

**Experiences of former exchange students**

**Kristianstad Univeristy**

## **Carmen Winter, Health Promotion student from Germany**

### **University/Campus**

Arriving at the Högskolan was really nice. Karen from the International Office welcomed us and we felt home from the first moment. The university is much bigger than my home university but much more friendly with all the trees and all this nice looking buildings. The people are all very nice from the teachers till the students. You can find help even for the stupidest questions all over the place.

At my home country in Germany I study Health Promotion the same I did here in Kristianstad. I had courses like "Sustainable Health" and "Global Health". But despite from my subject I also wanted to learn some Swedish which I did in the "Swedish Lesson".

My classmates were from all over the world except from Sweden. Well I had some but really not much, which was a pity.

The teachers were in time, which was something new for me. Also most of the teaching methods were new but I liked them. Very interesting was also to work with people from different countries because everybody is working a bit different. That's really helpful for the future!

The most impressive thing was that the teachers have time for you whenever you needed them. And if you cannot find them in their office just write them an e-mail and they answer you quicker as you can see. Also they take care of you and are interested also in topics which don't belong to the subject. I never ever can imagine something like that in my home country where some students are only a number.

Because of my perfect experiences at the Högskolan I suggested all the students from my university to apply for this exchange program.

### **Being an Exchange Student**

Here in Sweden I had the best time of my short life. Nobody will believe that if she or he didn't experience that. Before I came to Kristianstad I wasn't sure if I can manage half a year abroad. But I did it and I did it very well.

As I came here I was a bit scared of the rooms because they are small and you have no privacy. But it couldn't have been better. My roommate was also from Germany and the best roommate ever! We had so much fun together that we didn't notice that we had no privacy. After three weeks we even managed to talk English to each other all the time so that we could reach our aim to improve our English. At the end we also talked some Swedish ;) )

I joined all trips organized by the international office and every single one of them was perfect! If I have to say which one I liked most...it was the trip to Kiruna! It's the most expensive one but even if I could not go to holidays for the next 2 years because of this trip it still worse it!!!! We went to a camp outside of everything, saw the northern lights, thousand of stars, did ice fishing, experienced -27 degree, meters of snow, drove snowmobile and the best every we did dogsledge a experience I will never ever forget in my life!

It was very sad to say goodbye to everybody at the end but I still have contact to nearly everybody today. We European people can meet easily that's no surprise but also a really good friend from South Korea will visit me this summer :) )

### **Sweden and Kristianstad**

Before I came to Sweden I thought it's cold and dark in the winter season with a lot of snow. But also I was looking forward to all the lakes and the sea. From other people I heard that the population is reserved and not so open-minded.

After my stay now I have totally another point of view. The people are so friendly and nice and help you wherever they can. The only thing is that the streets are empty if it gets dark. It looks like if the Swedish people hide in the houses in the winter.

Although the winter season is awesome in Kristianstad. They have a lot of snow which didn't go for nearly 3 months. It's cold but not too cold. And it's not that dark, longest time was from 10am to 4pm.



The city is a small but a pretty one and you can find everything you can find in a big German city. The next lake is 5-10 minutes away and then you can reach one after another. The whole Skåne region is really nice and you can find a lot of small idyllic villages at the sea. I loved it to make bike trips to various places because everything is so flat and beautiful.

I and my friends visited a lot of different cities in Sweden but also the capitals of Estonia, Denmark and Norway.

Whatever you have read about a stay in Kristianstad now you have to experience it yourself! But what you should now is that you are never alone. There are 200 other International students who feel and experience the same as you do and also there is the international office which helps with everything.

Just do it and have one of the best time in your life!





## Lea Troulay - Business student from France

### My time in Sweden...

I'm a French student studying business. I spent 5 months in Kristianstad...it was amazing! I met people from all over the world; I discovered new ways of life, new ways of thinking. I learnt a lot about many different cultures but also about myself. It' was very rewarding to be in such an international context.

Kristianstad University has a great international office, where I was welcome all the time. They helped me with every kind of problems (with the courses, the accommodation or whatever) but the best thing was that they also helped me feeling better when I was home sick! The international office organized some trips in Sweden, which were unforgettable: traveling with so many people from different countries is just awesome!

The courses I attended in Kristianstad were very interesting, and I discovered a new way of teaching that I really enjoy, with a better communication between students and teachers. Sharing a room with another international student (from Czech Republic) was very nice, I learnt a lot about her country, but I also found a very good friend! Of course, sometimes it was difficult to be far from my country, but all the people were so nice and helpful that I keep only good memories of my time in Sweden. Now...I'm just looking forward going abroad a new time !!"





## Alexander Alin- Water management student from Germany

What an unforgettable time!

Kristianstad is a town in the northeast of Skåne..

this and more information you can find in every travelling guide, but what you can't find is that being an exchange or international student in Kristianstad might be one of the best times you have in your life!

When I arrived in Kristianstad, I thought that this town seemed boring because no people were around. Well, I was totally wrong!

My first impression changed when I visited the International Office for the first time to register. I met a girl from Hongkong. Cool that was very exciting for me! Furthermore, Karen and the others from the International Office were really helpful and organised a lot of events from the beginning. I left the office happily. From that moment on a lot of gatherings with other international students, trips and parties started.

Actually, I came to Kristianstad to take part in the program of sustainable water management for half a year. As Sweden has a very beautiful landscape with all its lakes, wetlands and rivers, I thought that it would be a perfect place to intensify my environmental studies. Finally, this thought was coming true. I never had such amazing outdoor excursions and team work experienced before. My entire classmate came from different countries and parts of the world. We started to cook together in lunch time and thought of having an international restaurant. One of many highlights surely was the water conference in Kalmar. We were invited by our great teachers Lena and Jean and also visited Öland, a very beautiful island nearby.

I really want to recommend this program to all students that are interested in environmental and water related issues. You will learn a lot but what is even more important you will have much fun!

Finally, my friends, classmates, all the nice Swedish people and especially my Chinese girlfriend-I met in Kristianstad- made me feel like I found a new home. I must say I managed everything well with the aid of all these people. Unfortunately, time was running fast. Many students left after the semester.

I visited Sweden twice this year and I keep in touch with many people although it is difficult. Each time I come to Kristianstad, I try to have a look in the International Office where the wonderful time began. Thank you all for the winter semester 2010/11 in Kristianstad-  
Hej då





## Adrian Viñas, Teacher student from Spain

Hello, my name is Adrian, I'm from Córdoba, a very beautiful city located on the south of Spain. I'm studying now Psychopedagogy and I studied Teaching before in my city.

I was in Sweden last year, from August to June, thanks to the Erasmus program and the agreement between my home university and Kristianstad University.

I would like to talk about the courses, specially, Educare, it was the best course I had in Sweden because it talks about the Education in general, and how is the Swedish educational system and I could compare with Spain and all the differences that we have with this system, in my opinion, we should try to learn from it, because in the future we will be the people who will educate to the children, and we're responsible of changing this, to improve the Spanish Educational System. We were people from different countries (Hong Kong, Turkey, Lithuania, Austria, Sweden and of course, Spain) and this was also interesting because we could share our different points of view in the life, we had different cultures, religions, and the society was totally different depending on the country, therefore, we could learn a lot from each other.

I think that I was in all the trips organized by the university (Åhus, Tallin, Kiruna, Riga and Göteborg), they were amazing, all of them, but specially, the Kiruna trip, I could say that this was the best trip because it's an experience that you're going to live only once in your life, so, you have to take the opportunity to go there, even it's a bit expensive, it's totally worthy; for example, the activities we did, like riding the snowmobiles or going with the doges sledges, specially this one, for me, it was one of the best experiences that I have had in my life; on the other hand, the only one "negative" thing, was the weather and the temperature there(I know, it's the North Pole, but still, it's extremely cold, and even more for people who come from Spain)

Finally, I will talk about Erasmus friends, they were really important in this year that I stayed in Sweden, we were like a group, like a family, we helped each other in the bad moments and we enjoy all the good moments together (parties, trips, parties in the Activity room...) and I will never forget most of the people who I met in Sweden. In the second semester, we have a very good group of people from different countries and we made a lot of things together, we had a very good relationship and it was amazing to meet all of them, and of course, we are still in contact with some of them and we could see each other last summer. I also want to say that I could improve my English level, the change between August and June was really important, because I had to talk almost all the time in English and this helped me to improve the oral skills. Definitely, I enjoyed very much in Sweden and I would recommend you to go there, specially, to the Kristianstad University. This year changed my life in a lot of aspects, all of them important for my future life, not only like a teacher, also like a better person.

Adrián.

