

# SWEDEN

Summer Language & Culture  
Fall, Spring, and Academic Year



## 2012-2013 Program Guide



# LINKS TO CONTENT

## Your UCEAP Network

- Local UCEAP Support ..... 1
- UCEAP Online ..... 2
- Study Center Abroad ..... 2

## Academic Information

- Academic Culture ..... 3
  - Course Structure ..... 3
  - Libraries and Textbooks ..... 3
  - Instructors ..... 4
  - Language of Instruction ..... 4
- Academic Programs ..... 4
  - Summer Language and Culture Program ..... 4
  - Intensive Language Program (ILP) ..... 4
  - Fall, Spring, and Year Programs ..... 5
  - Requirements ..... 5
- Course Information ..... 5
- Lund University Online Application for All Programs .. 6
  - Registering for Courses ..... 6
- Internships and Volunteer Opportunities ..... 7
- Grades ..... 7

## Extending UCEAP Participation

- Plan Ahead to Extend ..... 8
  - Summer Language & Culture ..... 8
  - Fall Semester ..... 8

## Cultural Awareness

- Educate Yourself ..... 9
  - Useful News Sites ..... 9
  - Radio Broadcasting ..... 9
  - Recommended Reading ..... 9
- Improve Your Language Skills ..... 10
- Social Customs ..... 10
- Interactions While Abroad ..... 10
- Alcohol, Smoking, and Drugs ..... 10

## Arrival & Orientation

- Travel Documents ..... 11
  - Student Residence Permit ..... 11
  - Embassy of Sweden ..... 12
- Packing Tips ..... 12
  - Clothing ..... 14
  - Electrical Appliances ..... 13
  - Climate ..... 13
- Independent Travel to Sweden ..... 14
  - Insurance for Personal Possessions ..... 14
  - Airline Tickets ..... 14
  - Financial Aid Students ..... 15
- Mentors ..... 15
- Orientation ..... 15

## Local Transportation ..... 16

## Financial Information

- Understanding Your Finances ..... 17
- MyEAP Student Account ..... 17
- UCEAP Student Budget ..... 17
- Handling Money Abroad ..... 18
  - Currency ..... 18
  - Banking ..... 18
  - ATMs ..... 18
  - Credit Cards ..... 18

## Communications Abroad

- Phone ..... 19
- Mail ..... 19
  - Shipping ..... 19
- E-mail ..... 20
- Computer & Internet Access ..... 20

## Housing & Meals

- Accommodations ..... 21
- How to Secure Your Housing ..... 22
- Meals ..... 24

## Extracurricular Activities

- Get Involved ..... 25
  - Working Abroad ..... 25
  - Student Union ..... 25
  - Athletics ..... 26
  - The Nations ..... 26
- Excursions and Events ..... 26
- Travel during the Program ..... 27
  - Stockholm ..... 27
  - Copenhagen ..... 27
  - Travel Resources ..... 27
  - Travel Sign-Out ..... 27

## Health

- Physical Health ..... 28
- Medication ..... 28
- Students with Disabilities ..... 29
- Psychological Health ..... 29

## Safety

- Crime ..... 30
  - Demonstrations ..... 30
- Traffic and Road Safety ..... 30
- Fire Safety ..... 30
- Emergency Contacts ..... 31
  - What Is an Emergency? ..... 31
  - In an Emergency ..... 31

The University of California, in accordance with applicable Federal and State law and University policy, does not discriminate on the basis of race, national origin, religion, sex, gender identity, pregnancy,\* disability, age, medical condition (cancer-related), ancestry, marital status, citizenship, sexual orientation, or status as a Vietnam-era veteran or special disabled veteran. The University also prohibits sexual harassment. This nondiscrimination policy covers admission, access, and treatment in University programs and activities. Inquiries regarding the University's student-related nondiscrimination policies may be directed to the campus Equal Employment Opportunity/Affirmative Action office.

\*Pregnancy includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth.



► Scan to get this guide on your Smartphone.

## YOUR UCEAP NETWORK

### Local UCEAP Support

#### Campus EAP Office

The Campus EAP Office coordinates recruitment, student selection, orientations, and academic advising; and serves as your primary contact during the application process.

#### UCEAP Systemwide Office

The UCEAP Systemwide Office establishes and operates programs and coordinates UCEAP administration for all UC campuses from its headquarters in Goleta, California. You will work closely with the following Systemwide Office staff:

**Program Advisors** provide academic and operational program information to you and your campus as well as administrative support for all aspects of your participation.

**Operations Specialists** manage the logistics of the program. They coordinate document requirements, visa application instructions, health and safety precautions, acceptance and placement by host institutions, arrival and on-site orientation, and housing arrangements.

**Academic Specialists** advise on academic policies, review courses taken abroad for UC credit, and document your registration, grades, petitions and academic records.

**Student Finance Accountants** assist primarily with UCEAP statements, program fee collection, and financial aid disbursements (in conjunction with your campus Financial Aid Office).

### Contact Information

#### Program Advisor

Carly Salvadore

**Phone:** (805) 893-4430; **E-mail:** [csalvadore@eap.ucop.edu](mailto:csalvadore@eap.ucop.edu)

#### Operations Specialist

Kitty Christen

**Phone:** (805) 893-4430; **E-mail:** [kchristen@eap.ucop.edu](mailto:kchristen@eap.ucop.edu)

#### Academic Specialist

Lauren Nestler

**Phone:** (805) 893-4683; **E-mail:** [lnestler@eap.ucop.edu](mailto:lnestler@eap.ucop.edu)

#### Student Finance Accountant

Antonette Escarsega

**Phone:** (805) 893-4023; **E-mail:** [studentfinance@eap.ucop.edu](mailto:studentfinance@eap.ucop.edu)

#### UCEAP Systemwide Office

6950 Hollister Avenue, Suite 200

Goleta, CA 93117-5823

**Phone:** (805) 893-4762

**Fax:** (805) 893-2583

## UCEAP Online

Bookmark your [Participants](#) program page. This resource lists requirements and policies you need to know before you go abroad, including your Predeparture Checklist, *UCEAP Guide to Study Abroad*, Program Calendar, UCEAP Student Budgets, and payment instructions.

Connect with us! Join our Facebook network via the [UCEAP page](#).

## Study Center Abroad

The UCEAP Study Center provides a variety of student support services, including advising on Lund University academic matters, providing information on cultural activities, and clarifying health and safety guidelines.

University of California Study Center at Lund University  
PO Box 117  
221 00 Lund, Sweden

**Phone** (calling from the U.S.): (011-46) 46 222 38 85

**Phone** (calling from Sweden): 0 46 222 38 85

**E-mail:** [ucscan@intsek.lu.se](mailto:ucscan@intsek.lu.se)

## Phone Number Codes

U.S. international code . . . . .011  
(*dial this to call from the U.S.*)

Sweden country code . . . . .46

Lund city code . . . . . 46

Stockholm city code . . . . . 8

## Approximate Time Difference

Add 9 hours

## UCEAP STUDENTS SAY...

“

*I loved my UCEAP experience. I had the special opportunity of doing a research project for my major. I was able to collaborate with several excellent researchers and meet people from all over the world who came to Lund for its resources.*

”

## ACADEMIC INFORMATION

### Academic Culture

Select “Host Institutions” on the [program page](#) to learn more about Lund University.

Lund University is one of the country’s most respected universities and acceptance is competitive. Students are exceptionally motivated and instructors have high expectations. A notable difference from UC is that Swedish students fulfill their breadth requirements during their upper-secondary school; therefore coursework is focused within the major department. Generally, the BA degree is a three-year program.

The typical Lund University course differs from a typical UC course in that students are expected to supplement the course significantly outside the classroom (e.g., doing more than the minimum assigned reading). Swedish higher education values student self-reliance and maturity. Instructors expect you to have thought critically about the material to be presented in lectures and be prepared to discuss it. Attendance and participation in class are required and assumed.

### Course Structure

The biggest academic challenge for UCEAP students has been recognizing differences between the academic systems. Lund has a two-block per semester system, although the courses may still overlap the blocks and they can also be of various lengths. Schedules can also vary from week to week. Units for each course differ and are based on the European system of ECTS (European Credit Transfer System), but most courses are either 7.5 ECTS (6 UC quarter units) or 15 ECTS (12 UC quarter units). Upon arrival, students accepted into some courses will be informed of the precise time and place of the course’s first (introductory) meeting. The schedule for the rest of the course will be announced at this first meeting. Since Lund students typically take only one or two intensive courses at a time, there is no practical reason for departments to publish schedules as early as it is done at UC. The actual lecture times and classroom location may not be finalized until this first meeting occurs. This may potentially result in scheduling conflicts, so plan on submitting alternative course requests.

### Libraries and Textbooks

The vast [Lund University library](#) is housed in several different department locations. The university library catalog system (Lovisa) is accessible from computer terminals located in each library. The library also subscribes to newspapers and journals, accessed from the catalog called “ELIN@Lund.” Additionally, there are several city libraries that are available for your use.

The book lists provided on your syllabi usually will include two or three main textbooks and additional selected readings. The departments (institutions) often sell course readers that include assigned and recommended readings. Even for courses taught in Swedish, the texts and course materials are often available in English. Instructors sometimes distribute lecture notes. Copies of textbooks listed in course syllabi are available at the library for reference, although you may want to purchase your own books for the sake of convenience. Books, particularly those in English, are relatively expensive in Sweden.

Students in Lund do use the libraries as study spaces. There are also other student areas around campus with rooms that students can use for group projects or individual study. Some of these rooms and seats need to be booked in advance.

### **Instructors**

Instructors at Lund are accessible and willing to interact with students. Consult thoroughly with your instructors about class requirements and clarify questions about course material. They will expect you to take the initiative.

### **Language of Instruction**

The primary language of instruction at Lund University is Swedish, although there are many courses available that are taught in English. If you have sufficient language skills, you may take coursework in Swedish. Introductory coursework at Lund University is offered almost entirely in Swedish, but most international students take upper-division courses, many of which are in English. Most disciplines have assigned readings in both English and Swedish. You may take exams and write papers in English.

## **Academic Programs**

### **Summer Language and Culture Program**

This program, which you can take alone or as an introduction to either the fall semester or academic year programs at Lund University, enriches your cultural experience and provides access to additional academic opportunities during the year. The program offers coursework from beginning to advanced levels of Swedish. You will enroll in two courses, valued at 5 UC quarter units each, and earn 10 UC quarter units for successful completion of the program.

You will take summer language and culture courses for a letter grade. Students who continue to the fall semester or year program may take the summer language and culture courses for pass/no pass. If you enroll in the fall semester or year program, plan for the units earned during the summer as well as the 20 to 24 UC quarter units earned each semester.

Courses focus on language acquisition and cultural immersion. Swedish is used in the classroom from the start in order to develop competence in all aspects of the language, including reading, writing, grammar, and conversation. In addition to 100 hours of classroom work, the curriculum includes field trips, guest lectures, and social activities that introduce you to Swedish culture and society as well as Sweden's role in Scandinavia and Europe. Classes are held five hours per day on weekdays.

### **Intensive Language Program (ILP)**

All students in the semester or year-long programs who do not opt for the summer language and culture program must take the two-week intensive language program (ILP), which concentrates on developing Swedish communication skills. Most UCEAP students are at the beginning level. Fall students will receive 5 UC quarter units for the course and spring students will receive 3 UC quarter units for the course. The ILP can be taken for a letter grade or for pass/no pass.

## Fall, Spring, and Year Programs

If you begin with the summer language and culture program, you will have a short break in August, during which social activities and excursions are offered by Lund University.

During the semester you attend regular courses at Lund University. You are encouraged to enroll in at least one departmental course at Lund University that focuses on your UC major. If you have the required background, you may enroll in courses in other subjects as well. In addition, a number of courses that focus on Swedish history, political science, philosophy, culture, society, gender studies, the environment, and more are offered in English through the department of Scandinavian Area Studies. These courses were designed for exchange students and have general prerequisites. You also have the option of continuing your Swedish language studies either at Lund University (at no charge) or at Folkuniversitetet (for a material/lab-fee of SEK6.000 per module), combining these courses with your regular coursework at Lund University.

## Requirements

You are required to take a full-time course of study while on UCEAP and enroll in a minimum of 18 quarter units each semester to be considered a full-time student. The normal unit load for the fall semester is 20 to 24 UC quarter units (in addition to the units taken during the ILP or the summer language and culture program). Students usually take three to four courses during the semester.

## Course Information

You can find information about courses on the Lund University [Course Information for Exchange Students](#) web page. This page provides links to courses, which are categorized according to the schools (faculty). Note the course prerequisites as well as the semester in which the course is offered. You should use the UC term(s) prior to departure to prepare yourself for your courses in Sweden by taking relevant or prerequisite courses. Consult with your UC department to plan your academic program prior to departure.

Descriptions of courses previously taken by UCEAP students at Lund are available in the [MyEAP Course Catalog](#). Note that not all courses are listed in the MyEAP catalog and that courses are subject to change. If, after surveying online resources and talking to Campus EAP Office staff, you still have academic questions, direct them to the UC Study Center in Lund. If Study Center staff cannot provide answers, they will make inquiries of the International Coordinator in the appropriate department.

Each department at Lund University is virtually an independent unit. Consequently, two different departments within the university may offer courses that overlap, both of which may apply to UC major requirements. For example, the Psychology and Sociology departments might offer a course in social psychology. Conversely, a course offered by the Department of Law in multinational industrial relations might be interpreted for UC students as a law and society course, a political science course, or a course in business, as determined by the Study Center and UCEAP Systemwide Office.



Environmental engineering courses include occupational and global environmental topics, as well as technical and medical points of view. Art and music courses at Lund University are largely historical in orientation. Studio work is not available to UC students at Lund University.

Advanced courses in biology, chemistry, biochemistry, and many other natural sciences are offered with instruction in English, and acceptance into particular courses is competitive. To qualify, you must have completed the specific prerequisites at UC prior to departure, including a considerable amount of laboratory work. It is possible to take coursework in undergraduate research in connection to biology and chemistry courses, which past UCEAP students have found to be a unique academic experience.

### Lund University Online Application for All Programs

For **summer, fall, and year participants**, the Lund University Online Application opens on March 1. The deadline for you to submit the Online Application (and any additional requested documentation) is **March 15**. For **spring participants**, the Lund University Online Application opens on September 1, and the corresponding deadline is **September 15**. Specific instructions regarding your Online Application will be e-mailed to you and available on your online UCEAP Predeparture Checklist before the Online Application opens (i.e., prior to March 1/September 1). As part of your Online Application you will indicate your background and prior knowledge of the Swedish language to determine the appropriate level of instruction for you.

### Registering for Courses

As part of your Lund Online Application you will be indicating which courses you wish to take while in Sweden. You will be finalizing your course selection upon arrival in Lund. You need to include all the courses you are interested in on the Online Application—you will not be able to “shop around” at the beginning of the term to the same extent you may be accustomed to at UC. Pay careful attention to the schedule of classes, the number of credits, and the prerequisites. Additional courses are usually announced closer to the start of the semester and you are able to sign up for these upon your arrival at Lund.

The UCEAP Study Center will consult and collaborate with the Lund University departments regarding your course selection (not applicable to summer L&C participants). The respective departments and UC Study Center may advise alternative coursework. Give careful consideration to your course requests and consult with your UC departmental advisor regarding your proposed study plan, taking major requirements into consideration. You should also stay in contact with your department advisors while you are abroad in the event that there are changes to your academic program or questions arise regarding the transfer of courses to your major or general education requirements.



If you have sufficient Swedish language ability or if you are a summer L&C participant, you may also consider taking courses taught in Swedish (consent of instructor or language placement test is required).

Students interested in registering for a course listed at the moderately advanced level should have previously taken about 20 upper-division UC quarter units in that area. Remember that Lund students have taken primarily departmental courses in their major, so the upper division and master's classes may be taught at a higher level than comparable UC classes.

After you arrive in Sweden, Study Center staff and advisors from academic departments will provide you with the help you need to prepare a final Study List. During registration and before classes start, contact the UC Study Center with questions pertaining to course registration, prerequisites, and course availability.

### Internships and Volunteer Opportunities

UCEAP students have the opportunity to participate in internships that are tied to research and/or lab work organized through the departments at Lund University. If you are interested in doing research in a particular field, you should contact the faculty after your arrival in Lund to see what opportunities are available.

For those who choose to stay after the program and have acquired sufficient knowledge of Swedish, you can look for an internship through Lund's *Arbetslivscenter* (Career Center). Some internship opportunities may be available in English. UCEAP Study Center staff will help you arrange them upon your arrival in Sweden.

Volunteer opportunities are typically available at Swedish schools (grade schools through high school), hospitals, and various non-profit organizations. These are not formal programs; you must personally make the contact with the local organizations to set it up. Students can also volunteer at the Student Nations and Student Unions.

### Grades

There is typically a comprehensive final exam at the end of each academic course that tests your ability to present and analyze the class material studied in the lecture and in the reading. There is generally plenty of allotted time to answer a few essay questions. Grading in the course is normally based on the results of the final exam and on the required group study, research, and papers. Grading is based on both knowledge and presentation of course material.

The Swedish grade is converted to the UC grade by the UC Study Center. All requests to be graded on a P/NP basis must be noted on the UCEAP Study List and all changes to your Study List must be petitioned through the Study Center. You will be informed of the deadline to submit academic petitions at your orientation. You need to be aware of these deadlines as late petitions will not be accepted. No more than one-third of the UC quarter units in any term may be taken pass/no pass.

For information about grades on UCEAP, see the [Academic Information](#) chapter of the *UCEAP Guide to Study Abroad*.

## EXTENDING UCEAP PARTICIPATION

### Plan Ahead to Extend

Extending your UCEAP participation is possible. UCEAP encourages you to extend your participation to the fall semester or academic year. If you are considering extending your UCEAP participation, submit a Departmental and College Preliminary Approval to Extend (DPA) form prior to departure. This will facilitate the extension process. The UCEAP Systemwide Office and the Study Center must approve your extension request. Approval is based on a number of factors including academic performance, the support of your UC campus department, and available space at Lund University. To initiate the extension process once abroad, make an appointment with the Study Center.

### Summer Language & Culture

Summer participants may extend to the fall semester or academic year. It is best to have a pre-approved DPA, but it is possible to submit a Petition to Extend. See the Study Center for details.

Note that the GPA requirement for the fall and year programs is higher than the GPA requirement for the summer-only program. You must meet the higher GPA requirement to be considered for extension.

July 15 is the deadline for extension from the summer Language & Culture program to the fall semester or academic year.

### Fall Semester

Fall participants may extend to the academic year. It is best to have a pre-approved DPA, but you may also submit a Petition to Extend. See the Study Center for details.

November 1 is the UCEAP deadline for extension from the fall semester to the academic year. The deadline for extending may be earlier with Lund University. Contact the Study Center as early as possible for deadlines and requirements.

Once your extension has been approved, UCEAP will notify your UC campus registrar, Financial Aid Office, and Campus EAP Office. For information about the steps you need to take in regards to finances, see the [Extension of Participation](#) chapter of the *UCEAP Guide to Study Abroad*.

## CULTURAL AWARENESS

### Educate Yourself

Get acquainted with your new host city, country, and culture before you leave the U.S. The Swedish Institute provides considerable information about Sweden. Consult their [website](#) to find fact sheets and books about Sweden and Scandinavia. Travel guides and travel-related websites, such as [Lonely Planet](#), are also quality resources.

Keep up with current events by reading articles in newspapers, magazines, and journals. Past UCEAP participants recommend reading an international newspaper right away. International politics and events are often topics of discussion in Sweden.

### Useful News Sites

- [The Local](#): Sweden's News in English
- [NewsLink](#): listing of Sweden newspapers

### Radio Broadcasting

Radio Sweden, the official international broadcasting station of Sweden, offers multicultural and multilingual programming that covers a smörgåsbord of the news and current events of not only Sweden, but also Denmark, Finland, Iceland, and Norway. It broadcasts every day in English, German, French, Russian, Spanish, Estonian, Latvian, and Swedish. A broadcast schedule is available on the [Radio Sweden website](#).

### Recommended Reading

For information and insight into Swedish and Scandinavian culture and history, read the following books:

Berlin, Peter	<i>The Xenophobe's Guide to the Swedes</i> , Oval Books, 2008.
DeWitt, Charlotte J.	<i>Sweden—Culture Smart! The Essential Guide to Customs &amp; Culture</i> , London: Kuperard, 2006.
Larsson, Stieg	<i>The Girl with the Dragon Tattoo</i> , New York: Vintage, 2009.
Mankell, Henning	<i>Faceless Killers: A Mystery</i> , New York: Vintage, 2003.
Moberg, Vilhelm	<i>The Emigrants</i> , New York: Simon & Schuster, 1951.
Phillips-Martinsson, Jean	<i>Swedes as Others See Them: Facts, Myths, or a Communication Complex?</i> Lund: Studentlitteratur, 1991.
Svensson, Charlotte Rosen	<i>Culture Shock! Sweden: A Survival Guide to Customs and Etiquette</i> , New York: Marshall Cavendish Corporation, 2009.
Weibull, Jörgen	<i>Swedish History in Outline</i> , Swedish Institute: Stockholm, 1993.
Werner Carr, Lisa	<i>Modern-Day Vikings: A Practical Guide to Interacting With the Swedes</i> , Boston: Intercultural Press, 2001.

## Improve Your Language Skills

English is widely spoken in Sweden, but it is not an English-speaking country. Not everyone has a good command of English. To truly understand the culture, you must have a degree of familiarity with Swedish language and customs. UCEAP is an academic program; students should be committed to learning the local language, history, and culture.

Before going abroad, watch some Swedish films with English subtitles. This will help you acclimate to the sound of the Swedish language. Two recent films are *The Girl with the Dragon Tattoo* (The whole trilogy is now available.) and *Let the Right One In*.

The environment in Lund is conducive to learning and using Swedish. Lund is a university town and students socialize easily with their Swedish peers. Most Swedish university students speak excellent English. Although some international students find it easier to communicate in English rather than in Swedish, you are urged to resist this temptation and to use as much Swedish as possible. Swedes generally do not expect immediate fluency, and they respect and encourage the efforts of others to learn their language.

The first two or three weeks are likely to be the most difficult as you adjust to a new system and to Swedish instruction. However, if you apply yourself, you can overcome any language problems and have little difficulty. Daily classroom contact with Swedish students will improve language fluency, increase social contact, and provide a view of academic life from a truly Swedish perspective.

## Social Customs

Swedes typically greet each other by saying “Hej,” and shaking hands. Good friends often hug each other. People expect you to present yourself by your first name when you make phone calls and when you are in a new group of people.

When you are invited to dine in someone’s home, bring flowers or a small gift and take off your shoes when you enter their home. During dinner, praise the food and remember to thank the host before leaving. Next time you meet, remember to thank them again for having you over.

## Interactions While Abroad

You will find yourself in the unofficial position of ambassador for University of California and for the U.S. You will be routinely asked what it is like in California, to explain why Americans are the way they are, and to air your views of such things as U.S. foreign policy. Past students recommend that you take the time to familiarize yourself with facts about California, your home town, and the U.S. in general. It is also useful to read a newspaper regularly, such as the *International Herald Tribune*.

## Alcohol, Smoking, and Drugs

Smoking is prohibited in restaurants and in some other public places. Drugs are absolutely forbidden in Sweden. Use or handling of any amount, no matter how small, can lead to imprisonment. The U.S. Embassy and UCEAP will not be able to help if you are arrested.

You will find that alcoholic beverages are served or sold at student parties. Nonalcoholic beverages are always available and it is quite acceptable to refrain from drinking alcohol. Drinking-and-driving laws in Sweden are extremely strict, and breaking these laws can lead to harsh punishment, even if no accident has occurred.

► Refer to the [UCEAP Substance Abuse Policy](#).

► Additional information about passports, visas, and other required documents is provided in the [UCEAP Guide to Study Abroad](#) and on the UCEAP website.

► Failure to heed these instructions can result in deportation from all Schengen countries.

## ARRIVAL & ORIENTATION

### Travel Documents

#### Student Residence Permit

You will receive a Residence Permit application along with specific instructions in the UCEAP online Predeparture Checklist.

To apply for the Residence Permit, you must possess a passport that will remain valid for at least three months beyond the end of the program. If you are thinking about extending, be sure that your passport is valid for at least three months beyond the end of the program to which you plan to extend.

**U.S. Citizens:** Must complete the application form and mail it, along with other required documents, to the Swedish consulate to be approved for a Residence Permit Card. The processing takes approximately eight to ten weeks. You will not receive the actual Residence Permit Card until after you are in Sweden, after having biometric fingerprints and photos made.

**Non-U.S./Non-EU Citizens:** Should contact the Swedish consulate directly to find out your specific country requirements for a Student Residence Permit/ Visa. Usually, non-U.S. citizens must submit their green card to the Swedish consulate along with the rest of the Student Residence Permit application and documents. The Residence Permit may take longer to process than it does for U.S. citizens, and you may have to go to the Swedish Embassy in Washington, D.C. to have biometric fingerprints and photos made.

**European Union Citizens:** Are not required to have a Residence Permit but must register with local Swedish authorities upon arrival in Sweden. This is done on the [Migration Board website](#). The Study Center will assist you with this.

**Dual Citizens of Sweden and U.S.:** Are encouraged to use your Swedish passport. Swedish citizens are not required to get a Residence Permit and many things are easier in Lund (e.g., opening bank accounts, starting phone accounts, obtaining library cards).

#### Summer Language and Culture Program

If you are a U.S. citizen participating in the summer language and culture program, you are not required to obtain a Residence Permit; however, if you are interested in extending to the fall or year program, you must apply for a Student Residence Permit prior to departure from the U.S. Applying for a Residence Permit once in Sweden is extremely complicated and not guaranteed.

#### Residence Permit Expiration Information and Travel Restrictions

If you are participating in the fall or year program, you cannot enter Sweden without approval for a Residence Permit. When the Student Residence Permit expires, you must leave Sweden and the Schengen agreement area.

If you plan to travel after your studies in Sweden, you must leave Sweden and the Schengen countries on the expiration date noted on your Residence Permit. Therefore, you may want to ask for a later end date when you apply for your original Residence Permit. You can ask for 31 additional days after the end date of your program, as this is how long you will be covered by UCEAP insurance. If you do not receive the additional days, you need to apply for an extension to your Schengen visa while in Sweden. If you plan to stay longer in Sweden, you can apply for a tourist extension at the [Migration Board](#) office in Sweden.

### Embassy of Sweden

See the [Embassy of Sweden](#) in Washington D.C. website for further information. You can e-mail them at the address below with specific questions. The consulate is also open to calls and can answer questions Mondays, Wednesdays, Thursdays, and Fridays between 11 a.m. and 12 p.m. ET (8-9 a.m. Pacific Time).

2900 K Street, N.W.  
Washington, DC 20007

**Phone:** (202) 467-2600

**E-mail:** [ambassaden.washington@foreign.ministry.se](mailto:ambassaden.washington@foreign.ministry.se)

### Packing Tips

When traveling, always carry your passport, Residence Permit Card or Approval Letter, ticket, prescription medications, UCEAP Participation Letter, Lund University Acceptance Letter, and money. Never put valuables in your checked luggage.

Identify each item of luggage on the inside and outside with your name, home address, and destination. To avoid theft, never leave luggage unattended.

Although it is advisable to take an extra credit card for emergencies, avoid taking too many. Carry only what is necessary.

Only bring what you can carry by yourself. Airlines have weight restrictions, which vary from airline to airline. Most charge exorbitant fees for excess weight.

### Essential

- Prescription medication (for more information on taking prescription medication abroad, see the [Health](#) section in this guide)
- Lightweight rain jacket
- Umbrella
- Comfortable walking shoes (for cobblestone pavement)
- Sturdy, waterproof boots
- Scarves, hats, and gloves (or mittens)
- Warm coat for the winter
- Clothing that can be layered

### Optional

- Electricity converter and plug adapter (see [Electrical Appliances](#) in this chapter for details)
- Thermal underwear
- Wool socks
- Raincoat with a hood (often too windy for umbrellas)
- One nice outfit for formal occasions (Swedes like to dress up!)
- Any sports attire you may need
- Small backpack for excursions

► The UCEAP Student Budget does not include funds for the purchase of clothing abroad.

Books, even paperbacks, are expensive in Sweden, but can be purchased online for less. One good resource is [www.amazon.co.uk](http://www.amazon.co.uk). It is also common for students to buy used books and course literature for a much lower rate than new. Foreign newspapers and magazines are generally available in Pressbyrå stores and kiosks or at a tobacconist's and at the City Library.

Students often lament taking too many things abroad with them—a problem that is compounded when they acquire even more during their stay and encounter problems bringing all of their possessions back home. The Study Center advises you to pack sensibly. You can find most everything you need abroad.

### Clothing

Swedish students place high regard on their appearance. While the casual attire typically worn at UC is acceptable in Lund, student life often provides opportunities for formal dinners and dancing. Generally, clothing is more expensive in Sweden than in California, but winter items are likely to be of better quality, and Lund has some good secondhand clothing stores.

### Electrical Appliances

If possible, take battery-powered electronic devices (or buy them once abroad) rather than trust an adapter. They are relatively inexpensive to buy in Sweden. Sweden uses 220-volt current that requires a converter for electrical products commonly used in America. If you need one, bring a converter from home, as they are almost impossible to find abroad. Past students have reportedly destroyed expensive electric equipment even with adapters. Improper use of appliances may damage electrical outlets and the appliances themselves.

### Climate

Sweden has four definite seasons. The summer language and culture program begins during the long days of the summer, when the sun rises at 2 a.m. and sets below the horizon at 11 p.m. Although this time of year is generally warm and sunny, pack a lightweight rain jacket in case of showers and a sweater for windy days or cool evenings. The average summer temperatures are highs in the mid-70s and lows in the mid-50s.

By September, nights are noticeably longer and the weather is cooler. During the cool evenings there are still many outdoor cultural activities, such as the Culture Night, jazz festivals, and soccer tournaments. The weather can vary, and it is best to take clothing that can be layered.

During December and January, the sun is up only seven or eight hours a day. Some days are clear and sunny while some are overcast. Lund, which is in southern Sweden, normally does not get excessively cold during the winter, but does experience its first snowfall in late November to early December. Lund is much colder than most of California's coast during the winter months, with average highs in the upper 30s and lows in the low 30s.



## Independent Travel to Sweden

- ▶ Note that UCEAP strongly discourages “couch surfing” when traveling. This is defined as using an Internet social network to organize free places to stay.

### Insurance for Personal Possessions

The [UCEAP Insurance Plan](#) includes a personal property benefit. Review the plan carefully prior to departure and determine if it provides enough coverage to suit your needs. Consider also that your parents may already have insurance coverage for personal possessions. Find out if their insurance will cover your items while in transit and while abroad, and also inquire about deductibles.

You may decide to purchase additional coverage, especially for items of high value such as a computer or camera. If you do purchase additional coverage, it is best to obtain insurance *before* departure because most theft occurs in the airport or while moving into housing. The host university does not protect student belongings, even in university accommodations.

You are responsible for your own personal property. You can safeguard your belongings from damage or theft by locking your dorm room and securing money, travelers checks, jewelry, passport, and other possessions.

Use logical precautions to safeguard valuables; for example, avoid wearing expensive clothing or jewelry and going to questionable parts of the city, especially at night or when alone. Your vulnerability can be minimized if you are conscious of your actions and appearance. Be cautious about inviting casual acquaintances home.

### Airline Tickets

- ▶ You are strongly urged to purchase changeable airline tickets. Standby tickets are not appropriate for UCEAP students.

You are responsible for reserving and purchasing your airline ticket, even if you are on financial aid. Your Financial Aid Office will not do it for you. It is best to purchase a changeable airline ticket.

Flights are often changed or even canceled. Be sure to confirm your flight schedule in the days prior to your scheduled departure.

The Sweden programs begin in Lund on the Official Start Date. The dates are noted in the program calendar, which is located on the **Calendar** tab on your [Participants](#) page and in the Arrival Information Sheet in the Predeparture Checklist. You must be in Lund on this date. Failure to appear on the Official Start Date is cause for dismissal from the program (see Student Agreement). Check the start date and time *before* you purchase a ticket.

If the start date of your program is changed due to unforeseen circumstances, you are responsible for making modifications in your travel itinerary to accommodate such changes. UCEAP is not responsible for any transportation charges incurred for independent travel arrangements.

In order to be kept informed of any program changes, notify UCEAP of any changes in your address, phone number, or e-mail address by updating MyEAP.

Fly to Copenhagen/Kastrup International Airport by as direct a route as possible. From the airport, you can take a direct train—the Öresundståg—which departs from a platform underneath the airport, to Lund Central Station via the city of Malmö. You can purchase train tickets to Lund at the Copenhagen Airport DSB ticket desk using a debit card, U.S. dollars, SEK, or by using the ticket machine by the entrance to the track, which takes credit cards.

The UCEAP Study Center is located in Lund University's International Building at Sandgatan 3 ("Gamla Kirurgen"), Room 139.

### Financial Aid Students

The financial aid package is based partly on the UCEAP Student Budget for the program. The estimated round-trip airfare amount is based on the changeable student rate for a ticket to Sweden. If your independently arranged airfare is greater than this estimated cost, neither UCEAP nor the UC campus Financial Aid Office can guarantee the additional cost will be funded by financial aid.

### Mentors

Lund University offers an [International Mentor Programme](#) to help introduce newly-arrived international students to various student activities and everyday Swedish living. The mentor groups consist of three or four Swedish students and 15–20 international students. The Mentor Programme is a great way for you to make some new Swedish and international friends.

### Orientation

You are required to attend a **mandatory** UCEAP orientation in Sweden on the Official UCEAP Start Date of your program. You are subject to dismissal from UCEAP if you do not attend this orientation (per the UCEAP Student Agreement).

Orientation includes academic briefings and details on how to take care of practical matters such as banking in Sweden, public transportation, housing, and health care.

Detailed information regarding the arrival meeting point and orientation will be sent via e-mail prior to your arrival.

## LOCAL TRANSPORTATION

Swedish public transportation, including bus, train, and airplane service, is quite good throughout the country. Transportation within Lund is fairly inexpensive. You can obtain a monthly bus pass, which offers unlimited travel for about SEK400 (summer students can obtain a summer bus pass for around SEK500 that offers travel throughout the southern region). The classrooms are within 20 minutes walking distance from the dorms.

Rail passes must be purchased in the U.S. either before departure or by someone in the U.S. once you are abroad.

Lund is an ideal cycling environment with special bike paths and few hills. Most students buy used bikes shortly after arrival, or rent bikes for the summer. A bike costs between SEK400 and 1.500. If you wait too long, the market for used bikes can be exhausted, since they are in demand by Swedish students as well. You are strongly urged to use a bike helmet and to get a good lock for your bike. Bikes can be parked only at designated stands and cannot be kept in the dorm corridors.

► It is important that you carefully read all of the information available in the [UCEAP Guide to Study Abroad](#) and discuss it with the person who will assist you with your finances while you are abroad.

## FINANCIAL INFORMATION

### Understanding Your Finances

Understanding your finances before, during, and after your program is crucial to having a successful time abroad. The following list outlines just a few of the many things you will need to know before departure.

Detailed information on the following topics can be found in the [Money Matters](#) chapter of the *UCEAP Guide to Study Abroad*:

- Contact information for finance questions
- How to estimate the cost of your program
- Budget instructions and information
- How to and who can make payments to UCEAP
- UCEAP student account information
- Banking before and after arrival
- Fees and penalties
- Loan information
- How financial aid works while abroad (how do I get my financial aid from my home campus and how are my fees paid)
- Various forms (e.g., direct deposit, etc.)

### MyEAP Student Account

Your MyEAP Student Account is similar to your UC campus financial account. It will be available as soon as you are selected for your program in MyEAP. You can make payments through this account using e-checks or credit cards (MasterCard or Discover). The fees that you owe UCEAP will be applied to your account after your program predeparture withdrawal date, which is listed in MyEAP. For the amount due to UCEAP prior to fees being posted on your account, refer to the UCEAP Student Budget Payment Vouchers. Program fees are subject to change.

### UCEAP Student Budget

Carefully review your [UCEAP Student Budget](#).

Your UCEAP Student Budget lists the fees you will pay to UCEAP and an estimate of the personal expenses you will need to plan for. It does not include the cost of recreational travel or personal entertainment. Review your UCEAP Student Budget frequently. The Payment vouchers are on the second page of the UCEAP Student Budget.

#### Instructions

- **Download** and **print** your UCEAP Student Budget and Payment Vouchers.
- Note the deadlines on the Payment Vouchers.
- Give the UCEAP Student Budget and Payment Vouchers to the person responsible for paying your UCEAP bills. Sign this person up for Third Party Authorization so they can make payments online.

For further information see the [Money Matters](#) chapter of the *UCEAP Guide to Study Abroad* and the Money Matters tab of your Participants Portal. If you will be receiving financial aid, see also the [UCEAP Financial Assistance](#) web page.

- ▶ The official currency unit in Sweden is the krona (abbreviated SEK).

## Handling Money Abroad

### Currency

Neither Sweden nor Denmark uses the euro (though they are both members of the European Union). Their national currencies remain in use, and they continue to be different in value from each other. Be sure to note the difference between the Swedish *krona* (SEK) and the Danish *krona* (DKK).

When writing numbers, commas and periods are reversed in Europe. For example, 1,00 is what Europeans would consider 1.00 and 1.000 is what Americans would consider 1,000.

You should take at least \$150 and approximately SEK 1,500 in cash to Sweden for travel and arrival expenses. Once in Sweden, you can exchange money at FOREX, which is just across from the train station in Lund and is conveniently located in all major cities in Sweden as well as in the train station in Copenhagen, Denmark.

You can exchange money at banks, foreign exchange offices, and airports. A passport is usually required when exchanging money. Avoid exchanging money at hotels and tourist shops, as the rates are less favorable.

### Banking

Checks are not used in Sweden. You can pay your bills at a Swedish bank or through the online banking function provided by a Swedish bank. To be able to do the latter you need to establish a Swedish bank account.

If requested, the Lund Study Center will help you to establish a bank account after arrival in Sweden. You can then be issued an ATM (*Bankomat*) card to access the account. The card can be used throughout Sweden. There is a small charge to set up an account, but no charge to make withdrawals and the account bears slight interest.

You can order International Bank Transfers from your home account for deposit into the Swedish account for a fee.

Swedish banks are open Monday to Friday, 10 a.m. to 3 p.m. Some offices have additional open hours. Banks are closed on Saturdays and Sundays.

### ATMs

UCEAP students have been able to rely on ATM cards from their U.S. banks for handling money matters abroad. However, you are strongly advised to consult with your specific U.S. bank as to whether its ATM cards are valid in Scandinavia.

Your personal identification number (PIN) must have four digits. Longer or shorter PINs will not work in Sweden. There will be limits on cash withdrawals per transaction, and there may be fees for each transaction. Inform your bank that you will be using your ATM card while abroad.

### Credit Cards

MasterCard, Visa, Diner's Club, and American Express are widely accepted in hotels, restaurants, and shops in Sweden and throughout Europe. Most credit card companies offer cash advances. Be sure to check on fees and interest rates before using this option; the rates are generally quite high. Be sure to inform your credit card company that you will be using your credit card abroad so they do not freeze your account.

► Approximate time difference: add 9 hours

## COMMUNICATIONS ABROAD

### Phone

It is best to have a cell phone while abroad. You can use your own unlocked cell phone, purchase a prepaid Swedish SIM card/phone, or open an account with one of the telephone companies in Sweden. Some stores (Phone House, Elgiganten, etc.) offer phones through most of the common carriers (Telia, Tele2, Telenor).

Due to the increased use of cell phones, there are very few public telephones left in Lund, and these are usually found at train and bus stations. Plastic cards, available at tobacco shops, news shops and grocery stores can be used to operate the few remaining public phones.

Currently, the most popular means of communication is through the Internet, and one of the primary carriers is [Skype](#). Skype options include computer-to-computer calls (free) and computer-to-phone calls (minimal cost). [Google Voice](#), a new option for Internet calls, also offers competitive rates. You are advised to buy a headset in the U.S., where electronics generally cost less.

### Mail

► Do not have packages or luggage sent to the UCEAP Study Center.

During the summer language and culture program, you can receive letters in care of the Study Center mailing address:

[Student Name]  
c/o University of California Study Center at Lund University  
P.O. Box 117  
22100 Lund, Sweden

Due to the short-term nature of the summer program, do not plan to receive packages from home while you are abroad.

During the fall, spring, or year, have your mail sent to your dormitory address.

The Study Center cannot receive packages at any time. Packages must be sent to your individual dorm address, which will not be known until after your arrival in Lund. Post offices in Sweden are often found in supermarkets. There are also larger postal stations for picking up oversized/heavy shipments. You can pick up packages at these locations, which are usually open every day from 8 a.m. to 8 p.m.

### Shipping

Pack lightly and avoid shipping additional items to Sweden. However, if you do ship anything, packages should be sent to Sweden by regular mail after you have arrived in Lund. Do not declare a high value; additionally, you should write "Used Goods, for use while studying abroad" on the package. It might help with customs charges, but there are no guarantees.

Be aware that many shipping quotes do not include charges for customs, handling, and forwarding when the shipment arrives in Sweden.

## E-mail

The Study Center will correspond with you through your UC e-mail account. You may want to open a web-based e-mail account such as those provided by Gmail or another service provider, but remember to always check your e-mail account that you have entered in MyEAP.

## Computer & Internet Access

You are encouraged to bring your own laptop, if possible (as most classes will have paper assignments)—but check first to see if your computer is compatible with European 220V electric current. UCEAP insurance provides a personal property benefit, which includes coverage for laptop theft; however, it is your responsibility to review the details of this coverage to make sure it is enough to cover your laptop. Information is available in the [UCEAP Insurance Plan](#) brochure. You may determine that you need additional insurance to cover your laptop.

There is Internet access in the dorms, and you can purchase Internet service for an extra fee of approximately U.S. \$10 to \$35 per month, depending on bandwidth and the company you choose as your Internet provider. Information on how to open an account will be available upon arrival in Lund. A network card and cable are needed.

Wireless Internet access can be found in various hot spots around Lund, including the Café Aten in the Student Union (AF) building. There are computers at Internet cafés and at the university and public libraries.

Most academic departments have computer centers, but these are not normally available until the fall term begins. Computers in the academic department's computer centers are Windows-based PCs.

During the summer language and culture program, you can use computers at the Folkuniversitetet (where the language courses are given) to send or receive e-mail.



## HOUSING & MEALS

### Accommodations

**Q: What are the accommodations like?**

**A:** The dormitory rooms are located in modern student housing complexes that are mostly owned and operated by the Student Association. UCEAP students are assigned to single rooms situated on a corridor of 10 to 12 rooms, where you will live among Swedish and other international students. The rooms themselves are plain, but usually larger than typical UC dorm rooms (approximately 200 square feet). Each room has its own bed, dresser, desk and chair, bookshelf, lighting fixture, and armchair. Most rooms have their own toilet, shower, and sink.

The hallway connecting student rooms is called a corridor (*korridor* in Swedish). You will share a kitchen area and living room with the other students on your corridor. The kitchen is equipped with standard cooking facilities, including a microwave oven, toaster, pots and pans, and a TV. They normally have a good supply of kitchen utensils for preparing basic meals. Supermarkets are located close to all student housing areas.

Rent includes electricity and heat, and use of kitchen and laundry facilities.

**Q: What do I need to supply for my room?**

**A:** You need to obtain your own bedding (sheets, pillowcases, pillow and blanket), towels and shower curtain. Rather than shipping or bringing supplies from home, plan to purchase everything abroad. There are discount stores in Lund that carry these supplies at a relatively inexpensive cost. You may be able to buy some of these items from the International Housing Office (IHO).

**Q: Who is responsible for cleaning my room and my corridor?**

**A:** Cleaning and upkeep of your room is your responsibility. Cleaning and upkeep of the common areas in the corridor, such as the kitchen and living room, is shared between the tenants.

Your room will be inspected after your departure and if it is not found in good order, or if there are damages, you will be charged for the cleaning and/or repair.

**Q: When will I know my address?**

**A:** You will learn your address a few weeks prior to the Official Start Date of your program by checking the [IHO website](#).

**Q: What's life like on the corridor?**

**A:** Privacy is important to Swedish students. They socialize in the common rooms, but tend to keep to themselves in their own rooms. Individual discretion rather than formalized rules is the format under which the corridors operate. Students are responsible, through elected committees and staff members, for maintaining their own living areas and governing their own behavior.

**Q: May I have guests?**

**A:** Yes. Students living in the university dormitories at Lund may have guests, both day and overnight, for one to two days at a time.

**Q: How far will the accommodations be from my classes? Will transportation between my accommodation and the university be available?**

**A:** The student dorms are approximately a 20-minute walk from most university classes. You can walk, cycle, or take buses. Most students acquire bikes, which cost between SEK400 and 1.500. UCEAP recommends that you purchase a good lock for your bike. Efficient and relatively inexpensive bus service runs to all areas of the city. You can get an unlimited-use monthly Lund bus ticket for approximately SEK400. Prices vary depending on the type of ticket.

**Q: How far will the accommodations be from the Lund town center?**

**A:** The student dorms are approximately a 15–20 minute walk (five-minute bike ride) from the center of Lund.

## How to Secure Your Housing

**Q: How do I apply for housing?**

**A:** You must apply for housing as part of the Lund Online Application. For the summer L&C and fall and year programs, the Lund University Online Application opens on March 1. The deadline for you to submit the Online Application (and any additional requested documentation) is March 15. For the spring option, the Lund University Online Application opens on September 1, and the deadline is September 15. Specific instructions regarding the Online Application (including housing) will be e-mailed to you before it opens.

Make sure to list your housing preferences on the Lund Online Application. As a UCEAP student you are guaranteed housing, but if you delay your housing application by not following instructions regarding the Lund Online Application, you jeopardize your guaranteed housing.

The IHO has a limited number of rooms assigned for international students, and there is a tremendous shortage of rooms. Hence, guaranteed housing is a privilege, and one that is best not to forfeit.

Carefully read all information on housing options on Lund University's [IHO website](#). You are to rank three preferences. Note that "International corridor" means exchange students only. Previous UCEAP students have lived in the Delphi, Sparta, and Vildanden areas and have been happy with these accommodations.

Following the application deadline, you will receive by e-mail either a confirmation for a room reservation with instructions for the advance payment or a statement that your name has been placed on a waiting list and that IHO will contact you as soon as a vacancy is available.

Check your e-mail often so as not to miss the instructions and payment deadline to hold your room reservation.

▶ You must make your housing payments as instructed by Lund University International Housing Office (IHO). If you are on financial aid, you still have to pay your housing costs to Lund University by the housing payment deadline, even if you have not received your financial aid disbursement by that time.

**Q: How do I pay for housing? Do I have to pay out of pocket?**

**A:** You are responsible for making room and board payments directly to Lund University. After you electronically submit your housing application, you must continue to monitor Lund University's [IHO website](#) for confirmation that a room has been reserved for you. This website will also give you the first housing payment deadline. In order to keep this reservation, you must pay for the room by the housing payment deadline indicated. It is your responsibility to make sure that the payment is made on time. You will not be sent reminders. You must make at least one payment in advance.

**Financial Aid Students:** Financial aid recipients must also pay the housing fee out-of pocket at this time. It will be prior to your financial aid disbursement, so plan ahead!

If you will be studying in the summer only, you will make one single housing payment, usually due in mid-May. If you are attending the fall or year program, you typically must make your first rental payment in mid-May as well, and then you will be billed monthly for the rest of the semester. The IHO will not send a confirmation when your first payment has been received. You are guaranteed housing as long as you apply and submit your payment on time.

The IHO does not accept checks or credit cards. You must make your payment in Swedish currency via an electronic bank transfer (i.e., wiring the money). You will receive detailed information and instructions to complete the bank transfer. It is recommended that you print this information to take to your bank to make the transfer of funds.

When making the electronic bank transfer, you must attach your name (not your parent's name) and the IHO booking/room reservation number to the transfer. It is very important that your name is included with the electronic bank transfer, as banks sometimes reference the account holder's last name, which is not always the same as the student's. If your name is not included in the electronic bank transfer information, the IHO may not know that the money is meant for your room. Get a receipt from your bank for the transfer.

**Q: What is my housing rental period?**

**A:** When applying for housing, you must indicate the rental period on the application form.

Program	Rental Period
Summer L&C	June 19–August 3, 2012
Summer L&C + Fall Semester*	June 19–December 31, 2012
Summer L&C + Year*	June 19, 2012–June 4, 2013
ILP + Fall Semester	August 2–December 31, 2012
ILP +Year	August 2, 2012–June 4, 2013
ILP + Spring Semester	January 8–June 4, 2013

\*Students on the Summer L&C + Fall/Year programs will be able to stay in their room during the break in August.

**UCEAP STUDENTS SAY...**

“

*Lunch at the Nations is a great low-cost alternative to restaurants. A minimum of four Nations serve lunch every weekday for approximately SEK40, including a main course, bread, dessert, and coffee.*

”

**Q: How much can I expect to pay for the duration of my program?**

**A:** Refer to the UCEAP Student Budget for housing cost estimates. You will also receive accommodation cost and payment deadline information from the IHO in their reservation confirmation e-mail.

Due to difficulty in securing housing contracts for students, rental costs may vary. The variations do not necessarily relate to size or standard.

**Q: What other costs are there?**

**A:** Often there is a “corridor fee” of about SEK 100–250 per semester for purchasing common cleaning supplies, etc.

Students living on the corridor may agree to share the costs of the supplies, TV, or other items. You will be expected to share in the expense even if you do not use the items.

**Meals**

Meals are not included in the rent. You will prepare your own meals in the common corridor kitchen—see Accommodations earlier in this chapter for a description of kitchen supplies. There are well-stocked markets close to all student housing areas.

You may also eat at the many cafeterias and restaurants in various parts of Lund where the price of a midday meal is about SEK80. Restaurant prices are generally two to three times this amount in the evenings. Expect your monthly food budget to be higher than what you are used to spending in the U.S. as grocery costs in Sweden are high—about one and a half times higher than in the U.S. Refer to the UCEAP Student Budget for estimated costs for food and meals.

## EXTRACURRICULAR ACTIVITIES

### Get Involved

Participating in extracurricular cultural and social activities while on UCEAP is an excellent way to meet people, improve language skills, and integrate more fully into the community.

Join clubs, sports, musical, theater, or arts groups; volunteer at local organizations, attend lectures and receptions held in academic and community circles, request a mentor, and get the most out of your time abroad.

Opportunities are not limited to those mentioned in this guide. This section discusses just a few of the many activities past students have enjoyed.

The city of Lund is known as a major center for culture in Sweden. There are many cultural and social events open to students year-round. Participating in these events, particularly around the arrival date, is a good way to meet other students at Lund University and to learn about Lund and the south of Sweden. Traditionally, there are also excursions within Sweden as well as organized trips to other European countries. Events are generally posted at the student union, Nations, and the international student offices. The Study Center has further information about these current events and cultural activities.

Lund has an outstanding concert program featuring international artists. There are also a number of excellent museums and a cultural center, Kulturen, which is justifiably famous for its activities. Malmö has its own symphony orchestra, a music center, and a fine-art gallery and museum. Copenhagen, which is less than one hour away by train, offers a rich variety of classical and popular music, theater, and ballet, as well as superb museums.

American students often need to take initiative in developing friendships. As at any large university, social life varies, but tends to offer something for everyone. There are regularly scheduled dances and private parties for weekend recreation, and many opportunities exist for those who wish to join clubs, special interest groups, or sports teams.

### Working Abroad

Students with a residence permit are allowed to work in Sweden. Past students have worked in the service industry; restaurants, hotels and stores, and also as English language tutors. Students have also worked for The Nations, usually for free food/drinks and/or entrance to events (see [The Nations](#) section, next page). The Study Center does not assist students with finding employment.

### Student Union

The university has a student organization, the Studentkår, which works to improve student life. It sets rules, gives out rooms, and decides rent costs. The student union building, called Akademiska Föreningen, is the social center for many Lund students.

**UCEAP STUDENTS SAY...**

“

*Sign up for occasional work at Nation lunches, pubs, or discos; it's a great way to meet students!*

*I found it important to go to the Nations, especially in the beginning when they offer events for international students to become accustomed to some cultural practices in Sweden.*

”

**Athletics**

Swedes in general are very sports-minded people. Lund has an extensive program of intramural sports at Gerdahallen (a large university gym with an amazing schedule of classes) and Viktoriastadion. Soccer, basketball, swimming, volleyball, squash, and cross-country running are popular. The Lund city pool is called Högevallsbadet. You are encouraged to join a team. If you plan to participate in sports, pack athletic clothes. There is a fee for participation in most sports. Although there is no downhill skiing in the immediate vicinity of Lund, great ski opportunities exist in middle and northern Sweden.

**The Nations**

Students at Lund University belong to a student organizational unit known as a Nation. There is no pressure to be actively involved with a Nation but it is a great way to meet Swedish and international students. There are 13 of these social groups, each representing a different area of Sweden (Helsingkrona Nation, Smålands Nation, Lunds Nation, etc.). In earlier times, each Nation was made up of students from that particular area of Sweden. Now, however, there is a mixture of international students and students from all parts of Sweden in each Nation. Throughout the term each Nation offers social events, courses, excursions, and entertainment. Activities are open to both members and nonmembers and are an excellent means for making social contacts and joining activities.

Nations also offer social services of various kinds. They have their own residence halls. Some UCEAP students have even found housing in dormitory space provided in Nation houses during the spring term. Most Nation houses have “pubs,” which are very popular. Nations present a number of opportunities, from working at their social events to writing for their newspapers and working with student TV and radio stations. You can visit the Nation offices for information about activities. Office hours may vary, but most open at noon, Monday through Friday.

**Excursions and Events**

The programs in Sweden offer opportunities to participate in a number of excursions offered through Lund University. Plan to take part in the various activities available in order to gain knowledge of Sweden and the region. The UC Study Center also coordinates some social events.

► The UCEAP Student Budget does not include funds for recreational travel abroad.

## Travel during the Program

Familiarize yourself with the [UCEAP Student Travel Policy](#), which prohibits travel to places identified by the U.S. Department of State as ones to be avoided for safety reasons.

While travel opportunities may be tempting, do not allow your travels to interfere with coursework or needed study time. Opportunities for travel are plentiful and UCEAP does not wish to discourage you from taking advantage of them. However, it is expected that you will attend all class sessions and adhere to your program's absentee policy at all times. As stipulated in the UCEAP Student Agreement, you must regularly attend all classes for which you are registered, and must conform to all applicable rules.

Failure to abide by the UCEAP travel guidelines or the Student Agreement is cause for dismissal from the program.

### Stockholm

Most students travel to Stockholm during the year, either in a group or independently. UCEAP participants recommend visiting the Stockholm Town Hall, the 17th-century Vasa Ship Museum, the Skansen open-air museum, and the Royal Palace.

The main shopping district in Stockholm is Hamngatan, with stores like NK, Åhlens, and PUB. Cellar restaurants are a feature of Gamla Stan, the Old Town area that dates to the 1200s and has vaulted brick ceilings and plenty of atmosphere. Zum Franziskaner is one of the oldest of the cellar restaurants and features traditional foods. The historical Kristina is noted for fine food as well.

### Copenhagen

Travel between Lund and Copenhagen takes about an hour by train. Copenhagen is one of the major cultural centers of Europe, and has a rich variety of classical and contemporary music, museums, cinemas, theater, and ballet. The famous Tivoli Gardens in the center of Copenhagen attracts visitors from all over the world to its concert hall, open-air performances, elaborate fireworks, and amusement park rides. Stroget and Kobmagergade are two walking streets with shops and restaurants of all kinds. Other notable attractions include Christiansborg Palace, which houses the Danish Parliament; the Round Tower, which gives a superb view of the city; and Amalienborg, the Queen's palace where the changing of the guard takes place every day at noon. Two magnificent castles are within a half hour by train from Copenhagen: Fredricksborg (the Danish Versailles) and Kronborg (Hamlet's castle).

### Travel Resources

There are many excellent travel books about Sweden and surrounding areas. Past students have found the following guides to be particularly useful: Lonely Planet's *Shoestring Guide for Scandinavian and Baltic Europe*; Frommer's *Scandinavia*; *The Rough Guide to Sweden*; *The Rough Guide to Stockholm*; and Lonely Planet's *Guide to Sweden*.

### Travel Sign-Out

You are required to inform Study Center staff about your travel plans, especially if you leave for more than a weekend. An emergency may arise abroad or at home that may make it necessary to reach you promptly. For your convenience, there is a Travel Sign-Out form in MyEAP. Please use this whenever you travel out of the Lund area.



- ▶ In addition to the following sections, read the Health and Safety chapters of the *UCEAP Guide to Study Abroad*.
- ▶ Access the U.S. Centers for Disease Control and Prevention (CDC) *Travelers' Health web page* for additional travel health information.

## HEALTH

### Physical Health

- ▶ No immunizations are required at this time for travel to Sweden.

Medical care comparable to that found in the U.S. is widely and easily available in Sweden. Students must pay for health services at the time they are rendered. To obtain reimbursement, submit a claim form (which can be downloaded from the UCEAP website) along with itemized bills and receipts to the address on the form or do it online through [www.visit-aci.com](http://www.visit-aci.com). See detailed instructions in the **Insurance chapter** of the *UCEAP Guide to Study Abroad*.

If you feel sick or have a medical emergency, seek medical attention immediately. Consult the Emergency Contact card given to you during orientation. There is a regional ER at the Lund University hospital and health clinics near the dorms. The Study Center staff can help you make a doctor's appointment, recommend a clinic to visit, and help you complete insurance claim forms. If arrangements need to be made with your professors due to extended absence from class, the Study Center may also be able to assist.

### Medication

If you have special medical needs, consult with your personal physician and take appropriate precautions, including packing adequate supplies of necessary medication. If you take a considerable amount of medication with you, ask your doctor for a letter confirming your needs to show to customs officials. Some local physicians may be reluctant to prescribe equivalent quantities or dosages; having a letter from your U.S. doctor may help. Shipping drugs to Sweden is prohibited by stringent Swedish customs regulations.

If you take any medicine regularly, check to make sure the medication is legal in Sweden. Call the University of California travel assistance provider, Europ Assistance, on the dedicated UC phone line at (866) 451-7606 or e-mail [ops@europassistance-usa.com](mailto:ops@europassistance-usa.com). It can be difficult or impossible to mail prescription and over-the-counter medications through the mail—do not plan on doing so. They will be confiscated by customs.

Some medications that are commonly prescribed in the U.S. are controlled or illegal in Sweden (e.g., some ADHD medications that contain amphetamines). Travelers to Sweden carrying more than a five-day supply of controlled drugs will require permission from Swedish authorities. The license will not be issued until permission has been granted and a minimum of 14 days' notice is required. Contact: Patrik Moberg, Medical Products Agency, Box 26, S-751 03 Uppsala, Sweden; Phone: 46 18 54 85 66; Fax: 46 18 17 46 00.

### Psychological Health

For counseling and for treatment, contact Studenthalsan, the university-run health clinic (office hours: 9 a.m. to noon and 1 to 3 p.m.):

Studenthalsan  
Paradisgatan 5B, Lund  
046-2224377

**Web:** [www.lunduniversity.lu.se/current-students/student-health](http://www.lunduniversity.lu.se/current-students/student-health)

## Students with Disabilities

The UC Study Center is on the ground floor, accessible by a ramp and with electronically opening doors. Not all university offices are on the ground floor, although many buildings have ramps and elevators. There are also some classrooms and living quarters that are designed to be accessible.

Lund is relatively flat, and that is an advantage. On the other hand, the streets are almost 100 percent cobblestone, and this can create difficulty for students with mobility disabilities. Stores frequently have steps at their entrances, which makes access complicated. However, buses, trains, and train stations all have ramps, elevators, or even air-inflatable platforms for individuals in wheelchairs.

Given proper notice, UCEAP will help students with disabilities with note takers, mentors, sign language specialists, and other personal assistants. Contact your Operations Specialist immediately to request special accommodations and to make payment arrangements. A letter from your UC Campus DSO is required.

For additional information about support and assistance to students with disabilities, contact the Lund University Disabled Students' Office at the following address:

Pedagogiska stödåtgärder, Student och utbildning  
Lunds Universitet  
Box 117  
221 00 Lund

**Phone:** 046-22-20-000 (university switchboard)

- Consider having a cell phone. It can be extremely helpful if you are in distress. Read the [Safety Chapter](#) in the *UCEAP Guide to Study Abroad*.

## SAFETY

### Crime

Sweden, a stable and peaceful society, has a low crime rate with few incidents of violent crime; however, the number of such incidents is increasing. Prevalent crimes in Sweden include the theft of bicycles and cars, which are common in downtown areas. Petty theft and pick-pocketing are also becoming common. Take the same security precautions throughout Sweden that you would in any major city.

Racial tensions have increased in recent years, often involving immigrants from outside Europe—groups that make up more than 10 percent of the population—and members of white supremacist groups. Violent, large-scale clashes are uncommon and usually do not affect visitors.

Safeguard your belongings from damage or theft by locking your dorm room (doors and windows) and properly securing money, computer, jewelry, passports, and other possessions.

Take reasonable precautions: Avoid carrying valuables, wearing expensive clothing, or going to questionable parts of the city, especially at night or when alone. Be cautious about inviting casual acquaintances home.

Safety issues will be discussed further at your orientation in Lund.

### Demonstrations

There are small, planned, and authorized demonstrations that take place in Sweden throughout the year. Swedish authorities monitor demonstrations on a regular basis.

### Traffic and Road Safety

Swedish highways and secondary roads are of high quality.

**Public Transportation:** Travel by public transportation is generally secure. In larger cities, subways, buses, commuter trains, trolleys and their associated stations are havens for thieves, pickpockets and purse-snatchers.

Buses are inexpensive and efficient.

**Train and Station Security:** The Swedish state-owned railway is extensive and very efficient.

### Fire Safety

Sweden developed highly educated “fire engineers” to form a cadre for risk management and resource planning in local fire brigades. Fire safety in Sweden is a strong priority for local governments. Fire safety heavily promotes the use of home smoke alarms. UCEAP strongly encourages you to buy a portable battery-operated smoke alarm for use while traveling. For more information, read the Fire Safety Section in the *UCEAP Guide to Study Abroad*.

## Emergency Contacts

### What Is an Emergency?

An emergency is a serious, unexpected, and often dangerous situation requiring immediate action. The following are considered emergencies:

- Any life/death situation
- A traumatic event requiring immediate assistance
- An arrest
- Civil unrest or natural disaster in the host country

### In an Emergency

Contact local emergency services first and then contact the following:

#### If you are in the U.S.

- During office hours (8 a.m.–5 p.m. Pacific Time): Contact your Operations Specialist at the UCEAP Systemwide Office
- After office hours: Call the 24-hour emergency phone number at (805) 893-4762

#### If you are abroad

Carry the local emergency contact information at all times:

- If you need immediate emergency assistance, **call 112** for Police, Ambulance, or Fire Department
- If necessary, call the U.S. embassy in Stockholm emergency number: **0 8 783 53 00**

#### U.S. Embassy in Stockholm

Dag Hammarskjölds Väg 31  
SE-115 89 Stockholm, Sweden

**Phone:** (+46) 0 8 783 53 00

**Fax:** (+46) 0 8 661 19 64

**Web:** [stockholm.usembassy.gov](http://stockholm.usembassy.gov)

**Business hours:** M-F 8 a.m.–4:30 p.m.

**After-Hours Emergency Phone:** (011-46) (0) 8 783 53 00

If you have a health, travel, or safety emergency and do not have access to local or UCEAP representative emergency information, contact the UCEAP travel assistance provider, Europ Assistance, available 24/7:

**Call international collect:** 1+202-828-5896

**Call within the U.S.:** 1+866-451-7606

**E-mail:** [ops@europassistance-usa.com](mailto:ops@europassistance-usa.com)