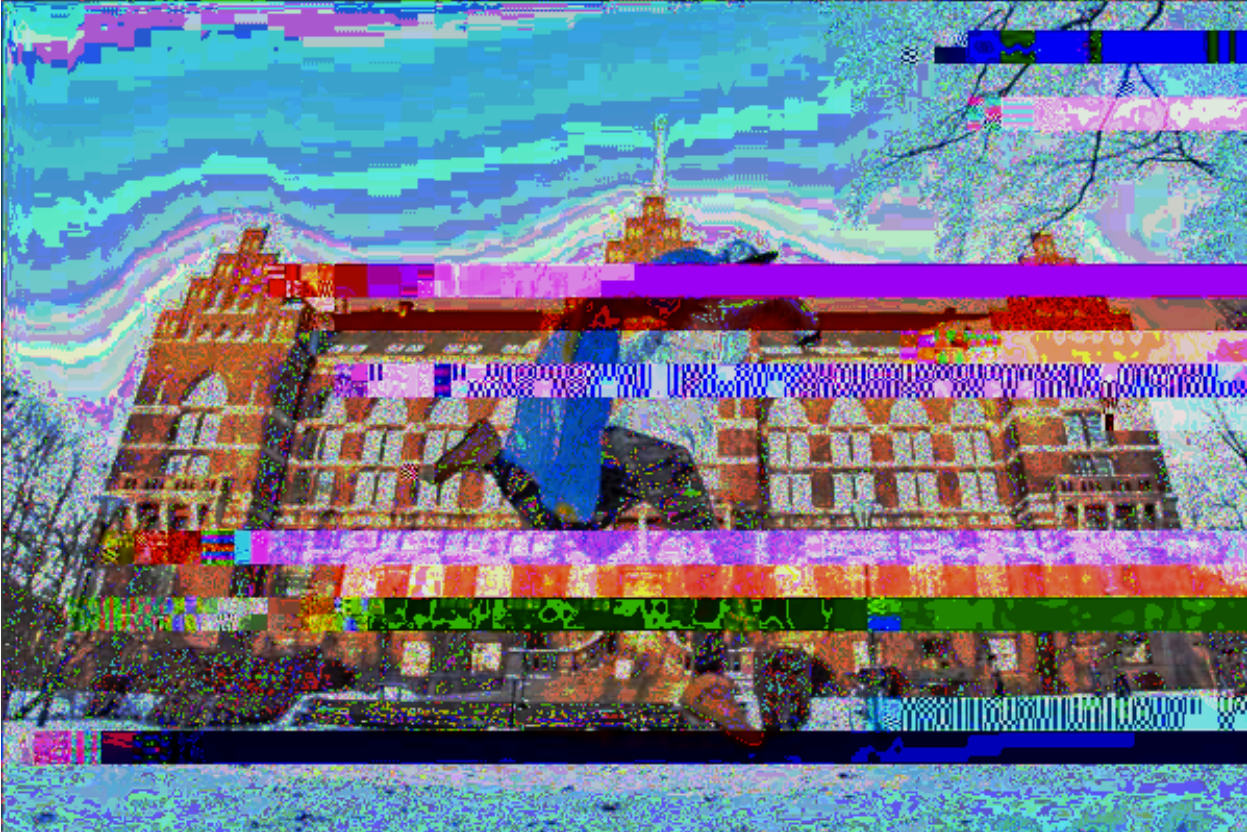
Going on exchange in Lund University is one of the things in life that I will never regret. Lund University located in southern Sweden, a university town that is 40 minutes away from Copenhagen airport by train. I am major in Communication in SFU, 4<sup>th</sup> year student, there are lots of processes to go through for the exchange, as you know, but they are worth it. I started my exchange term from August, 2015.

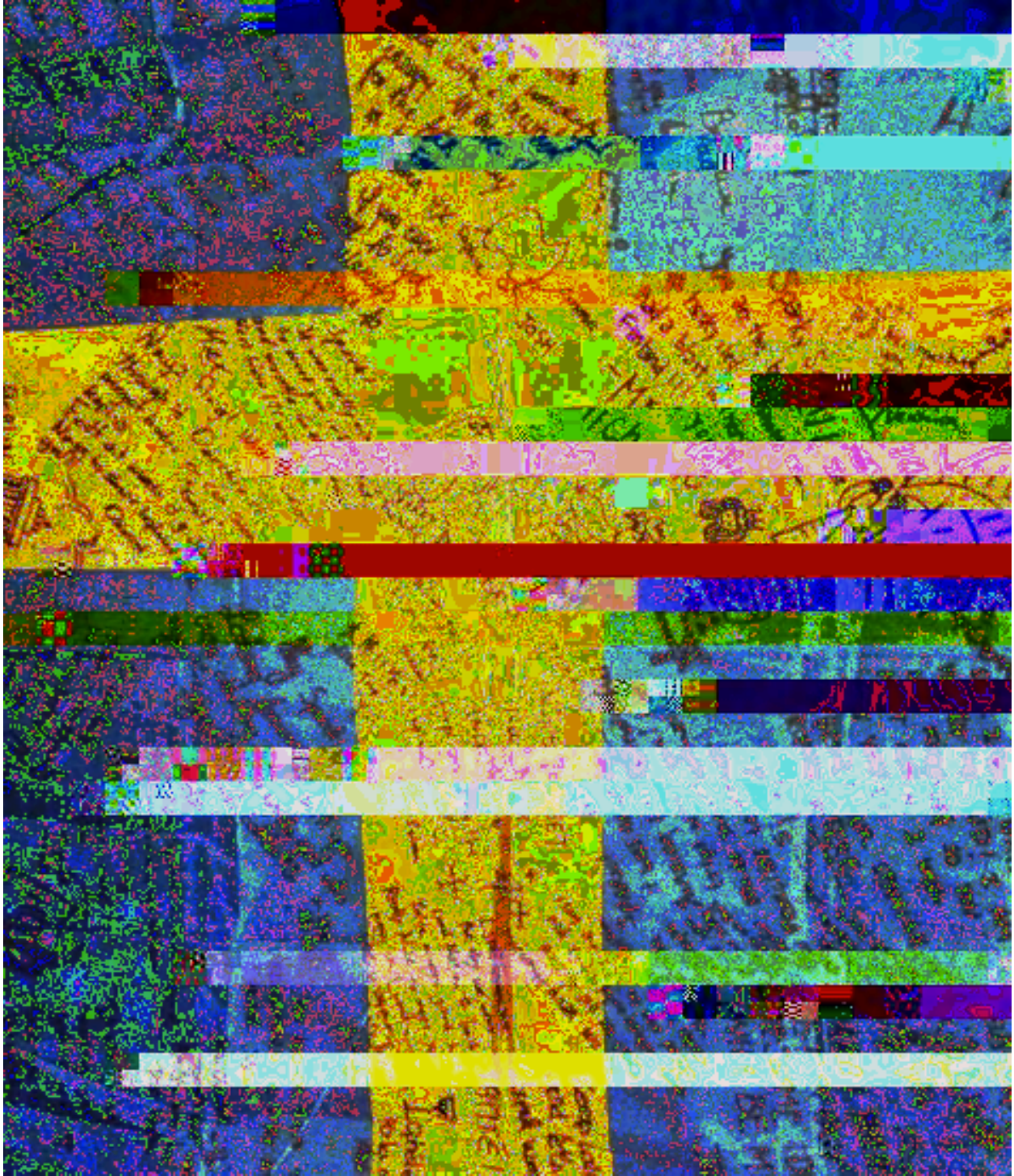
Being nominated and having attended all those pre-departure workshops were getting me excited and starting to think about new life in a new culture. I went through all this excitement and I believe everyone of you will do too. I went on the SFU exchange office website and various website to look up all those blogs and reviews from returning students. There are all those different universities in the database and I looked up most of them that interested me. When planning, I think you need to ask yourself that what do you want to get from the exchange? An exotic culture that you always want to explore, a well-known academic atmosphere with a high school ranking, or even, for me, a university with a long history, a chance to embrace cultural diversity. Personally, I consider it as an important factor to experience a university with good student life and a chance to see European culture. When considering where to go, it is important that you first get to know a bit of culture of the country that you are interested in and the potential challenges that you might be facing, such as language outside of class, the extreme climate and so on. Again, the most important thing is that you know what you want as your outcome of exchange, so that when you come back from it, you don't regret your choice.

Okay, starting from what you prepare for departure, you also need to do some research, if you haven't been out of your family and comfort zone. Packing whatever you need for the season, and whatever you would like to bring to make your new room feel like home, for example, a toy, a national flag and other things that you think that you need during the time of stay. For example, Lund is a small town with lots of windy days; knowing from returning students, I know that it would be important to bring some windproof and waterproof clothing and maybe a bike light. You could start your research on FB by adding to a local group, they might be glad to share some advices for your new journey. If you are a traveler, don't forget to bring your backpack and travelling gadgets. You can also buy them locally when they are needed, no big problems. Transportation for Lund University is not a big problem, as it is very convenient to travel around by train within Sweden or simply take a quick train to one of the biggest airport, CPH, and start your European journey easily. Oh financially, in Europe, most of the places international visa or MasterCard are accepted, but exchanging some local currencies handy can be helpful and sometimes saving your life. In Scandinavia the cost for food is more expensive than Vancouver and rest of Europe.

Lund University has an arrival day where new international students are coming on a same day, when mentors will pick you up and help you with all different services and registrations for accommodations. Although you might be tired of the jetlag, what you have to do is follow what other people do, and when you have questions, just ask. There will be a student coordinator that you would get to know and contact when you have problem regarding to switching courses and other information. When I first arrived, it is just a beautiful summer in Sweden, with tons of events and activities going on. During the arrival day, the queue for upcoming events can be huge, but please join some of them, because the first week is important for you to expand your friend circle because at the time everyone is stranger now

and everyone is on the same boat and excited to start the new journey. It might take a week or longer to get more familiar with the new environment as well as your new foreign friends, but after joining lots of new student activities, you will find yourself fit in. Don't forget to participate activities when you have lots of spare time, because the four month will be gone so quick. For myself, I luckily became the media manger in ESN Lund, and I managed to know lots of exch





I kept my best memory alive, in my way. All the wishes from my friends, I took them home.



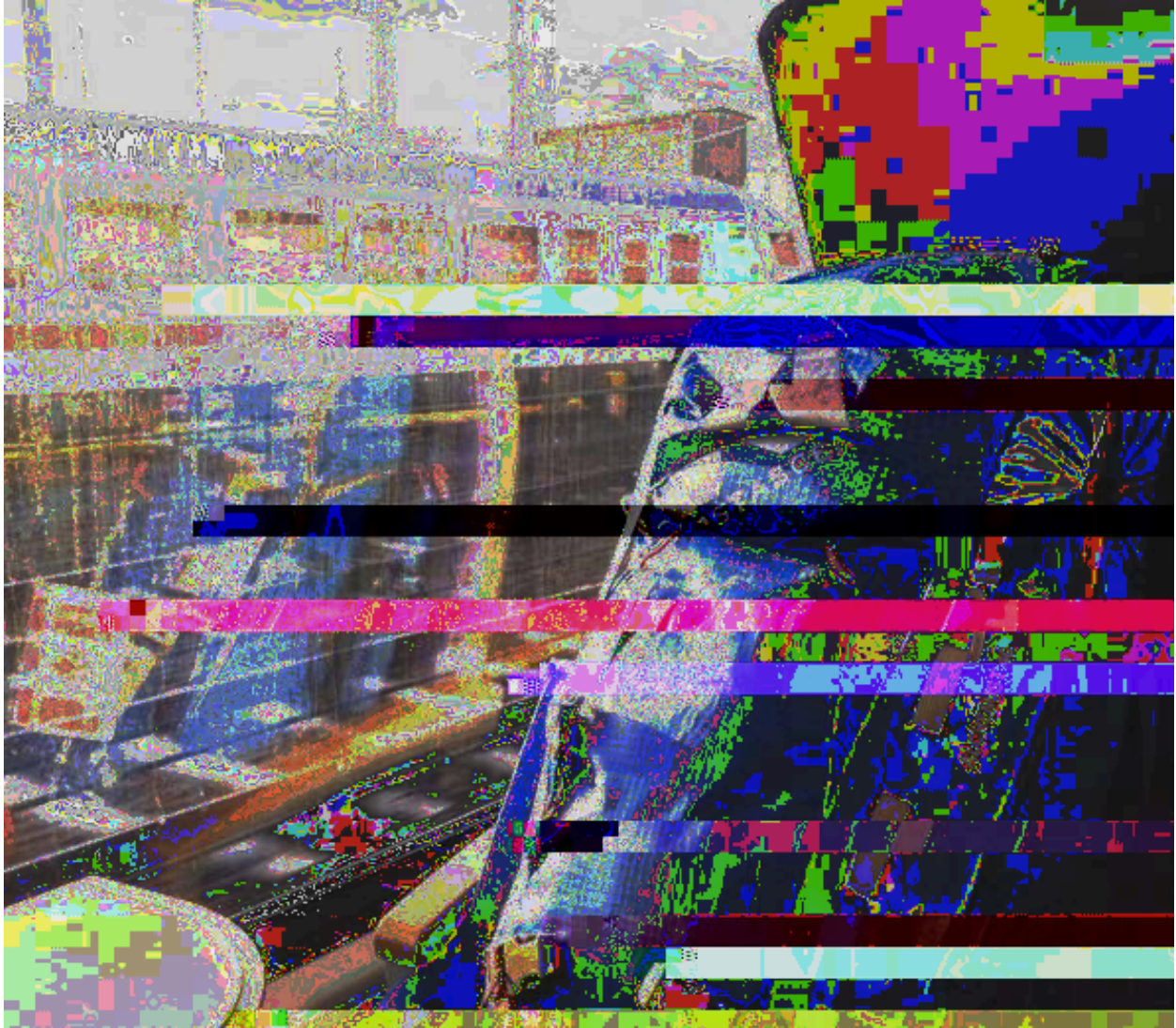
Halloween party by ESN LUND



The closest big city, Copenhagen, the Danish capital



Lund as one of the oldest town in Scandinavia



me, as a traveler, and my mate, the backpack







Lapland in Northern Finland, a shared moment