

SLU Umeå - International student survival guide 2008-2009



BEFORE YOU ARRIVE

Arrival

Umeå airport is located 55 minutes air flight from Stockholm, and can easily be reached from Stockholm-Arlanda International airport. Please be sure to obtain Swedish Krona (SEK) when you arrive in Sweden as Euros are not accepted in Sweden.

Arrival into Stockholm-Arlanda International Airport, Stockholm

Stockholm-Arlanda International Airport is 42 km north of Stockholm. You can either change directly to terminal 4, domestic flights or take the airport coach to Stockholm city. Important! Please do not forget to take your baggage through custom in Stockholm. Your baggage will not be routed directly from your home country to Umeå. Information regarding domestic flights you find at www.sas.se , www.flynordic.com www.umeflyg.se or at www.malmoaviation.se

Arriving to Umeå

by train

From Stockholm city the night train will take you north to Umeå where you get off in early morning hour. The Night train traffic is operated by Connex, www.connex.se for timetable and reservation please visit their webpage.

by Bus

The bus company *Y-bus* operate Umeå-Stockholm, and leave from Stockholm city terminal. (next to the Stockholm city railway station) More information (only Swedish) www.ybuss.se. you buy the ticket at the city terminal.

by car

Arriving to Umeå by car is simple due to the small town. But be careful the weather conditions can change easily and during winter it is snowy and icy on the streets. Winter tires are required from November to April.

You head for signs marked University or hospital. After reached the campus area, the SLU building is located in the east by the forest next to IKSU athletic centre. You find the office of student affairs on level 2, by the dean's office. Make sure to arrive during office hours or make arrangement for your arrival to Umeå with the international committee.

by ferry

RG- line operates between Wasa in Finland and Umeå/Holmsund, Sweden. Time table and prices is found here: www.rgline.com Upon arrival to Holmsund, by coast side of Umeå- approximately 15kilometeres from Umeå, you may take the bus into Umeå and get off by the university. (travel takes about 30 minutes from the harbour)

Budget

Tuition in Sweden is free, even for students from other countries. Generally speaking, a student needs about 6.000 –8.000 SEK/month for food, accommodation literature etc. In Sweden you are supposed to buy your own course literature.

Housing.

You can only rent a room in Umeå for a whole month (except for August). You have to give one calendar month notice if you want to leave your room earlier than agreed upon.

SLU can offer housing close to campus. All rooms are single rooms and they are fully furnished. All rooms are located in a corridor where you share kitchen with other students. The rent is between

2.500-3.000 SEK/month. You have to bring your own sheets, towels, pillowcases and a blanket/duvet. There are no mats or curtains in the room either. Kitchen utensils are not provided but most kitchens have common pots, pans, plates and table settings etc left by former students. **Please observe – it is prohibited to smoke and to keep pets of any kind in the student rooms or corridors.**

Cleaning and upkeep of your student room is your responsibility. Your room will be inspected before departure and if it's not found in good order, or if there should be any damages, you will be charged for the cleaning and/or repair.

Visa

You need a valid passport for entry into Sweden. In some cases a visa is also required. However, citizens of EU countries and Iceland and Norway need only an ID card provided that the citizenship is stated on the card. For further information contact the Swedish Embassy or Consulate in your country.

DURING YOUR STAY

Buses

The bus terminal for local buses in the centre of Umeå is named "Vasaplan". Coaches for long distance leave and arrive to the bus terminal located opposite to the train station. You can buy a timetable with a bus-route map for local busses on the bus or at ULTRAS service centre at Vasaplan or check www.ultra.umea.se

There are also an airport bus. It costs about 35SEK and its route is from Vasaplan to the Airport with a stop at Ålidhem and return.

Fares:

Local single ticket 20SEK

Airport single ticket 35SEK

You can also buy a 5 trip card or a 10 trip card. Ask the bus driver about the price.

Business hours

Banks Monday –Friday 10.00-15.00

Thursday 10.00-17.30

Shops Monday-Friday 10.00-18.00

Saturday 10.00-16.00

Supermarkets are open all week.

Once a month, the last Saturday in a month, shops are open until 5.00pm for some real intense shopping. A lot of people are usually in Umeå centre these Saturdays. Department stores are open on Sundays as well between 12.00 noon -4.00pm

Canteen there is a canteen at the faculty of forestry used by students and staff at the 2nd floor and it is possible for you to have either a hot meal or lighter refreshments, like a sub sandwich and a coffee. At campus, there are several coffee shops and restaurants and all with reasonable student prices. There is also a restaurant at IKSU athletic hall.

Courses you find time tables and course information to all courses at the SLU web. Search on the bar for the specific course you like to find. Click on the link by the outline to get to course context and curricula text and there choose course home page. All courses are supposed to publish this home page in good time in advance before the course starts. **At least 4 weeks prior to course start.**

Dentist If you need a dentist you can contact the Student Dental Service (*Studenttandvården*), In Tandläkarhögskolan for an appointment. (phone 090 7855000, switchboard – ask for Student Dental Service.

Electricity the electric current in Sweden is 220 volts and 50 cycles (Hz). As Swedish outlets differ from British and American you may need a transformer and/or an adapter for your electrical appliance.

InsuranceAll students coming to Sweden must be covered by a valid medical insurance. EU citizens are covered automatically if they bring the form E128 or E111 or the card. **Exchange students** (not other international students) are also covered by an insurance policy taken by SLU at a national agency, *Kammarkollegiet*, covering medical issues, accidental injury and assault, disability and death, liability and legal expenses at a level comparable to normal high Swedish standards. Please note that travel to and from Sweden in connection with your study period is not covered by the Kammarkollegiet insurance, nor are trips outside of Sweden during the study period.

Laundry There are laundry rooms in every student area. Ask your corridor friends on how to use the facilities and where the closest one is. The use of the laundry rooms is free of charge.

Pharmacy At the pharmacy (*Apotek*) you can buy aspirin, band aids, toothpaste etc. The staff can also give you general medical advice.

Apoteket renen, Renmarkstorget, is open weekdays 10am-6 pm

Ålidhems apoteket, Ålidhem weekdays 10am-6pm

Hospital pharmacy is open evenings and week ends.

Registration number you will all be given a personal registration number to be used within SLU for registration. This number is only valid within the SLU.

Residence permit If you are going to stay in Sweden for more than three months you need to have a residence permit (*upphållstillstånd*). Citizens of EU countries apply for their residence permit after their arrival in Sweden at the local Office of the Swedish Migration Board. Scandinavian citizens do not need a residence permit.

If you are a citizen of a country outside the EU or Scandinavia you must have your residence permit stamped into your passport before entering Sweden. You apply for a residence permit at the Swedish Embassy or Consulate in your home country. Otherwise you may not be let into the country.

Rent You will get an invoice in your mailbox at SLU for rent. Please avoid an extra charge for overdue payment. You can ask the buddies if they can help you making the first payment at the bank/post office.

Student Union Buddies The student union buddy org. is a part of the forestry student union. It is also one of the first contacts on your arrival to Umeå. The buddies will introduce the visiting students to their new campus life and it will also:

- assist the visiting student to ensure a pleasant stay
- Assist in everyday problems, such as banking etc.
- Inform about student union activities, sport arrangements etc
- Arrange social events.

The buddies or student union cannot provide financially support or student lodging.

Sports IKSU is a student sporting organisation for all of you who enjoy sport activities. IKSU is located approximately 200 meters from the SLU building. Here you can swim, take a sauna bath, and take classes in water aerobics, spinning, aerobic, step-up, body pump, body balance, body combat, punch-out (a sort of boxing class), gymna (a bit similar to aerobics), play squash, badminton, beach volleyball or soccer. There is also a big gym where you can work out. At IKSU you find a solarium, a physiotherapist and masseurs/masseuses as well. They also arrange skiing and hiking trips in their

IKSU outdoor club(recommended to join by many exchange students). There are variable prices for the member cards. They do have special prices reductions for students.
See www.iksu.se for more information.

SLU in Umeå – **International office**

Office of student affairs and Learning development

Maria Sterner International exchange coordinator

Maria.sterner@adm.slu.se

Joakim Grundberg career counsellor

Joakim.grundberg@adm.slu.se

Student Health Centre The student health care centre is located on campus close to student service centre at Umeå University.

Nurse phone 786 90 52

Counsellor phone 7869057 or 7869058

Website www.umu.se/studentcentrum/halsan

If you need to contact a doctor, **and it is not an emergency**, you can also visit Ålidhems Vårdcentral (Ålidhems health clinic). They have doctors and nurses. Please bring your insurance certificate and some money (approx. 300 SEK). You must contact the health centre by phone early in the morning to get an appointment.

Phone number is: 785 81 10 (or see the blue pages in the telephone directory).

Emergency treatment you will get at the hospital. Dial 112 for a ambulance. The charge is at least 300SEK. Always bring your insurance proofs and ask for an invoice. Save recipes from your visit in order to get refund (if applicable) from your insurance company.

Student Union You have to be a member at a Student Union when you are studying at a Swedish University. It is compulsory in Sweden. At SLU you belong to Skogshögskolans studentkår. The Student Union is responsible for the welfare of the students by dealing with education and financial matters. The Student Union also organise a lot of activities such as parties, pubs and fika.

The Student Union fee needs to be paid in order for you to receive your grades. You will need to present your student identification when taking proofs. Questions regarding your membership please sent to medlemsansvarig@shs.slu.se

Work in Sweden You may work during your stay in Sweden as a student and you do not need a work permit. You have to contact the Local Tax Authority in order to obtain a coordination number.

ACADEMICS

Academic year 2008-2009

Autumn semester: September 1st 2008.- January 18th , 2009

Spring semester: January 19th 2009 – June 7th 2009

The academic year is divided into study periods (*studieperioder*), from 1a to 4b.

You can only take one course at the time during the study periods.(block system)

Credit system One Swedish university credit (hec) correspond to 1 European credits as defined by the European Credit Transfer System (ECTS). This means that 30HEC, corresponding to 30 ECTS credits, will be awarded for one completed semester of full-time studies. An academic year corresponds to 60Hec/ECTS.

GENERAL

Alcohol In Sweden you can only buy alcohol at *Systembolaget*. You cannot buy alcohol in any supermarket or store. In order to be able to buy alcohol in Systembolaget, you must be 20 year old and always show an ID.

Drugs The Police take the consumption or possession of illegal drugs in Sweden very seriously. The use of drugs is **NOT** tolerated at all in the Swedish society including the student life.

Emergency 112 In Sweden the emergency phone number is 112 for ambulance, police and fire department.

If you call from a phone both you can call free of charge if you just press the emergency button and dial 112.

Fika The Swedish word for having a coffee or tea, often accompanied with a cake or a snack is *fika*. Fika is more than just a small meal, it is a very important social event and it is a good way to get to know people.

Police Dial **112** if you are in an emergency.

Post service Post service points for both letters and packet service are located in shops and gas stations situated in residential areas or shopping centres. You can pick up and send ordinary letters and packages, registered letters there. You can also find stamps, registered letters and express letters there. The services of the post offices are available at the same time as the shops are open.

Public holidays 2008 2009

New Years day *Nyårsdagen* 1st January
Epiphany *Trettondagen* 5th January
Good Friday, *Långfredagen* 10th April
Easter Monday, *Annandag Påsk* 12th April
Labour day, *Arbetarrörelsens 1 maj* 1st May 1st May
Ascension Day, *Kristi Himmelfärdsdag* 1st May 21st May
Whit Sunday, *Pingsdagen* 11th May 31st May
National day, *Nationaldagen* 6th June 6th June
Midsummer's Day, *Midsommardagen* 21 June 20th June
All Saints Day, *Allhelgonadagen* 1 November 31st October
Christmas Day, *Juldagen* 25 December 25 December
Boxing Day, *Annandag jul* 26 December 26 December

There will be no lectures or classes these dates. Most shops will be closed as well as the banks.

Smoking It is not allowed to smoke inside anywhere in Sweden. This includes public buildings, companies, schools, restaurants, pubs and even in your accommodation.

Time GMT +1. Daylight saving time is used from the last Sunday in March until the last Sunday in October; GMT +2.

Time is written according to the European system, 3 pm is written 15.00.

Useful web-sites

SLU www.slu.se

Visitors Guide to Sweden www.visit-sweden.com

City of Umeå www.umea.se

Information about Sweden www.sweden.se

Studies in Sweden www.studyinsweden.se