

SWEDEN– Södertörns Högskola

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¹ To update the agenda just click right on your mouse

I. Your overall feeling after your semester abroad

[Help : How was your experience abroad? If you could go back I time, would you go to this university and why ?]

My experience abroad was amazing; I strongly recommend it. This place is beautiful, a lot of nature and landscape while being close to the city center and Stockholm. Everything is close, you can do your groceries and go to the gym in 20 min by walk or less by bus. All of the transportation system is really well managed, you can go wherever you want by bus, tram, metro, train and even boat.

I met a lot of amazing people who made my experience even better, this is the main reason why I am really sad to leave this place.

GRADE : 5/5

=> 0 (I do not recommend this semester abroad to my best friend) – 5 (I totally recommend this semester to my best friend)

II. Before the travel

A. Preparation

1. Visa

[Help : Do I need a visa ? If yes, what is the process ?]

You don't need any visa if you are member of the European union because Sweden is part of it. Only your ID card or Passport are necessary (I strongly recommend to take your passport because some places don't accept French ID card in Sweden).

2. The flight

[Help : what flight did you take (the company name, airport etc.) and when did you take your flight ticket]

I booked a flight from Montpellier to Stockholm in January but in this period, there were no direct so I had a stop in Paris. The company was KLM/ Air France and I booked it 2 months before the departure; it costed around 300€.

For the way back Norwegian airlines have direct flight from Stockholm Arlanda to Montpellier because of the summer season so it is easier and less expensive around 200€.

3. My luggage

[Help : what to not forget in the luggage (what was useful and what you would like to have taken)]

I strongly recommend to take a big suitcase, a small one and a backpack because you have to think about all the winter clothes and I recommend snow clothes specially the shoes because there is snow everywhere until at least end of march.

Then you also have to take some jeans or pants for when you are inside, and some light clothes for the summer because it will come fast!

You have to consider that you can do some shopping during the Erasmus so if you miss a tee short or a pant it is fine but you should have at least the basics or your favorite ones.

Then don't forget your party clothes because you will do a lot for sure!

4. Bank account

[Help : did you have to change bank? To respect some amount requirement on the bank account etc.]

For the bank account, I have BoursoBank and I know that other people have Revolut which both work quite well. Here people always pay by card, apple pay or google pay mainly, I have never seen any physical SEK. It is pretty easy to pay because the currency changes automatically so you don't have anything to do.

5. Insurance

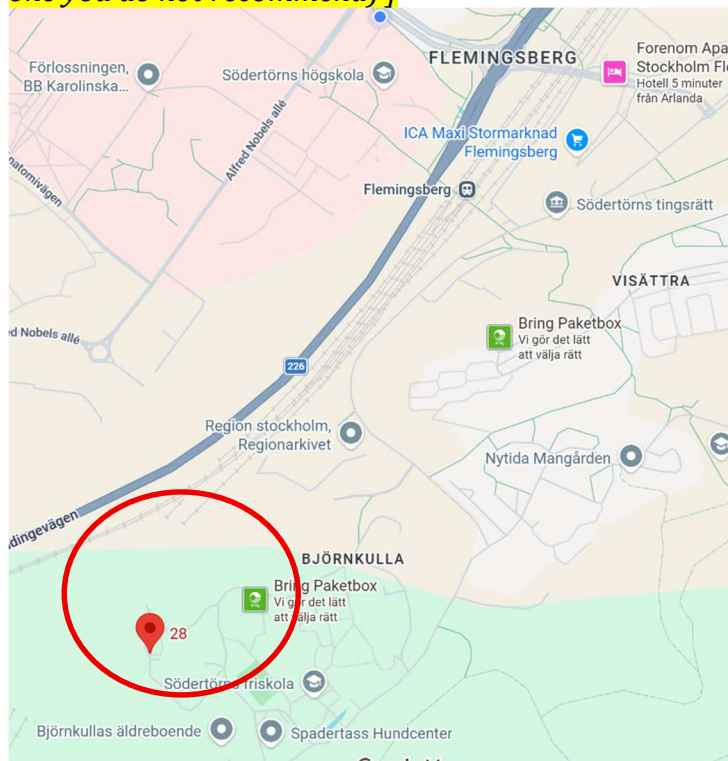
[Help : What insurance did you subscribe to ?]

I didn't subscribe to any insurance, I just have my European card in case of medical issue, don't forget it.

B. Housing

1. Where to live

[Help : Do a google maps capture and circle the area you recommend to live in (and the one you do not recommend)]



I recommend to live in Björnkulla, it is the point in red because it is at 15 min walk from the university and the place is beautiful, you live in some little houses, you have your room with private shower and toilet and you share a common kitchen but you still have your own kitchenette in your room if you prefer to cook alone.

This place is lovely, I definitely recommend it more than Flemingsberg flats because it is in the nature so you can see a lot of animals, you also have the bus to go to the university or Stockholm.

Flemingsberg flat are more in the center of the city, closer to the university but most of the student that live there come to Bjornkulla to party or spend chill nights with us in common kitchens.

2. Find a flat or a room

[Help : How did you find your flat? Do you have any recommendation]

I found the flat with the university; they sent me an email to offer me different possibilities.

3. Cost

[Help : How much should I plan for a room or a flat?]

You have to plan 3000€ for the semester, it includes the rent and the fees and you have to pay before the semester. I paid a bit less for my room because depending on the flat you chose, the price can vary.

III. When I arrive at the university

A. Inscription at the university

[Help : How was the process, what did you have to do?]

I didn't have anything to do when I arrived, I already had to do some online administrative things before arriving.

B. Information on the university

1. Class

[Help: for each class tell us how was the class, what did you like and not like, would you recommend it for the next student?]

I had 4 classes:

- *International management,*
- *International Marketing strategy,*
- *Social economy and social enterprise,*
- *Understanding organization.*

I would recommend all these courses because they were all different but really linked to international management and really interesting.

In Sweden you follow one course per month, this is important to know because this is one of the reasons why I chose this country. I wanted to experiment another way to work and to live the student life.

2. Organization of the Class

[Help: tell us the duration of the class, the volum of work, the behavior of teachers etc.?]

International Management: you have 3 class per week; two lectures and a seminar, the teacher is really kind and he speaks at least 12european languages so he loves talking in the native languages of international students, this makes the course much more interesting.

During the seminar you have to present on a topic with your group and then you have to send a rapport that summarize your presentation. This is every week and then the final exam is a take home exam, so you have few days at home to work on a specific topic and you send it to the teacher via mails. The teacher is really kind and comprehensive which makes you feel better to present in front of the class if you are more introvert person.

International Marketing Strategy: This class is held by the same teacher as the previous one, it is exactly the same way of working but on marketing topics.

Social economy and social enterprise: This course is interesting because you have some more time by yourself as the final exam is a report that you have to send in the end of the class. During all the lectures, the teacher tries to helps and guide you through your work so it is quite easy to have a good grade and she is also really kind.

Understanding organization: This class is more intensive than the others because you have 2 seminars per week and in each one of them you have homework to prepare before the class and on one of them you have to present on a specific topic with your group without any paper or keywords. She is really strict because she wants you to know what you are talking about but she keeps remembering you that if you do your best, you will have the maximum grade. In the end there is also a take-home exam to send. The teacher is strict with the way she wants you to work but she is also really helpful and kind.

All of these courses were really interesting in different ways. All the teachers want you to feel free and good, they want you to give your best and their goal is to make you understand and discover new knowledge. They all have take home final exam which was good because it lets you the time to work on it and it is less stressful than a written exam.

3. List of courses and recommendation

[Help : list your different courses and let us know what do you think : level (easier, same or harder than the 1st semester course at MOMA, what you liked about the content, how is the class organization, who is the professor). Finally, for each class, tell us if you recommend the course.]

I recommend all of these courses, they all are pretty easy as soon as you work on it, there is nothing complicated to understand or to do. Compared to MOMA, I would say that it is a bit easier.

4. Exam

[Help: How was the exam? Format? Duration? Grade]

All the exam were at home and in 3 of the 4 courses, the presentations were also part of the final grade.

The grades here are from A to F. If you have F you fail but if you have any other letter, you have 10/20 or more.

IV. When I live there

A. Safety

[Help: Is it safe? Is there areas or times I should avoid]

Really safe place, I never had any problem in Bjornkulla and even in Stockholm.

B. Phone and Internet

[Help: How to be able to call and have internet]

You just have to check on you phone subscription that you have enough data abroad to live here.

C. Events

[Help: How to know about the events?]

The events are organized by the ESN Stockholm, you can find it on their Instagram, so you can meet people at these events from your university or the place you live. Then most of the parties are organized by you and your friends.

D. Sports

[Help: What sport can I do? and how?]

The university have a running club or you can also subscribe to the 24/7 gym as I did, it is not that expensive for student but it is not part of the university and ESN Stockholm also organize sometimes sport events.

E. Eating

[Help: Any recommendation? Or good tips (e.g. an international house buffet)]

You can eat at the cafeteria of the university when you have class but it is a bit expensive so I recommend to bring your lunch.

F. Go to the university: bus, car, bike

[Help: How did you get access to the bus, car or bike]

I used the bus a lot but also by walk it is pretty fast and beautiful even when it snows.

G. Travels

[Help: What do you recommend and what do you not recommend]

I recommend to take a 3-month subscription to the transportation system of Stockholm on the SL app so you can take the bus, train, metro, tram and also ferry, it is really useful since you will visit a lot, go in town for the parties and also to go to the university.

When the weather is better you can still renew month by month the subscription or not if you don't need it anymore.

H. Any other information you would have liked to know about

[Help: What would I liked to know if I could have gone back in time]

I would have know how much this experience would change me forever. This is not only about studying abroad; it is about LIVING there.

The social aspect of this experience is the most important because this will make your semester magical and will help you enjoy this place, the courses and the activities.

The only rule I followed is to say YES as much as I could when people offered me to do something because time flies and you don't want to miss any moment with your friends (as long as you study of course).

The FOMO (fear of missing out) is real especially in this kind of experience so you have to live it at 100%. If you are more introvert person and most likely to stay in your room like me, you will see how much it is important to make friends, and how the time spend together change you in a positive way.

V. After your semester abroad

A. What are you planning do to?

[Help: What do you want to do next year]

I just got accepted in the Management International des PME master in Moma. I think it is the best way for me to keep my English by having some English class and to continue in the management international way.

[remember to fill in the excel : <https://docs.google.com/spreadsheets/d/11-vB4ABdkzIJR1AQ82drWyAVXfnCpRYr8COkeKihnlS/edit?usp=sharing>]