

### Facts about the university

Södertörns högskola (University) is situated approximately 20 min south of Stockholm city. The university is a quite young university with a multidisciplinary and multicultural ethos. The emphasis Södertörns högskola places on citizenship, multiculturalism and multidisciplinary education and research reflects its youth and its location in a multicultural suburb, in a dynamic growth area.

Södertörn University offers more than 70 study programmes within the Humanities, Social Sciences, Life Sciences and Education. In addition, there are over 250 courses that students may choose to study independently.

### Course information

For information regarding courses see: [www.sh.se/exchange](http://www.sh.se/exchange)

All exchange students are required to study full-time, 30 ECTS, throughout the semester. Language courses in Swedish and English can be chosen in addition to regular courses.

### Language of instruction

The language of instruction is English. We recommend exchange students to have a result of at least 550 points (paper-based test) or 213 points (computer based test) on the TOEFL-test (Test of English as a Foreign Language). If the students have prior knowledge of Swedish it is possible to take courses in Swedish.

### Application deadline dates and application form

The application form can be found on the web page [www.sh.se/exchange](http://www.sh.se/exchange) and is available:

- Autumn semester and full academic year: **1 April – 15 May**
- Spring semester: **1 September – 15 October**

### Academic calendar and Orientation week

A few days before the semester starts, an obligatory Orientation Week is arranged.

#### Autumn semester: 26 August 2013 - 12 January 2014

Official arrival days	19-20 August
Orientation days	21-23 August

#### Spring semester: 20 January 2014 – 8 June 2014

Official arrival day	15 January
Orientation days	16-17 January

### Grading system

An academic year corresponds to 60 Swedish university credits (60 ECTS), divided into two terms. A full-time student is expected to devote approximately 40 hours/week to lectures, seminars and individual studies. Lectures and seminars will normally constitute only a small part of the total time. The student is expected to take a great deal of responsibility for his/her individual studies.

Most courses have two levels of passing the course. Either "VG" as in "pass with distinction" and corresponds with the ECTS grade A and B or "G" as in "pass" and correspond with the ECTS grade C, D and E. If a student fails the Swedish grade is "U" and corresponds to the ECTS grade F and FX.

## Swedish language course

Introductory Swedish language courses are offered for exchange students on both beginners and intermediate level during the semesters.

## Mentor system

There is a mentor system. For more information contact the Student Union's International Committee at [intcom@soders.nu](mailto:intcom@soders.nu) or visit their website [www.soders.nu](http://www.soders.nu)

## Living costs

We recommend students to have approximately 9000 SEK per month at his/her disposal for living expenses. The public transport card for students costs about 500 SEK/month and rent is between approximately 2700-4700 SEK/month for a single/shared room.

## Student accommodation

Södertörn University has access to a limited number of accommodations. Therefore it is important that the students apply for accommodation as soon as possible. Södertörn University assists exchange students in finding accommodation during the exchange period. However, we might not be able to offer accommodation to all exchange students, especially for the autumn semester. Students apply for accommodation on the online application form. For information regarding the different accommodations please look at the web site [www.sh.se/exchange](http://www.sh.se/exchange)

If you need to get in contact with the International Officer that is in charge of Accommodation, please e-mail to: [accommodation@sh.se](mailto:accommodation@sh.se)

## Student residence permit

Students from outside the EU/EEA countries must have a student residence permit card before entering Sweden. For more information, please contact the Swedish embassy in your home country. The application for a student residence permit might take up to 3 months to process. For that reason it is important to apply in good time before the planned arrival in Sweden.

Students within the EU/EEA countries need to register at the Swedish Migration Board upon arrival if they are planning to stay in Sweden more than 3 month.

## Insurance

To be entitled to use Swedish public medical services on the same basis as Swedish citizens, students within the EU/EEA must bring their European Health Insurance Card. Non EU/EEA citizens have to purchase or acquire some form of private medical insurance in their home country.

## Contact information

Incoming students	Outgoing students
Södertörns högskola – Södertörn University International Office 141 89 HUDDINGE SWEDEN Phone: +46 (0) 8 608 4138/4803 Fax: +46 (0) 8 608 4015 Email: <a href="mailto:exchange-in@sh.se">exchange-in@sh.se</a>	Södertörns högskola – Södertörn University International Office 141 89 HUDDINGE SWEDEN Phone: +46 (0) 8 608 4803/4138 Fax: +46 (0) 8 608 4015 Email: <a href="mailto:exchange-out@sh.se">exchange-out@sh.se</a>