

## Uppsala University

Hello and welcome to the introduction of why Uppsala University located in the region of Upplands in Sweden should be at the top of your choices for the Telfer international exchange.

My name is Nicolas Puentes and I am a Telfer student in the program of international management. Therefore, for me this exchange is mandatory as a prerequisite to graduate. I would like to state the fact that even if you are enrolled in another program such a finance, marketing or human resources, doing an international exchange is a MUST do with the faculty of Telfer because the university makes it so easily accessible that I personally think that every student should apply because this is an eye-opening experience culturally.

I know that you guys have probably been looking at all the possible exchange destinations and making choices is pretty intense since there are so many cool places available. I did that too. And to be completely honest with you guys, Uppsala was my 3<sup>rd</sup> option. However, I am more than grateful that I was given this place because, let me tell you, the student life here is insane. This city is basically a student city, out of the 250,000 habitants, 45,000 are students. The university and its campus are at the heart of the city and most of its events. I will explain most in detail in the next paragraphs, but for now, I will go step by step on the topics that Telfer wants me to talk about.



## Getting to Sweden

Alright, so you have been chosen to come to Uppsala and now it is time to start the process of your big move to Sweden. There are some key steps to follow along. To begin, you will have to receive two very crucial documents, and these are: the results form from uOttawa and the certificate of acceptance of Uppsala University. Do you have these documents? Great! Now you can start the process of applying for a student resident permit online in which you will have to submit an application through the Swedish Migration Agency proving that you will be in fact a student in one of their universities as well as proof that you (or your beneficiary) have enough money to live in their country. In 2024, when I applied and did my permit the minimal required funds were 10,315 SEK or 1,348 CAD per month. This is very important because whenever you apply you must submit bank statements proving that you will have enough financial support throughout all of the semester. Therefore, it is not just 10,315 SEK but it is 41,256SEK or 5,390CAD. If this amount is not shown in your bank statements when you apply, and you only get the chance to apply once, then the permit will not be granted. Following this application, you will receive the official letter from the Swedish Migration Agency granting you the resident permit for your journey in Sweden. You must bring this paper as well as the other too when you enter the country. That is all for the steps that need to be taken in Canada. However, whenever you get to Sweden, you must make another appointment with the Swedish Migration Agency in person in order to take a picture and take your fingerprints so that you can receive your physical ID card, which is needed in case you leave the country, therefore needed if you are planning on traveling to other countries while in Sweden. Don't worry, I know this is a lot of information, but all of these steps will be reminded to you via email when you are in Canada before coming as well as when you arrive to Uppsala. It is not something to worry about. Just keep in mind that you **MUST** complete the application for the resident permit properly and with enough time. Basically, do it as soon as you get your answer from Telfer telling you that you are chosen for the exchange.



## Courses and Schedule

Let's now dive into the scholar part of the exchange. In Sweden, semesters and schedules do NOT work the same way as they do back at home. Here, a "semester" of four months is divided into two

periods. In the fall semester (August to January), there is period 1 (Sept 1 – Oct 31) and period 2 (Nov 1 – Jan 19). Now that this is explained, here is how classes work. But first, I should mention that in order to stay a full-time student, as uOttawa requires, you must take a total of 30 ECTS (credits) during the whole semester. You, my friend, will get a list of available courses to take by email shortly after being accepted by the university, therefore you will have to choose which classes you want to take and in which periods in order to satisfy the requirements of both universities. After you have chosen your classes, you must fill in a form and send it to the faculty of Telfer in order to get these approved so that they count towards your degree. It is a quick process; it is done easily with all of the instructions written in the emails. You just have to read and follow what is says.

Me personally, the classes I chose are something like this:

#### 1<sup>st</sup> period

Class(es):

- International business and marketing from a Swedish perspective. ECTS: 15
  - o Monday lecture, Monday group assignment, Tuesday lecture, Friday seminar
  - o Weekly assignments (case and seminar), midterm exam, final exam

#### 2<sup>nd</sup> period

Class(es):

- Business in networks. ECTS: 7.5
  - o Monday lecture, Friday seminar
  - o Weekly seminars, case assignment, final exam.
- International business strategy. ECTS 7.5
  - o Monday lecture, Wednesday group assignment
  - o Weekly case assignment, seminar exam, final exam.

FULL SCHEDULE EXCEL VIEW

International Business Strategy... +2 object (3)						
Monday 23/9 2024	Tuesday 24/9 2024	Wednesday 25/9 2024	Thursday 26/9 2024	Friday 27/9 2024	Saturday 28/9 2024	
0						
1						
2						
3						
4						
5						
6						
7						
8						
9	09:15- International Business and Marketing			09:15- International Business and Marketing from a Swedish Perspective K338, Ekonomikum Seminar Literature seminar <a href="http://use.mazemap.com/?v=1&amp;campusid=41&amp;campuses=uukahangopolym">http://use.mazemap.com/?v=1&amp;campusid=41&amp;campuses=uukahangopolym</a>		
10	10:15- International Business and Marketing from a Swedish Perspective Group work Team work Monday Assignment	10:15- International Business and Marketing from a Swedish Perspective International Business and Marketing.				
11						
12						
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The charge is medium, maybe a little less than we are used to in Ottawa with our 4-5 classes per semester. There are a lot of weekly assignments and cases to do, and attendance counts in all classes. If you go to class, do your readings and participate during the seminars you are guaranteed a good grade. So, with this lighter workload and some free days during the week there is a lot of opportunity for traveling and exploring Sweden as well as countries nearby as well as to get involved in the student life within the nations. I will cover this in the student life portion of this testimonial.



## Student Housing

A big important part of this exchange is the fact that you will be living on your own (if you didn't already) in the student housing. Another crucial step of this exchange is to choose your housing, and this must be done before coming to Sweden. As well as all the other information, the housing requests will also be sent to you via email by the university where you will have the choice to choose from lots of various student residences dispersed all around the city. Some are very big buildings with lots of people, some are way smaller with less corridor mates, some are privates, and some are within the nations. Also, some are far from the city center, some are close, some are literally besides some of the campuses. There is a lot of variety and price ranges. The most popular among international students is called Flogsta. This consists of 7 story buildings with 24 rooms per floor separated into 2 corridors of 12 each. Each of these corridors possesses a shared kitchen with 2 stoves and 2 ovens, 2 fridge, 2 freezers and a balcony. Each room has its own bathroom, bed, desk, nightstand, chair shelves. It is a good enough space to live in. The rent per month in one of the Flogsta buildings is around 4,930 SEK or 645 CA and it includes everything: all services, WIFI, access to laundry rooms, bike parking, heat, electricity, water, etc. It doesn't matter where you live, you will make lots of new friends and you are always within a 5km radius of all activities, classrooms, nations, restaurants, train station, etc. However, 5km is a pretty long walk, that's why you need to get a bike to move around, but I will talk about this in the recommendations, so keep reading for all tips!



## Arriving in Uppsala

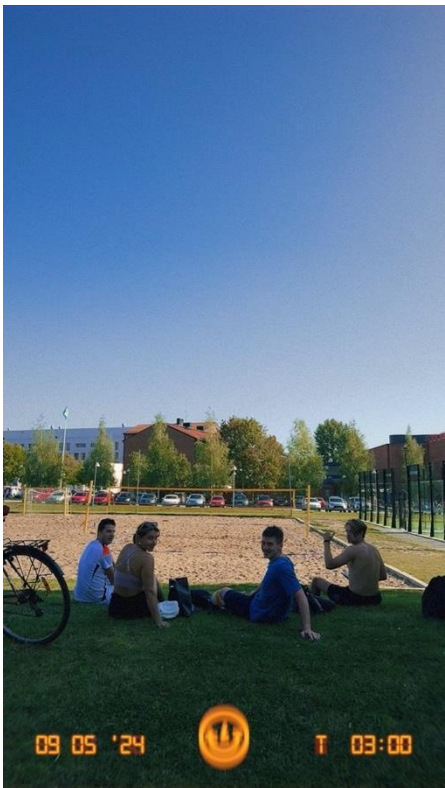
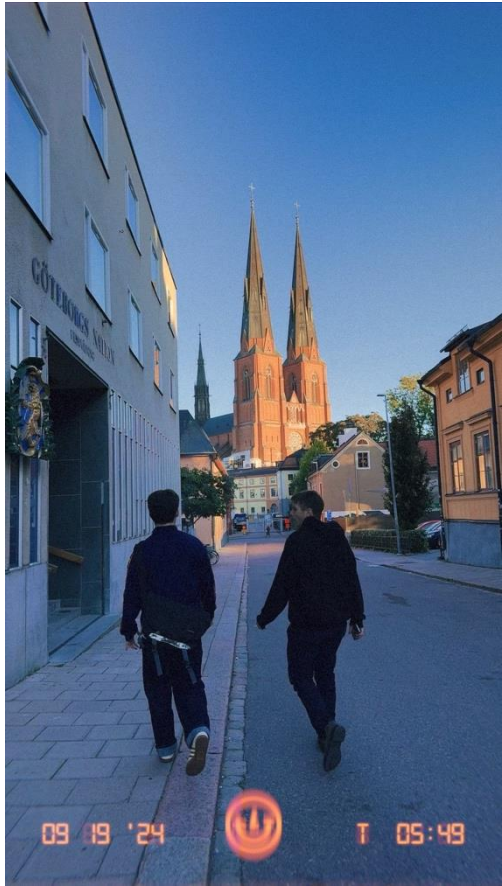
Alright, listen up, because the first day in Uppsala is one of the most important ones. Uppsala university will tell you that there are some “recommended arrival” dates because the university arranges transportation and all kind of activities for new students. These dates are crucial, even though it is 2 weeks before the start of class, and here is why.

After you land in Stockholm, you must go to terminal 4 of the Arlanda airport where there will be a kiosk of Uppsala university ready to welcome you and guide you through the next steps. You then get in a bus with multiple other students that just arrived and are transported to the city of Uppsala and directly to a university building where you will complete the following steps: getting housing key, getting student card, activities schedule, nations information, etc. They will give you a care package with all information about the university, the city and all nations. Once you are done at the welcome reception and have gone through all the kiosks you are then back in the bus and being transported to your given accommodation (Flogsta for me) where you can drop all of your stuff and then go on a guided tour of the facilities where they show you all the amenities (laundry room, garbage disposal, bike garage, mailbox, etc.) Once this is done, you are finally done with the tours and have time to organize your stuff, unpack and relax. After you are unpacked you can now look up where is the nearest supermarket because you will need to buy food for the next few days.



## **Student life**

Uppsala is recognized for its engagement in student life for locals as well as for international students! This city is full of activities for everyone. As soon as you get to Uppsala you will see that there are many activities from guided city tours, nation tours, sports games, concerts, trivia nights, etc. Now, as mentioned before, in order to be able to move around properly in the city and to get from place to place I highly recommend buying a bike. You'll see that literally everyone has a bike. Now, there will be "bike fairs" where you can find one, but after being here and experiencing with multiples bikes and pricing, I think the most economic option is to look on Facebook marketplace first, because at the bike fairs there are just too many bikes that are overpriced and sometimes there are problems with the gears or breaks and other stuff that you don't realize. Bikes aside, the next big decision to take is which nation or nations to join. Basically, nations are students' organizations for students by students. There are 12 nations here in Uppsala and each of them come with different perks. First, they each have their own facilities (building, restaurant, bar, club, etc.) not all of them have all of the mentioned but it varies. Once you join a nation, you become a member, and you can therefore go to their activities for free and you can also enjoy discounts for all of their extracurricular activities like clubbing and restaurants. Each nation has designated activities on certain dates for example some have a club night on Tuesday, some on Thursday, some on Friday, etc. They all host bigger events like formal dinners, sports events, receptions, etc. Becoming a member is a very easy and fun way to meet new people from all over the world. There are activities literally every day, sometimes multiple times a day. And for days like Halloween there are 12 events per day. You really won't be bored here, and everything is within a 15-minute bike ride. I personally joined the Snerikes Nation and the Stockholm Nation. I am a part of their soccer team (Stockholm), I have worked as a bartender for one of their club nights (Snerikes), I go to brunch on Sunday morning at their restaurant (Snerikes), sometimes I go to the club night on Friday (Stockholm) and I have gone to all formal dinners and receptions from both nations. It is worth every penny. Oops, I forgot to mention you do have to pay a fee to become a member, but it is like 50\$ CAD for each nation.



## **Recommendations**

Listen! You are in an international exchange to be able to live and experience a new culture, new people, new food, new places, new landscapes, etc. You have to enjoy it! Do stuff that are out of your comfort zone, talk to people, create a worldwide network! Im telling you, you will meet people from ALL around the world! Make friends, understand how other cultures think and act. It really is eye-opening and gives you a different perspective on life, the world, etc.

That being said, for Uppsala specifically, like I mentioned before, get a bike! You will be able to move around easily.

Join the gym Campus 1477. It is the university gym, and it not only offers you a weight room, basketball court, paddle court, sauna, volleyball field, spinning room, but it also has classes and open activities every day, like seriously at least 10 different classes or activities per day. It is super fun, and the benefits of exercise are just great physically and psychologically.

Get your groceries at the store called “ICA” it is one of the only ones that offer weekly savings for multiple products. Plus, at the beginning of the week, on Monday mornings they put out lots of meats 50% off!

Go to Stockholm to explore! It is only a 3\$ 40min train ride away and it is the capital of the country. It is a much bigger city that hosts all kind of events as well as has access to the archipelago. It is a must that you go and see other cities in Sweden when they are that close.

TRAVEL as much as you can!!! You are in Europe. You must take advantage of the proximity of countries as well as the amazing flight/train deals that some airlines offer here. I have been here for 2 months, and I have visited 7 different countries and for amazing prices. Use apps like Skyscanner to find cheap deals and Hostelworld to find great hostels to stay in those cities. Trust me, traveling is more than just crossing another country of the list. It fills you in a different way. Try it!