



RETOUR D'EXPÉRIENCE

Kristianstad, Suède



UNIVERSITÉ DE
MONTPELLIER

MONTELLIER
MANAGEMENT

1. Overall feeling

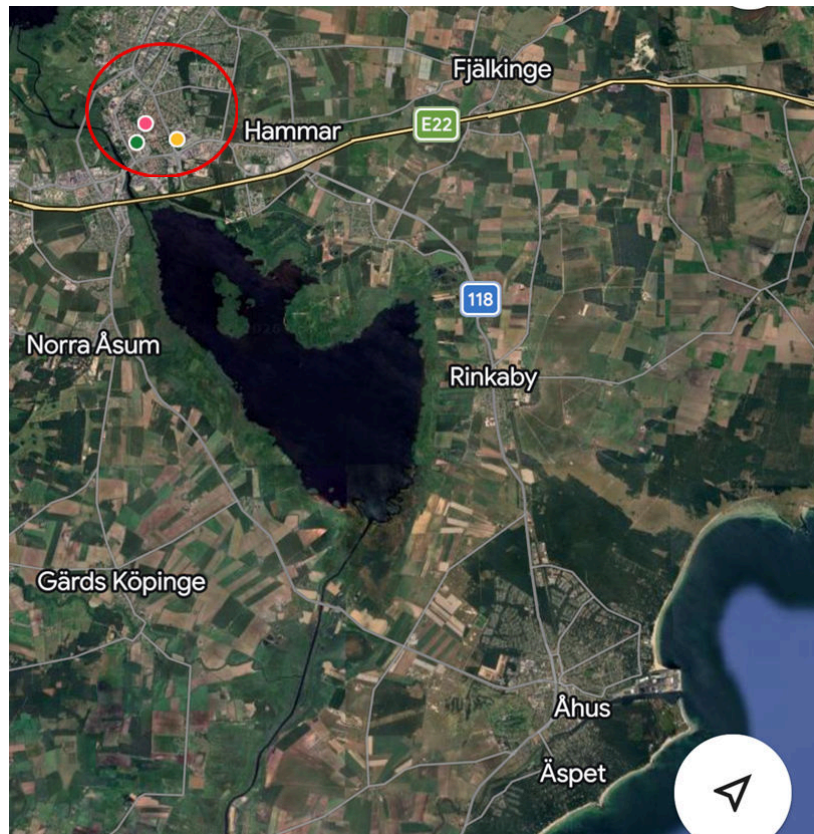
Overall, I really enjoyed my exchange semester. Even though the town is quite small and you can quickly run out of things to do, it's still a lovely place. There are plenty of opportunities to travel, but it's hard to fit everything in without being very organised, so do make sure you plan your trips in advance. The biggest downside is the weather: the winter is long and very cold, and even in June, it isn't all that nice. Don't expect to be in T-shirts – truly sunny days are rare.

2. Before the travel



- You don't need a Visa as Sweden is in Europe but make sure to still bring your passport and your European health card as you may travel a lot.
- I took a direct plane from Lyon to Copenhagen with SAS as there is no direct plane from Montpellier. Then you have 1h30 of train from Copenhagen to Kristianstad. To buy the train ticket, you can either go on <https://www.oresundstag.se> or download Skanetrafiken. For the return journey, I drove back with a French friend I met in Sweden, but I'd advise not to leave it too long before booking your flight.
- I'd advise you to pack plenty of warm clothes, such as thermal underwear, jumpers, as well as lined tights and warm socks. In winter, temperatures can drop to around -15 degrees. As for shoes, as long as they're waterproof, they'll be fine. If you're planning to go to Lapland, warm clothes and shoes are included in the price, so there's no real need to take skiing gear. Don't forget your swimsuit, as there's a sauna! In spring, it never gets warmer than 20 degrees, so I'd advise packing lighter clothes, but don't expect to be able to go out in shorts and a T-shirt.
- As for the bank account, I opened a Revolut account with a YouTuber product placement deal, which earned me 20 euros straight away. With Revolut, there are no currency conversion fees (you don't even really need to convert the currency beforehand, because even if you have everything in euros, the conversion happens automatically at the time of payment), nor are there any withdrawal fees. There's no subscription to sign up for, it's all free. It's really handy when people owe you money (you just need to send a link) or for making bank transfers in general.

3. Housing



I recommend living in Kristianstad (red) as it's closest to university. You are 5 to 10 minutes to the city center, grocery shops, the train station and the park. Åhus is 30 minutes away by bus and you have to take two.

The university (MOMA) puts you in contact by mail with Kristianstad university. You will have to do what I would call the "paperwork process" on an online platform.

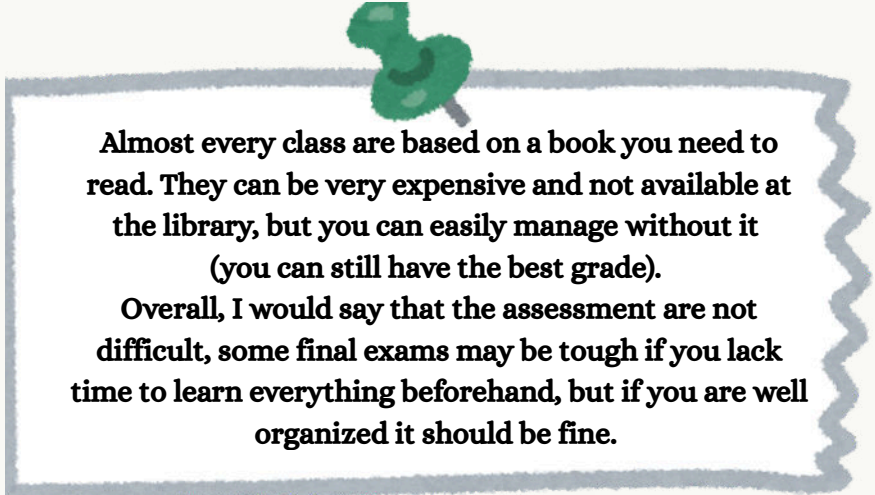
Only after everything is checked and signed by HKR university (it takes a long time), you will have the opportunity to upload your preferences of housing on the platform. After that, they will contact you by mail (housing.hkre...) and show you a selection of choices that you can make. Everything is very well explained in their mail. Then, you will have to choose either Kristianstad or Åhus. In Kristianstad, Jail is the best choice to do, you always see people, there are parties, and if you are organized with the people in your section for the cleaning, you will have a great time.

My room was 6 square meters, and I think I paid around **300/350 euros**. It's the cheapest option. There are bigger rooms and even double rooms, they are more expensive but honestly, I adapted very well to my small room.

I recommend having 3000 euros saved for your travels (University + by yourself).

The courses

- International rhetoric is nice, sometimes maybe a bit boring, but the teacher is very interesting and dynamic. The class is not too hard and it's pretty easy to have a good grade. I really recommend as it's very participative and the overall mood of the class is chill and pleasant. You have to be ok with giving small presentations in front of people for this class, and if not, it's your chance to improve.
- For financial market and instruments, I think it was the first year this class was given so the teacher was a bit awkward and slow sometimes. But I still would recommend it. The content is interesting if you want to discover a bit more about finance. To pass, you have a quiz, two group projects and a final exam. If you work one week before the exam, then you are sure to have a good grade.
- I would not recommend strategic management. It's a speed course, meaning you have class for six hours almost every day, a lot of group work and a final report. The duration of this class is more or less 5 weeks so it's very fast. The content is a bit boring (VRIO, SWOT, Pestel) and is a bit more interesting at the end. I had all my exams at the same time (Finance+rhetoric+management+masters) so if the schedule for this class stay the same, I don't think it's really worth it as you can still have a lot of classes the week during your exams.
- I strongly don't recommend management control. It was the first time this class was given, the teacher was really slow, and you don't really understand where his logic is going when he's explaining the class. Overall, it was really boring, and the final exam didn't reflect what was seen in class. A lot of people failed this class, not because it was hard, but more as it's almost impossible to grasp the teacher expectations. It's a shame as the content was still interesting. If they don't change the teacher (Gert.P) and layout of the class, then I don't recommend. The only positive thing is that it was the only class I had for the last two and a half months, so I had a lot of time to travel.



Almost every class are based on a book you need to read. They can be very expensive and not available at the library, but you can easily manage without it (you can still have the best grade).

Overall, I would say that the assessment are not difficult, some final exams may be tough if you lack time to learn everything beforehand, but if you are well organized it should be fine.

Life in Kristianstad

Safety

I always felt very safe in Kristianstad even at night. It's a very calm city, and when the clubs are open, the police is always in front of them in case there is a problem.

Events

Most of the parties are organized by people from Jail and happens in Jail. On Saturday night a lot of people are going to the club (Banken). Those types of parties are so nice to socialize and talk to people you didn't meet yet.

Go to the university

You can go by foot in 25 minutes or by bus from the train station (it's a ride of not even 10 minutes). You can buy tickets on the app Scanetrafiiken and it cost a bit less than 2,5 euros.

Eating

- ☐ Willis
- ☐ ICA and Lidl
- ☐ COOP for their *salades composées*
- ☐ Rosegarden (Asian buffet)

Phone and internet

I didn't change my internet program as I had the international one (REDbySFR) but you have to know that there is a law that state that if within 4 months you use more data in UE than in France then you need to pay (hors forfait). So by the end of my exchange, I couldn't use a lot of 5g outside.

Sports

The student union also give access to a lot of sport within the university. You need to pay a membership. There, you can meet other students that don't live in jail, but I would say that Swedish students don't take part in those activities. The membership gives access to all the sports offered.

Travels

- ☐ Lapland (Kiruna)
- ☐ Stockholm
- ☐ Tallinn
- ☐ Copenhagen
- ☐ Budapest
- ☐ Vienna
- ☐ Berlin