



UPPSALA
UNIVERSITET

INTERNATIONAL STUDENT GUIDE

2017/2018



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WELCOME TO UPPSALA UNIVERSITY!

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

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

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

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

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

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

We look forward to meeting you in person.

Thank you for choosing
Uppsala University!



Eva Åkesson
Vice-Chancellor of Uppsala University



Photo: Mikael Wallerstedt

ABOUT UPPSALA UNIVERSITY

As a student at Uppsala University you can enjoy studying at one of the top universities in the world. Regardless of what you study, you will be immersed in a world-class research environment and receive a first class education. The close proximity you will have to research during your studies will ensure that the knowledge and methods you acquire will be the most current and up-to-date. With a degree from Uppsala University there are no limits to where your career can take you.

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

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

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



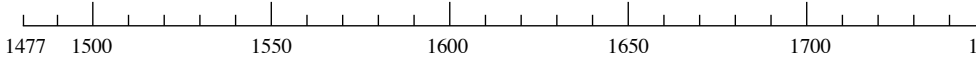
STUDENT NATION



CARL LINNAEUS



THE FIRST
BOTANICAL
GARDEN



A REMARKABLE HISTORY

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

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

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

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

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

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



BETTY PETTERSSON



DOCTORAL DEGREE

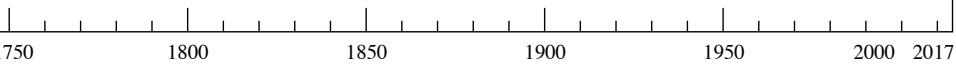


CAMPUS GOTLAND



SKYPE

YOU



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

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

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

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

2017 – You became a student at Uppsala University. Where will you take us next?



VIKINGS IN UPPSALA



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

U P P S A L A

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

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

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

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

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



GOTLAND

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

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

The city of Visby is arguably the best preserved medieval city in Scandinavia and since 1995, it is a UNESCO World Heritage Site. A popular landmark is the fortress wall dating back to the 13th century, which surrounds the old city. On the island you can also find 92 medieval churches, the majority of which are fully restored and actively used today. They share their surroundings with an unsurpassed number of finding-places for Viking treasures, steep cliffs that serve as nesting locations for bird colonies, and many rare orchids. Here, you will also find wild horses, more sheep than people, and 800 km of pristine beaches, some with sea stacks known as raukar.

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

For more information about Campus Gotland, please visit:

www.campusgotland.uu.se/en

THE BEST OF BOTH WORLDS



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

ABOUT SWEDEN

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

LANDSCAPE

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

CLIMATE

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

LANGUAGE

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

SPEAKING ENGLISH



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





SOCIETY



By living in Sweden you can experience one of the world's safest and most egalitarian societies. Here, there is a distinct balance between social equality and economic success. In fact, Sweden has one of the lowest levels of poverty in the world. Swedes pay high taxes to maintain the refined social system and can enjoy an advanced welfare system, free education, low-cost healthcare and well-maintained public facilities.

PEOPLE

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

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

RELIGION

In Sweden, approximately 60% of the population is a registered member of the Lutheran Church of Sweden. However, compared to other European countries, religion plays a limited role in Swedish society. Many other religions are also represented in Swedish society. Approximately 160 000 Catholics are registered in Sweden and the Muslim community makes up the largest single group of non-Christians, with as many as 500 000 members.

A YEAR OF SWEDISH TRADITIONS

SPRING

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

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

SUMMER

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



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

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

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

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

A U T U M N

All Saints' Day, a time of remembrance and reflection for people in Sweden is celebrated on 4 November 2017. As evening falls on All Saints' Day, it is customary for families to place candles and lanterns on the graves of loved ones, creating a beautiful scene.

W I N T E R

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



LUCIA



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

HIGHER EDUCATION IN SWEDEN

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

PROGRAMMES AND COURSES

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

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

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





C R E D I T S

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

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

G R A D I N G

The most common form of grading is fail, pass and pass with distinction. However, the Faculty of Law and the Faculty of Science and Technology have different grading systems that include fail, pass, pass with credit/merit and pass with distinction. Furthermore, several areas such as medicine and teacher training award only pass and fail. At the beginning of each course students will receive information about the criteria for grading. The grading scale for each course can be found on the course syllabus, usually available online at the time of applying.

A S S E S S M E N T

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

S Y L L A B U S

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

DEGREES AND DIPLOMAS

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

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

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

DOCTORAL STUDIES

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

TEACHING METHODS

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



GETTING STARTED

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

The official start date of the autumn semester is Monday 28 August; however, it is strongly recommended that students in Uppsala arrive in time for the orientation programme, one week prior to the start of the semester.

On Wednesday 23 August, a Welcome Reception for new international students in Uppsala will be held in the University Main Building.

Campus Gotland students are recommended to arrive to Visby on either Wednesday 23 August or Thursday 24 August. Campus Gotland's Orientation day is on Friday 25 August.

UPPSALA ARRIVALS

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

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

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

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

WELCOME DESK AT STOCKHOLM ARLANDA !

On Thursday 17 and Friday 18 August, Uppsala University will have a welcome desk set up at Stockholm Arlanda Airport to welcome new students. The desk will be open between 9am and 7pm each day, and will be located in the arrivals hall of Terminal 5.



GOTLAND ARRIVALS

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

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

There are also flights from Stockholm Arlanda and Bromma to Visby Airport all year round. Flights from Stockholm to Visby take about 40 minutes. It is also possible to travel from the southern part of Sweden to Visby by plane. For more information, please visit: www.sas.se or www.flygbra.se/home

LATE ARRIVALS

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

ORIENTATION PROGRAMME



The orientation programme, organised mainly by Uppsala University and the International Student Committee, is designed to introduce new students, such as you, to Uppsala University and to Sweden. During the programme, you will be informed about the resources available to you as a student, along with other useful tips to assist and guide you through your time here. By attending the programme, you will get to know your fellow students and learn more about Swedish student life. If you are in Uppsala, you will also receive a temporary student ID card enabling you to enter the popular student nations. Students in Visby are recommended to obtain the "lammingskit" (for a small fee) to take part in the student union activities.

FINDING A PLACE TO LIVE

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

Students who receive housing through the University Housing Office are required to pay rent, amounting to approximately SEK 3700–7200 per month.

More information about accommodation for fee-paying Bachelor's and Master's students will be sent to students in early May, and is also available at: **www.housingoffice.se**

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

HOUSING IN UPPSALA

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

WWW.STUDENTBOET.SE



On Studentboet's website you can find valuable information about how to look for housing and what to keep in mind during your search. You can even find advertisements for first and second-hand housing contracts. This is often the fastest way to find housing in Uppsala, so we would recommend that you follow Studentboet on Facebook to view the newest accommodation ads in Uppsala:

www.facebook.com/studentboetads

The housing situation in Uppsala is more complicated than you would expect. For this reason, Studentboet has compiled a housing guide to help you sort through your housing options and better understand the steps you can take in order to secure housing. The guide comprises a list of all housing queues to register for, information about the student nations' housing and more advice on how to find accommodation.

You can also find legal aid regarding housing, standard contracts, checklists on what to think about when you are moving in or out, and information about your rights and responsibilities as a tenant. If you have not managed to find housing by the time you arrive in Uppsala, you can visit Studentboet for start-of-term housing options and temporary accommodation.

A good tip is to keep an extra eye on the webpage in the beginning of each month. This is when Uppsala Student Union posts new ads for corridor rooms at Vattholmavägen. There is no queue system for these rooms, instead they are rented out on a first come, first serve basis, which means it could be a good way to secure a first-hand contract.

WWW.HEIMSTADEN.COM



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

WWW.BOSTAD.UPPSALA.SE



Through the communal housing queue administered by Uppsala municipality you can apply for student housing. Studentstaden is the largest provider of student accommodation in Uppsala and all of their housing is applied for through this site. Like many housing companies in Sweden, Studentstaden has a queue system, and available accommodation goes to the applicant with the largest amount of queue days. It is therefore important that you register for their queue as soon as possible. Studentstaden also has a special category of rooms available for newcomers.

WWW.UPPSALASTUDENT.COM



In Uppsala there are 13 student nations (student organisations) that all provide housing for their members. Uppsala's student nations own about a third of all student housing in the city and by becoming a member of one (or several), you get to participate in all their activities and can also apply for their housing. The nations offer corridor rooms as well as student apartments located in and around the city. The criterion for eligibility may vary between each nation, however it is well worth becoming a member as soon as possible, since getting housing through a nation often is faster than through a regular housing company.

HOUSING ON GOTLAND

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

YOUR FINANCES



According to the Swedish Migration Agency, international students are required to have at least SEK 8 064 per month to obtain a Swedish residency permit. This money should cover the cost of accommodation and other living expenses. When applying for a permit, you must show that you have the funds to cover your entire stay in Sweden. Please note that the cost of living in Sweden can vary greatly depending on your lifestyle.

I N S U R A N C E

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

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

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

Students who are EU citizens should bring a European Health Insurance card provided by their local authority. If you are unable to get this card, we recommend that you purchase travel insurance with comprehensive health coverage, before travelling to Sweden. The insurance should cover your entire stay in Sweden.

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

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

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

For more information, please visit: **www.kammarkollegiet.se/insurance**



YOUR LIFE AS A STUDENT

THE STUDENT UNIONS

Uppsala University has six student unions. These organisations are created and driven by students, for students. The main goal of the unions is to ensure that the interests of Uppsala University students are always prioritised and protected. They deal with issues concerning education, health and welfare, equality, internationalisation, housing and economy.

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

The unions also play a very important social role on campus. Amongst other things, they help to organise welcome activities for new students to Uppsala University.

CONTACT

**Uppsala Student Union**

Övre Slottsgatan 7, Uppsala
+46 (0) 18 480 3100
www.uppsalastudentkar.se

Gotland's Student Union Rindi

Tage Cervins Gata 1, Visby
+46 (0) 498 108 491
www.rindi.com

Pharmaceutical Student Association

Dag Hammarskjölds väg 16, Uppsala
+46 (0) 18 527 833
www.farmis.se

Uppsala Business and Economics Students Association

Kyrkogårdsgatan 2B, Uppsala
+46 (0) 18 471 6970
www.uppsalaekonomerna.se

Uppsala Union of Engineering and Science Students

Uthgård, Pollacksbacken, Building 73, Uppsala
+46 (0) 18 572 524
www.utn.se

Law Students' Association in Uppsala

Övre slottsgatan 3, Uppsala
+46 (0) 70 090 86 73
www.jf-uppsala.se

INTERNATIONAL BUDDY PROGRAMME

New international students have traditionally had the opportunity to take part in a buddy programme, organised by the student unions. In this programme, new students are paired up with a more experienced student, who can help them adjust to life at Uppsala University. The buddies provide advice and support to students before, during and after they have moved to Sweden. Students will be provided with more information about the buddy programme before they move to Sweden.

THE STUDENT NATIONS

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

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

Each nation is named after a specific region in Sweden, and traditionally students joined the nation representing the region they were from. Today however, students can join the nation of their choice.

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

For more information about the student nations, please visit: **www.uppsalastudent.com**. You can also download the application Nationsguiden to your mobile phone.

STUDENTS AT CAMPUS GOTLAND !

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



YOUR RIGHTS AND RESPONSIBILITIES

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

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

INFLUENCE YOUR STUDIES

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

GRADING ISSUES

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

STUDENT SUPPORT SERVICES

STUDENT PORTAL

Uppsala University's Student Portal is an important tool for all students. Here, you can access your programme and course syllabi, study results, e-transcripts, view messages from the student union and find information about the services that are available to you. Through the Student Portal, you can also access your student e-mail account and other services included in Office 365 Education. It is important that you log in on a regular basis, as this may be the only way your department informs you of changes or news. You may also be required to register to certain courses, exams and study groups through the portal: **www.studentportalen.uu.se**

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

CONTACT PERSON AND STUDENT SERVICES

You will be given the details of a contact person at the university. This person will most likely be a representative from your department, and will answer any questions you may have. Students are also welcome to e-mail, phone or visit the Service Centre at the Segerstedt Building.

All exchange students will have an appointed contact person at the university who will provide them with information regarding their exchange, arrival, accommodation, course registrations and orientation. This contact person is always noted in your admissions letter.



CONTACT



Service Centre at

The Segerstedt Building

Dag Hammarskjölds väg 7, Uppsala

+46 (0) 18 471 4710

Telephone hours from 10am to 12pm,

and 1pm to 2pm, Monday to Friday

studentservice@uu.se

Student Services Office Gotland

Cramérgatan 3, Visby

+46 (0) 18 471 8200

studentservicecampusgotland@uadm.uu.se

STUDY AND CAREER COUNSELLORS

Uppsala University's study and career counsellors provide assistance and support to anyone interested in studying at the university. Based on your specific situation, the counsellor can help you sort through your concerns and see the different options available. Whether you have specific questions about specific courses, or questions of a more general nature, the counsellor is a professional who will help you get further. You can also get feedback on your CV and cover letter, help to prepare for a job interview or support with your next career step. Each department also has at least one study counsellor who can provide you with information specifically related to the department's programmes and courses. If needed, they can even help you create an individual study plan.

STUDENTS WITH DISABILITIES

Students with disabilities are advised to contact the university's Disability Coordinator to discuss how the university can meet their support needs as soon as possible. International students coming through an Erasmus or Nordplus exchange programme are encouraged to seek extra scholarships to cover any costs relating to their disability. For more information about the support and services available to students with disabilities, please visit: www.uu.se/en/students/support-and-services/disabilities/

LEARNING ASSISTANCE



Learning assistance options may include:

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

Students who require a personal assistant or special transportation are responsible for organising these themselves. Please bring your own computer if you require one with adapted software. To get in touch with the Disability Coordinator, please send an email to: samordnare@uadm.uu.se

THE LANGUAGE WORKSHOP

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

www.sprakverkstaden.uu.se

ENGLISH LESSONS

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

SWEDISH LESSONS

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

The course in basic Swedish consists of 46 hours of instruction. Students who pass the final exam will receive academic credit. Those who have met the attendance requirements but do not wish to sit the final exam will receive a certificate. Students can apply and register for the course once they have arrived at Uppsala University. As places are limited, students required by their home university to study Swedish will be prioritised.

SWEDISH LANGUAGE SUMMER COURSE

In August each year there is a four week long intensive Swedish language summer course for beginners, consisting of 46 hours of instruction. The course is open for international exchange, Bachelor's and Master's students who will be commencing their studies at Uppsala University in the autumn semester. The course is not open to free-movers intending to take the summer course without continuing their studies at Uppsala University the following semester.

The intensive Swedish language summer course is free of charge for all participants, including Bachelor's and Master's students from outside the EU/EEA. If you wish to apply for the course, please be prepared to arrive in Sweden in late July. You will receive instructions on how to apply for the course shortly after you have been admitted to Uppsala University.

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

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

THE STUDENT HEALTH CENTRE

Sometimes you might experience problems with stress, performance anxiety, sleeping and eating disorders, and lack of self-esteem during your studies. The Student Health Centre operates as a health service for all Uppsala University students, and works predominantly with study-related healthcare, lifestyle advice and crisis assistance. Through the Student Health Centre, you can receive individual counselling or take part in group sessions. Staff members consist of nurses, psychologists, counsellors and a physician. The Student Health Centre in Uppsala also has a light room to compensate for light deprivation during the winter months.

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

Students at Campus Gotland can find out more at:
www.campusgotland.uu.se/en/students/health

A woman with long brown hair tied back, wearing a bright green tank top and black leggings, is climbing a rock wall. She is seen from behind, reaching up with her right hand to grasp a yellow climbing hold. Her left leg is extended upwards, with her foot on a blue hold. The rock wall is textured and grey, with various colored holds (yellow, green, blue, red) scattered across it. The background is dark, suggesting an indoor climbing gym setting.

YOUR HEALTH AND WELLBEING

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

UNIVERSITY CHAPLAINCY

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

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

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

EXERCISE AND SPORTS

Campus1477 is the main student fitness and sports centre in Uppsala, with two large training facilities at the Science Park and Blåsenhus. Here, you can use modern exercise facilities, play sport and take part in group training classes. You can also find indoor rock climbing facilities and saunas. At Campus1477, you can purchase a student membership at a discount price. If you would like to know more about the facilities offered at Campus1477, please visit: **www.campus1477.se**

You can also become a member of one of the private gyms in Uppsala, or join various sporting clubs organised by the nations.

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





USEFUL INFORMATION

GLOSSARY

Almedalsbiblioteket

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

Alumni Network

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

Campus Areas

Uppsala University has 11 campus areas. Explore the campus areas in Uppsala and on the island of Gotland at: **www.uu.se/en/campus**

Campus Card

The campus card is a multi-function card which allows you to have access to your campus buildings after regular opening hours.

Carolina Rediviva

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

Conferment Ceremony

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



Curator

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

Emergency

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

Fika

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

Gasque

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

Guest Card

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



Gustavianum

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

Hesa Fredrik

At exactly 3pm on the first non-holiday Monday in March, June, September and December you are likely to hear an alarm signal coming from outside. This is a sound test for the Important Announcement to the Public signal commonly referred to as Hesa Fredrik in Sweden.

Housing

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

Illness

If you fall ill you can call 1177 for medical advice. By calling this number you will speak with a qualified nurse who can instruct you on where to turn for treatment. This number can be called 24 hours a day, seven days a week. Advice can be given in both Swedish and English. In cases of extended illness, please inform your department and speak to a study and career counsellor about how to make up for the time you have missed. Please note that in case of medical emergencies, the emergency number 112 should be used.

International Committee

Kuratorskonventet's International Committee (IK) is responsible for organising amongst other things, the Welcome Reception and Orientation Week at the student nations in Uppsala. During the semester they organise cultural and social events in Uppsala, as well as various trips around Sweden and Europe. Join the Facebook page "International Students of Uppsala" to stay updated about upcoming events.



Internet/WIFI

The university's wireless networks are available to anyone with a student account. Details about how to get your student account will be provided upon your arrival. Please note that a passport or national ID is required to open your account.

KK-Card

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

Kuratorskonventet

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

Kvalborg

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

Lagom

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

Linnaeus Garden

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



Melodifestivalen

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

Northern Lights

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

Orientation Week

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

Personal Identity Number

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

Professorial Inauguration

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

Raukar

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



Recommended Arrival Days

All new students are advised to plan to arrive in Uppsala or Gotland on the recommended arrivals day, usually one week prior to the start of the semester.

Rector Magnifica

This is the ceremonial title of the Vice-Chancellor.

Riding

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

Ringmur

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

River Rafting

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

Semester

A semester is a half year term at the university lasting 20 weeks. The autumn semester 2017 is from Monday 28 August to Sunday 14 January. The spring semester 2018 is from Monday 15 January to Sunday 3 June.

Student Orchestra Festival (STORK)

STORK is held every year, alternating between Uppsala or Linköping. In 2017, the festival will be held in Linköping.

Student Card

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



Student Nations

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

Student Volunteer in Uppsala

Students in Uppsala are encouraged to get involved in charitable work during their studies through the project, Student Volunteer in Uppsala. This project is a collaboration between Uppsala University and the Volunteer Office in Uppsala, and has created a platform for students to find volunteer projects at local non-profit organisations. Information about volunteering in Uppsala can be found at: **www.uu.se/volunteer**

Uppdok

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

Valborg

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

LIST OF CONTACTS

UNIVERSITY SERVICES

SERVICE CENTRE
*The Segerstedt Building,
Dag Hammarskjölds väg 7, Uppsala*
+46 (0) 18 471 4710
studentservice@uu.se
www.uu.se/admissions

STUDENT SERVICES OFFICE GOTLAND
Cramérgatan 3, Visby
+46 (0) 18 471 8200
studentservicecampusgotland@uadm.uu.se

INTERNATIONAL OFFICE
(INTERNATIONELLA KANSLIET)
mobility@uu.se
www.uu.se/admissions

STUDENT UNIONS AND THE NATIONS

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

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

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

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

UPPSALA BUSINESS AND ECONOMICS
STUDENTS ASSOCIATION
(FÖRENINGEN UPPSALAÆKONOMERNA)
Kyrkogårdsgatan 2B, Uppsala
+46 (0) 18 471 6970
info@uppsalaekonomerna.se
www.uppsalaekonomerna.se

LAW STUDENTS' ASSOCIATION IN UPPSALA
Övre slottsgatan 3, Uppsala
+46 (0) 70 090 86 73
jamlikt@jf-uppsala.se
www.jf-uppsala.se

GOTLANDS NATION

Östra Ågatan 13, Uppsala

+46 (0) 18 130 981

www.gotlandsnation.se

GÄSTRIKE-HÄLSINGE NATION

Trädgårdsgatan 9, Uppsala

+46 (0) 18 666 141

www.ghnation.se

GÖTEBORGS NATION

S:t Larsgatan 7A, Uppsala

+46 (0) 18 132 006

www.goteborgsnation.se

KALMAR NATION

Svartmangatan 3, Uppsala

+46 (0) 18 694 981

www.kalmarnation.com

NORRLANDS NATION

Västra Ågatan 14, Uppsala

+46 (0) 18 657 070

www.norrlandsnation.se

SMÅLANDS NATION

S:t Larsgatan 5, Uppsala

+46 (0) 18 131 854

www.smalands.nu

STOCKHOLMS NATION

Drottningsgatan 11, Uppsala

+46 (0) 18 146 333

www.stockholmsnation.se

SÖDERMANLAND-NERIKES NATION

S:t Larsgatan 4, Uppsala

+46 (0) 18 154 060

www.snerikes.se

UPLANDS NATION

S:t Larsgatan 11, Uppsala

+46 (0) 18 152 151

www.uplandsnation.se

VÄRMLANDS NATION

Nedre Slottsgatan 2, Uppsala

+46 (0) 18 134 445

www.varmlandsnation.se

VÄSTGÖTA NATION

Västra Ågatan 18, Uppsala

+46 (0) 018 136 360

www.vastgotanation.se

VÄSTMANLAND-DALA NATION

S:t Larsgatan 13, Uppsala

+46 (0) 18 133 133

www.v-dala.se

ÖSTGÖTA NATION

Trädgårdsgatan 15, Uppsala

+46 (0) 18 134 311

www.ostgotanation.se

SWEDISH LOCAL AUTHORITIES

SWEDISH TAX AGENCY
(SKATTEVERKET)
Kungsängsgatan 43, Uppsala
Artillerigatan 11, Visby
+46 (0) 771 567 567
www.skatteverket.se

SWEDISH MIGRATION AGENCY
(MIGRATIONSVERKET)
Bolandsgatan 10, Uppsala
+46 (0) 771 235 235
www.migrationsverket.se

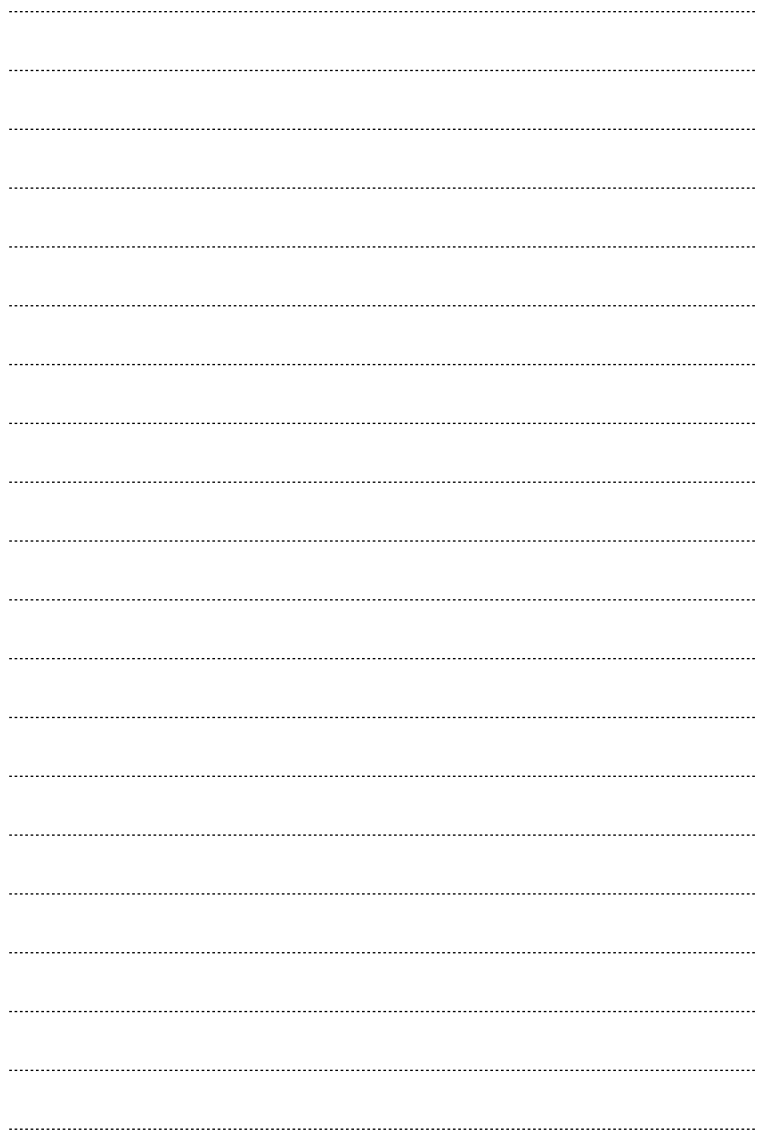
POLICE OFFICE
(POLIS)
Svartbäcksgatan 49, Uppsala
Norra Hansegatan 2B, Visby
+46 114 14
www.polisen.se/upsala

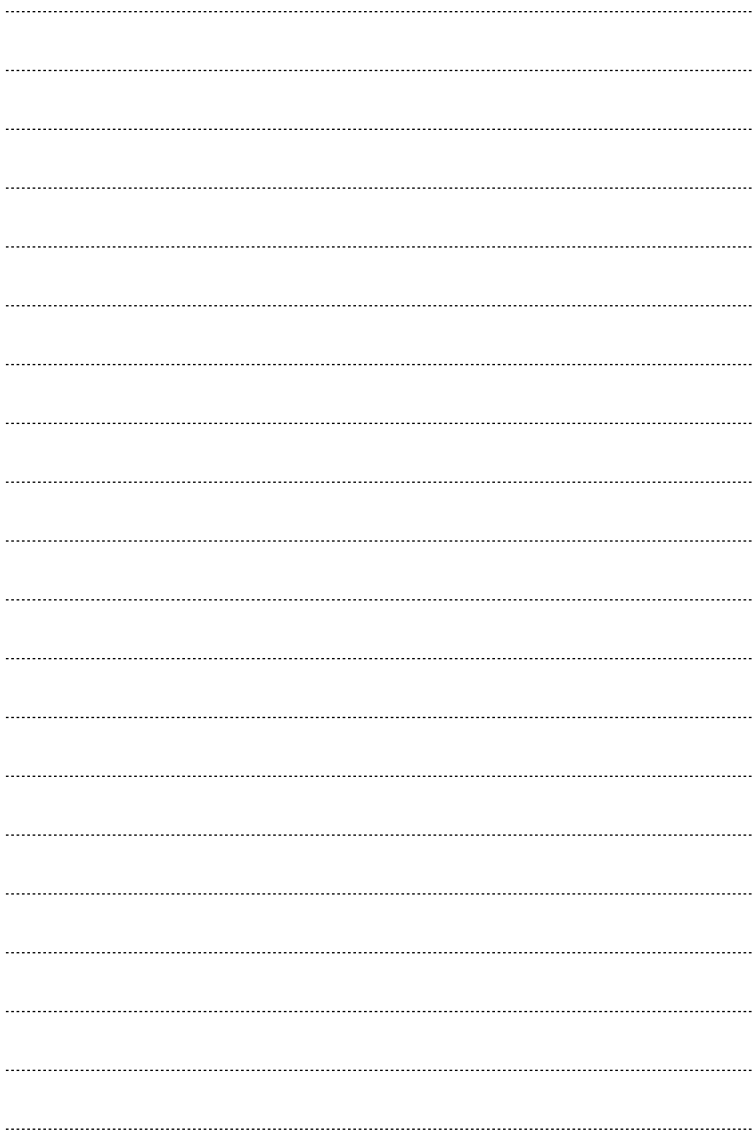
HEALTH CARE SERVICES

STUDENT HEALTH CENTRE
(STUDENTHÄLSAN)
Övre Slottsgatan 7, Uppsala
+46 (0) 18 471 69 00
www.uu.se/studenthealth

NATIONAL HELPLINE FOR WOMEN
SUBJECTED TO THREATS AND VIOLENCE
(KVINNOFRIDSLINJEN)
020 50 50 50
www.kvinnofridslinjen.se

MEDICAL ADVICE TELEPHONE SERVICE
(1177 VÄRDGUIDEN)
1177
www.1177.se







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