

Welcome to Örebro University!

SWEDEN



INFORMATION FOR EXCHANGE STUDENTS



Welcome

Örebro University is a young, modern and rapidly growing university with an ambitious agenda for the future. We offer a range of high-quality courses in English, in an environment that is both stimulating and supportive, and that offers first-rate facilities for student and staff alike. Our campus is also host to a selection of cafés and restaurants as well as to a large sports complex with a state-of-the-art workout centre. What is more, the many nationalities represented by students and staff lend an international flavour to our campus.

Situated at the very heart of Sweden, Örebro is a dynamic and vibrant town with lakes, hills and forests at its doorstep. Its prime location with Stockholm, Gothenburg and Oslo within easy reach makes it an ideal place to be. Do not let the small-town exterior fool you. As a student at Örebro University you will experience a unique sense of community, have easy access to a wide range of leisure activities, and make friends for life.

Welcome to Örebro University!



JENS SCHÖLLIN
Vice-Chancellor

ÖREBRO UNIVERSITY

Örebro University was granted full university status in 1999 and is now one of Sweden's most expansive universities, with 16,000 students and 1,200 staff. 60 undergraduate programmes, 20 postgraduate programmes as well as 700 single courses in about 45 subjects are offered. Among the more recent additions to the courses on offer are the law and medical programmes.

Our educational approach emphasises the importance of attractive and innovative education and a selection of courses and study programmes that attracts a broad group of students and maintains consistently high quality. Students at Örebro University are given thorough subject knowledge, are trained in critical thinking while developing practical knowledge and skills that will be of great value in their future professional careers.

It is through research that the university creates new knowledge for the benefit of individuals, trade and industry as well as for society as a whole. Research at Örebro University has grown considerably and it has had a significant impact on the quality of the education offered. Among the strongest research areas are robotics, environmental science, youth and developmental studies, medical science, and disability science.

Courses in English are offered by:

School of Health and Medical Sciences

School of Humanities, Education and Social Sciences

School of Law, Psychology and Social Work

School of Music, Theatre and Art

School of Science and Technology

Örebro University School of Business



EXCHANGE STUDENTS

If your university has an exchange agreement with Örebro University, you can spend a semester or two with us. The idea of an exchange is that the credits earned during your stay abroad can be transferred back to your home university, as part of your academic programme. Once you have been nominated by your home university for participation in an exchange programme, you can apply for a place at Örebro University.

The International Office provides services to all incoming students and to outgoing students who wish to study abroad as an exchange student. We believe that each exchange student makes a valuable contribution to our university and student community. Our aim is to provide the information, help and support that will make your visit a rewarding international experience. The international coordinators will process your application and have close contact with the international coordinator at your home university. We also work closely together with the student coordinator to get a good balance between the academic and the social part of your student life.

Your studies are measured in ECTS credits and 1.5 ECTS credits are equivalent to one week of full-time study. The normal study load for one semester is 30 ECTS credits. The courses vary in length but are usually 7.5, 15 or 30 ECTS credits.

At Swedish universities, courses are mainly taken consecutively. For example, a student takes a full-time course of 7.5 ECTS credits for five weeks, which also includes the examination. When the course is completed, the student takes up the next course.

As an exchange student, you are able to choose from across the range of courses offered in English at Örebro University, as long as you meet the prerequisites and as long as the courses are not full. For students with a good knowledge of Swedish and the appropriate prerequisites, it is also possible to choose from the range of courses offered in Swedish. Application is made online. For more information on courses and the application procedure, go to www.oru.se/exchange.

STUDYING IN SWEDEN

- ❖ Easy to get by in English – many people speak the language reasonably well
- ❖ Student-centred education system – personal initiative and independent thinking are rewarded
- ❖ Group work is common – dialogue and collaboration are encouraged
- ❖ Informal relationship between student and teacher
- ❖ Teachers are accessible outside lecture hours
- ❖ Services designed to make guest students feel at home



CAMPUS ÖREBRO

Though situated on the outskirts of town, Örebro University is only a ten-minute cycle ride away from the town centre.

Our compact campus is a little community in itself. Full of life with student housing, restaurants, cafés, a gym and green open spaces. The School of Music houses a concert hall, coffee shop, art gallery and, of course, that creative spirit. The library provides peace and quiet. But what is perhaps more important and more exciting is the all-round atmosphere found on campus. People from all over Sweden and the world study, hang out, and work together on campus.

Student housing

Örebro University guarantees accommodation for all exchange students providing they apply by the deadline. We offer mainly corridor-style living on as well as just off campus. In Brickebacken, a residential area two kilometres south of campus, a few apartments are offered for shared accommodation. All student accommodation has shops, health care centres and other services within easy reach.



ÖREBRO

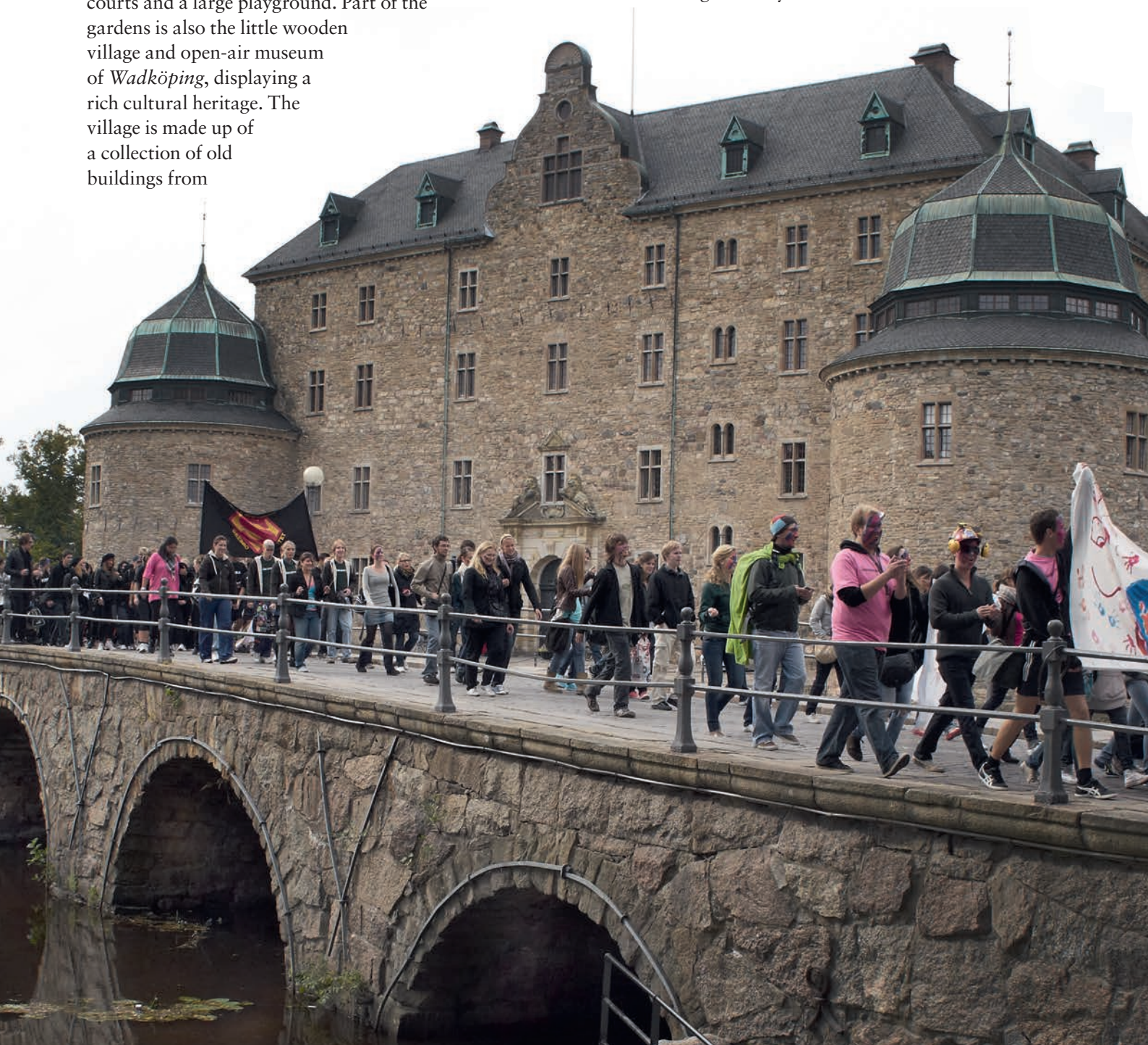
The town of Örebro is situated in the heart of Sweden, with the major cities of Scandinavia within easy reach. Big enough to offer all the amenities of a large city, but small enough not to overwhelm, Örebro is a pleasant city with walkable distances and where any part of the town is only a few minutes' cycle ride away. One of the more striking aspects about Örebro is actually that cycling is the most common way of getting around, in spite of a well-developed public transport system.

Örebro has, to our mind, one of the most beautiful town centres in the country, with the medieval castle in the river as its centrepiece. Situated on the banks of the River *Svartån* are the town gardens with its botanical garden, cafés, a restaurant, shop, tennis courts and a large playground. Part of the gardens is also the little wooden village and open-air museum of *Wadköping*, displaying a rich cultural heritage. The village is made up of a collection of old buildings from

Örebro and the surrounding countryside and is thriving with cafés, craft makers, shops, museums, exhibitions, a theatre, puppet shows, and much more.

The town centre's shopping arcades and streets cater for your every need. Even so, just under ten kilometres south of Örebro you will find the retail park *Marieberg*, with a large shopping mall, IKEA and other big stores. Lake *Hjälmaren* is not far away, so why not visit its largest island, *Vinön*, or take a cruise on the lake? If you walk along the river from the town centre you will come to *Alnängarna* Water Park and if you keep on walking you will come to Lake *Hjälmaren* and the nature reserves *Oset* and *Rynningeviken*.

Whatever your preferences may be, Örebro truly has a little something for everyone.





Örebro Castle

The town of Örebro has grown around a medieval castle. At a natural wading point over the river *Svartån*, fortifications were made by German merchants and artisans in the 13th century. These eventually grew into the present medieval castle, one of the town centre's most spectacular and postcard-friendly sights. Over its 700-year history it has provided the stage for sieges, parliaments, meetings and festivities and has played host to kings and thieves alike. Complete with its own dungeon, it is to this day the focal point of Örebro and actively serves as the residence of the County Governor and as a venue for conferences, exhibitions and other events.



Great student town

Örebro's night life sparkles with vitality and creativity. There are plenty of nightspots to go around. Cool clubs and live music. The Student Union offers entertainment that suits a student's pocket. Not to mention all the concerts held at the School of Music – for free.

Besides music and night life, the town is spoilt for choice when it comes to other cultural and sporting events. The town centre is compact and it is very easy to find your way around.

Örebro really is a great place for students. A few years back for instance, we were voted Student Town of the Year.

The student town of Örebro is growing rapidly. Why not come and grow with us?



Come together

...for a touch of sport

Örebro University's campus, the town and its environs provide plenty of places for people to come together, where they can share interests and experiences, and get that sense of belonging. Whether you like spectator sports or prefer to do the sweating yourself, there is a great range of activities to keep you occupied.

Keeping fit

Örebro University's Sports Club – ÖUIF – offers students and locals a number of sporting activities. Pick and choose from some 70 sessions a week or visit the well-equipped gym. The instructors receive continuous training and the range of activities offered is always up-to-date.



On the track

On the hills south of campus there is an illuminated track for running. And if snow falls, it can just as well be used for cross-country skiing. Similar tracks can also be found in other parts of the town.

Fancy a swim?

At Örebro's five-star holiday village *Gustavsvik* you will find the largest swimming and leisure pool complex in Sweden, complete with its first-rate adventure pool and wild-water rapids.



Into the wild

They may not be the Alps, but they are still bold and beautiful. *Kilsbergen*, or the Blue Mountains as they are sometimes called, are situated just 20 kilometres west of Örebro and offer recreation opportunities in abundance. Mountain-biking, orienteering, outdoor swimming, fishing, canoeing and hiking are popular recreational activities during the warm season. In wintertime there is ample opportunity for skiing. Cross-country, slalom or snowboarding – just take your pick!



Go with the flow

Why not go kayaking or take a canoe trip down river via the town centre? This, for the most part, tranquil, green passage offers a new view of the town, its people, its architecture, and its many parks. Few towns in Sweden, if any, can rival this experience.

...and a spot of culture

Where to go

Örebro OpenART

In recent summers, this international outdoor exhibition has brought contemporary art into the streets, parks and shopping areas of the town, transforming the townscape, giving visitors and locals an art fix to remember. In 2013, some 70 artists from around the world were showcased and passers-by got to experience art where they least expected it – right in the middle of one of Sweden's most beautiful town centres.



Cinemas

Catch the latest movie in one of Örebro's cinemas. Filmstaden is the bigger complex, screening the widely-released blockbusters, while the single-screen Bio Roxy specialises in the less mainstream art-house and independent films. Foreign-language films and television programmes in Sweden have subtitles rather than voiceovers.

Örebro Art Gallery

Örebro konsthall

Soak up impressions at Örebro Art Gallery. Interesting exhibitions of contemporary art in all shapes and forms.

Örebro County Museum

Örebro Länsmuseum

Connect with culture. Events and exhibitions featuring mainly local professional artists.

Swedish Chamber Orchestra

Like music to your ears. The Concert Hall in Örebro houses the Swedish Chamber Orchestra. Concerts are given all year round.

Conventum

The wide-range of lectures, fairs, exhibitions, concerts and shows organised at this venue will go a long way in meeting your need for those extracurricular diversions.

The County Theatre

Länsteatern

Not enough drama in life? The County Theatre puts on a variety of exciting productions on their home stage as well as on tour.

High on art

Konst på hög

Kvarntorpshögen, a hill of waste products from oil shale mining during the Second World War, outside the town of Kumla rises 100 metres above ground and once you have made the climb to the top, a unique outdoor sculpture park is there for you to explore.



A FLYING START



Coming to a new country is exciting. New impressions, new experiences – one after the other. Even getting some milk from the shop in a language you do not understand may turn out to be a real adventure.

Örebro University aims at creating a friendly atmosphere where you feel at home from the very beginning. The International Office provides services to all incoming students, coordinating your stay here. ESN Örebro is a student association created for the benefit of all exchange students. Their aim is to help you integrate into the Swedish way of life and give you a chance to experience as much as possible during your stay in Sweden. There is also a student coordinator, functioning as the link between the university and ESN Örebro, who is working full time with practical matters and social activities for the exchange students.



At the start of your stay here, an orientation programme is organised for you by the International Office in cooperation with ESN Örebro. During the orientation programme you will quickly get to grips with being a student at Örebro University and you will receive practical information about everything from your accommodation to healthcare services, and learn how to find your way around campus. You will also get to know lots of people and have the time of your life!

Among the activities organised during the first few weeks are:

- An overnight stay at a nature reserve. Competitions, trying out the sauna and hanging out. This activity is much loved by the students!
- A tour of the town, including a visit to the Town Hall.
- A big welcome dinner at a nightclub in the town centre. A chance to dress up, eat good food and dance the night away.

In addition to being involved in and organising the practical and social elements of the orientation programme, ESN Örebro will, together with the student coordinator, organise events and activities throughout the semester. All exchange students are divided into groups, with a few exchange students and a few student buddies, each known as a *fadder*. A *fadder* is a Swedish student who is available to lend a helping hand upon your arrival, as well as during the semester. He or she can assist you with any queries you may have: finding out what bus to take, how to order books from Swedish websites, what the signs say in the supermarket, or where you can buy a costume for the next themed party.





Vivien Tan from Singapore

Studies: Communications at my home university and here at Örebro University as well.

How did you find out about Örebro University? I got the information at my own university and it is exciting to be here. I looked at different universities and researched them on the Internet and I made my choice from that list.

"We get the space to express ourselves during lectures and in assignments"

What is your opinion of Örebro University? The teachers are very open and knowledgeable. We interact with them as students and we are given a lot of freedom. We get the space to express ourselves during lectures and in assignments.

What do you think of Örebro as a town? It is a nice town. I have visited the castle and also Naturens Hus, a place that is very nice, close to nature and with a small restaurant. You can easily find good shopping and places to have coffee. Everything is also very different from home. Here people are very dog friendly.

What do you think of Sweden? I really like it here; it is very quiet, spacious and clean. People are friendly and helpful and everybody speaks English.

How was the introduction to your stay? It was well organised and I felt at home after that. They took good care of us and it is easy to make friends with students from other countries. The orientation programme also introduced us to the university, which was very useful.

Any advice to prospective students? There is nothing to worry about and it is very enjoyable to be here.

What are your plans for the future? I will go back home and finish my degree. I would like to go overseas again, maybe come back here. I would really like that!

Alicia Weisener from Hamburg, Germany
Studies: Psychology and communication courses.

"Everything is so well organised. It felt very relaxing to come here"

Background: I have been studying psychology for three years at Hamburg University. I would like to specialise in work and organisational psychology.

How did you find out about the courses at Örebro University?

I found them with the help of the International Office at my home university. I have always known that I wanted to go abroad to study, to meet new people and see different places. I also like the idea of living in another country for a longer period like I have done now.

What do you think of Sweden? I love it! Nature is so close to the campus area, the forest is just a five-minute walk away. I can take my bike to a lake and go swimming. It is very peaceful here. It is also nice to be on a compact campus as opposed to the campus back home which is very spread out.

What is your opinion of Örebro University? I really like it. Everything is so well organised. It felt very relaxing to come here, the accommodation is very nice and I felt very welcome. The student buddy or fadder programme is organised for the whole semester which is very good because you do so many activities together. I enjoyed the time with my fadder group a lot and we became very close friends.

What do you think of Örebro as a town? I really like the castle, it reminds me of my hometown. The landscape and the many bike tracks are very nice, I like them a lot. Örebro is an active town, where you can do a lot of different activities. I have been ice skating in the winter, therefore I bought a pair of skates in a second-hand shop and we went to the ice hockey arena close to the university. So much fun!

What are your plans for the future? No specific plans yet. But I would love to come back to Sweden for a Master's programme.

Any advice to prospective students? Plan your time. Time really flies when you are here. I highly recommend going abroad to study. Örebro is a really good location if you want to travel in Sweden and the northern parts of Europe. I would do it again, I will definitely come back!



SWEDEN IN BRIEF

Sweden takes its place among the seven largest countries in Europe and is size-wise roughly the equivalent of Spain or the state of California, USA. Despite its large area, its population is only 9.7 million, making it sparsely populated with only about 23 inhabitants per square kilometre. This compares to the EU average of more than 100 people per square kilometre.

The country is characterised by its long coastline, extensive forests and numerous lakes, making for beautiful scenery combined with a rich and varied wildlife. Throughout the country there are large numbers of moose (elks), roe deer, foxes and hares, and there are also smaller populations of wolf, bear, lynx and wild-boar.

There is a popular misconception that polar bears walk the streets of the average Swedish town. That may well have been the case had it not been for the Gulf Stream, the warm Atlantic current that provides Sweden with a more favourable climate. The four seasons all have their own distinctive character and the contrast between the long, bright summer days and equally long, not-so-bright winter nights is vast. Sweden is located at roughly the same latitudes as

Greenland and Alaska, with 15 per cent of its area north of the Arctic Circle. During a few weeks each summer, the sun never sets in the Swedish Arctic. Similarly, it does not rise there for some time during the winter months. Summers are moderately warm throughout the country. In the north, winters are long, often with snow and sub-zero temperatures for several months. The further south you go however, the winters are milder.

Sweden is a constitutional monarchy. King Carl XIV Gustaf is the head of state but the duties that come with this position are essentially ceremonial and he exercises no political power. Instead, with Sweden being a parliamentary democracy, all power comes from the people. Everyone has the same rights and a chance to have their say. General elections are held every four years and some 7 million people are entitled to vote and influence which party will represent them in parliament, county councils and municipalities.

Sweden has a long tradition of peace – the country has not been at war since 1814. It prides itself on being a society that promotes gender equality, tolerance and inclusiveness, and consistently ranks high in terms of life expectancy and standard of living.

Snapshots from Sweden



After your studies

Perhaps you have been an exchange student with us and feel you are not quite done with us yet? Perhaps you have completed your degree programme and are looking for postgraduate opportunities? For international students, Örebro University offers a number of international Master's programmes in addition to our range of single courses and modules that are taught in English.

Find out more about the programmes available, scholarships, any tuition fees and how to apply at:

www.oru.se/MastersStudents

www.universityadmissions.se

www.si.se



Useful links:

Örebro University, www.oru.se/exchange

The Official Gateway to Sweden, www.sweden.se

Study in Sweden, www.studyinsweden.se

Network for exchange students, www.esnorebro.org



www.oru.se/exchange