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# WELCOME GUIDE

for international students  
at Södertörn University  
academic year 2020/2021

We hope you have a pleasant stay!

**SÖDERTÖRN UNIVERSITY**  
sh.se | STOCKHOLM



## Welcome to Södertörn University!

**AS THE VICE-CHANCELLOR**, I am delighted to welcome all our new international students to Södertörn University! As one of Sweden's youngest, most dynamic and modern universities, we offer our students a multidisciplinary and multicultural environment, where they not only learn, but also develop as individuals and as mindful citizens.

Our university has grown rapidly since its foundation, and we currently have more than 12,000 students. Internationalisation is one of our key priorities, so we are continually increasing the number of programmes and courses offered in English. This year, we had a record number of applications to our university, both from national and international students.

Unfortunately, almost all of us are witnessing the consequences of the coronavirus pandemic beyond the spread of the disease itself, something that has affected many of our students and staff. However, our aim is to make our university as safe as possible, so we are taking every available measure to protect the health, safety and welfare of our students and staff.

We are extremely happy that you are joining our Södertörn family! You will be an indispensable and valuable member of our community, developing your ability to think independently and analytically and contributing to the academic and social life on campus. So, on behalf of all our staff and students – welcome!

**Professor Gustav Amberg**, Vice-Chancellor

# Student life in Sweden

In addition to offering high quality education, Sweden has a lot to offer to make your learning process more enjoyable and memorable. Being a student in Sweden has a number of advantages. With a valid student card, you receive discounts on public transport and a range of other services and products both in Stockholm and all around the country. Stockholm offers a vast number of societies, clubs and interest groups open for students – and language is not usually a barrier. Almost everyone in Sweden speaks English, so as an international student you don't need to worry if you don't speak Swedish. However, learning at least basic level of Swedish will help a lot in your daily life and you can learn Swedish in addition to your studies.

**Did you know** that in 2018, nearly 9,300 international students studied at Stockholm's 18 universities and colleges, which is a 14% increase compared to 2016 and 2017?

## Sweden

Sweden is one of the largest countries in Europe – comparable to Spain, the US state of California, or Thailand, in terms of surface area – with very diverse nature and climate. Swedes love to spend time outdoors and many cultural and sporting activities take place all around the country. Explore Sweden's stunning landscapes and varied activities during the weekends and holidays: see the northern lights in Kiruna, participate in the annual long-distance cross-country ski race Vasaloppet in Dalarna, or treat your taste buds at Stockholm's Christmas markets.

**Did you know** that Sweden's borders have been unchanged since 1905 and the country has not been at war since 1814?

## Weather

Spring, summer, autumn and winter each have their own unique personalities in Sweden, but when each season starts and how long it lasts depends on what part of the country you live in.

Sweden has a much milder climate than most other regions of the world that lie as far north, thanks to the Gulf Stream. July is the hottest month in Stockholm with an average temperature of 18°C (64°F) and the coldest is January at -3°C (27°F). Beware: Swedes love to talk about the weather!

**Did you know** that Riksgränsen, a Swedish resort in Kiruna, is the world's most northernmost ski resort, located 200 km above the Arctic Circle? Every year, Riksgränsen has 32 days of pure darkness in the winter and 56 days of pure daylight in the summer.

## Customs

Being punctual is important to Swedes, so arrive just prior to an appointment, but not too early. Orderly queues form pretty much everywhere.

Sweden is often associated with a good work-life balance. One should spend a *lagom* (loosely translated as just enough or right) amount of time both at work and at leisure. *Fika* – basically coffee and cake breaks – contribute to a better work-life balance. It must be noted that studying in Sweden is different to studying in other countries, because Swedish universities have an open climate with a strong focus on group work. Sweden has a non-hierarchical society, and everyone is encouraged to contribute ideas and well-informed opinions. This means that when you study in Sweden, you'll be encouraged to think critically and independently.

And it goes without saying that a well-known national characteristic is the love of nature, as well as respect for diversity and equality.

**Did you know** that the education system in Sweden is student-centric and hierarchically flat? Relationships between students and teachers are relaxed and informal – as a student in Sweden, you will be expected to address your teachers by their first names.

### A few facts about Sweden

- Out of 10 million people in Sweden, 85% live in cities
- Forests cover 63% of the country
- Sweden has five official minority languages: Finnish, Meänkieli (also known as Tornionlaaksonsuomi or Tornedalian), the Sami languages, Romani, and Yiddish
- Homosexual relations have been legal since 1944, and same sex marriage was legalised in 2009
- In 1979, Sweden was the first country in the world to ban corporal punishment
- With 25% as standard, Swedish VAT is among the highest in the world
- Only 1% of solid waste goes to landfill in Sweden – the rest is recycled or used to generate heat, electricity or vehicle fuel, with 54% of energy being generated from renewables
- There are 95,700 lakes across the country

**Did you know** that Sweden is one of the few countries in the world that gives every person the right to roam in nature? The only exceptions are private gardens, near homes or farmland with crops. This is commonly referred to as “*allemansrätten*” in Sweden.

### Cost of living

The Swedish currency is the krona, which is abbreviated to SEK. SEK 100 is approximately EUR 10 or USD 11, but rates may vary. International students studying in Sweden are required to have at

least SEK 8,514 (or approximately EUR 820/USD 940) per month at their disposal, if they need to apply for a visa or residence permit from the Swedish Migration Agency (*Migrationsverket*). Based on actual living expenses, we recommend that international students have an average of SEK 10,000 per month for living expenses in the Stockholm area.

**Did you know** that in Stockholm, you could win the the lottery for obeying traffic laws? The idea was proposed by Kevin Richardson, and a portion of the money collected from speeders goes into a lottery for law abiders to win. Win-win?

### Banks, currency exchange, cards

Sweden is a nearly cashless country. Most of the country's bank branches have stopped handling cash; many shops, museums and restaurants now only accept plastic or mobile payments, so please do not bring large amount of cash with you to Sweden. Most in-store terminals support payments with contactless cards. You can get cash using your Visa, MasterCard, Maestro or Cirrus card at any ATM (for a small fee when using a card issued in a foreign country). Students who have a Swedish personal identity number (*personnummer*) can apply for a local bank account and bank card. However, please note that students studying on one-year programmes often do not receive a personal number, which makes it theoretically impossible to apply for a Swedish bank card.

**Did you know** that it is illegal to post a picture of Swedish krona on social media? Currency is protected by copyright in Sweden. According to the *StudyinSweden.se* website, Riksbanken's advice is that the original authors of the works used on banknotes and coins may decide to sue if they feel their moral rights have been violated.

## Transportation

In the Greater Stockholm area, SL (Stockholm Public Transport) is responsible for buses, underground trains, commuter trains, trams and some ferry routes. The underground (tunnelbana) is often the easiest and fastest way to commute within Stockholm city. Commuter trains (pendeltåg) take you to the suburbs and neighbouring towns. Tickets can be purchased at SL Centers, underground ticket booths, newsagent kiosks, via SMS or via the SL app. It is not possible to pay cash for tickets on buses in Stockholm. Failure to show a valid ticket if asked to will result in a penalty fee of SEK 1500. Adult full-time students carrying a student ID with an SL logo can purchase SL tickets at a discount fare. If you don't have a valid student ID, you must pay the adult fare or risk a penalty fee. A very popular means of transport among Stockholmers is cycling. When you order a taxi, please make sure you use one of the major taxi companies and contact them through the switchboard or an app.

*Did you know that Stockholm's underground has been considered to be the world's longest art gallery due to the countless artworks displayed at its 90 stations? #stockholmmetro*

## Healthcare

If you are a citizen of any of the EU/EEA countries or Switzerland, you should register for a European Health Insurance Card (EHIC) in your home country before coming to Sweden. This card gives you the right to medical care at the same cost as Swedes.

If you are a citizen of a non-EU/EEA country and you are enrolled in a degree programme longer than one year, you're entitled to the same health benefits as Swedes, provided that you have a personal identity number.

Exchange students and fee-paying students are covered by a student insurance policy via Sweden's Legal, Financial and Administrative Services Agency (*Kammarkollegiet*). See the section on Insurance.

*Did you know that Sweden has the highest number of elderly care workers per capita in the world?*

# Studying at Södertörn University and in Stockholm

## Academic calendar

The academic year of 2020/2021 has two semesters:

- *Autumn semester 2020:* 31 August 2020 – 17 January 2021
- *Spring semester 2021:* 18 January 2021 – 6 June 2021

## Credit system and Ladok

The number of credits tells you the length of a course or programme. A credit in Sweden is the same as an ECTS credit. One week of full-time study is worth 1.5 credits. One semester of full-time study is worth 30 credits. A whole academic year, which is 40 weeks, is worth 60 credits.

At Södertörn University the semester is divided into four periods. Each period lasts 4 to 5 weeks and there is an examination week at the end of each period. Usually a student will take one full-time course per period and four consecutive full-time courses in each semester.

As a student at Södertörn University, you can use Student-Ladok to check your personal details, course registrations and results. You can also print out certificates of your results in exams and the courses you have passed, both at Södertörn and other universities in Sweden. You can also print out a certificate of registration. Ladok is available via [www.student.ladok.se/student/loggain](http://www.student.ladok.se/student/loggain)

## Grading

For courses taught in Swedish, a three-point grading scale is used: Pass with distinction (VG), Pass (G) or Fail (U).

For courses taught in English, a six-point grading scale is used:

- A – Excellent
- B – Very Good
- C – Good
- D – Satisfactory
- E – Sufficient
- F – Fail

Credits are awarded only when the course has been successfully completed.

## Examinations

At Södertörn University, you will encounter different kinds of exams. Some are given as written final exams, others as written assignments, essays or projects. They can also be oral, such as individual or group presentations at seminars. Please note that alternative arrangements may be made due to the coronavirus pandemic. Students who fail an examination the first time may re-take the exam at a later date. Cheating in exams is strictly forbidden. If any student is caught cheating, a special investigation is carried out and may lead to suspension from the university. Plagiarism (copying part of assignment from a book or website) has severe repercussions.

## Teaching, study methods and SH-StudyWeb

Most teachers strongly encourage student participation in the form of questions and presentations in class, and welcome questions out of class. The emphasis on discussion and group work makes it important to attend classes, especially seminars – and to be ready to discuss what you prepared for the seminar. It is common for there

to be only 2–6 lectures and seminars per week. Please note that alternative arrangements may be made due to the coronavirus pandemic. Students are expected to spend a lot of time reading and preparing for the lectures on their own. In Sweden, group assignments and presentations are very common, as are final hand-in assignments instead of a written exam.

SH-StudyWeb is the university's learning management system and is used for all courses and programmes. It has your course room, your timetable, syllabus and reading list. SH Study Web is available via <https://studiewebben.itslearning.com>

## Equal opportunities

Södertörn University has an equality plan that begins in the following way: *“Södertörn University must be inclusive and utilise the abilities, commitment and competence of its employees and students. The guiding principle is the equal rights and human dignity of all. The university rejects all forms of discrimination due to sex, transgender identity or expression, ethnicity, religion or other belief, disability, sexual orientation or age.”* You can approach any employee to get help, but primarily your teaching staff and the equal opportunities officer. Student Support Services have special responsibility for equal opportunities issues, so you can also turn to them for help.

## Rights and obligations

*“Rights and obligations – rules for studying at first and second-cycle level at Södertörn University”* is a local set of rules that include decisions about the relationship between students and the university. You can search for and read the full document [www.sh.se/international](http://www.sh.se/international)

## Tuition fees

Exchange students do not pay tuition fees at Södertörn University.

International freemover students (international Master's degree programme students) from EU/EEA countries are exempt from tuition fees.

All non-EU/EEA international programme students at Swedish universities pay tuition fees for their studies in Sweden. The tuition fees at Södertörn University during the academic year 2020/2021 are SEK 90,000 to SEK 144,000 per year, depending on the subject area. Detailed information about the tuition fee for your programme is in the email from your department, along with your admission notification.

The tuition fee covers the course or programme to which you have been admitted, as well as the related academic administration and support services. Fee-paying students have the same services, rights and obligations as non-fee-paying students, such as study and careers counselling, student health care, disability services, access to library and university facilities. Priority is given to international fee-paying students for student accommodation. All students, fee-paying or not, have rights and obligations during their studies at Södertörn University – please read more in the Rights and Obligations section. For information about additional expenses, please read the section on living expenses.

## Scholarships

Södertörn University offers a limited number of tuition fee waivers/scholarships. Non-EU/EEA students who have applied via University Admissions for a one or two-year master's programme at Södertörn University as their first ranked choice, may apply for a tuition fee waiver during their application process. This currently covers 90% of the tuition fees. Students thus need to pay 10% of their tuition fees and their own living costs. Study in Sweden has a list of other scholarships available to international students on their website [www.studyinsweden.se/scholarships/](http://www.studyinsweden.se/scholarships/)

## Employment opportunities

In Sweden, international students with a valid residence permit may work while studying. Even though there is no official limit to the number of hours you can work, you will be expected to spend an average of 40 hours per week attending lectures, studying, reading, taking part in seminars and writing assignments.

If you are from an EU/EEA country, you may stay in Sweden after completing your studies.

If you are from outside the EU/EEA, you can apply to the Swedish Migration Agency for permission to stay in Sweden for up to 12 months after graduation to look for employment or to work, provided that you meet their requirements.

## Family support

If you are planning to bring your family to Sweden while you are studying, there are a few things to consider. Finding accommodation in the Stockholm area is very challenging for individuals, and even harder for a whole family. If you intend to travel to Sweden as a family, we strongly recommend that you start looking for accommodation well in advance. The Accommodation Office at Södertörn University cannot help with family accommodation. If you are from a non-EU/EEA country and need a student visa or residence permit, your family members must also apply to the Swedish Migration Agency with you, or after you have received your visa or permit. Your family members (i.e. spouse, partner, underaged children) can get a residence permit for the same period as you.

If you are studying at Södertörn and have a small child, your child has a right to attend a preschool (provided that you are either an EU/EEA national or a non-EU/EEA national with a residence permit and personal number). You can apply for a place in childcare or at a family day-care six months before you need it; your child must be at least one year old to obtain a place based on where you live.

## Activities in Stockholm

According to the QS Best Student Cities ranking, Stockholm recently ranked no.16 in the world for desirability, reflecting the city's high standards of living and popularity amongst students. Nearly everyone speaks English in Stockholm, so many international students enjoy the social life here. Stockholm offers many places to go swimming in Lake Mälaren or the Baltic Sea, near the city centre or in the surrounding archipelago. For more tips about what to do outdoors, visit the Swedish Tourist Association's website. Stockholm's stages and arenas attract Swedish and international stars, and cultural events, exhibitions and concerts are always happening in the city. The Visit Stockholm website is a good place to find more information.

## University services and facilities

### Infocenter

Infocenter's services are quick and easy, providing the help you need for your everyday activities as a student. You can receive help with your general questions, your SH-Card and topping up your printing card, loaning audio-visual equipment, collecting marked take-home exams and assignments, buying branded products, etc. You can also meet the students' union at Infocenter. If you have an appointment with a study and careers guidance counsellor, the International Office or a counsellor, it will be held in one of Infocenter's meeting rooms. If you are going to hand in a take-home exam or assignment, put it in the academic school's letter box, outside Infocenter. The Infocenter is located on MD 5 (entry level) of the Moa building and can be contacted via +46 (0)8 608 40 00 or [info@sh.se](mailto:info@sh.se). You may also use the self-service portal <https://sh.topdesk.net/>

### International Office

The International Office is a unit that works strategically and opera-

tively to guide, support and inform international students from their first contact with the university up to alumni level, providing tools and specialist knowledge for study-related issues, internally and externally. The International Office is located on MD 5 (entry level) of the Moa building, next to the Infocenter. If any questions or in case you would like to meet with one of our international officers, please contact [international@sh.se](mailto:international@sh.se)

### Academic schools

Södertörn University has four academic schools, which are responsible for education and research:

- School of Historical and Contemporary Studies
- School of Culture and Education
- School of Social Sciences
- School of Natural Sciences, Technology and Environmental Studies

The university also offers Teacher Education and Police Education; these report to the vice-chancellor, with each being run by an academic head and is staffed by teachers from the university's academic schools.

### University library

Södertörn University's library has a range of study environments for different needs and purposes. There are quiet areas where you can sit in peace, and other areas with bookable group rooms where you can sit with a study group. If you are a student at Södertörn University, the library has stationary computers for you to use and laptops that you can borrow. There are two printer rooms where you can print from a library computer or your own, provided that you have a student account to print from. The library also has the Study Support Unit, which offers guidance, courses and lectures in



academic writing, academic speaking and study techniques. It also provides help with references and essay writing. Please check the website for latest information on opening hours.

### **Careers and study guidance**

We have study and careers counsellors who can help you with everything from what subject or programme to choose to possible careers. A meeting with a counsellor could cover the following areas: the university's course and programme offering, choice of specialisation, how to put a degree together, eligibility, admissions, your study situation, planning your studies, study leave/non-completion, and career planning. Please check the website for latest information on careers and study guidance and how to book an appointment with a counsellor.

### **Support for students with disabilities**

If you are a student at Södertörn University and have a permanent disability, you can apply for special educational support. It is important that you apply as soon as you can, so that we can provide the best possible support. If you need help with specific talking books, please contact the library's talking book service. The university offers support to students with disabilities by providing services such as alternative examination, adaptations for written examinations, note-taking support, individual study plans, mentoring, PowerPoint and lecture notes, a resource room, sign language interpreters, technical and printing support, and extended supervision. The application for disability support is easy and done online via the website.

### **Student Health Centre**

The Student Health Centre offers help if you have physical, mental or social problems while you are studying. It works to promote the students' physical and psychosocial health throughout their studies and is a supplement to other healthcare services. We offer advice

and consultations for all students, with a counsellor, psychotherapist, psychologist or nurse and, when necessary, doctors and physiotherapists. You can contact the Student Health Centre via +46 (0)8 608 4384 or [kurator@sh.se](mailto:kurator@sh.se).

### **University Chaplaincy**

Södertörn University has a university chaplaincy. You are welcome to book a time to talk, whatever your faith or troubles. All appointments are free of charge and we treat everything as confidential. In addition to private appointments, we also offer other meetings and groups. We have a Room of Serenity in MC 339, and meditation sessions on Tuesdays at 13.30 in Infoverkstan, UB517, in the university library. There are many faith communities and cultural community centres in Stockholm and Sweden.

### **Computers and Wi-Fi**

There are two wireless networks at the university: Eduroam and SHguest. Eduroam is the student network. This is an international network that many higher education institutions (HEIs) are part of, so you can connect to Eduroam at all affiliated European HEIs. It is also available in some public spaces, such as airports and railway stations. If you experience issues accessing the university Wi-Fi, please contact [info@sh.se](mailto:info@sh.se) or call: +46 (0)8 608 40 00.

### **Café and restaurants**

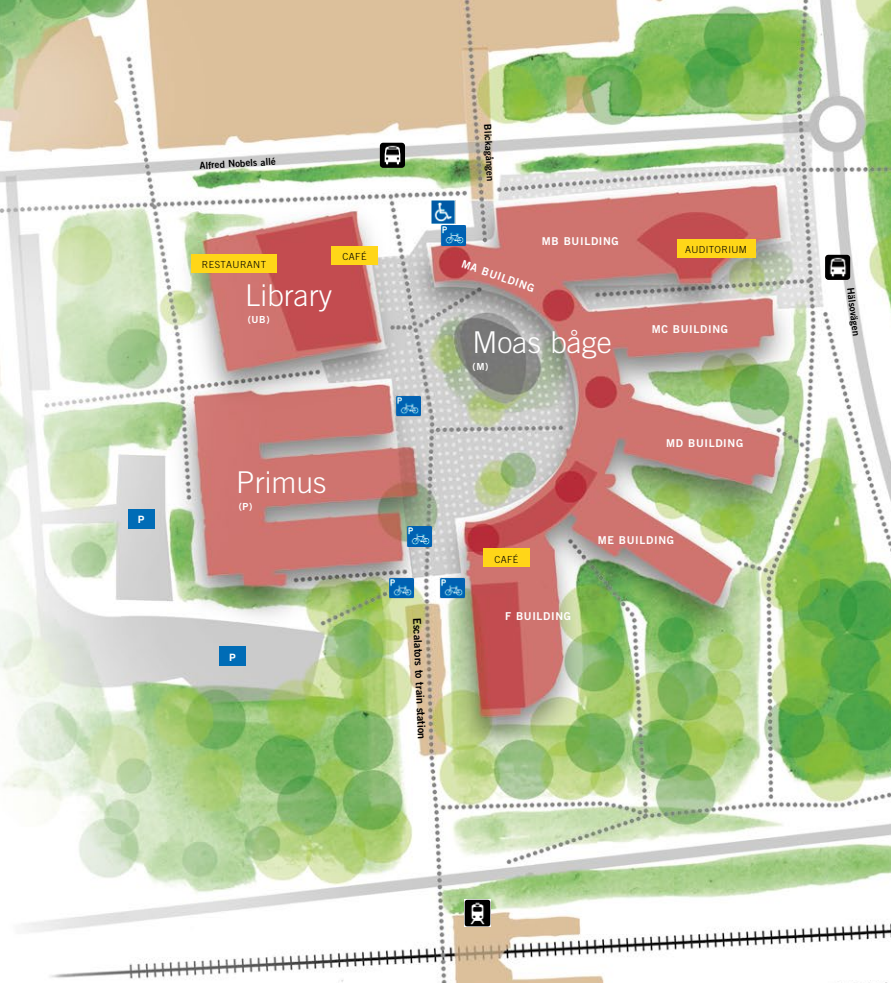
The university has several restaurants/cafés where you can buy lunch and snacks: Restaurang Allé Elva Kök & Matsal on level 4 of the library and Arom Kaffe & Deli on level 5 of the Moa Building. Prego Södertörn is on level 4 of the library and Prego Tolvan is on level 2 of Logos. There are also a number of other options nearby in the nearby surroundings, and several places on campus where students can heat food in microwave ovens.



## Find your way around Södertörn University

### Buildings and rooms

When a lecture or seminar is held in room MA 648, you should be in Moas båge, MA Building, level 6 and room MA 648. All room numbers are constructed in the same way. This is true for the Moas Båge Building (M), F Building (F) University Library (UB) and Primus (P), Logos (LO) and Praxis.



# Preparing for your studies

## Visa and residence permit

Exchange and international students from non-EU/EEA countries who are studying in Sweden for longer than three months must apply for a residence permit (*uppehållstillstånd*). For detailed information about the requirements and process for a student residence permit, please visit the Swedish Migration Board at [www.migrationsverket.se](http://www.migrationsverket.se) and consult the nearest Swedish embassy. We strongly recommend submitting your residence permit application as soon as possible, preferably three months before you expect to travel.

Exchange and international students from EU/EEA countries do not need to apply for a residence permit. Nevertheless, EU/EEA citizens studying in Sweden for more than three months must register their right of residence at the Migration Board within three months after entering Sweden. For more information, visit [www.migrationsverket.se](http://www.migrationsverket.se).

## Accommodation

Södertörn University offers student accommodation to international students from non-EU/EEA countries and to exchange students. It is only available to individual students in their first year of study at Södertörn University. Students must take at least 15 credits per semester to be eligible for accommodation. If you are a non-EU/EEA international student and have been admitted to a Master's programme, there is a link to the accommodation application in your acceptance letter; fill in the form, after this you will receive an email with a link to the accommodation application. If you are an exchange student, you will be sent a link on completing your application. Please note that the application process has slightly changed in the autumn semester in 2020 due to coronavirus – more information about this is available on the website. If you are not eligible for accommodation from Södertörn University, you are responsible for finding your own

housing. For detailed information about accommodation, please visit [www.sh.se/accommodation](http://www.sh.se/accommodation)

## Telephone and internet

If you have a mobile number from another EU mobile operator, you should be able to “roam like at home”, depending on your operator's terms and conditions. To decide the best option for you, please check with your mobile operator prior to leaving your home country.

Roaming costs for non-EU operators are often high and we recommend that international students buy a local SIM card upon arrival. You can bring your mobile phone and simply buy a local SIM card – prepaid or subscription – in Sweden. There are many options available and you can order a SIM card online (depending on the operator, a Swedish personal number may be required) or buy one at a shop called *Pressbyrå*.

Depending on your mobile operator, mobile internet packages may be available. Wi-Fi internet is available throughout the campus and in many public areas in Stockholm.

## Insurance

Exchange students and fee-paying students are covered by a student insurance policy via Sweden's Legal, Financial and Administrative Services Agency (*Kammarkollegiet*). This insurance provides coverage for the following:

- disability and death benefits
- medical and dental care
- home transport
- personal property coverage
- third party liability
- legal expenses

Freemover students from countries in the EU/EEA are not covered by Kammarkollegiet's student insurance when they are not on campus and must purchase their own home insurance.

All European students must bring their European Health Insurance Card.

All students at Södertörn University are covered by insurance during working hours at the university and when commuting to and from it. You will need additional insurance cover during your free time.

### **Clothing**

Sweden has four distinctly different seasons. It can get very cold in the winter, which may start early and finish late. It is important to be prepared and have appropriate clothing, so please bring a warm windproof and waterproof coat and some warm, sturdy boots. Swedish homes, universities and public spaces are generally well heated and insulated, so you don't need to wear extra clothes indoors.

As the price of winter clothing can be high in Sweden, it may be wise to bring some warm clothes with you. But don't forget to pack some summer clothes and swimwear, so you are also prepared for beautiful Swedish summer days.

### **Emergency contacts**

The emergency number in Sweden is 112, the same as in most EU countries. It can be accessed via mobiles, landline phones and public telephones and offers emergency medical, police and fire and rescue services.

For non-emergency healthcare services and to find out where the nearest hospital is, please use the Swedish healthcare helpline by calling 1177 at any time.

### **Checklist before you travel**

This is a suggested list for preparation prior to your departure:

- Confirm your offer from the programme or the course(s) you have been admitted to and pay the tuition fee (if relevant).
- Apply for a visa or residence permit, if required. Ensure your passport is valid well beyond your planned return date from Sweden. Please check the latest updates with the nearest Swedish diplomatic mission.
- Apply for accommodation or search for accommodation options.
- Contact your programme coordinator or *international@sh.se* if you have any questions about your programme, or to confirm your attendance at Orientation Week.
- Purchase travel and/or medical insurance if you do not already have any or if you are not covered by the student insurance.
- Contact your bank and check about using your account while in Sweden. Acquire a Visa or MasterCard if you do not already have one.
- Consult your mobile operator about mobile and internet roaming and look for options in Sweden.
- Plan your transportation to Stockholm.

## **Arriving and settling in**

### **Travelling to Sweden**

If you travel to Stockholm by air, Arlanda Airport is the main international airport in the Swedish capital and is located 40 km north of Stockholm. From Arlanda, you can reach the city centre by commuter and regular trains, the Arlanda Express high-speed train and coaches. The journey normally takes 20-45 minutes and costs

SEK 99 – 299, depending on your means of transport. Stockholm's second largest airport, Bromma airport, is situated 8 km west of Stockholm. Airport coaches take about 20 minutes to and from the city centre, depending on traffic. Stockholm Skavsta Airport is located 100 km south of Stockholm and also has an airport coach service, *Flygbussarna*, that takes about 80 minutes.

If you travel by train, the Swedish national train operator, SJ, has routes between Stockholm and the Danish capital of Copenhagen.

The journey takes five to seven hours. You can also travel to Stockholm by sea from its neighbouring Baltic countries – Helsinki in Finland, Riga in Latvia, or Tallinn in Estonia. Please note that as of summer 2020, at the time of publishing this Welcome Guide, there are some restrictions in international travel, so please check the latest updates via the Swedish Ministry of Foreign Affairs or the Re-open EU website.

### **Registration**

The International Office will register exchange students on the courses for which they have been accepted. The registration process can vary for different programmes and courses – some have a roll-call and some don't. You would receive detailed information on the registration process from your department in due course.

### **Orientation Week**

Södertörn University provides welcome services and an Orientation Week programme for international students. Here you will have the chance to attend information sessions on important topics, such as student accommodation, student rights and regulations, IT services, library facilities, etc. If you miss the Orientation Week, arrangements will be made to facilitate digital access to the Orientation Week. More information on the Orientation Week will be provided via email by the International Office before the start of the semester.

### **Students' union and ESN**

The students' union at Södertörn University, SöderS, works with issues related to higher education, as well as social and leisure activities, and is an important means of making the students' voices heard. Participating in the students' union is often fun and gives international students the opportunity to meet Swedish students. Membership of the students' union is optional, but it allows you to participate in the students' union's activities and in the international committee's activities. On payment of the students' union fee, you receive a student card that gives you student discounts, for example, you can purchase student travel cards at a reduced fare. SöderS can be reached via +46 (0)8 608 4079 or [soders@soders.nu](mailto:soders@soders.nu). The Erasmus Student Network (ESN) is a part of SöderS and organises activities for international students.

### **Student accounts and access to network and printers**

Every student at the university gets their own SH-Account for the university's IT environment. An SH-Account allows you to log in to SH-StudyWeb, the university computers, and also gives you access to the university's wireless network. Please contact [info@sh.se](mailto:info@sh.se) if you need support with your student account.

### **Swedish personal ID number and registering in Sweden**

International students who study in Sweden for 12 months or longer must apply for a Swedish personal identity number (*personnummer*). Skatteverket, the Swedish Tax Agency, is the authority responsible for issuing personal ID numbers. Registration must be done in person at one of the tax agency's offices. This number provides international students with access to healthcare, banking and many other essential services in Sweden. To learn more about registering in Sweden and acquiring a personal ID number, please visit Skatteverket's website [www.skatteverket.se/](http://www.skatteverket.se/)

# Learning Swedish

## Opportunities to learn Swedish

Exchange students are offered Swedish language courses free of charge. Academic credits are awarded upon successful completion of courses. These courses are not currently available to international freemover students. All EU/EEA students and other international students with a personal identity number can register for SFI (*svenska för invandrare – Swedish for immigrants*) courses that the Swedish state offers for free. For more information about SFI courses in Stockholm and how to register, please visit [www.stockholm.se](http://www.stockholm.se)

# Basic vocabulary

Hello – **Hej**

How are you? – **Hur mår du?**

Pleased to meet you – **Trevligt att träffas**

I only speak English – **Jag talar bara engelska**

I don't speak Swedish – **Jag talar inte svenska**

Keep your distance – **Håll avstånd**

Social distancing – **Social distansering**

What time is it? – **Vad är klockan?**

What's your name? – **Vad heter du?**

Good morning – **God morgon**

Good evening – **God kväll**

Good night – **God natt**

Cheers! – **Skål!**

Thank you – **Tack**

You're welcome – **Varsågod**

I love you – **Jag älskar dig**

Yes – **Ja**

No – **Nej**

Sorry – **Ursäkta** or **Förlåt**

Road – **Väg**

Street – **Gata**

Square – **Torg**

Island – **Ö**

Park – **Park**

Monday – **måndag**

Tuesday – **tisdag**

Wednesday – **onsdag**

Thursday – **torsdag**

Friday – **fredag**

Saturday – **lördag**

Sunday – **söndag**

Right – **Höger**

Left – **Vänster**

Straight ahead – **Rakt fram**

Back – **Tillbaka** or **Bakåt**