

Partner University: Lund University, City of Lund, Skåne, Sweden (Spring Semester 2016)

Hey there, my name is Adrian, I am a 6th year kinesiology student. I have saved all my electives and for my last semester which I will spend on exchange (Erasi3si3sl0(ng)6(e)n6 Erasi3si311(m)-10(e)-114a 6or probably wondering why I took six years for my degree and why I am going on al semester. These are great questions, and I will answer them along with for your exchange semester in Lund like how to get free meals and entry to m all about getting the bang for my buck, read on to find out how I managed step of the way. op specially eating out, which you don't speak their s all the flexible part time

Packing: There are loads of information on what to bring, google it. I would definitely recommend buying some on Ebay and having a (for wifi) is very helpful. Lund is very windy, bring a windbreaker and some gloves too. Pack light, I know you want to bring your whole wardrobe but do you really need 5 pairs of shoes? I went with a medium suitcase with a 45L backpack inside, there are many Opp shops and facebook groups for second hand linen and pillows etc.

Travel and transportation: ITA Matrix is your friend, I bought a one way ticket to Copenhagen flying out from Seattle for \$400 CAD. Try to arrive earlier in the day because you don't want to look for your accommodation late at night. **

** The transit from the airport to Lund is really easy, navigating the town on your first day is noFinancial details . The Swedish people love their plastic cards. The benefits of using

card is you don't have to take out cash and get charged for that. That being said, you need cash for many of the exchange welcome activities so change some cash ahead of time. Transit is the

most expensive part of living in Sweden. Groceries are more or less the same as Canada, although you can buy produce for cheap at small corner stores/ markets near city centre. Grocery stores from cheapest to most expensive , ICA/Willy's, Coop. Alcohol is extremely

Social and extra-curricular activities: I love sports, nature and mingling with people with that in mind here are some of the things I enjoyed around Lund.

1. – In my opinion this is the best part of student life in Lund. Nations provide cheap student lunches and night life as well as sports activities. I volunteered every week for the nation lunches and received a lot of free food/grocery/meal vouchers/parties etc. This is also by far the best way to make friends with Swedes. It doesn't matter which nation you join as you can work/participate in other nation's events. Usually people pick the one they live closest to. Try tadem in April!

I love sittnings! This is where you have a drink and sing Swedish songs on the top of your lungs with a bunch of Swedes at a formal/themed dinner. Pace yourself, because there are many components to the event.

– Great way to mingle with your fellow exchange students and corridor mates. Ask a Swede how to do a Tour de chamber (TDC) properly.

– There are lots of sports and recreational activities in Lund. Some of the sports I play regularly are Innebandy (Nordic floor hockey), ultimate frisbee, soccer, rock climbing, shinny(ha)4(n(c)G e)3(x)6(8)4(r0(f)-3.9(r)10(is)21.32 Td(3.)Tj21.32 Td(t)6(d(T)-4(in)6)3

than rushing around trying to see/do everything. At the end of the day, there are a lot of anxiety when deciding whether exchange is right for you (financial/academic/personal reasons etc.) but I assure you that

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