



UPPSALA  
UNIVERSITET

# INTERNATIONAL STUDENT GUIDE

2015/2016



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## WELCOME TO UPPSALA UNIVERSITY!

Congratulations on your successful application to Uppsala University, the first university in Sweden! We hope you take pride in being accepted to one of the world's top institutions. Uppsala University's outstanding reputation and ranking is the result of many factors, and one reason is that students of the highest possible calibre are admitted. Here, you will be provided with all of the tools and opportunities needed to excel academically. We look forward to following your successes as a student, graduate, and in your chosen future career. We warmly welcome you to the Uppsala University community.

When you become a member of Uppsala University's diverse and dynamic student body, you are joining a long line of celebrated individuals. Our graduates have gone on to become leaders, innovators, educators, policy makers, academics and Nobel Prize winners. On campus, you will find students, teachers, researchers and administrative staff members from all over the world, and the personal connections you make while here will be an asset to you long after you have completed your studies. Our career services and global alumni network are just some of the many ways that you can generate professional opportunities and contacts during and after your time at Uppsala University.

Students at our campuses in Uppsala and on the island of Gotland can expect an open, lively, and inspiring learning environment. At Uppsala University, education takes a scientific and scholarly approach, fosters an informal learning environment, and encourages dialogue between teachers and students. We believe that teaching and research go hand-in-hand, which is why the standard of education at Uppsala University is so high. Our academics are world-leading researchers, and they feed their knowledge, energy, and passion for learning into their teaching. This means that as a student at Uppsala University you are given insight into the most modern scientific and academic developments and learn from the very best.

We hope you take full advantage of the experience of studying abroad, in and outside of the classroom. Sweden is a very picturesque country, with a long and interesting history, a culture of innovation, and a society that em-

braces equality and diversity. We know you will enjoy exploring your new surroundings, experiencing our traditions and hopefully even learning the language.

This guide is designed to help you prepare for life as an international student. It contains practical information about the university, student life, and the rules and regulations that apply to you. We recommend that you bring it with you to Sweden to keep for future reference. While you are primarily responsible for your own learning and development, please remember that staff at the university are always on hand to support you and help you to reach your full potential.

We look forward to meeting you in person this autumn.

Thank you for choosing  
Uppsala University!



Eva Åkesson  
Vice-Chancellor of Uppsala University



Photo: Mikael Wallerstedt

## ABOUT UPPSALA UNIVERSITY

As a student at Uppsala University you can enjoy studying at one of the top universities in the world. Our students receive a first class education and gain a competitive advantage on the international job market. With a degree from Uppsala University there are no limits to where your career can take you.

Uppsala University was founded in 1477 and was the first university in Sweden. Throughout its history, Uppsala University has been the home of many famous scholars, including Carl Linnaeus, Olof Rudbeck and Anders Celsius. In fact, eight academics affiliated with the university have been awarded the prestigious Nobel Prize, and every year in December the university is visited by some of the new Nobel laureates who give open lectures to students and the public. These are just some of the esteemed international guests who visit us each year.

Although our history spans over 500 years, we are a modern university characterised by internationalisation, diversity and scope. The research we conduct is focused on developing sustainability, enhancing human health, and improving life for people around the globe. The education you will receive from Uppsala University will develop your passions, critical thinking skills, and network. Together, we are ready to meet future challenges and play a significant role in changing the world for the better.

We are proud to have you as a new student, and we hope you will be proud to be a part of the Uppsala University community.





STUDENT NATION



CARL LINNAEUS



THE FIRST  
BOTANICAL  
GARDEN



## A REMARKABLE HISTORY

**1477** – This is when it all began. Uppsala University was founded over 500 years ago and continues to be one of the leading universities in the world.

**1640** – The first of the student nations was established, making Uppsala the most vibrant and dynamic student city in Sweden.

**1655** – The first botanical garden in Sweden was founded by Olof Rudbeck, who went on to become Vice-Chancellor of Uppsala University. Rudbeck's contributions to human anatomy and linguistics made him a national icon in Sweden. His descendants include Alfred Nobel, founder of the Nobel Prize.

**1728** – Carl Linnaeus commenced his studies in medicine and botany at Uppsala University. He later became Vice-Chancellor of Uppsala University, and to this day is considered the father of modern taxonomy and ecology.

**1730** – Anders Celsius, originator of the Celsius Temperature Scale, became Professor of Astronomy at Uppsala University.

**1872** – Betty Pettersson, who was born on the island of Gotland, was the first woman admitted to Uppsala University, and three years later she became the first woman in Sweden to be awarded an academic degree. This was a defining moment in the history of women's rights in Sweden.



BETTY PETTERSSON



DOCTORAL  
DEGREE

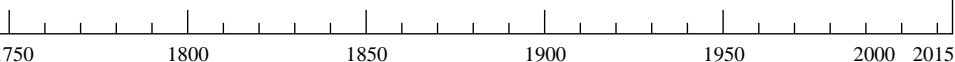


CAMPUS GOTLAND



SKYPE

YOU



1883 – Ellen Fries graduated from Uppsala University with a PhD, becoming the first woman in Sweden to complete a doctoral degree.

1911-1981 – Eight academic affiliated with Uppsala University were awarded a Nobel Prize. This includes former Archbishop of Sweden Nathan Söderblom and former Secretary General of the United Nations Dag Hammarskjöld, who both received a Nobel Peace Prize.

2003 – Niklas Zennström, an Uppsala University alumnus, founded Skype together with Janus Friis. Today, Skype is widely used by international students, allowing them to connect with family and friends around the globe.

2013 – Campus Gotland in Visby, the main city on the island of Gotland, was established, enabling the university to continue to develop world-leading research and innovation in this historical island setting.

2015 – You became a student at Uppsala University. Where will you take us next?



## VIKINGS IN UPPSALA



Uppsala is a place with an extensive history. From the 3rd century AD, Old Uppsala (Gamla Uppsala) was an important religious, political and economic centre. In fact, remnants left by the Viking forefathers can still be seen today. Legend has it that an impressive pagan temple once stood at Gamla Uppsala and great sacrificial rites were performed to appease Thor, Odin, Frey and other Nordic deities. Three of the pagan kings were buried in Gamla Uppsala 1500 years ago.



## U P P S A L A

Every year, thousands of new students from around the world arrive in Uppsala to begin their adventure as a university student. In Uppsala, you can get involved in a wide variety of extracurricular activities and be part of a thriving student community.

Uppsala is the fourth largest city in Sweden and just a forty minute train ride from Sweden's capital, Stockholm. The large number of students makes Uppsala a lively, exciting and progressive place. Uppsala University has teaching and research grounds spread throughout the city, and the student nations play a dominant role in Uppsala student life. Here, you can enjoy Uppsala's charming student traditions and at the same time find all the opportunities of a big city.

Since the 13th century, Uppsala has been the religious centre of Sweden. Today, Uppsala is the seat of the Archbishop of the Church of Sweden. The Uppsala Cathedral (Uppsala Domkyrka) is one of the city's most impressive landmarks. Located centrally, it is the tallest church building in Scandinavia.

Like the church, Uppsala University has a historical place in Swedish national identity, and is an important symbol of continuity. Many aspects of Swedish academic culture originated in Uppsala, such as the white student cap. Architecturally, the university has a strong presence throughout the city, especially in the area surrounding the cathedral.

Today, Uppsala is a bustling city offering a range of different cultural and sporting experiences. Whether you enjoy theatre productions, art exhibitions, music events or film festivals, you will find plenty to do and see in every season. Outside of the city centre there are lakes, parks, sporting fields and hundreds of running, cycling and cross-country skiing paths. In the city you will find Fyrishov, the largest sporting arena in Uppsala, which houses a generous waterpark with waterslides, diving boards, indoor and outdoor swimming pools, and other recreational areas. If you just wish to relax, you can stroll through Uppsala's shopping streets and enjoy the many cafés, pubs and restaurants.



## GOTLAND

Gotland is not only Sweden's largest island, but the largest in the Baltic Sea. The island is just 90 km from the Swedish mainland, and transport between Gotland and Stockholm, Sweden's capital, is frequent. Though the island's population increases drastically during the summer, year-round there are approximately 60 000 inhabitants.

Uppsala University's Campus Gotland is located in Visby, the island's main town. The university plays an important role in the local community, and the key sources of income are tourism, agriculture and concrete production.

Visby is a medieval town that has been marked as a historical site by the UNESCO World Heritage programme. A popular landmark is the fortress wall dating back to the 13th century, which surrounds the old city. On the island you can also find 92 medieval churches, the majority of which are fully restored and actively used today. They share their surroundings with an unsurpassed number of finding-places for Viking treasures, steep cliffs that serve as nesting locations for bird colonies, and many rare orchids. Here, you will also find wild horses, more sheep than people, and 800 km of pristine beaches with sea stacks known as raukar.

Traditionally, the residents of Gotland spoke their own language, known as Gutnish. Today however, the main language spoken is a Swedish dialect called Gotländska.

For more information about Campus Gotland, please visit:  
**[www.campusgotland.uu.se/en](http://www.campusgotland.uu.se/en)**

### THE BEST OF BOTH WORLDS



As a student at Campus Gotland you have the best of both worlds: a highly ranked, full-scale university and a small campus in a unique learning environment. Student life is characterised by nearness, flexibility, respect and cooperation.

## ABOUT SWEDEN

Studying in Sweden promotes creative, independent and original thinking. As a student, you can be a part of Sweden's safe and liberal society and experience the high quality of living.

### LANDSCAPE

Sweden is the third largest country in the European Union and in terms of area is comparable to Spain, Thailand or the state of California. Situated between the Baltic Sea and the North Sea, the Swedish landscape is varied and consists of dense forests, sandy beaches, clean lakes and snow-capped mountains. Along the Swedish coastline thousands of picturesque islands make up the archipelago. Even those living in Sweden's largest cities have the archipelago at their doorstep.

### CLIMATE

Many people assume that Sweden is a cold and wintry place; however, the country's climate is very diverse. While the north of Sweden reaches the Arctic Circle, the warm Golf Stream helps to keep the temperature mild. In Sweden, you can experience four distinct seasons. In the summer, Northern Sweden becomes the land of the midnight sun. The warm summer days are usually spent in the countryside or by the water. Autumn brings with it an array of colours, as the days get shorter and the nights become cooler. During the wintertime, Sweden becomes a winter wonderland. If you are lucky, you may even see the northern lights! The arrival of spring is always a welcome respite, and a very pretty time of year in Sweden.

### LANGUAGE

Swedish, a North Germanic language, is the official language of Sweden. It is spoken by approximately ten million people world-wide. Swedish is also one of the official languages of Finland, and is spoken by roughly 300 000 Finns.

## SPEAKING ENGLISH



In addition to speaking Swedish, people in Sweden are generally very good at speaking English. In fact, Sweden is the world's most English-proficient country where English is not the official language. This will make it very easy for you, as an international student, to get around.









## SOCIETY



By living in Sweden you can experience one of the world's safest and most egalitarian societies. Here, there is a distinct balance between social equality and economic success. In fact, Sweden has one of the lowest levels of poverty in the world. Swedes pay high taxes to maintain the refined social system and can enjoy an advanced welfare system, free education, low-cost healthcare and well-maintained public facilities. It is no surprise that the Swedish standard of living and life expectancy are second to none.

## PEOPLE

In Sweden, 20% of the population has a foreign background, making it a very multicultural place. Approximately 100 000 people relocate to Sweden each year, including many refugees from troubled corners of the world.

The Sami people are an indigenous group inhabiting Lapland, a province in northernmost Sweden. Today there are approximately 20 000 Sami, and many of them still make their livelihood by herding reindeer. For traditional, environmental, cultural and political causes, only Sami people are legally allowed to herd reindeer in regions of the Nordic countries. The Sami's native language is a member of the Uralic language family.

## RELIGION

In Sweden, approximately 70% of the population is a registered member of the Lutheran Church of Sweden. However, compared to other European countries, religion plays a limited role in Swedish society. The Muslim community makes up the largest single group of non-Christians, with as many as 500 000 members. Furthermore, approximately 160 000 Catholics are registered in Sweden. Many other religions are also represented in Swedish society.

## A YEAR OF SWEDISH TRADITIONS

### SPRING

Easter is the first long weekend of spring. Children dress up as Easter witches, with colourful headscarves and rosy cheeks, and go from house to house in the hope of receiving sweets. During Easter, people decorate their homes with birch twigs and brightly-coloured feathers, which symbolises the suffering of Christ. Pickled herring is a favourite dish, and is usually accompanied by eggs.

On 30 April comes Walpurgis Eve, or Valborg. While bonfires are lit throughout the country, the main celebration occurs in Uppsala. People come from far and wide to take part in the festivities. Students in Uppsala will often don their white caps and sing songs about the arrival of spring. For many, the day begins with a raft race down the Fyris River, and continues with a traditional lunch of pickled herring or a picnic in the park. At 3pm, the Vice-Chancellor of Uppsala University waves to the crowd from the balcony of Carolina Rediviva, and students throw their white caps in the air. Afterwards, students flock to the nations to drink champagne and dance. If you are lucky enough to celebrate Valborg in Uppsala, it is sure to be a day you will never forget.

### SUMMER

In Sweden, Midsummer is celebrated on the Friday closest to 21 June. After the winter, Swedish people are eager to celebrate the longest day of the year. If you are in Sweden for midsummer, expect to see people singing and dancing around a maypole with wreathes in their hair. Midsummer is usually spent in the countryside, and a traditional lunch includes pickled herring and boiled new potatoes, complemented by sour cream, dill and red onion. No Midsummer lunch is complete without snaps, and often when a glass is filled it is accompanied by a song. Midsummer is also a favourite time for weddings.



In 2013, Eva Åkesson was the first Vice-Chancellor ever to take part in the race – in a float designed to look like the University Main Building.

During August, those with a fascination for the Middle Ages flock to Gotland to take part in Medieval Week. Surrounded by Visby's 200 medieval buildings, festivities include markets, music, theatre, lectures, workshops and even a jousting tournament. If you have an interest in history, this event is not to be missed.

As the Swedish summer comes to an end, the Swedes come out in force and have traditional crayfish parties. Crayfish are a national delicacy and have been eaten in Sweden since the 16th century. During this time of year you will often see groups of friends gathered outside, illuminated by lanterns and eating, drinking and singing. Eating crayfish is a messy business, but it is all part of the experience.

Like crayfish, fermented herring (surströmming) is eaten at the end of summer at festive outdoor parties. Swedish fermented herring is famous for being one of the foulest smelling foods in the world. In fact, the odour is so strong that it is banned from many apartment buildings in Sweden. When eating fermented herring, it is usually accompanied by thin bread, potatoes, red onion, dill, sour cream, and of course snaps! While the dish is an acquired taste, it is a very Swedish experience and one that you will always remember.

## AUTUMN

On 1 November is All Saints' Day, a time of remembrance and reflection for people in Sweden. As evening falls, it is customary for families to place candles and lanterns on the graves of loved ones, creating a beautiful scene. With luck, the first snow of the year has even arrived.

## WINTER

Like other Scandinavian countries, Christmas in Sweden is celebrated on 24 December. For many, Christmas is not considered a religious holiday, but a precious occasion to spend with family and friends. Most Swedes take time off from work and school, and activities generally centre on eating and exchanging gifts. One of the most unique Swedish Christmas traditions is watching Donald Duck. Since 1960, the cartoon has appeared on Swedish television at the same time, on the same channel, and with the same narrator. If you really want to celebrate Christmas like a Swede, watching Donald Duck is a must.



## LUCIA



On 13 December, kindergartens, schools, companies, shopping centres, churches and workplaces all over Sweden hold an annual Lucia procession. Representing Saint Lucia as the bearer of light in the darkness, those taking part in the procession wear long white gowns, carry candles and have lights in their hair. During this time, Swedish people will indulge in ginger bread, saffron buns and mulled wine.

## HIGHER EDUCATION IN SWEDEN

Swedish higher education is divided into three distinct levels: Bachelor's level (first cycle), Master's level (second cycle) and Doctoral level (third cycle). Each cycle is based on the former, which means that students must have completed a Bachelor's programme to move on to a Master's programme, and a Master's programme to move on to a Doctoral programme. This follows the same education system as the majority of European countries.

### PROGRAMMES AND COURSES

A Swedish higher education qualification is built up of programmes and courses.

Programmes are made up of courses, some of which are compulsory. When students complete a programme they can apply for a formal qualification, such as a degree. At Uppsala University, all international Master's programmes commence in the autumn semester, and the majority have a duration of two years.

Courses are the smallest building blocks in education, and can vary greatly when it comes to attendance and delivery mode. Some courses are only available to students enrolled in a specific programme, while others are free-standing. Students who enrol in freestanding courses are awarded credits upon completion. It is possible for students who complete a range of free-standing courses to be awarded a diploma or degree. However, they must have the right combination of courses and required number of credits.







## CREDITS

The duration and difficulty of programmes and courses is expressed in a system of credits. The Swedish university credit system awards 1.5 credits for each completed week of full-time study. This system is compatible with the European Credit Transfer System (ECTS), meaning 1 Swedish credit = 1 ECTS credit.

An academic year consisting of 40 weeks of full-time study amounts to 60 credits. Bachelor's programmes require a minimum of 180 credits, corresponding to at least three years of full-time study. A Master's degree, on the other hand, requires 60 or 120 credits, and is equivalent to one or two years of full-time study.

## GRADING

The most common form of grading is fail, pass and pass with distinction. However, the Faculty of Law and the Faculty of Science and Technology have different grading systems that include fail, pass, pass with credit/merit and pass with distinction. Furthermore, several areas such as medicine and teacher training award only pass and fail. At the beginning of each course students will receive information that illustrates the criteria for grading.

## ASSESSMENT

Assessment procedures at Uppsala University vary greatly between programmes and courses. They can include written assignments and examinations, individual and group projects, laboratory reports and oral presentations.

## SYLLABUS

Every programme and individual course has a syllabus describing the entry requirements, content, learning outcomes, assessment procedures, grading scale and credits awarded. A syllabus is determined by the faculty board in charge of the programme or course.

## DEGREES AND DIPLOMAS

Students can receive a degree certificate upon completion of their programme. The degree certificate includes a list of completed approved courses, along with credits awarded, grades and details about the grading scale, and information about any other accredited studies. Degree certificates are issued in both Swedish and English.

If you wish to receive a degree certificate, you must submit an application form along with any necessary attachments.

Along with your degree certificate, you will also receive a Diploma Supplement. This document provides a standardised description of the nature, level, context, content and status of the studies you have pursued and successfully completed. The diploma supplement makes your academic achievements even more transparent, and facilitates professional recognition of your academic qualifications internationally.

## DOCTORAL STUDIES

After gaining your Master's degree, you have the option to continue your studies at doctoral level. A third cycle qualification is usually the result of four years of full-time work and study. All admissions for doctoral studies are handled by the relevant department. If you are interested in pursuing a doctoral degree and wish to learn more about position openings and application procedures, please contact your department.

## TEACHING METHODS

Teaching and learning at the university is based on the concept that students take responsibility for their own studies with the support of teaching staff. Unlike many countries around the world, the academic environment in Sweden is informal and highly interactive. Lectures, laboratory work, seminars, group work, excursions, distance learning and independent study are just some of the teaching methods used by the university. As a student, you should feel confident engaging in classroom activities and expressing your points of view.





## GETTING STARTED

All international students will receive more detailed information about their arrival, accommodation options and orientation programme closer to the start of semester. You will also be provided with the contact details of someone in your department or in the International Office that can help to answer any questions you may have.

The official start date of the autumn semester is Monday 31 August; however, it is strongly recommended that students in Uppsala arrive in time for the orientation programme, one week prior to the start of the semester.

On Wednesday 26 August, between 12pm and 5pm, a Welcome Reception for new international students in Uppsala will be held in the University Main Building.

Campus Gotland's Orientation Day is on Friday 28 August.

## UPPSALA ARRIVALS

The closest airport to Uppsala is Stockholm Arlanda, situated approximately 35 km south of the city. Public transport runs between Uppsala and Arlanda frequently, and includes buses, trains and taxis. Depending on the mode of transport, it can take between 20 and 45 minutes to travel from Arlanda to Uppsala.

Students have the option of flying into three other airports; however, they are further away. Bromma is located in close proximity to Stockholm. Students arriving at Bromma Airport will need to take a bus into Stockholm's Central Railway Station, followed by a train or bus Uppsala. If you are coming from Bromma Airport, make sure you allow between one and one and a half hours to get to Uppsala.

Skavsta Airport is located in the town of Nyköping, approximately 100 km south of Stockholm. Students arriving at Skavsta must take a bus into Stockholm's Central Railway Station, and then a train or bus to Uppsala. If you are coming from Skavsta, you can anticipate at least three hours travelling to Uppsala.

Students also have the option of flying into Västerås Airport, which is situated about 74 km west of Uppsala. From here, students can take a bus directly to Uppsala. This will take you approximately 75 minutes.



## WELCOME DESK AT STOCKHOLM ARLANDA !

On Thursday 20 and Friday 21 August, Uppsala University will have a welcome desk set up at Arlanda. The desk will be open between 8am and 5pm, and will be located outside customs service in Terminal 5.



## GOTLAND ARRIVALS

We would like to stress that Gotland is an island in the Baltic Sea. The majority of people travelling to Gotland take one of Destination Gotland's high speed ferries. These ferries depart from Nynäshamn and Oskarshamn regularly, and travel time is approximately three hours.

If you are landing at one of the airports in or around Stockholm, catch a bus or train to Stockholm's Central Railway Station. From here, you can take a bus to Nynäshamn. For more information, including ferry schedules and prices, please visit: **[www.destinationgotland.se](http://www.destinationgotland.se)**

There are also flights from Stockholm Arlanda and Bromma to Visby Airport all year round. Flights from Stockholm to Visby take only 40 minutes. It is also possible to travel from the southern part of Sweden to Visby by plane. For more information, please visit: **[www.gotlandsflyg.se](http://www.gotlandsflyg.se)**, **[www.nexjet.se](http://www.nexjet.se)**, or **[www.sas.se](http://www.sas.se)**

## LATE ARRIVALS

If you do not expect to arrive by the start of the semester please inform your contact person immediately. Several Master's programmes begin with an important introduction course that lays the foundation for continued study. Missing this course can result in postponing your studies for up to one year, which may even mean reapplying.

### ORIENTATION PROGRAMME



The orientation programme is designed to introduce new students, such as you, to Uppsala University and to Sweden. During the week, you will be informed about the resources available to you as a student, along with other useful tips to assist and guide you through your time here. By attending the programme, you will get to know your fellow students and learn more about Swedish student life. If you are in Uppsala, you will also receive a temporary student ID card enabling you to enter the popular student nations. Welcome activities for international students are organised by Uppsala University, the student unions and the International Student Committee.

## FINDING A PLACE TO LIVE

The Uppsala University Housing Office will guarantee an offer of accommodation to all fee-paying Master's students who submit a housing application on time and pay their first tuition installment by 1 June. This includes students who are planning to study at Campus Gotland. Students who do not meet the deadline will not be guaranteed an offer of accommodation. The Housing Office will also guarantee offers of accommodation to other groups of students, for example Erasmus Mundus students and exchange students coming to Uppsala University through well-balanced formal exchange agreements.

Students who receive housing through the University Housing Office are required to pay rent, amounting to approximately SEK 3000–6000 per month. Accommodation will be available to students for a period of two semesters only. Following this, students are responsible for arranging alternative housing themselves.

More information about accommodation for fee-paying Master's students will be sent to students after admission, and is also available at: **[www.housingoffice.se](http://www.housingoffice.se)**

If you are an international student planning to study at Campus Gotland and haven't received an offer of accommodation, you can find assistance with housing through the Student Union Rindi. Please see **<http://rindi.com/english>**

All other students, including non fee-paying Master's students, are responsible for arranging their own accommodation. There are many housing options available to you as a student, including dormitory rooms, apartments and share houses. However, due to the abundance of students, finding appropriate accommodation can be a difficult, competitive and time-consuming process. The earlier you start looking for accommodation, the more options you will have. It is therefore very important that you start applying for accommodation and putting your name in housing queues as soon as you have been admitted as a student at the university.

## HOUSING IN UPPSALA

Thousands of new students move to Uppsala to begin their studies each year, and as a result, finding accommodation can be very challenging. The demand for housing is always greatest during August and September, so start your search for a place to live right away, and put some time, energy and thought into it. Here are some websites to help get you started:

### WWW.STUDENTBOET.SE



On Studentboet's website you can find valuable information about how to look for housing and what to keep in mind during your search. You can even find advertisements for first and second-hand housing contracts.

The housing situation in Uppsala is more complicated than you would expect. For this reason, Studentboet has compiled a housing guide to help you sort through your housing options and better understand the steps you can take in order to secure housing.

Studentboet has even started renting out corridor rooms at Vattholmavägen and Sparrisgatan. Advertisements for these rooms are posted on Studentboet's website and are easily identified by the little star next to the ad. There is no queue system for these rooms, instead they are hired out on a first come first serve basis, as long as applicants meet the criteria.

On Studentboet's website, you can also find a list of all the housing companies in Uppsala, a large collection of ads for the subletting of rooms and apartments, and legal aid in case you ever need it. You can also find standard contracts, checklists on what to think about when you are moving in or out, and information about your rights and responsibilities as a tenant. If you have not managed to find housing by the time you arrive in Uppsala, you can visit Studentboet for start-of-term housing options and temporary accommodation.

## WWW.HEIMSTADEN.COM



Heimstaden is a private housing company that does not have a waiting list or queue system. This is very advantageous for international students. It is important that you check this website regularly as new rooms become available often, and these rooms go to the first students who apply.

## WWW.STUDENTSTADEN.SE



Studentstaden is the largest provider of student accommodation in Uppsala. Like many housing companies in Sweden, Studentstaden has a queue system, and available accommodation goes to the applicant with the largest amount of queue days. It is therefore important that you register for their queue as soon as possible. Studentstaden also has a special category of rooms available for newcomers.

## UPPSALA'S STUDENT NATIONS



Each of Uppsala's 13 student nations have their own housing for members. This can include student dormitory rooms and apartments located in and around the city. Though criterion for eligibility varies between each nation, many require students to be members for a certain amount of time before they can apply for housing. Read more about accommodation on each of the nations' websites, and take this into consideration when choosing which nation to join. A list of nations (with links) can be found at: [www.upsalastudent.com](http://www.upsalastudent.com)

## HOUSING ON GOTLAND

On the website of the Student Union Rindi, you can find an up-to-date list of available student accommodation in close proximity to the campus in Visby and the surrounding area. Students can also use the “Private Landlords” section to create an advert stating their particular accommodation needs. Look for student accommodation options in Visby at: **[www.rindi.com/english](http://www.rindi.com/english)**

### YOUR FINANCES



According to the Swedish Migration Agency, international students are required to have at least SEK 8 010 per month to obtain a Swedish residency permit. This money should cover the cost of accommodation and other living expenses. When applying for a permit, you must show that you have the funds to cover your entire stay in Sweden. Please note that the cost of living in Sweden can vary greatly depending on your lifestyle.



## INSURANCE

All students at Uppsala University are covered by personal injury insurance during study hours and when travelling directly between their place of residence and the place where study hours are spent.

Exchange students are covered by an additional insurance policy that includes cover for healthcare costs in the event of an accident, a certain level of accident coverage in the event of disability or death, and liability and legal cover.

All fee-paying Master's students who have paid tuition are covered by an additional insurance policy that includes accident cover and emergency transportation home, healthcare and dental care cover, repatriation liability and legal cover, and property protection. The insurance applies throughout the Schengen area with the exception of the property protection, which applies only in Sweden.

Students who are EU citizens should bring a European Health Insurance Card provided by their local authority.

It is strongly encouraged that all international students purchase additional insurance to cover themselves outside of study hours, when traveling between Sweden and their home country, on trips outside of Sweden during their study period, and to protect their property.

On the Legal, Financial and Administrative Services Agency's website, you can read the full terms and conditions of personal injury insurance for students.

Before arriving in Sweden, we strongly recommend that you familiarise yourself with the insurance coverage that applies to you.

For more information, please visit: **[www.kammarkollegiet.se](http://www.kammarkollegiet.se)**



# YOUR LIFE AS A STUDENT

## THE STUDENT UNIONS

Uppsala University has four student unions: Uppsala Student Union, Pharmaceutical Student Association, Uppsala Union of Engineering and Science Students, and Gotland's Student Union Rindi. These organisations are created and driven by students, for students. The main goal of the unions is to ensure the interests of Uppsala University students are always prioritised and protected. They deal with issues concerning education, health and welfare, equality, internationalisation, housing and economy.

Representatives for the unions are active in several decision making bodies at the university, and work to improve the rights and conditions of students. The unions always act in the best interest of its members, and can even take on the role of mediator when conflict arises between the university and a student. If you require assistance, or feel as though you have been mistreated, the unions are there to help.

The unions also play a very important social role on campus. Amongst other things, they help to organise the orientation programme that welcomes all new students to Uppsala University.

### CONTACT

**Uppsala Student Union**

Övre Slottsgatan 7, Uppsala  
+46 (0) 18 480 3100  
[www.uppsalastudentkar.se](http://www.uppsalastudentkar.se)

**Pharmaceutical Student Association**

Dag Hammarskjölds väg 16, Uppsala  
+46 (0) 18 527 833  
[www.farmis.se](http://www.farmis.se)

**Uppsala Union of Engineering and Science Students**

Uthgård, Polacksbacken, Building 73, Uppsala  
+46 (0) 18 572 520  
[www.utn.se](http://www.utn.se)

**Student Union Rindi**

Tage Cervins Gata 1, Visby  
+46 (0) 498 108 491  
[www.rindi.com/english](http://www.rindi.com/english)

## INTERNATIONAL BUDDY PROGRAMME

Through the unions, new international students have the opportunity to take part in a buddy programme. As a part of this programme, new students are paired up with a more experienced student, who can help them adjust to life at Uppsala University. The buddies can provide advice and support to students before, during and after they have moved to Sweden. If you wish to take part in the international buddy programme, please 'register as a newbie' through the website of the Uppsala Student Union. Please note, students studying pharmacy, business or economics do not have to apply for the buddy programme. Instead, they will be contacted directly.

## THE STUDENT NATIONS

One of the most integral parts of student life in Uppsala is the student nations. There are 13 nations, each dating back to the 17th century. Only students can become a member of the nations, which are responsible for arranging activities and events specifically for students.

Though each nation varies in size and character, they each provide a space for students to meet, socialise and enjoy life outside of the classroom. All nations have a café, pub or restaurant, and popular nation activities include club nights, formal dinners, balls and musical events. As a member, you can also join a wide array of personal interest groups and sporting clubs.

Each nation is named after a specific region in Sweden, and traditionally students joined the nation representing the region they were from. Today however, students can join the nation of their choice. Please note, it is important that you keep the receipt you receive when you pay your student nation and/or union fee, as this is a part of your student identification. A plastic ID card will be sent to you at a later date. You can use the receipt or ID card to enter the nations.

Along with the student unions, the nations help to organise welcome activities for new students. During the orientation programme you will receive information about each of the nations. This will help you to decide which nation to join. During your time as a student you are likely to attend formal dinners and balls at the nations, so it might be a good idea to bring a suit or an elegant dress.

For more information about the student nations, please visit: **[www.upsalastudent.com](http://www.upsalastudent.com)** and **[www.nationsguiden.se](http://www.nationsguiden.se)**. You can also download the application Nationsguiden.

## STUDENTS AT CAMPUS GOTLAND



On Gotland the Student Union Rindi organises a range of events and activities for students and plays an important social role on campus.



## YOUR RIGHTS AND RESPONSIBILITIES

At Uppsala University, all students share the same rights, responsibilities and opportunities. This is regulated by the federal laws that govern higher education in Sweden. In addition, the university has established certain guidelines to ensure that students experience an open, accommodating and diverse study environment.

The university as a whole has adopted many policies and procedures to ensure that your study environment meets your needs as a student. These have been outlined in several internal steering documents, and were formed by both staff members and representatives from the student unions. For more information, please visit: **[www.uu.se/en/students](http://www.uu.se/en/students)**

## INFLUENCE YOUR STUDIES

As a student of Uppsala University, you are a valued member of the community and are the focal point of all operations. According to the Swedish Higher Education Authority, all students have the right to be involved in important decisions made by the university. You are considered a co-worker of the university, and your opinions are crucial to improving the quality of education. You, along with the student unions and student committees, play an important role when it comes to the development of programmes and courses. For example, when you have finished a course you are required to fill out a course evaluation. The feedback received in these evaluations enables the university to make the changes and developments needed to improve the course. If you wish to get more involved in educational matters at the university, please contact your student union.

## GRADING ISSUES

Any student who feels they have been graded unfairly can turn to the university's ombudsman for grading issues. This also applies to students who believe an assessment procedure was poorly executed. For more information, please visit: **[www.uu.se/en/students](http://www.uu.se/en/students)**



## STUDENT SUPPORT SERVICES

### STUDENT PORTAL

Uppsala University's Student Portal is an important tool for all students. Here, you can access your programme and course syllabi, study results, e-transcripts, view messages from the student union and find information about the services that are available to you. Through the student portal, you can also access your student e-mail account. It is important that you log in on a regular basis, as this may be the only way your department informs you of changes or news. Students may also be required to register to certain courses, exams and study groups through the portal: **[www.studentportalen.uu.se](http://www.studentportalen.uu.se)**

To log in to the Student Portal, you must have a student account. Students will receive detailed instructions about applying for an account in the welcome package they receive upon arrival at the university.

### CONTACT PERSON, THE STUDENT SERVICES OFFICE AND THE INTERNATIONAL OFFICE

You will be given the details of a contact person at the university. This person will most likely be a representative from your department, and will help to answer any questions you may have. Students are also welcome to e-mail, phone or visit the Student Services Office with enquiries.

Uppsala University has exchange agreements with more than 450 universities in 55 countries around the world. The International Office is responsible for establishing and managing a large number of these agreements. Some exchange students will have a contact person at the International Office, who can provide them with information regarding their exchange, arrival, accommodation and orientation. All other exchange students will have a contact person at their department.



CONTACT		!
<b>Student Services Office</b> S:t Olofsgatan 10B, Uppsala +46 (0) 18 471 4710 Telephone hours from 10am to 12pm, and 1pm to 2pm, Monday to Friday studentservice@uu.se	<b>Student Services Office Gotland</b> Cramérgatan 3, Visby +46 (0) 18 471 8200 studentservice@campusgotland.uu.se	
	<b>International Office</b> S:t Olofsgatan 10A, Uppsala mobility@uu.se	

## STUDY AND CAREER COUNSELLORS

Uppsala University's study and career counsellors provide assistance and advice to anyone interested in studying at the university. Located in the same building as the Student Services Office, the counsellors can answer questions you may have regarding eligibility, the admission and selection process and degree requirements, as well as help you to make study and career plans. They can also give you feedback on your CV and cover letter and help you to prepare for a job interview.

Each department also has at least one study counsellor who can provide you with information specifically related to the department's programmes and courses. If needed, they can even help you create an individual study plan.

## STUDENTS WITH DISABILITIES

Students with disabilities are advised to contact the university's Disability Coordinator to discuss their need for support as soon as possible. International students coming through an Erasmus or Nordplus exchange programme are encouraged to seek extra scholarships to cover any costs relating to their disability. Please note, students with disabilities will receive additional information about how the university can meet their support needs.

## LEARNING ASSISTANCE



### **Learning assistance options may include:**

- Note-taking assistance
- Course literature in alternative formats, including audio books
- Sign language interpretation (Swedish sign language)
- Mentors
- Modifications to examinations, such as extended exam time for written exams
- Additional assistance from the University Library

Students who require a personal assistant or special transportation are responsible for organising these themselves. Please bring your own computer if you require one with adapted software.

Disability Coordinator: [samordnare@uadm.uu.se](mailto:samordnare@uadm.uu.se)

## THE LANGUAGE WORKSHOP

If you are having difficulty structuring a written assignment or require feedback on an oral presentation, the Language Workshop can help you. The workshop is open to all Uppsala University students and is free of charge. The tutors involved at the Language Workshop have extensive experience in teaching oral and written communication techniques in different academic disciplines, and can provide individual consultations in both English and Swedish. For more information, please visit: [www.sprakverkstaden.uu.se](http://www.sprakverkstaden.uu.se)

## ENGLISH LESSONS

International students wishing to improve their English proficiency can enrol in a course through the Department of English in Uppsala as well as at Campus Gotland. The course is called Practical English: Oral and Written Production, and is worth 7.5 credits. The course is specifically aimed towards international students and focuses on developing their ability to communicate through compulsory discussions and presentations based on the course literature. For details on how to apply, please contact the Department of English on the following e-mail address: [studievagledarengelska@uu.se](mailto:studievagledarengelska@uu.se).

## SWEDISH LESSONS

The Department of Scandinavian Languages offers Swedish language courses for students in Uppsala and at Campus Gotland at introductory, intermediate and advanced level throughout the year. All students attending the university as part of an exchange programme can take a basic Swedish language course. Other international students can apply for this course, however, there are usually a limited number of places available and students will be offered a place on a first come, first serve basis.

The course in basic Swedish consists of 48 hours of instruction. Students who pass the final exam will receive academic credit. Those who have met the attendance requirements but do not wish to sit the final exam will receive a certificate. Students can apply and register for the course once they have arrived at Uppsala University. As places are limited, students required by their home university to study Swedish will be prioritised.

## SWEDISH LANGUAGE SUMMER COURSE

In August each year there is a four week long intensive Swedish language summer course for beginners, consisting of 60 hours of instruction. The course is open for international exchange, Master's and Erasmus Mundus students who will be commencing their studies at Uppsala University in the autumn semester. The course is not open to free-movers intending to take the summer course without continuing their studies at Uppsala University the following semester.

The number of places available is limited and will be allocated on a first come, first serve basis within each category. The course is free of charge for all participants, including Master's students from outside the EU/EEA. Students wishing to apply must be prepared to arrive in Sweden in late July. Applicants will receive notification about admission shortly after the application deadline. Credits will be awarded to the course and students who pass the Intensive Basic Swedish course are eligible to continue on to Basic Swedish 2 during the autumn semester.

Students who have been admitted to courses or a Master's programme at Campus Gotland in Visby can also attend the Intensive Basic Swedish summer course in Uppsala. However, no accommodation will be arranged for these students and they may miss the orientation programme prior to the start of the semester at Campus Gotland.

You will be given instructions on how to apply from your exchange coordinator, Erasmus Mundus coordinator, or after you have been admitted to a Master's programme. The summer course is for beginners only, so if you already possess Swedish language skills, please do not apply.

## THE STUDENT HEALTH CENTRE

It is not uncommon for students to experience problems with stress, performance anxiety, sleeping and eating disorders, and lack of self-esteem during their studies. The Student Health Centre operates as a health service for all Uppsala University students, and works predominantly with study-related healthcare, lifestyle advice and crisis assistance. Through the Student Health Centre, you can receive individual counselling or take part in group sessions. Staff members consist of nurses, psychologists, counselors and a physician.

Please note, the Student Health Centre is not an emergency ward, medical clinic or hospital. However, as the Swedish health care system can be difficult to navigate, international students are welcome to turn to the Student Health Centre for advice or referrals. More information, including opening hours, can be found on the following website: **[www.sh.uu.se](http://www.sh.uu.se)**

Students at Campus Gotland can read more at:  
**[www.campusgotland.uu.se/en/students/health](http://www.campusgotland.uu.se/en/students/health)**



A woman with long brown hair tied in a ponytail, wearing a green tank top and black leggings, is climbing a dark, textured rock wall. She is using her hands and feet to grip various colored climbing holds (yellow, green, blue, red). The scene is dimly lit, with a spotlight effect on the climber. A white text box is overlaid on the upper left portion of the image.

## YOUR HEALTH AND WELLBEING !

The health and wellbeing of students is a top priority for Uppsala University. Through the university, students can receive confidential and professional assistance for a wide range of issues. There are a number of student welfare services available, and university staff members are always on hand to offer their support and guidance.

## UNIVERSITY CHAPLAINCY

The University Chaplains serve all staff and students at the university, who are welcome to talk to them privately or take part in group sessions. The University Chaplaincy is open to individuals of all faiths, and provides confidential counselling to those in need. They also offer foreign language and rainbow services, taizé worship sessions, and organise a gospel choir.

As Sweden is a very multicultural society, many different faiths and places of worship can be found. In Uppsala there are several churches and one mosque. For information about the religious movements in your area, please contact the University Chaplaincy: **[www.uppsala.universitetskyrkan.se](http://www.uppsala.universitetskyrkan.se)**

Students attending Campus Gotland in Visby can become a part of the student church on the island of Gotland (Studentkyrkan). Through the church, students take part in meditation sessions in the Visby Cathedral (Visby Domkyrka), go on retreat and more. If you would like to know more about the student church on the island of Gotland, please visit: **[www.svenskakyrkan.se/visby](http://www.svenskakyrkan.se/visby)**

## EXERCISE AND SPORTS

Campus1477 is the Student Health Centre's fitness section in Uppsala, with two large training facilities located at the Science Park and Blåsenhus. Here, you can use modern exercise facilities, play sport and take part in group training classes. Campus1477 also has indoor rock climbing facilities, saunas and a light room to compensate for light deprivation during the winter. Massage and physiotherapy services are also available. At Campus1477, you can purchase a student membership at a discount price.

Students can also join various sporting clubs organised by the nations, or become a member of a private gym.

On Gotland there is a wide range of cultural and sporting activities on offer. Many of the private fitness centres provide discounts to students.





## USEFUL INFORMATION

### GLOSSARY

#### *Almedalsbiblioteket*

This is the library located in direct connection to Uppsala University's Campus Gotland. Here, students can browse through the literature, study and at the same time enjoy the stunning views of Visby's medieval buildings and the Baltic Sea. Almedalsbiblioteket is one of the few integrated libraries in Sweden, serving students of Campus Gotland and the general public. For more information, please visit: **[www.almedalsbiblioteket.se](http://www.almedalsbiblioteket.se)**

#### *Alumni Network*

Uppsala University has an active global alumni network, with international chapters in Europe, the US and Asia. By becoming a member, you can keep in contact with the university, your student clubs, the student nations and friends from your time in Sweden even after you have finished studying. For more information and to join the network today, please visit: **[www.uu.se/en/alumni](http://www.uu.se/en/alumni)**

#### *Carolina Rediviva*

Carolina Rediviva is Uppsala University's main library in Uppsala. Here, you will find reading, periodicals and study rooms, as well as an exhibition hall with the Silver Bible, Carta Marina and other rarities from the library's extensive collection.

#### *Civic Registration Number*

If you are staying in Sweden for a year or more then you are entitled to a Swedish civic registration number (personnummer). To apply for a personnummer, you must register as a resident at the Swedish Tax Agency (Skatteverket). Once you have obtained a personnummer, you become eligible for Swedish healthcare benefits and are able to work in Sweden.

#### *Conferment Ceremony*

This is the graduation ceremony where doctoral students are awarded their honorary insignia (laurel, doctor's hat or diploma, etc.). During the ceremony, honorary and jubilee doctors who received their degree 50 years ago are also celebrated.







### *Curator*

The First Curator (1Q) is the elected chairperson of a student nation. They are primarily responsible for representing the nation and coordinating activities. The Second Curator (2Q) is the nation's cashier, and most nations also have a Third Curator (3Q) who is responsible for personnel, purchases and festivities.

### *Emergency*

112 is the emergency phone number in Sweden. By calling this number, you can contact the police, ambulance service or fire department. In case you forget this number, you can always call 911 and be connected to the Swedish emergency services.

### *Fika*

Fika is a social institution in Sweden; it means having a tea or coffee break with one's colleagues, friends, partner or family. Aside from a warm drink, it almost always includes something sweet to eat. The word fika can serve as both a verb and a noun, and enjoying a fika is an important part of every Swedish person's day.

### *Gasque*

A "gasque" is a formal dinner party arranged by the student nations or unions. A dress code is employed, a three course meal is served, and students often engage in singing and dancing. Some gasques have a special theme, such as the Lucia Gasque, Lamb's Head Gasque, or Backwards gasque. After the dinner, the event turns into a dance party (called släpp), and students who did not attend the dinner are allowed in. There is usually no dress code for the släpp.

### *Guest Card*

Only students of Uppsala University and the Swedish University of Agricultural Sciences can become members of one of Uppsala's student nations. Students of other universities in Sweden and abroad who wish to attend the nations can purchase a temporary guest card from Kuratorskonventet, located at Övre Slottsgatan 7, Uppsala. The office is open between 5pm and 7pm from Tuesday to Thursday, and between 1pm and 3pm on Saturday. Read more at: **[www.kuratorskonventet.se](http://www.kuratorskonventet.se)**



### *Gustavianum*

Gustavianum is Uppsala University's oldest building. Situated in central Uppsala, the building primarily functions as a museum displaying objects from the university collections of classical, Egyptian and Nordic antiquities as well as an exhibition on the history of science and the history of Uppsala University. In the museum store students can purchase Uppsala University's profile products and merchandise.

### *Hesa Fredrik*

At exactly 3pm on the first non-holiday Monday of every month you are likely to hear an alarm signal coming from outside. This is a sound test for the emergency population warning, commonly referred to as Hesa Fredrik in Sweden.

### *Housing*

Students who are not guaranteed an offer of accommodation from the university should start their search for housing as soon as possible. For students studying in Uppsala, the best place to start looking is **[www.studentboet.se](http://www.studentboet.se)**. On Studentboet's website you can find a housing guide, a list of all the accommodation companies in Uppsala, and a range of available second-hand and short-term contracts. The student nations also offer a number of accommodation options to members. For students studying on Gotland, the best website to visit is: **[www.rindi.com/english](http://www.rindi.com/english)**

### *Illness*

If you fall ill you can call 1177 for medical advice. By calling this number you will speak with a qualified nurse who can instruct you on where to turn for treatment. This number can be called 24 hours a day, seven days a week. Advice can be given in both Swedish and English. In cases of extended illness, please inform your department and speak to a study and career counsellor about how to make up for the time you have missed.

### *International Committee*

Kuratorskonventet's International Committee (IK) is responsible for organising amongst other things, the Welcome Reception and Orientation Week at the student nations in Uppsala.



### *Internet/WIFI*

The university's wireless networks are available to anyone with a student account. Details about how to get your student account will be provided before your arrival.

### *KK-Card*

KK-Card is a reward system for students who devote an exceptional amount of their free time to the nations. The card grants the bearer and one guest free entry to all nations during traditional nation activities.

### *Kuratorskonventet*

Kuratorskonventet is the cooperative organisation of the student nations, and works to increase the collaboration between each of the 13 student nations in Uppsala. Kuratorskonventet manages the nations' contact with outside partners, such as Uppsala University, the student unions, the municipality of Uppsala and the business sector. Kuratorskonventet also publishes the Beginner's Guide and the Nation Guide. Kuratorskonventet's office can be found at Övre Slottsgatan 7 in Uppsala.

### *Kvalborg*

Kvalborg is a combination of Valborg and the Swedish word "kvalificera", meaning to qualify. Kvalborg is celebrated the day before Valborg, where one "qualifies" for the coming celebration by participating in preparatory festivities.

### *Lagom*

Lagom is a societal code of conduct in Sweden, which basically means "the right amount". It can be used to describe just about everything, such as behaviour, the size of an apartment, or the amount of sugar in your coffee. Many people believe the word lagom sums up the Swedish national psyche, one of consensus and equality.

### *Linnaeus Garden*

The Linnaeus Garden is a faithful reconstruction of Uppsala University's Botanical Garden as it appeared in the time of Carl Linnaeus. Today, the Linnaeus Garden has an exhibition and guided tours for visitors.







### *Melodifestivalen*

Very few events unite or divide the Swedish population quite like the melody festival, Melodifestivalen. Held throughout February and March, this popular televised music competition determines which artist will represent Sweden in the Eurovision Song Contest. Melodifestivalen actually launched the career of ABBA, who went on to win Eurovision in 1974.

### *Northern Lights*

The northern lights are a phenomenon that occurs when gaseous particles in the Earth's atmosphere collide with charged particles released from the sun's atmosphere. The different gases produce spectacular colours in the Arctic sky. We hope you are lucky enough to catch a glimpse of the northern lights while in Sweden.

### *Orientation Week*

This refers to the introduction activities organised by Uppsala University, the student unions, the student nations, and the International Student Committee at the beginning of each semester. Activities include sporting events, games and pub nights, and give new students the opportunity to get to know each other. There are no demeaning or humiliating hazing rituals at Uppsala University.

### *Professorial Inauguration*

This is a public event where new professors are officially inaugurated and present their inauguration speeches. At Uppsala University, this event occurs once a year.

### *Raukar*

This is the Gutnish name for the sea stacks that are so often featured on Gotland postcards. Sea stacks are a geological landform that is formed when part of a headland is eroded by the force of sea water crashing against rock. Digerhuvud is Gotland's biggest sea stack area.

### *Rector Magnifica*

This is the ceremonial title of the Vice-Chancellor.



### *Riding*

Uppsala University's Academic Stable is the world's second oldest riding school, and offers classes for riders of all levels. Each semester the university gives out scholarships comprising 16 weeks of free riding classes in Uppsala.

### *Ringmur*

Ringmur is the name of the medieval fortress wall that surrounds the old town of Visby, on the island of Gotland. The wall is 3.4 km long and was constructed during the 13th century.

### *River Rafting*

During the Valborg celebrations, students compete in a rafting race down the river Fyris in Uppsala. The rafts are built by students out of Styrofoam, and often represent a certain theme. The aim of the race, which is arranged by the Uppsala Union of Engineering and Science Students, is to remain in one piece while navigating the waterfalls, rather than cross the finish line first.

### *Semester*

A semester is a half year term at the university lasting 20 weeks. The autumn semester 2015 is from Monday 31 August to Sunday 17 January 2016. The spring semester 2016 is from Monday 18 January to Sunday 5 June.

### *Student Orchestra Festival (STORK)*

STORK is held every year, alternating between Uppsala or Linköping. In 2016, the festival will be held in Uppsala.

### *Student Card*

All registered students are issued a student card by joining a student nation. This card acts as a form of ID and gives students permission to enter the student nations. It also entitles students to various discounts on food, travel and other products. Please note that student cards are only valid when presented together with another form of photo ID, such as a driver's license or passport.



### *Student Nations*

There are 13 different student nations in Uppsala. Information about the nations and their events can be found at: **[www.uppsalastudent.com](http://www.uppsalastudent.com)** and **[www.nationsguiden.se](http://www.nationsguiden.se)**

### *Uppdok*

Uppdok is the official documentation system used by Uppsala University to register study results. Every time an exam result has been registered in Uppdok you will receive a message through the Student Portal. The university also uses Uppdok to register a student's name, civic registration number, general eligibility for university studies, admission to programmes and courses, course registration, credits awarded and degree qualifications.

### *Valborg*

On 30 April, thousands of people from all over Sweden come to Uppsala to celebrate Walpurgis Eve, or Valborg. This is a huge day for students, and includes river rafting, traditional Swedish food, champagne, singing and dancing. For more information, please visit: **[www.valborgiuppsala.se](http://www.valborgiuppsala.se)**

## LIST OF CONTACTS

### UNIVERSITY SERVICES

STUDENT SERVICES OFFICE  
(STUDENTSERVICE)  
*S:t Olofsgatan 10B, Uppsala*  
+46 (0) 18 471 4710  
studentservice@uu.se  
**www.uu.se/admissions**

INTERNATIONAL OFFICE  
(INTERNATIONELLA KANSLIET)  
*S:t Olofsgatan 10A, Uppsala*  
mobility@uu.se  
**www.uu.se/admissions**

STUDENT SERVICES OFFICE GOTLAND  
*Cramérgatan 3, Visby*  
+46 (0) 18 471 0000  
studentservice@campusgotland.uu.se

### STUDENT UNIONS AND THE NATIONS

UPPSALA STUDENT UNION  
(UPPSALA STUDENTKÅR)  
*Övre Slottsgatan 7, Uppsala*  
+46 (0) 18 480 31 00  
reception@us.uu.se  
**www.uppsalastudentkar.se**

THE PHARMACEUTICAL STUDENT  
ASSOCIATION  
(FARMACEVTISKA STUDENTKÅREN)  
*Dag Hammarskjölds väg 16, Uppsala*  
+46 (0) 18 527 833  
iu@farmis.se  
**www.farmis.se**

UPPSALA UNION OF ENGINEERING AND  
SCIENCE STUDENTS  
(UPPSALA TEKNOLOG- OCH  
NATURVETAKÅR)  
*Uthgård, Polacksbacken,  
Building 73, Uppsala*  
+46 (0) 18 572 520  
int@utn.uu.se  
**www.utn.se**

STUDENT UNION RINDI  
(GOTLANDS STUDENTKÅR RINDI)  
*Tage Cervins Gata 1, Visby*  
+46 (0) 498 108 491  
info@rindi.com  
**www.rindi.com/english**

GOTLANDS NATION  
*Östra Ågatan 13, Uppsala*  
+46 (0) 18 130 981  
**[www.gotlandsnation.se](http://www.gotlandsnation.se)**

GÄSTRIKE-HÄLSINGE NATION  
*Trädgårdsgatan 9, Uppsala*  
+46 (0) 18 666 141  
**[www.ghnation.se](http://www.ghnation.se)**

GÖTEBORGS NATION  
*S:t Larsgatan 7A, Uppsala*  
+46 (0) 18 132 006  
**[www.goteborgsnation.se](http://www.goteborgsnation.se)**

KALMAR NATION  
*Svartmangatan 3, Uppsala*  
+46 (0) 18 694 981  
**[www.kalmarnation.com](http://www.kalmarnation.com)**

NORRLANDS NATION  
*Västra Ågatan 14, Uppsala*  
+46 (0) 18 657 070  
**[www.norrlandsnation.se](http://www.norrlandsnation.se)**

SMÅLANDS NATION  
*S:t Larsgatan 5, Uppsala*  
+46 (0) 18 131 854  
**[www.smalands.nu](http://www.smalands.nu)**

STOCKHOLMS NATION  
*Drottningsgatan 11*  
+46 (0) 18 146 333  
**[www.stockholms.se](http://www.stockholms.se)**

SÖDERMANLAND-NERIKES NATION  
*S:t Larsgatan 4, Uppsala*  
+46 (0) 18 154 060  
**[www.snerikes.se](http://www.snerikes.se)**

UPLANDS NATION  
*S:t Larsgatan 11, Uppsala*  
+46 (0) 18 152 151  
**[www.uplandsnation.se](http://www.uplandsnation.se)**

VÄRMLANDS NATION  
*Nedre Slottsgatan 2, Uppsala*  
+46 (0) 18 134 445  
**[www.varmlandsnation.se](http://www.varmlandsnation.se)**

VÄSTGÖTA NATION  
*Västra Ågatan 18, Uppsala*  
+46 (0) 018 136 360  
**[www.vastgotanation.se](http://www.vastgotanation.se)**

VÄSTMANLAND-DALA NATION  
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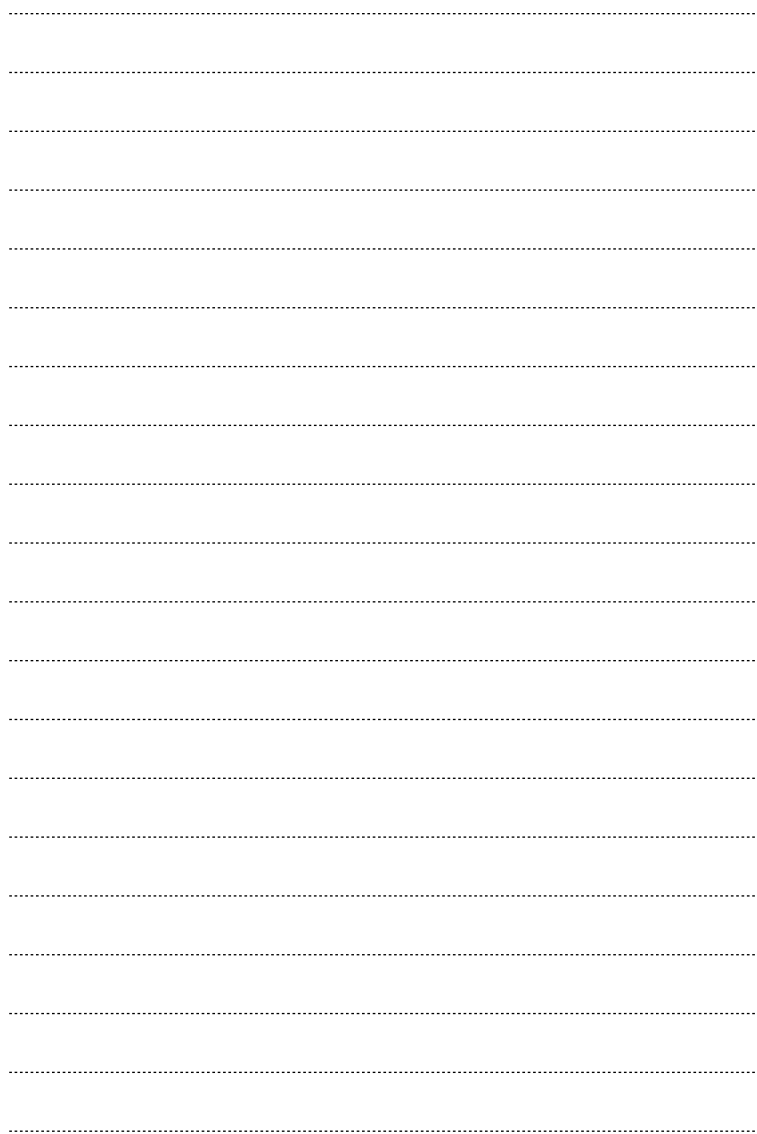
(POLIS)

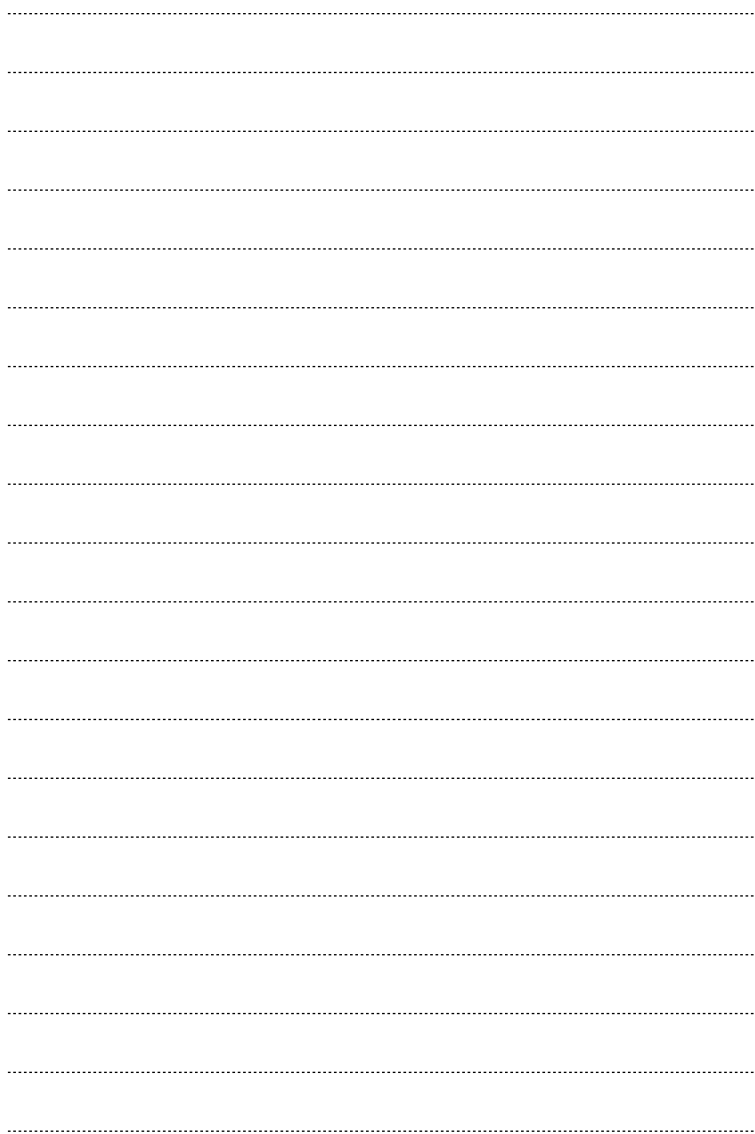
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