

# Welcome!

## Information sheet for exchange students applying to Södertörns university

We would like to confirm that you have submitted your application form successfully and that you have been **accepted as an exchange student at Södertörn University**. We look forward to seeing you in August 2011 and hope that you will find this information package useful in order to start planning your stay and your studies with us.

### Letter of Acceptance

For Non-EU students a Letter of Acceptance will be sent to you or your home university.. You will need this letter when applying for the Student VISA/residence permit. Make sure you apply early! Applying for a Student Residence Permit might take up to two to three months and it has to be stamped into your passport before entering Sweden.

If you are an EU-student and also need a Letter of Acceptance, please contact us and we will send you one.

### Insurance

All students should have a good insurance cover for your stay in Sweden. Students from the EU should also bring the European health insurance card.

### Arrival Day

The official arrival day is Monday 22nd of August, and Tuesday the 23rd of August 2011.

The keys to your accommodation will be handed out on Campus during office hours 10 a.m. – 5 p.m., so you need to plan your arrival accordingly if you wish to have access to your room on the day you arrive. If you arrive during the Saturday or after office hours, you will have to arrange your own accommodation for the first night/s.

At the end of July we will send you further information by **email** about the arrival day and the accommodation .

### Accommodation offer

If you will be offered an accommodation, you must answer us if you want your accommodation by 30th of May. Before this we can unfortunately not answer any questions about which residence or room you are going to stay in.

### **Accommodation**

If you do not accept your accommodation placement in time, we will give the room to another student and we will not be able to give you another accommodation offer. You must accept the accommodation offered by 30th of May 2011 at the latest.

Students that does not get offered an accommodation will be placed on a waiting list. Students are placed on the list according to the date their application was **submitted**. Students are required to check their e-mails regularly since an offer of accomodation might require a fast answer.

### **Orientation Programme**

The Orientation Programme will begin Wednesday the 24th of August. It is a programme arranged especially for our international exchange students to introduce you to the university and to student life in Sweden. It is obligatory to participate in the programme. It will make your start here both easier and more fun! The programme will be posted on our website in August.

### **Course registration**

We would like to draw your attention to the fact that all students will be registered on the courses starting in the first period before your arrival. This means that no changes can be made in this period. For courses in the following periods, you will have a chance to make changes during your first weeks at Södertörns University.

Spending some time in another country requires of course some planning and we are sure that you will have many questions about your stay. We would recommend you to check our website for detailed information. There is also a site with "frequently asked questions" which we hope will be helpful. Should you still have further questions, feel free to contact us by email.

## About English at Södertörns högskola

All exchange-student courses at Södertörns högskola are, of course, given in English. The level of English required is quite high (Swedish students are expected to be semi-fluent, having studied English since they were small children).

This can, sometimes, be a problem for exchange students who come from countries where English is not automatically taught as a second language. Some students find it difficult to “follow” courses which require a high level of academic English. Since almost all the courses depend on English-language in-class discussion and independent group work, this can make it difficult for some students to keep up with Södertörn courses.

Do not despair! There is help, especially designed for students who want to improve their English - and at the same time, perhaps, get used to the rather unique Swedish form of instruction (consisting, in many cases, of group discussion, much independent study, and independent study projects or papers as the final exam form). Södertörn has put together several courses that are meant to help you get going in all-English seminars and independent studies – while improving your written and spoken English.

### **These courses are at the “introductory” level (A-level). They are:**

Period 1-2 (week: 35-44) (at half-speed, 7.5 ECTS) English: Oral and Written Communication

Period 1-2 (week: 35-44) Academic Writing in English

Period 1-2: (week: 35-44) English for Higher Education Studies

Finally, there are some courses which do not require an equal amount of discussion and writing, but which are a pleasant, low-key introduction to Sweden:

Period 2: (week: 40-44) (7.5 ECTS)

Sweden: History and Politics

Period 4 (week: 50-3) (7.5 ECTS)

Sweden: Culture and Society

If you are uncertain about or want to improve your English – we recommend these courses!

### Cost of living in Stockholm

To live in another country can sometimes be a bit more expensive than living at home. Some students have never lived away from home or lived with a tight budget. In order to prevent a situation where you do not have any money left at the end of the month it is always good to make a budget and plan your expenses.

Sweden is in some extent an expensive country to live in, but if you plan ahead you can get your money to last longer than you think. There are supermarkets with low prices like Lidl and shops like H&M that makes it possible to live on a tight budget.

Students that gets an monthly allowance from their parents in a foreign currency will also experience that due to exchange rates that changes, the cost of living can differ from one months to another. Take this into account when you budget your monthly allowance.

When you plan your budget, also keep in mind that you need to have a buffer for unexpected costs. You never know if you will need to go to the doctor or the dentist. You might also need to buy winter clothes or would like to go on a trip to Lapponia.

**Below you can see an example on how a budget can look like.**

Food	1 800
Accommodation	4 000
Course literature	500
Telephone	300
Internet	300
Local transport	690
Medical and personal care	300
Clothes, hobbies	1200
<b>TOTAL</b>	<b>SEK 9 090</b>