

**Uppsala University
Fall Semester 2018**

A) Program of study

While studying in Uppsala, I took three courses during the fall semester. I took the International Business course (15 credits), the Basic Swedish course (7.5 credits), and the Business in Networks course (7.5 credits). The semester was broken up into two parts and I took the International Business course during the first half (September to November), the Business in Networks course in the second half (November to December), and the Basic Swedish course the whole semester (September to December). The International Business course was 4 hours a week and the coursework included 8 cases, 3 quizzes, and a take-home exam. The Basic Swedish course was also 4 hours a week and the coursework only included a written and listening exam. The Business in Networks class is also 4 hours a week and the coursework includes some cases, a presentation and a take-home exam. Overall, the course load is not very heavy and it is quite relaxed, however attendance is taken for all classes and there is only a certain number of classes you can miss.

B) The timetable

The Uppsala Exchange coordinators suggested arriving between the 23 – 25 of August as they have a reception and services available at Arlanda for incoming students during these dates. I arrived on August 23rd. For the fall semester, classes are set to run from September 3rd to approximately the 20th of January. However, many classes do not run into January and most coursework is complete by the middle of December. There is one exam in January, but is a take-home exam so it can be completed after you leave Sweden. My exams for the business courses are both take-home exams and are to be completed on November 7th and January 7th. The Basic Swedish exams are during the first week of December. There are no holidays, but there is typically a little break between the first and second half of the semester. If you can, I would not suggest booking your flight back before you arrive and see exactly when your courses are finished, just to be safe because it seems to vary.

C) Procedures to follow upon arrival.

Before arriving, the International Exchange Office will send you an email explaining the recommended dates for arrival and the services that they will provide upon arrival. They had a booth set up at Arlanda airport between certain times and days with a shuttle that transports you from the airport to the university. I recommend arriving during the designated times or it may be difficult to get to the university. When you arrive, they provide you with a package containing relevant information about the school and getting settled. They will also give you a SIM card and your keys. You will then be transported to your residence building by the exchange committee.

After a couple of days, the orientation week will begin. There are a lot of events that are organized by the student nations throughout the week that are open to all international students. This is a great opportunity to meet new people and explore the city and student life. I highly recommend participating in these events as they are a lot of fun and it gives you the opportunity to see which nation you want to join.

Uppsala University also has a buddy system for incoming exchange students. Before arriving, you will receive an email from your assigned “buddy”. You can ask this person anything about the school or the city. My buddy was very helpful and answered all of my questions.

D) Budget outlining the cost of studying abroad

Airplane tickets

Sweden is an expensive country, so it is important that you budget and try to find cheap alternatives. I booked a one-way flight to Sweden in May for approximately \$900 and I flew with Icelandair from Montreal to Keflavik to Stockholm (Arlanda) on August 22. I recommend booking a flight as soon as you receive your letter of acceptance, as flights are cheaper the earlier you book.

Housing

Housing is approximately \$600/ month (4200SEK) if you live in Flogsta. If you choose to live in another residence building, the housing prices will vary but Flogsta is the cheapest residence. You pay your residence fees the month prior and they send you an invoice every month and you can pay it electronically. I would strongly recommend applying for residence through the university as it is difficult to find on your own in Uppsala and it is also expensive.

Vacation and Daily Travel Costs

It can be very cheap to travel around Europe. For destinations that are within driving distance, I would recommend checking out Flixbus as it goes to many cities in Sweden, Norway, and Denmark. Some cheap airlines include RyanAir and Wow Airlines. Websites such as skyscanner.net and goeuro.com are also very useful when trying to find the cheapest flights. In terms of getting around Uppsala, the buses are quite expensive, so if the residence you choose is out of walking distance to the city center/ university buildings, then I highly recommend buying a bike. You can get them fairly cheap and they are very useful for getting around the city as there are many bike paths and everyone bikes here.

Textbooks

Prices for textbooks range depending on the course. For the Basic Swedish course, the workbooks were about \$20. I have not had to buy textbooks for any of the business courses so far, however I know that they can be expensive so try to find alternatives such as online textbooks.

Meals

The price of groceries is about the equivalent to those in Canada for the most part. As there are no meal plans, you will have to do your own grocery shopping and cooking. ICA is a popular grocery store here and you can find relatively cheap food here. In terms of eating out, the restaurants in the city center are quite expensive. I recommend becoming a part of a nation. The nations serve food and drinks that are significantly cheaper than what you would find at a restaurant.

E) Application procedures before your arrival

Visa

The process to obtain a visa is fairly simple but it does require specific documentation in order for the validation to move smoothly. I started by renewing my passport soon after I received my acceptance to Uppsala University. This is optional depending on when your passport will expire but just to be safe I would renew it if it expires in 18 months or less. Once I received my passport I began the visa application process. This is something that you have to do on your own but it is quite simple. You can complete the visa application online and you are looking to obtain a *residence permit* (you do not actually need a visa). The information that is needed in the application process include: letter of admission from Uppsala University, medical insurance, photos of passport, and a bank statement. It took approximately one month for the Migration Agency to approve my permit, however this may vary depending on if they require additional information from you, so don't leave this to the last minute to complete. As a Canadian, you are allowed to visit Sweden for 90 days before requiring a residence permit, therefore you must go to the Migration Agency in Uppsala to obtain the residence permit card within the first 90 days.

Course Registration

Course registration was completed fairly early on in the application process. The business courses for international students are limited, so I met with the exchange office to identify which courses I was allowed to take and figure out how I could fulfill the credit requirements. It is important that you apply early for courses to ensure that you get a spot in those classes. If you are looking to take the Basic Swedish course, registration begins the first week of you being in Uppsala. Similarly, it is important to sign up early for this course as it is popular and many people apply. You are not allowed to change your courses after arriving so it is important that you plan everything properly.

Housing Deposit

After accepting your residence offer, I paid half a month's rent for the time I would be living in residence during August. All rent payments are due the month prior.

F) Housing.

While in Uppsala, I stayed in Flogsta:

*Sernanders väg 5
752 61 Uppsala
Sweden*

This is the most popular residence among international students and the majority of people I have met here live in Flogsta. There are 13 buildings that house approximately 800 people. Each building has 7 floors, each floor with 2 corridors, and each corridor has 12 people. You share the kitchen but each room has its own bathroom. This is a great residence for meeting people and there are lots of parties in Flogsta. It is approximately 3 km from the city center, so I would highly recommend buying a bike. If you're looking for something quieter or closer to the city center, many people live in Kantorsgatan and Klostergatan. I don't know a lot about these residences except that they are centrally located and more expensive. Flogsta is the least expensive residence and is approximately \$600/ month (4200SEK). It is important that you apply for residence through

the school as soon as it is available because it tends to fill up quickly and it is very difficult to find residence on your own.

G) Work term (if applicable).

Not applicable.

H) Other comments or recommendations.

At Uppsala University, a large part of their student life is attributed to something called 'student nations'. These are essentially clubs that you join and it gives you access to the nation's clubs, bars, and events. There are 13 that you can choose from and they all have specific characteristics and events. During orientation week, you can check out all of them and see which one you like and want to be a part of. If you join one nation then the clubs, bars, and events are discounted, but you can also participate in other nations activities if you want (at regular price). This is something that I strongly recommend you look into and participate in when arriving in Uppsala as it is a huge part of student life.

I) Experience summary

Overall, I am absolutely in love with this university and Sweden. I have met so many new people here and it has been really interesting experiencing a new culture. There are so many opportunities to try new things and it allows you to step out of your comfort zone, all while studying and travelling. Sweden is a beautiful country and it is somewhere that I will definitely return to in the future. I cannot speak highly enough of Uppsala and will recommend it to anyone looking to study abroad.