

Södertörn University

A UNIVERSITY IN SOUTHERN STOCKHOLM, SWEDEN



INFORMATION FOR
INTERNATIONAL
STUDENTS



Postal address

Södertörns högskola
141 89 Huddinge
Sweden

Street address | Tel

Alfred Nobels Allé 7,
Flemingsberg
Tel: +46 (0)8 608 4000

E-mail

international@sh.se

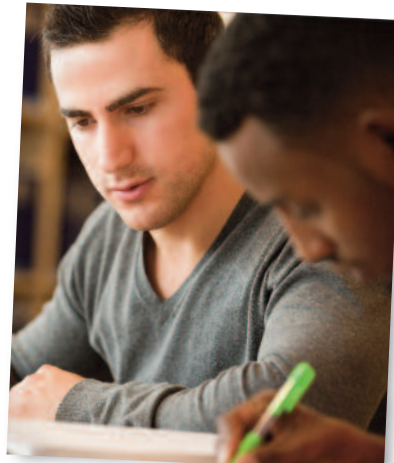
Web

www.sh.se/international

södertörns
högskola
SÖDERTÖRN UNIVERSITY

Contents

- 5 About Södertörn University
- 7 International students
- 13 Practical information



Welcome to Södertörn University!



Södertörn University is one of Sweden's youngest and most modern universities. It has a unique profile in which research, education and innovation are developed through scientific pluralism. The university campus in southern Stockholm is a meeting place that teems with creativity and critical discourse between science, art and politics.

Our courses are shaped and delivered by teaching staff known for their excellence in teaching and strong academic credentials; more than 60% have doctoral degrees. Currently, we have around 13 000 active students who can choose from 60 programmes and 350 courses, a number of which are unique to Södertörn University. We offer degree programmes, such as our popular teacher education with an intercultural focus, as well as courses such as Gender Studies or Marine Archaeology, on which the students dive into Swedish history. Our research that focuses on the Baltic region and Eastern Europe has an international reputation.

At Södertörn University we believe that the inflow of ideas and issues is just as important as the dissemination of results and information. Our students deserve the best facilities in which to study and be creative, and our campus has a range of areas for social activities. We have an award-winning library, which also provides support for web-based learning and tutorials on information and search strategies for students, as well as developing teaching and learning in higher education for teachers in these fields.

Welcome to Södertörn University!

MOIRA VON WRIGHT
Vice-Chancellor of Södertörn University

The concepts of diversity, active citizenship and multidisciplinary education are found in all Södertörn University's activities.



A warm welcome awaits you, less than 20 minutes away from central Stockholm by commuter train



A young and innovative university

Södertörn University is a relatively young university. Founded in 1996, it provides high quality teaching and research. The university has grown rapidly and now has more than 850 members of staff and 13 000 students. Our students come from a wide range of cultural backgrounds, as do the teaching staff, who have been recruited with the aim of providing innovative teaching and research.

Students and teachers work across subject boundaries and strive for depth and breadth in teaching and research. Teaching methods are also focused on promoting critical and independent thinking, thus encouraging students to become active, interested, and informed contributors to modern society.

Södertörn University has welcomed exchange and international students since it was founded. We offer a choice of around eighty different courses that are taught in English, as well as seven Master's programmes, and a number of all-English doctoral programmes.

University structure

Södertörn University conducts research and education in the humanities, social sciences, natural science and technology, as well as teacher education with an intercultural profile. These areas provide Bachelor's, Master's, and, often, doctoral degrees. The university is organised in academic schools, with a head of school who leads academic and educational activities.

Around thirty subjects are taught at the university, each led by a head of subject. A number of our


most popular degree programmes cross traditional disciplinary boundaries, as do our multidisciplinary doctoral programmes.

Research profiles

Södertörn University has a strong research profile. It regularly hosts international conferences and its researchers are members of major international research networks. The university's specialist area of research is the Baltic Sea region and Eastern Europe, and research is primarily based at the Centre for Baltic and East European Studies (CBEES), which houses the Baltic and East European Graduate School (BEEGS).

The university has the right to confer doctoral degrees within four areas of research: Historical Studies, Critical and Cultural Theory, Environmental Studies, and Politics, Economy and the Organisation of Society.





Södertörn University's facilities are recently built, which means they are light, spacious and up-to-date. Both the library and main university building were designed by an award-winning architect, offering pleasant seminar rooms and comfortable lecture halls. Students will find a variety of study milieux, including well-equipped computer facilities, lunch and coffee rooms, and special group-study rooms. Balconies, lawns and the university square are popular student hang-outs; as are the university's cafeterias and cafés. The Student Union's International Committee arranges social activities, including films, pub nights, parties, debates, and outings.

Södertörn University welcomes international students

Södertörn University hosts an average of 200 exchange students and other international students every year, and has exchange agreements with around ninety universities around the world. Courses and programmes that are taught in English are often developed with international students in mind, both to introduce students to Sweden and to address subjects of international concern. We value the range of experiences and cultures that international students bring to the university, and welcome all international students to Södertörn University – to enrich our academic studies and our student life.

Choosing the right courses

Södertörn University offers more than 80 courses that are taught in English in a wide variety of subjects. These may differ from year to year – please check our website for updates: www.sh.se/courses

Courses are listed alphabetically, along with the semester in which each course starts and the number credits each is worth; a full-time course worth 7.5 ECTS credits runs for about a month. Students can also choose part-time courses that extend over two periods of a semester (about two months), but are worth only 7.5 credits. Two of these can easily be taken at the same time.

Each semester is divided into four periods of about a month. The autumn semester starts with period 1 and ends with period 4; the spring semester starts with period 5 and ends with period 8. Exchange students must register for one full-time course per period. Do note that Swedish language proficiency courses are an exception to the one course at a time rule; these are designed to be taken together with other courses.

Additional information is available on each subject's web page. These can be found by visiting www.sh.se/international and selecting Subjects (to

the far right in the Education drop down menu). There is an overview of each subject, the available courses and programmes, teaching staff and current research focus.

We understand that many students have to plan their studies long in advance, so we do all we can to avoid cancelling courses. Students are strongly encouraged to ensure that they fulfil the entry requirements for the courses they have chosen.

Master's programmes

Södertörn University offers one and two-year Master's programmes (second cycle, 60 or 120 credits). The Master's programmes that are taught in English are presented below.

• Economics, Master's Programme

The aim of this programme is to prepare students for postgraduate studies or a career in the private or public sector. The programme is open to exchange students and other international students.

• Environment, Communication and Politics

This programme is an opportunity for in-depth study into the interactions between politicians, experts, mass media and the public, and how this interaction influences how contemporary environmental problems are perceived, described and coped with.

• Infectious Disease Control

The programme is designed for students with a special interest in the spread and control of emerging and re-emerging infectious diseases. The emergence and re-emergence of major infectious diseases is a growing and potentially gigantic world problem, especially in developing countries with limited resources.

- **Interactive Media Design**

This Master's programme is recommended for students with an interest in interactive media, interaction design and media technology. The emphasis is on attaining theoretical and practical skills through interaction design and analysis within a range of areas.

- **Media, Communication and Cultural Analysis**

In the information society, knowledge in the field of media and communication has multiple uses. Within the creative industries, skills in the analysis of media processes are by now recognised as crucial. Within academic studies, the development of the media is linked to some of the most urgent questions within the humanities and social sciences.

- **Political Science, Master's Programme**

The first one and a half semesters comprise advanced coursework, while the last ten weeks of the second semester involve the composition of a dissertation. The programme develops analytical skills of value in subsequent employment, as well as in doctoral training in Political Science.

- **Tourism Studies, Master's Programme**

The programme has a multidisciplinary and international approach, with city tourism as the starting point. It provides research links, independent work and in-depth tourism analysis that will prepare students for qualified positions within the tourism industry.

For more detailed information about all the programmes, please visit our website: www.sh.se

Entry requirements

All courses taught in English are open to students on an exchange programme (some courses are only open to exchange students). However, there are some restrictions. All students must make sure that their English language skills are good enough to actively take part in seminar discussions. Södertörn University does offer a number of basic courses in academic English for those who would like to brush up their skills; these courses are designed to be taken alongside full-time courses.

Courses at levels B or C and Master's level may require some prior studies in the subject (or a related one). This information is provided in the detailed course information. For example, for some level C courses you must have studies one year (60 credits) of courses in the subject.

Swedish language courses

Södertörn University offers basic proficiency courses in Swedish to exchange students, which can be chosen as extra courses during the semester. These are highly recommended, as knowledge of Swedish helps you get to know Sweden. International students may also take courses taught in Swedish, but we recommend two years of prior academic studies in the Swedish language.

International students who are not part of an exchange programme must show that they fulfil the required level of English stated in the course's registration information



“ My name is Sayuri Kato and I’m a student at Södertörn University. I come from Japan and have been studying in Sweden for four months. This semester I’ve taken courses about the environment and next semester I will study tourism. I’m really looking forward to it!

I decided to study in Sweden since I’m interested in the relationship between nature and human society. People here live near forests and lakes, so this is the perfect country for me! The reason I chose Södertörn University was they had the most interesting courses on the environment.

The best thing about studying at Södertörn University is the opportunity to meet new friends from different countries who share the same interests. We can exchange opinions and discuss environmental problems, and also talk about and compare examples from our home countries.



Sayuri Kato comes from Japan. She’s taken courses about the environment and will study tourism next.



Marco Packner is from the USA. He’s taken a wide range of courses in business and tourism and enjoys playing rugby in his spare time.

“ My name is Marco Packner and I come from the US. I’m finishing my second semester as a student at Södertörn University. My area of study is business and management with an international focus. At Södertörn University I’ve taken a wide range of courses in business and also in tourism. The knowledge that you gain in a classroom is important, but studying abroad is about more than what’s in the books. You get to know a new culture, and the experience is a great tool for your future career – especially in the international market.

Studying at Södertörn University is a good mix. The courses that I’ve taken have been interesting and well organised. The teachers and other students really accept you. They listen and are open to your ideas and opinions, both inside and outside the classroom – and I like that the classes are small. The teachers are closer to all the students and can pay each one more attention. So far I’ve had a great time here in Sweden, I’ve met a lot of interesting people and made a lot of new friends. I’ve joined a rugby team and learnt about the society and culture. People are generally so nice; it’s a different climate to the US. The best thing about studying abroad is it’s given me a broader perspective and I’ve learnt new and different ways to do things. It really opens your mind!

EU/EEA citizens (European Union, Switzerland, and Scandinavia) need a valid passport or an ID card stating their nationality. Non-EU/EEA citizens need a valid passport when studying in Sweden.



Practical information

Residence permits

EU/EEA citizens need a student residence permit for any study period exceeding three months. Applications must be sent to the Swedish Migration Board within three months of arriving in Sweden. Non-EU/EEA citizens must apply for a student residence permit at the Swedish Embassy or Swedish Consulate in their home country before arrival. A letter of acceptance from Södertörn University is required, and is supplied by the International Office upon request. Contact: exchange-in@sh.se

Insurance

All students should consult their own insurance company about which type of coverage is most beneficial while studying in Sweden. Your insurance should cover medical costs, including repatriation, should this become necessary. Exchange students

Application

Application procedure for exchange students

Exchange students are those from universities with which Södertörn University has an exchange agreement. Application details for exchange students can be found at www.sh.se/exchange. Exchange students have to apply to and be nominated by their home university. Application deadline for exchange students coming for autumn semester/full academic year is May 15. For the spring semester the deadline is October 15.

Application procedures for independent/non-exchange international students and tuition fees

Independent, or non-exchange, international students are also known as free movers, and are international students who are not part of a formal exchange programme.

Free movers are independent students who arrive in Stockholm on their own and study under the same terms and conditions as Swedish students. Like other international students, a free mover can choose Swedish courses, or one of our many undergraduate or Master's level English-language courses, though some courses are open only to exchange students, however. Please note that independent international students have different deadlines and application procedures than exchange students.

Application and tuition fees have been introduced for students with citizenship in countries outside the EU/EEA and Switzerland. It is best to consult www.universityadmissions.se to find out more about these and whether or not you are required to pay these fees. Please note that non-exchange students should not send their applications or any other documentation directly to Södertörn University.

For more information, see: www.sh.se/international and www.universityadmissions.se

Earlier deadline for students requiring a visa

Non-EEA nationals have an earlier application deadline. This is to allow time to apply for visas to study in Sweden; it may take a long time for a visa to be granted. Because of this, non-EEA nationals must apply for courses or study programmes before 15 January if they want to start studies in the autumn, or before 15 August if they want to begin their studies in the following spring semester.

Scholarships

Sweden recently introduced tuition fees for students from outside EU/EEA countries, though the government also established two scholarship schemes for such students. The first is aimed at students in the twelve countries with which Sweden has long-term development partnerships: Bangladesh, Bolivia, Burkina Faso, Cambodia, Ethiopia, Kenya, Mali, Mozambique, Rwanda, Tanzania, Uganda and Zambia. For more information about these scholarships, please visit: www.si.se

The second scholarship scheme is aimed at particularly qualified students coming from countries outside the EU/EEA/Switzerland. Central funding is distributed to higher education institutions, which will then award scholarships to individual students. These scholarships cover only tuition fees, which mean that students will need to cover their own living costs. Fee-paying students who applied for a course or programme at Södertörn University can also apply for a tuition fee waiver by filling out the scholarship application form on the website: www.sh.se/scholarships

Practical matters

Södertörn University's location

The university is situated 20 minutes from Stockholm Central Station by commuter train. You may wish to purchase a public transportation card, which makes it easier to travel around Stockholm and to the countryside around the university, which offers many opportunities for outdoor activities, from cycling to cross-country skiing.

Sweden's tourist information service has plenty of information to help you get the most out of your stay in Stockholm and Sweden:

www.sweden.se

www.stockholmtown.com

Cost of living and work permits

Swedish students should have approximately SEK 9 000 per month (about €900) at their disposal for living expenses. For more detailed information see our website, www.sh.se/international. All students with a student residence permit are allowed to work in Sweden during their permit period; however, non-Swedish speakers may find it difficult to find a job.

Students' union

The students' union, SöderS, is concerned with important issues related to higher education, as well as social life and leisure activities, and is an important means of making the students' voices heard. Participating in the students' union is educational and enjoyable, and also gives international students an opportunity to meet Swedish students.

Membership in the students' union is voluntary. However, the membership fee of SEK 150 is well worth the money, as it allows students to participate in the union's sports and leisure activities, excursions, and cultural events. The student card issued by the union entitles students to student discounts. The union's International Committee is for the university's English speakers, and keeps its website up-to-date with English-language social and cultural activities. It also pairs up exchange students with student mentors, called 'fadder'. These are usually fellow students who can provide advice and guidance.

Website: www.soders.nu/international-students

Tel: +46 (0)8 608 40 79

E-mail: intcom@soders.nu

The weather in Sweden varies with the season, ranging from around -15°C in the winter to 25–30°C in the summer. In the winter we strongly recommend warm sweaters, warm underwear (even long-johns), a very warm jacket or coat, a winter hat, gloves or mittens, and warm boots.

