

SEP Report

1. Student Information

Faculty/Major	FASS, Sociology
Host University	Lund University
NUS Semester and Year of Exchange (eg. AY14/15 Semester 1)	AY15/16 Semester 2

2. Study at Host University

Please provide information on the academics at your host university:

- Studying or learning culture at your host university. How were classes conducted?
- What did you like most or dislike most about the academics at your host University?
- Advice on module registration and module mapping

All of the classes I took were exchange modules, and had comfortable class sizes of approximately 20-30 students - this made it easier to raise questions and take part in discussion during lectures. Tutorials (or seminars as they are called in Lund) were always interactive and involved group discussions – the teachers there are very encouraging and students were mostly unafraid of sounding out their opinions, which made for very fruitful unfiltered discussions in a safe environment. Because exchange modules consist of only exchange students, this means groupwork will make for extremely eye-opening sessions because you get to understand a variety of cultural perspectives on the same issue. The assignments and final papers mostly gave us students a lot of freedom in deciding which topics we wanted to venture into, but that might be because of the nature of my courses (mostly social sciences, in the sociology department). Teachers were very responsive and were always there if you required feedback or help with assignments and essay ideas. As with regards to module registration, be sure to keep updated on module registration deadlines, and do not hesitate to email your Lund coordinator(s) should you have any questions regarding the nature of the courses, or course registration procedures – the coordinators are very helpful and responsive.

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Please list the courses that you took during SEP. (Please take note that the list of modules available to exchange students at the host university are subject to change. This table merely serves as reference.)

Host University			NUS Equivalent		
Module code	Course title	ECTS Credit	Module code	Course title	Modular credit
SASA16	Gender, Social Change and Modernity in Sweden	7.5	SC3XXX	Sociology dummy code	
SASA20	Education, Lifestyle and Culture in Sweden	7.5	SC3XXX	Sociology dummy code	
SASH68	Critical Animal Studies: Animals in Society, Culture and the Media	7.5	SC3XXX	Sociology dummy code	
SASA23	Social Anthropology and Contemporary Swedish Society	7.5	SC2XXX	Sociology dummy code	

2. Accommodation

What kind of accommodation did you stay in during your exchange (eg. on campus / off campus)?

Would you recommend this accommodation to future outgoing students?

Do you have any other suggestions?

I stayed in an accommodation under Lund University Accommodation (LU Accommodation) called Biskopsgatan. I would definitely recommend this place to students who are taking courses in the social sciences buildings or the LUX/SOL buildings, because these buildings are a mere 5 minutes walk away from the accommodation. Biskopsgatan is also very central, and one of the few accommodations that are nearer to the city centre – about 10 minutes walk to the nearest supermarket and the central train station. Biskopsgatan is however a small accommodation – you will have 6 other floormates, and another 7 housemates on another floor. The other student accommodations are mostly much larger.

I would recommend Sparta or Pålsjöäng for Economics majors, or students who are going to be mostly taking courses in the LTH buildings.

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3. Activities during SEP

Were there any activities organized by school/student group/external organizations at your host university which you would like to recommend to other students?

Lund has a special student organization called 'StudentLund' which consists of different student houses (they are called 'nations') and act similar to different 'fraternity houses'. You will need to sign up and pay for a StudentLund membership to access the activities in these different nations. They will make you sign up with a nation, but it doesn't matter because it doesn't limit your entry to other nations.

In the first few weeks these nations will organize different activities for freshmen ('novisch week') and it is up to you which ones you want to attend, and most of them are free. Subsequently in the semester these nations will have their own activities and some require you to pay an additional fee, depending on the event and the nation. Activities include student lunches, dinners, pub nights and clubs (which will be a lot cheaper than outside prices, since these places are run and operated by students). There will also be baking sessions, sports, and etc. depending on the different nations. There will be a mobile application to keep track of the different activities going on in different nations.

You should also sign up for the newsletter from the international desk of Lund University because they send weekly emails to update you on activities organized by the university for international students. Alternatively you can follow the 'international desk at Lund University' page on facebook for updates.

4. Cost of Living

Please provide an estimation of how much money you spent during your SEP?

Please list travel expenses separately.

As eating out is generally expensive in Lund (approx. >\$15 per meal), many students cook their own meals instead. Grocery shopping in Lund is comparable to prices in Singapore, and hence it is a lot more affordable to cook.

It costs about \$3 per bus ride regardless of distance, and hence many students either walk or cycle. (Lund is very much a bicycle town).

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I would say \$15000~16000 is a good estimation of how much I have spent in total.

5. Challenges

Did you face any challenging issues during your SEP stint? How did you overcome it/them?

There were mostly no challenges – otherwise there was always help to turn to, such as fellow Singaporeans, or other international students you meet, or university contacts, or your assigned Lund University coordinator.

6. Overall SEP Experience

Please write one paragraph about your exchange experience and attach some photos that represent your exchange experience.

My exchange experience is definitely an adventure that I will never forget, with enough memories to last a lifetime. It was definitely refreshing, both in terms of the different academic culture, and adapting to a new lifestyle in an unfamiliar setting. Academically, it was interesting to experience different lectures styles and formats. It was also extremely enriching to be able to engage in discussion with other international students in seminars - as expected, students from different regions had very different perspectives on different issues, and it was also an important lesson in learning to engage in discourse whilst being respectful of differing opinions that might arise from cultural differences. There was a lot of fun in navigating the group dynamics within international discussion groups. In adapting to the town and living in a new environment, it was equally exciting figuring life out, and having the chance to do this with other international students. I've had the opportunity to foster close bonds with several other international students, and the diversity of the group meant a lot of revelations regarding cultural differences in terms of lifestyle, food and perspectives in general. All these conversations happened amidst other activities and time spent with this group of international friends. It was so much of an eye-opener as they were always suggesting recreational activities that I would never partake back in Singapore, or cooking foods that I had never tried before. On a whole I also feel like I have grown very much as a person, and there was enough moments of alone time to reflect on growth and the changes that have occurred throughout exchange. My exchange experience has been instrumental in instilling in me new perspectives and newfound aspirations.

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7. Suggestions for future outgoing students

Please share any other suggestions for future outgoing students.

It can be very easy to seek comfort in the familiar (i.e. hang out with fellow Singaporeans on exchange in the same location), but as much as possible do try to go out of your way to put yourself in unfamiliar situations, be it new activities, new lifestyle habits,