My Exchange Experience

Previous to leaving for my exchange I was extremely nervous about my departure and anxious about what to expect once I landed in Sweden. Fortunately, I reached out to a friend that had studied the previous semester at Lund and this helped a lot. My friend was able to tell me what exchange life was like over in Lund and as well as what to bring. I highly recommend trying to speak to individuals who have completed an exchange in the University you are planning to attend. In preparation for my departure I researched what the weather would be like while I would be there in order to have an idea of what clothing to pack. (It was quite cold in Sweden while I was there so I made sure to pack lots of winter clothing). I also told my bank that I would be leaving for 6 month and travelling in and out of Sweden to make sure that they would not put a hold on my account. Luckily Lund University provides and exceptional exchange introduction staff to incoming exchange students. I was given information on where to meet in the airport after my arrival and was then instructed with a large group of exchange students on which trains to take to get to the introduction day. At the introduction day we were given information on cell phone SIM cards, as well as tickets to exchange events going on throughout the next two weeks. Lund also provided a delivery service and vans transported exchange students to their accommodation. The introduction week at Lund University was really well organized and fun! We were given a calendar of events that would take place for the next two weeks for exchange students to participate in. This was a great way to meet new friends. During the first week we had pub events and were also put into mentor groups in which a Lund Student would schedule meet ups for you and a group of exchange students to take part in in addition to the Universities events. Exchange events also consisted of a trip to IKEA and a hike in the Swedish countryside. At the end of the two weeks the University hosted a Welcome week party for all exchange students to attend. It is important to apply for a Nation card as soon as you get to Lund as this is what is required to enter Nation events. Prior to leaving I was not aware of what Nations were, but after finding out about them I believe it is a very cool idea and so much fun for university students to take part in. To explain in greater detail, Nations are sort of like a frat or sorority except both genders can take part. Each nation has a building and will throw parties, concerts, and dinners. In addition, you are also allowed to volunteer I the Nations and this is a great way to get connected and meet Swedish students.

The courses I took at Lund were mostly exchange courses including Swedish and other electives. The courses offered were relatively relaxed and self paced which allowed for students to travel on their off days. Most of my courses consisted of a couple hours of lecture per week and a final exam at the end. In addition, if you find that you did not do as well as you would of liked to on an assignment or exam it is common that you can redo or retake them to improve your grade. I found the
teachers very helpful and accommodative. Furthermore, Lund University has a beautiful campus with buildings dating back to 1666. The University is located in a small town with generations of history and beauty. One of my favourite parts of my exchange was taking classes in such old historic buildings are feeling included in the history of Lund University.

After the first month of exchange past my friends and I were interested in exploring other countries in Europe as most exchange students are. Lund University is conveniently located a 30 minute train ride from Copenhagen Airport with a high volume of incoming and outgoing flights. This made travelling very easy, and I was able to visit many countries and for relatively cheap. While travelling was lots of fun I always felt excited to return to Lund because as the months past I started to really feel like Lund was home. With Lund being quite a small town it givesquant and cozy feelings to those living there. It was nice to walk down the streets and see familiar faces on any given day making my exchange feel very special. It was hard not to fall in love with Swedish culture and the town of Lund while I was away and I still miss it very much.

Coming home from exchange felt a lot harder than actually leaving for the exchange itself. While on exchange I shared many memories I will never forget with friends I will never forget. While it was very difficult to say goodbye to the friends I made and the town of Lund, I was very greatly for the experience I had there and I would highly recommend going on exchange to any student. Some important tips I would encourage to anyone thinking of going on exchange is to make to sure to stay in touch with your family and friends back home as much as you can, this really helps with feeling homesick as this is very normal to feel when you are away from home for some time. And last put not least I would recommend to push yourself to get out of your comfort zone and try to meet as many people as you can. Luckily many exchange students are looking to meet friends as well so this isn't hard to accomplish.

Lund University is wonderful destination to participate in an exchange as the school is one of the oldest in the world, the town is beautiful and Swedish culture is very welcoming and kind.

Good luck to future exchange students! And have fun!