

UNIVERSITY OF WISCONSIN - EAU CLAIRE

CENTER FOR INTERNATIONAL EDUCATION

Study Abroad



**VÄXJÖ OR KALMAR, SWEDEN
SPRING 2019**

Program Guide

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CONGRATULATIONS on being accepted to the UW-Eau Claire exchange program with Linnaeus University. Living and studying in a foreign culture is both an exciting and a challenging experience. Past participants of study abroad report that the many advantages of international study include:

- Building upon existing foreign language skills***
- Gaining new perspectives on a chosen academic field***
- Increasing understanding of different cultures***
- Enhancing personal development***
- Developing different perspectives on U.S. culture***
- Gaining self-confidence and independence***
- Learning skills for the future international job market***

This program guide is to be used together with the general Study Abroad Handbook. The Handbook has information that is valid for all study abroad programs. This guide will provide you with specific information for the Linnaeus exchange. It is designed to complement the Handbook, study abroad orientation, and your individual pre-departure preparations.

Please realize that, although this guide was written to help you better prepare for your time abroad, and that all of the information available at the time of printing has been used, it is impossible for any single resource to answer all of your questions. Your peer advisor will email additional information throughout the semester. Please contact the Center for International Education (CIE) staff, your peer advisor, past program participants, and Swedish students on campus with your specific questions. You should also make use of the additional web resources listed towards the end of this guide.

A basic question only you can answer is:

- 1) What are YOUR goals for this experience? Common objectives of student travelers include advancement in future profession; wish to expand personal and academic horizons; need for a change; wish to challenge oneself with immersion in a new culture.
- 2) Given the way the program is set up, how can you best prepare to meet your goals? For example, if one of your goals is truly being immersed in Swedish culture, yet you are going to be

with a group of international students, how can you ensure that you do not spend too much time with other U.S. Americans or international students?

The information in this guide was current at the time of printing, though changes may occur at any time.

GENERAL INFORMATION

The Program

UW-Eau Claire and Linnaeus University have been exchanging students for more than 20 years. However, Spring 2010 participants were the first UW-Eau Claire students to attend Linnaeus University. On January 1, 2010, Växjö University and Kalmar University merged to become Linnaeus University.

As a student at Linnaeus University, you will have the option of studying either at the Växjö campus or the Kalmar campus. Students must choose which campus is appropriate for them since the distance between the two makes it impossible to take courses at both campuses. No matter the location, you will take classes in English with other international students, as well as with Swedish students studying those subjects. Housing is in the university residence halls and apartments.

The Location: Växjö Campus

Växjö is the capital of Kronoberg in southeastern Sweden. It is situated 175-200 miles southwest of Stockholm. Kronoberg is the heart of the traditional Swedish province of Småland, known for its forests, lakes, and unspoiled nature, making it an attractive tourist area for those who love the outdoors. Växjö was an important trading center as early as the 8th century and its royal charter dates back to the 14th century. Today, Växjö's population is around 65,000. The city

is known as the "greenest city in Europe" and has won international awards for its Fossil Free program.

The Location: Kalmar Campus

Kalmar is located on the Baltic Sea and is the capital of Kalmar County. Kalmar is surrounded by water and the city center is on its own island. Back in medieval times, Kalmar was an important city in relation to commerce and politics. After it burned down in 1647, most of the city was rebuilt on the nearby island of Kvarnholmen, which is now home to the city center. The old fishing village homes, that are nestled near the city center, add some vintage charm to the city. Kalmar is a manufacturing city and produces products ranging from machinery to confectionery. Today's population is around 36,000 people.

The University

Linnaeus University is a modern, international university on two campuses, one in Växjö and one in Kalmar. You will study at either campus. With a student population of 31,000 students (between the two universities), it is known for its undergraduate and master's level programs in business, social sciences, and teacher education. The university has a strong international profile, with student and faculty exchanges all over the world. Every year,

1,600 international students from all over the world go to Linnaeus University to study.

Academic Calendar

Arrival Date	Vaxjo- January 18
Orientation	Vaxjo- January 19-20
First Day of Classes	January 21
Semester Ends	June 9
Final Exams	Depends on courses
Move Out Date	TBD

At the time of printing, these dates were listed on Linnaeus' website, but they are subject to change and are not final. The official arrival dates, orientation and move out dates will be provided to you once you are officially accepted into the program. Fall students, please note that while there is no official break over Christmas, classes are usually not scheduled on Christmas.

You should not book a plane ticket until you receive official acceptance from Linnaeus University. Depending on your exam schedule, you may be done before the last day of exams. However, you won't know this until after you arrive and exam schedules for your final class are posted. Generally, exam schedules are posted at the beginning of your last class. If you want to give yourself the option of leaving earlier if your exams are done earlier, **be sure to get a plane ticket with a low change fee.**

ACADEMICS

Your Study Abroad Handbook has additional information on topics such as registration, class attendance, credits and course load, grades, transcripts, and accessing the UW-Eau Claire library while abroad.

Program Prerequisites

To participate in this exchange program, you must **be in good academic standing, complete any prerequisite courses for your program track, and have a minimum 3.0 GPA.** CIE will check your grades at the end of the semester prior to departure. If you fall below good academic, conduct or financial standing, we will need to check with your host institution to see if you will be allowed to participate. If you are on suspension, you will not be allowed to participate in the program. This means that cancellation may occur shortly before your planned departure date.

Registration at Linnaeus University

On your application for Linnaeus University, you will indicate which program or free-standing courses you wish to take (e.g., Scandinavian Business, Intercultural Studies, etc.) which determines at which campus you will be studying. When you list your courses, you will rank them in priority order and provide back-ups in the event you don't get into your first choices. If you meet the prerequisites for a course, you will be admitted

on a first come, first serve basis, so you will want to complete your LNU application as soon as it becomes available.

There are limited opportunities to make changes to your courses and there will be no add/drop period.

Remember that you cannot take courses at both the Växjö and Kalmar campuses.

Please note that until you receive confirmation from Linnaeus, you will not know if you have gotten into your first-choice courses.

Class Attendance

When studying abroad, you are required to follow the attendance policies of your university abroad. In general, you are expected to attend all regularly scheduled classes and field trips unless illness or other unavoidable circumstances make this impossible. Absences must be approved in advance by the instructor and may result in lower grades.

Credits and Course Load

Exchange students are required to carry a full load (12-18 credits/semester). Dropping below full-time status may result in loss of financial aid and/or insurance coverage and must be approved by the exchange coordinator at Linnaeus University and the CIE at UW-Eau Claire.

In terms of the Linnaeus program, this requirement means that you must complete the entire 30 Swedish credit points (see "Swedish Academic System" later in this section, for an explanation of the point system) to fulfill the full load requirement.

Classes

Your classes depend primarily upon the "program track" for which you have registered. Please refer to the Linnaeus University website

<http://lnu.se/education/application-and-admission/exchange-studies/courses?l=en>

for your specific program courses. Be sure to select the appropriate semester in order to see courses available when you will be abroad. Your term may not be listed yet but you can use the current year as a guide. **It is not guaranteed that the same courses will be offered for your term.** When looking at courses, be sure to note which location the courses are offered at.

Grades

The Swedish system has recently moved to a grading system using A-F. In the past they use pass/fail, and at times, that still might be how you are graded. If you are in a pass/fail course, then you will receive Credit/no credit on your UWEC transcript for the following marks:

- Pass -G
- Pass with Distinction -VG
- Fail

The Linnaeus program is the only study abroad program that allows students to take courses as credit/no credit, however you don't get to determine which grading scale is used; the Linnaeus faculty member makes that distinction

If your grades come back on the lettering scale, this is how they will appear on your UWEC transcript:

Sweden grade	UWEC grade
A	A
B	B
C	B-
D	C
E	D
F	F

Transcripts and Graduation

A transcript for your program will be sent from Linnaeus University to UW-Eau Claire. Spring transcripts usually arrive in August; fall transcripts arrive in late March. Because this is later than the UW-Eau Claire semester, you will initially receive a grade report with "NR" (not reported) for all courses. A revised transcript will be issued after the grades have arrived.

If you are a senior and are studying abroad for your last semester, please note that the different timelines in grade reporting will **require you to delay your graduation** to May (if you study abroad in the fall) or August (if you study abroad in the spring).

Swedish Academic System

As noted previously, you will complete a particular academic program while in Sweden. In the Swedish academic system, students typically complete one course at a time (consecutive scheduling), rather than taking several courses at the same time (parallel scheduling). You will be assigned both individual course grades and an overall program grade at the end of the semester. (Exception: some computer science and math courses use parallel scheduling.)

An academic program generally consists of 30 "points." Thirty points is the equivalent of a full-time semester or 15 semester credits at UW-Eau Claire. Each individual course lasts five weeks and is generally 7.5 ECTS credits. You will take one class at a time. The conversion of Swedish points to UW-Eau Claire credits is simple: Two Swedish points equal one UW-Eau Claire credit.

Class periods are not on a steady MWF or T/TH schedule as they are at UW-Eau Claire. They may change on a weekly basis. Business and political science classes have the biggest mix of Swedish and international students. Lots of group work allows you to get to know your classmates well.

Grades are based on papers and a final exam. Some courses may require just one or the other. The examination system allows

students to retake exams. You are given about five hours for each final exam. Most exchange students fail and retake at least one exam. Do not be embarrassed by this – you are learning a new system! Exam retakes are generally scheduled about a month after the original exam; you can retake an exam more than once.

To some international students, the relationship between students and teachers at Linnaeus University may seem very informal. Students are encouraged to ask questions, both in the classroom and outside. Classes often consist of discussions around chosen topics rather than teacher-provided lectures. Learning and teaching is considered a two-way communication. Don't hesitate to ask a question about things you don't quite understand or to comment on issues you disagree with. Teachers will expect you to call them by their first name, as students and teachers consider one another equals. This, of course, does not imply that the teachers will accept anything but your best performance in class and during exams.

Student Services

Another difference to note is that "student services" are a relatively unknown concept. The Swedish university is there to provide access to academic resources. It does not have the mission, common to most U.S. institutions, of "student development."

University students are considered adults who will work their way through the system, asking questions when necessary. As a newcomer to the system, you will find it necessary to ask questions often!

The International Office at each campus does not work the same way as the CIE in Eau Claire. The International Offices will have more limited office hours and you will need to make an appointment to speak with someone. Please *do* make appointments. They are happy to meet with you; just don't plan on dropping into the office and being seen immediately.

MONEY MATTERS

Information about how payments are made, when they are due, the withdrawal/refund deadlines, financial aid, scholarships, budgeting, and ways to bring money abroad is in your Study Abroad Handbook.

Cost Estimate

You can find the most current Cost Estimate for your program, in easily printable format, on the [CIE Sweden webpage](#). Be sure you are looking at the correct term. Remember that the cost estimate includes what you pay to UW-Eau Claire, what you pay to Linnaeus, and what you pay directly to other vendors.

Exchange Explanation

On an exchange program, each participant pays the costs they would normally pay at

their home school – so UW-Eau Claire students pay UW-Eau Claire costs, and Linnaeus students pay Linnaeus costs – and they switch places. The money paid by the Linnaeus students is then used to pay the tuition, fees, room and board for the UW-Eau Claire students, and vice versa.

No money is exchanged between the schools, and there is no direct monetary correlation between what you pay in Eau Claire and what you receive in Sweden.

What is exchanged is not actual payment, but rather benefits: you should receive the same benefits a typical Linnaeus student receives, and the Linnaeus student receives the benefits a typical Eau Claire student receives. This type of arrangement allows students to participate in overseas programs at about the same cost they would pay to attend their home university.

Pre-Paid Debit Card from Linnaeus

Due to banking regulations in Sweden, U.S. citizens are not able to open a bank account while abroad. At the beginning of the semester, you will receive a card with around 32,000 SEK on it. **This amount should cover room and board.** The card is used like a debit card. Please note, you will pay all housing fees AFTER you arrive (more information in the housing section of this handbook).

Since there may be a few days between when you arrive and when you receive your debit card, you should plan to have some extra money on hand to cover some meals and other necessities.

There is a grocery store called “Ika” where students often shop which is very close to the university. When you make a purchase with your card, you can get cash back at the checkout line and use that money to pay your rent and other things. You can use the card at an ATM, but since there are fees associated with withdrawing money this way, it is recommended you use the cash back option.

It is important to spend carefully at first until you have a sense of what things cost and can budget accordingly. Use the budget information in your Study Abroad Handbook to begin planning.

Personal Travel

This varies greatly from student to student. It depends on your budget and your priorities. Students who want to be involved in their host community generally spend less time (and money) traveling. Others who travel every weekend usually have correspondingly high costs and fewer close connections in their new home. Past participants who responded to our money survey spent between \$1,500 and \$2,500 on

personal travel. To give you an example of what is possible:

\$1500: *"I did a 13-day Eurail trip, visiting Budapest, Vienna, Venice, Rome, Bern, and Ravensburg. I stayed in hostels and friends' homes."*

\$2500: *"I did several long weekends: took the ferry to Tallin, Estonia and stayed in a hotel for 3 days; took the train to Copenhagen, Denmark and stayed in a hostel for 4 days, to Warsaw and Krakow, Poland, and stayed in hotels for 4 days, to Oslo, Norway, and stayed in a hotel for 4 days. I also flew to Edinburgh, Scotland and stayed in a hostel for 5 days. THEN, at the end of the program, I used a Eurail pass and traveled for 5 1/2 weeks to Prague, Vienna, Salzburg, Innsbruck, Munich, Venice, Rome, Florence, Geneva, Paris and London!"*

Currency Exchange

The currency of Sweden is the krona, abbreviated SEK. One kroner is made up of 100 ore. Coins come in denominations of 50 ore, and 1, 5, and 10 krona, bills in denominations of 20, 50, 100, 500 and 1,000 SEK. You can view current exchange rates at <http://www.oanda.com/convert/classic>.

Banks usually post the current exchange rates and are safest. Withdrawing krona at an ATM is the simplest method of getting cash.

MONEY ABROAD

In addition to the information about bringing money abroad in the Study Abroad Handbook, past participants report the following about Sweden.

Bank Account

U.S. citizens are NOT allowed to open a bank account while in Sweden.

ATMs

If using a debit card from the U.S., make sure you understand what the withdrawal fees are. Also note that there may be an international fee assessed every time you use your card.

When withdrawing money from the ATM, always use caution.

Make sure you notify your bank and credit card companies before your travel. They will want to know your travel itinerary to the best that you have it planned out. Also make a copy of all of your credit cards so that in the event they are lost, stolen, or eaten by an ATM, you have the contact information to call and cancel.

Cash Less Society

Sweden is almost a cashless society. The preferred method of payment in Sweden is with a credit or debit card. Do not expect to pay with cash all the time. In fact, some stores and restaurants won't accept cash as

a means of payment, so be sure to have a card available to use.

Credit/Debit Cards

In addition to the information on credit cards in the Study Abroad Handbook, be aware that **in Sweden you need to know your PIN: you will need to enter this for almost all purchases, including those at the grocery store!** Be sure to bring it with you and be sure it is valid in Europe. Most Swedish ATMs require a 4-digit PIN and are on the Cirrus system.

You will find that you make most of your purchases with a credit or debit card so if you can find one with zero-no international fees, that can save you some money. If you use a card to make a payment at a store or restaurant, your bank/credit card company may have fees for converting the amount, so check into those now.

Traveler's Checks

Traveler's checks are unheard of in Sweden and extremely difficult to use. They generally must be cashed at a major bank, although, in some countries, post offices also offer this service. **You must have your passport with you.** Most banks charge a fee for cashing the checks; it can vary widely. Before cashing a check, ASK what the fee is.

Make sure you record your check numbers and keep the numbers separate from the

checks, in case you need to get them replaced.

SCHOLARSHIPS

In addition to the financial aid and scholarship information in your Study Abroad Handbook, there is one scholarship that specifically supports students studying in Scandinavia:

Genevieve Hagen International Study Abroad Scholarship

Preference is given to juniors and seniors majoring in a foreign language who are planning to study abroad in Scandinavia or Germany. If there are no junior or senior foreign language majors who qualify, any junior or senior, regardless of major, planning to study in a Scandinavian country or Germany shall be considered. Preference is given to Wisconsin residents.

HEALTH & SAFETY

Additional information on these issues, as well as information on CISI insurance, is included in the Health Issues and Safety Abroad sections of your Study Abroad Handbook.

On-Campus Medical & Mental Health Facilities

The university has a nurse available on campus in the Student Welfare Office who will make referrals to local hospitals and clinics.

All students sometimes experience personal problems. These may be in regard to anxiety, stress, relationship problems, schoolwork, homesickness, or cultural adjustment. In these situations, the counselors offer their services to listen and to give advice. This office also puts on meditation sessions and different workshops about personal wellbeing. Please see <https://lnu.se/en/education/during-your-studies/student-welfare/> for contact details and further information. The Student Welfare Office will provide support to answer any questions you may have.

Emergency Contacts

General emergency procedures are described in the Study Abroad Handbook and Linnaeus International Office staff is available if difficulties arise. You will receive an emergency contact card at orientation; be sure to keep it in your wallet at all times. The information is also on the Contact Names & Addresses page of this guide.

911 Equivalent in Sweden

If you are in an emergency situation in Sweden, you will need to know how to reach the local police, fire, or ambulance services. The local equivalent to the 911 emergency line **in Sweden is 112**. Save this number in your cell phone in case you need it to use it quickly.

The U.S. State Department also provides a list of [911 numbers abroad](#). Please note that in some countries there are different numbers for fire, police, and ambulance. Plan ahead and research numbers before you go.

Safety in Sweden

Students find Växjö and Kalmar to be safe and welcoming environments. Students are still encouraged to be mindful of their surroundings and use caution when out and about.

Further safety in and around Växjö and Kalmar will be discussed during the orientation in Sweden.

REQUIRED DOCUMENTS

Passport information is included in your Study Abroad Handbook.

Visa

A visa is official permission to temporarily reside in another country and is granted by the government of that country. The CIE will post basic information about the current visa options for U.S. citizens for study in Sweden to the Learning Content section of your online BlugoldsAbroad account during the semester prior to departure. **However, it is your responsibility to keep up-to-date about student visa requirements for Sweden, and if required, to apply for and receive a visa from a Swedish consulate or embassy in a timely manner.** Please read

the “Visa” section of your Study Abroad Handbook for more information about what you should do to keep up-to-date on visa requirements.

PACKING TIPS

In addition to the general packing information in your Study Abroad Handbook, you should know the following about Sweden.

Clothing/Weather

You will find similar weather in Sweden, as you would in Wisconsin but just slightly cooler. Summer occurs from late May, early June – early September. Most Swedes will say that summer doesn’t officially begin until midsummer, which occurs in mid-June. Winter begins around late October, early November and goes into late March.

Remember that, as in Wisconsin, winter is long and cold in Sweden. If you are studying in Sweden during the winter months, you will probably want to bring mostly winter wear with you. This includes: winter coat, waterproof boots, hat, gloves, and scarves. You may want the coat to be a ski jacket if you plan to ski or participate in other outdoor activities.

What to Pack

Your Peer Advisor will provide you a packing list at the second orientation, later in the semester prior to departure.

Bedding and Kitchenware

You are expected to bring your own bedding, towels and kitchenware. Students in the past may bring one old set of sheets and towels and leave them behind. A sleeping bag can also be used as a comforter and warmer blanket.

Appliances

The standard electric current in Europe is 220 volts. U.S. appliances such as hair dryers and razors run on 110 volts. If you plan to bring these, you will need to buy **both a converter and a plug adapter**. Past participants suggest buying converters and adapters in the United States; they are very difficult to find in Sweden. You may also choose to buy the appliances abroad.

GETTING TO SWEDEN

Travel Arrangements

It is your responsibility to make travel arrangements to Växjö or Kalmar. There is also information on student-oriented travel agencies, instructions for booking a flight, and other travel information in the Study Abroad Handbook.

Getting to Växjö or Kalmar

You are responsible for finding your way to Växjö or Kalmar. The best way to travel to Kalmar or Växjö is to fly into Copenhagen airport and take a direct train from the airport to either Kalmar or Växjö train stations. The direct train from Copenhagen takes approximately 2.5 hours to Växjö and

3.5 hours to Kalmar. You can buy your train ticket at the airport.

To find information on how to get to Växjö or Kalmar, please see the orientation guide that Linnaeus University prepares: <https://lnu.se/en/education/exchange-studies/plan-your-studies/>

Pick-Up Service

Linnaeus will notify you of official arrival days once you are accepted. Linnaeus will provide a pick-up service upon your arrival in Kalmar or Växjö. A student will meet you at the airport or train station (in Kalmar or Växjö), provided that you have informed the International Office at Linnaeus University of your arrival day and time. You will need to check-in once you arrive to campus. Linnaeus will need you to complete an arrival form that can be found on this website: <https://lnu.se/en/education/Before-your-studies/preparing-for-your-stay/>

It is recommended that when you notify Linnaeus of your arrival day and time that you include your flight details so that they can track whether or not you are delayed. There is no guarantee that they will know of your delays, but it might help.

Orientation

Upon arrival in Växjö or Kalmar you will have a mandatory orientation program. During the orientation you will learn about the city,

the university, how to finalize your visa, and life in Sweden.

HOUSING

Exchange students in Växjö and Kalmar are housed in "campus housing," but **this does NOT necessarily mean that you will be housed on-campus.** Linnaeus University has both on-campus dormitories and off-campus apartments scattered throughout the city, and they place exchange students where they have room available. Students living in Kalmar will be scattered throughout the city of Kalmar. Students in Växjö are usually located close to campus, but again, some students may live throughout the city. **You will most likely not receive your final housing assignment until you arrive.**

Housing is guaranteed at either location; however, students must complete the housing application by the deadline. Failure to complete the application in a timely manner, could result in a you having to find your own housing.

In the housing units that are located in the city center, you are about 25 minutes by bus from campus. You can take a bus, walk, or buy a used bike for the semester. Students are often placed in the campus housing located throughout the city, and not on the actual campus. Local transportation from your campus housing to the university is your responsibility. In most cases, you will

take a bus. Walking and biking (weather permitting) are sometimes options as well. Navigating the public transportation is a norm for local students so you should have no problem picking it up and learning how to use it.

In the dorm-style campus housing, you will have a single room with a private bath and shower. There is also apartment-style campus housing, both on campus and scattered around the city. You will still have your own room and share the kitchen, living room, and bathroom with one to three other students.

Rooms are generally furnished with a bed, desk, chair, and small table. Sheets and pillows are not provided. Blankets are technically not provided either, but past students report that they usually find them in the closet. There will generally be a mix of international students and Swedes in each corridor (10-13 rooms).

If you bring a laptop, the majority of dorm rooms and apartments have a direct Internet connection. Internet in the accommodations at Kalmar has a monthly fee of SEK 130-150. You will need a network adapter/card of Ethernet standard 10MB and a TP cable of Category 5. Wireless in the accommodations isn't provided.

Laundry

Laundry facilities will be in your student housing and are usually free to use. You will need to book a time for when to use the machines and you can find the booking boards outside the laundry room.

Paying Rent

As mentioned before, you will receive a pre-loaded debit card from Linnaeus. That money is to be used for paying your rent. Since all of the money for the whole semester will be on the card, be sure you save it for rent!

Past students commented that they were still notified by their landlords to pay rent/deposits PRIOR to arriving in Sweden. You **DO NOT have to pay anything PRIOR to arriving!** If you are contacted by a landlord prior to arrival, please notify Linnaeus right away so they can sort that out. All landlords should know that international students will pay upon their arrival, but some use automated emails that end up being sent to all students.

Once you are on-site, you will be responsible for paying your rent in a timely manner. Linnaeus and UW-Eau Claire are not responsible for missed payments or any damages that occur in your residence.

MEALS

Each corridor (10-13 rooms) or apartment shares kitchen facilities. **You are responsible**

for cooking your own meals, although you may buy lunch at a university cafeteria. Bring some recipes from home to share with new friends. This option allows you to meet Swedish students as well as other international students.

A past student put together this list of "don't miss" Swedish foods to try during your time there:

- 1) Kebab pizza
- 2) Kanelbullar (cinnamon buns – fika classic)
- 3) Swedish meatballs
- 4) Glogg and saffron buns for St. Lucia Day
- 5) Lingonberry jam on pancakes or cheesecake
- 6) Ring bologna with apples baked in oven
- 7) Crawfish/fish
- 8) Salty licorice (try it at least once)
- 9) Semlor (almond pastry with whipped cream on top)
- 10) Moose/reindeer--many varieties
- 11) Waffles

COMMUNITY INVOLVEMENT

The community offers opportunities to get involved, but you need to take the initiative. The student life coordinator on campus sends out emails about community events, so keep an eye out for those. For instance, you can get involved in sports teams, social organizations, musical groups such as the

band or choir, or take advantage of volunteer opportunities. Students have participated in some events on campus with the Red Cross. Others played soccer or volleyball in an intramural league, or just played basketball for fun with others on campus. Some students who did not take the Swedish language course met with their "fadders" (buddies) to learn some Swedish.

Also remember that your corridor is a community! Get together with your corridor mates to make dinner or go bowling downtown. You can also plan small social events with other international students you meet. Often the students from one country will plan a nation-themed party for the rest of the international students to experience a bit of their culture.

The Student Union

At the office of Linnéstudenterna situated at Tufvan, you can become a member of the student union. Becoming a member is voluntary but a good idea if you want to support the student life and, of course, get access to the many student discounts and member benefits. The student union has offices both in Kalmar and in Växjö and their staff welcomes you if you have any questions.

VIS/ESN

ESN is a network of sections organizing events for international students going

abroad to study. In total there are about 370 sections in Europe and around 10 of them are in Sweden. In Kalmar, the section is called ESN Kalmar and in Växjö they are called VIS, Växjö International Students. Both sections organize local events such as barbecues, sports activities, and theme nights with typical Swedish traditions represented. Both sections also organize trips.

Nations and Student Associations

A nation is a student association which organizes parties and cultural activities for its members, e.g. dinners with traditional foods from the region, concerts, etc. Each nation represents a part of Sweden. In the 17th century, when nations were originally established at Swedish universities, students were expected to join the nation representing their home province. You are free to join any nation you like, and you can belong to more than one. You will find the joint nations' office at the student union headquarters, Tufvan. Besides nations, there are also student associations based on interest such as the student choirs, student radio, and the student band.

Buddy Program

You have the option of being matched with an international or Swedish buddy who can help you with day to day questions, introduce you to Swedish culture/life, as well as what it's like being a student at Linnaeus.

COMMUNICATION

See additional communication information, including information on Skype, in your Study Abroad Handbook and Welcome Guide.

Time Difference

Sweden is seven hours ahead of Eau Claire. For example, when it is 1:00 P.M. in Eau Claire, it is 8:00 P.M. in Sweden.

Email

You will receive an email account from Linnaeus. Note that while you are waiting for your Linnaeus student ID card, you can have any card with a magnetic strip (like a Visa or MasterCard) programmed so that you can get into computer labs on weekends and during evening hours. Past students suggest having your Linnaeus account forwarded to your UW-Eau Claire account, so that you only have to check one account.

Snail-mail

International airmail takes 7-10 days (or more!) to cross the Atlantic in either direction. You can also expect that customs will open it and verify the contents.

Telephone Information

From the U.S. to Sweden: To call someone in Sweden, you must first dial 011, which is the international dialing code. Next, you dial 46, the country code for Sweden, and the rest of the number. When calling Sweden, you will leave out the initial "0."

For example, a telephone number in Växjö might be 0470-26029. To call this number from the United States, you would dial: 011-46-470-26029. Once you are in Sweden, it is much cheaper for someone in the U.S. to call you than for you to call the U.S. You may find it easiest and most economical to set a time for parents or others to call you (i.e., the first Sunday of the month at 8 P.M., Växjö time, which is 1 P.M. Eau Claire time).

Cell Phones

You can get a cell phone, which past students recommend for local calls, but are very expensive for international calls. If you bring your cell phone (with a SIM card) you can easily buy pre-paid pay-as-you-go cards at stores and supermarkets. The cards cost around SEK100 and 750. If you plan to do this, make sure your US carrier unlocks your phone before you go abroad. Many students use their US cell phones for just Wi-Fi to Skype or Facetime with friends and family back home.

Computer Lab

As a student at Linnaeus University, you will have access to the university's computer labs 24 hours a day, seven days a week. Linnaeus University offers wireless network to all its students and employees. You will be able to connect to the wireless network in all the University buildings and facilities in Kalmar and Växjö. Before arrival, you will receive an

email account and a password, which enables you to log on to all the computers at the university.

TRAVEL WHILE ABROAD

See additional travel information in your Study Abroad Handbook and Linnaeus Welcome Guide.

Train Travel

Within Sweden, an International Student Identity Card (ISIC) may allow you to get discounts on various forms of public transportation. Be sure to ask. Also inquire about reduced rate train tickets through Swedish State Railways (SJ) and the Scandinavian Rail Pass for touring Sweden and the other Scandinavian countries.

Train travel is a very easy way to navigate within Sweden and the rest of Europe. If you are in Växjö, a train to Copenhagen will take about 2-hours. If you are in Kalmar, it takes about 3 hours. Most of the time, you don't have to buy your train ticket in advance, you can just go the day of and purchase it. If you have questions on how to navigate the train system, you can reach out to the international staff or your Swedish buddy if you do the buddy program.

Cars

You may be surprised to learn that most Swedish students don't have cars. Because of the public transportation system, a car isn't

as necessary. There is a Europcar rental in downtown Växjö where you can rent a car for the weekend for about 600 SEK. The expensive part of renting a car is the high expense for gas.

Buses

Buses are usually the cheapest way to travel, but they are also the most time-consuming. If your budget is tight, check out the bus schedules.

Airfare

If you do decide to travel by air while in Europe, there are many affordable airlines (i.e. Ryanair, EasyJet, etc.). Just be careful with hidden fees and strict baggage policies! Often times you cannot bring two carry-ons, and they are limited to less weight than in the U.S. Do your research before you buy that ticket!

WEB RESOURCES FOR SWEDEN

<i>City</i>
Kalmar City Guide: https://www.kalmar.com/en
Lonely Planet, Kalmar: https://www.lonelyplanet.com/sweden/smaland/kalmar
Vaxjo City Guide: https://vaxjoco.se/en/
Lonely Planet, Vaxjo: https://www.lonelyplanet.com/sweden/smaland/vaxjo
<i>Culture</i>
Swedish culture and traditions: https://sweden.se/culture-traditions/
Culture of Sweden: http://www.everyculture.com/Sa-Th/Sweden.html
<i>Country</i>
Sweden quick facts: https://sweden.se/quick-facts/
Lonely Planet: https://www.lonelyplanet.com/sweden
CIA Factbook: https://www.cia.gov/library/publications/the-world-factbook/geos/sw.html

CONTACT NAMES & ADDRESSES

GENERAL UW-EAU CLAIRE & CISI CONTACT INFORMATION IS IN YOUR STUDY ABROAD HANDBOOK.

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SE-351 95 Växjö
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Ph. +46 (0)772-28 80 00
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inexchange@lnu.se
<https://lnu.se/en/education/exchange-studies/>

Please make a copy of this sheet and
leave it at home with your parents or
with your emergency contact.

Other Resources

The U.S. Department of State offers
useful travel information on the "Travel
and Living Abroad" section of their
website-
<http://www.state.gov/travel/>

U.S. Consulate in Sweden

Consulate General, United States
Dag Hammarskjoldsvag 31
Stockholm, Sweden
Phone: (46)(8) 783-5300
Fax: (46)(8) 6611964
<http://www.usemb.se/>

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INTERNATIONAL
EDUCATION

Revised June 2018

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