

[Sweden] – [Södertörns Högskola]

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¹ To update the agenda just click right on your moose

I. Your overall feeling after your semester abroad

I loved my experience abroad in Sweden, the country is beautiful and met some wonderful people. I do not regret my choice at all.

GRADE : 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

No Visa is needed, however if you are not a European citizen (as was my case being from the UK), you require a Swedish residence permit and I suggest getting on it as quickly as possible.

2. The flight

On the way to Sweden I had to take a plane from Paris with Transavia. I took the tickets very late due to problems with the permit residence.

On the flight back however, I found one from Arlanda to Béziers with Ryan Air, which was much less of a hassle. I only paid the tickets about 2 weeks before for around 100€, so checking earlier can get you back at a decent price.

3. My luggage

The most important things to take are warm (very warm) clothes. A big winter jacket is necessary and some boots for the snow and ice. Boots are necessary too. I would also take a hat, scarf and gloves too since the first weeks take time to get used to.

4. Bank account

I didn't have to change bank account.

5. Insurance

The university will send you insurance details and it is very important to bring your European health card. This can mean paying 20€ at the doctors instead of 200€

B. Housing

1. Where to live

There are two residences proposed by the university: Flemingsberg which is in the center of the little town you reside in. The other one is Björnkulla, in a small forest about 15-20 minutes walk to Flemingsberg center. I stayed at Björnkulla and did not regret my choice at all. While the Flemingsberg residence is more practical for shopping and walking to the university, there is no shared common area or kitchen, like there is in Björnkulla. A lot of parties happen in these kitchens, and it is much easier to meet people this way. There are shops near the train station, so a bus ride or walk from Björnkulla is possible.



2. Find a flat or a room

The university proposed the residences by email. You must list your preferences in order.

3. Cost

The cost was around 2200€ for the semester, this came with own bathroom, fridge (not everyone has a large one, I was lucky), bed, heating, wardrobe, table, and own WIFI box.

III. When I arrive at the university

A. Inscription at the university

They will send you various forms to fill out. Not complicated and they are quite quick to answer if you need anything signed from them.

B. Information on the university

1. Class

There are very few classes compared to French universities. You will study one class for about a month and then move on to the next one when you hand in the final assignment. You could have about 6-10 hours of class a week.

2. Organization of the Class

Depending on the class and teacher, each class is between 2 and 3 hours. While you don't have to attend lectures, seminars are compulsory and usually require work beforehand.

There were a lot of oral presentations during the seminars.

Teachers are often very kind and attentive to your questions.

There is a lot of reading to be done compared to France, with the books being found online or at the library.

3. List of courses and recommendation

- *International management: good class to start with as quite a lot of notions have been seen at MOMA, the teacher is very nice (not the most dynamic however) and the seminars required a group presentation every week, along with answering questions. This required work but didn't take too much time to complete. Decent class and would recommend. The exam was just 4 questions on the various subjects we had covered, that had to be explained thoroughly (2 pages per answer)*
- *Social psychology: one of my favorite classes I have ever attended, the subject is fascinating as is the teacher. Requires a lot of reading but the lectures are clear and fun. The seminars focused on carrying out a social experiment which was a lot of fun to put together. I cannot recommend this class enough if you are interested in psychology and human behavior. The final exam was an online test with many multiple-choice questions, and 4 questions requiring more detail.*
- *Social economy and social entrepreneurship: maybe my least favorite class. The lectures and seminars weren't that necessary as we just had a report to on a company to hand in at the end of the period. Teacher was very pleasant however and gave great feedback to our drafts. Could be an interesting class to take to dive deep into a company that you like.*
- *Understanding Organizations. The entire class was on Zoom which was more practical, but there was less of a connection between the teacher and the students. Revolves around a large group presentation (2 people for 45 minutes) and a final assignment relating the themes we studied to a company of our choice, to hand in at the end. Some of the notions have been seen at MOMA which could help. Not the*

most interesting class and the teacher is much stricter with the grading than the others.

4. Exam

Depending on the class, one can have a take-home exam to hand in for a certain date, a sit-in exam (much more rare), an oral presentation mixed with a final assignment... The teacher will be clear from the beginning how the exam will be presented

IV. When I life there

A. Safety

While one should always stay vigilant, Sweden is a country that many and I found much safer than other countries. People tend to stick to themselves in Sweden. Taking public transport at night happens quite frequently and being aware of your surroundings is vital but we felt much more at ease than we usually do.

B. Phone and Internet

Some phone plans allow the same amount of 4G use than in France. As for Wifi, there is a box in every room of the residence.

C. Events

I suggest following ESN Stockholm on Instagram to know where various parties are happening around the city. They also suggest events during the day. Otherwise quick searches online can let you know what's happening.

D. Sports

I suggest watching an ice hockey match as it is rather cheap (around 15-20€) and is one of the major sports in Sweden. There are also two different football teams to watch.

E. Eating

While we mainly cooked at home as the prices in Sweden can be rather high, I suggest keeping a little money aside each week for "Fika" what they call a coffee break in Swedish, where you can have various cakes and other sweet things to eat. A personal favorite of mine is a fast-food restaurant called "Max" which came in handy in certain situations. Another one to try is "La Neta" a Mexican restaurant that had the approval from our Mexican friend.

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

From Björnkulla, there is a bus that goes directly from the residence (5 minute walk away) to the university. You can also walk through the forest if you want and will take about 20 minutes but is very nice especially when the weather is nice. During the winter though I do suggest the bus as the snow can be a bit of an obstacle to overcome. (I fell many times, don't be embarrassed if it happens)

G. Travels

There are many opportunities to travel, especially to other northern countries. Thanks to ESN we booked an overnight ferry to Helsinki in Finland (be careful if you suffer from sea

sickness). While I didn't do this trip personally, many flew to Riga and Talinn, in Latvia and Estonia respectively, at a rather affordable price.

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

Living about 20 minutes out from Stockholm on the train does require coordination. Especially as the train service tends to cancel trains rather frequently.

There are many things to see and visit around Stockholm, plan as many activities as you can, since you will have a lot of time during the week if you manage to balance work and leisure.

I suggest doing some general research about Sweden and the lifestyle beforehand, so it isn't too much of a shock moving there. Sweden is an expensive country, and you will have to spend a lot at the beginning to get set up with food and things for your room. Even though it is expensive however, remember that you probably won't get many experiences like this again and you should enjoy it as much as you can.

If you have any other questions please contact me, however the university sends many details about the residences and other parts of your stay. They even let you know how to get to your residence from the airport.

V. After your semester abroad

A. What are you planning do to?

I am currently planning a gap year to work and focus on which path I would like to take next.

B. Did you apply for master?

I did not apply to any masters.

[remember to fill in the excel : https://lnkd.in/eUt_xB54]

