

# Information for incoming Exchange Students

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If you are reading this document, you are probably considering to apply for an exchange semester/year here at the Department of Law at Stockholm University, or maybe you've already applied. Great choice! Stockholm is ranked number 24 on the list over Best student cities in the whole world according to QS Worldwide university rankings! But of course you already knew that right?

Here is some basic information about Sweden, Stockholm and life as an exchange student at the Department of Law.



## Studying and living in Sweden

Swedish universities are highly ranked in the world's ranking lists and the teaching method is Socratic with a very informal culture at the universities. It's a two-way communication and discussion in-between the students and the teaching staff. When it comes to **studying law** we also differ a lot from other parts of the world when it comes to how we schedule our courses throughout the semesters. You will only focus on one course at a time and at the end of your course there will be some sort of examination of the course, usually an exam and/or written assignments. Then you move on to the next course and focus solely on the new course. If you fail an examination you always have a right to do a re-exam. So no hectic exam period at the end of the semester, just an evenly spread out workload during your stay here in Sweden. To read more about general information about what Sweden has to offer when it comes to studying here: <https://studyinsweden.se/study-information/>

### **Cost of living?**

Living costs in Sweden depend largely on your individual lifestyle. This is a sample of a monthly budget put together by Study in Sweden.

Food: SEK 2,000

Accommodation: SEK 4,000

Local travel: SEK 560

Internet/phone: SEK 300

Insurance, medical care/hygiene: SEK 300

Hobby/leisure: SEK 1,300

TOTAL SEK: 8,460 / month

Remember that prices can vary considerably depending on where you live. Stockholm, for example, is more expensive than other cities. Dining out at restaurants can be somewhat expensive in Sweden, though student bars and restaurants often have discounted prices and if you join the student union (JF) you'll get even more discounts on and off campus.

### **-Ska vi ta en Fika?**

Living in Sweden, it is of great importance to know about the Swedish culture. You will most definitely hear the word "Fika" a lot (pronounced Fee-ka). It is the Swedes way of enjoying a casual break during the day, often while drinking a cup of coffee and having some sort of a snack. The true original Fika contains a black cup of coffee and a Swedish cinnamon roll and last no longer than 20 minutes during a working day. In the weekends or after office hours a Fika can stretch out to several hours and include just about anything you want in terms of coffee, tea, lemonade, sandwiches, sweets, fruits and so on. A Fika is a great way to start up new friendships and relationships so make sure you have plenty of Fika in Stockholm!



We also have has a strong equality and non-discrimination tradition, we celebrate pastries and we are obsessed with order (numbers, queues – you name it!) and lots of other things. You can read a little more about that here:

<http://www.expatsblog.com/contests/778/top-ten-things-you-need-to-know-about-sweden-and-the-swedesh>

or here: <https://sweden.se/society/20-things-to-know-before-moving-to-sweden/>

or look at some Youtube clips here: <https://sweden.se/culture-traditions/10-youtube-clips-about-swedishness/>

## About our capital Stockholm

The capital Stockholm is very beloved, especially by the inhabitants of Stockholm. The capital of Scandinavia, also called the “Venice of the north” is unique due to its combination of tranquility and its trendsetting and modern culture. Not to forget its stunning maritime beauty. Look at that, isn't it just breath taking? →

The city is actually built on 14 islands and each area has its own vibe and feel to it and you are always close to nature. Whether it be green parks, national urban parks or water you want, Stockholm has it all!

This is your ultimate guide to our city: <http://www.visitstockholm.com/>



Also check out:

[#stockholmimitthjärta](#) [#stockholmlove](#) and [@stockholm\\_insta](#)

## Studying at Stockholm University

Frescati is another name for the Stockholm University main campus, located just straight ahead when exiting the metro station “Universitetet”. This is where the majority of other SU departments are located and most of the teaching and research activities at Stockholm

University take place in the Frescati area just north of Stockholm city. It is located in the middle of the world’s first national city park, and the area is characterized by beautiful

nature, interesting architecture and modern art.



The first week of your exchange semester starts with Orientation Week. It is designed to assist you - as a new student - to settle into university life at Stockholm University. It is normally scheduled to take place the first week of the semester. The whole week will be packed with student activities such as Welcome party,

guided bus tours in Stockholm and on campus, and much much more. You can read and watch all about the activities here:

<http://www.su.se/english/about/events/orientation-week/orientation-day>

More information about this will be sent out to all incoming exchange students once we have received and processed your application.



### **-But wait, what about housing?**

Accommodation can be hard to find in Stockholm on your own, due to high prices and lots of competition. The situation is really harsh to be honest with you. Stockholm University does not own any student dormitories and does not normally organize accommodation for its students, this is all regulated by our laws. However, as a special service Stockholm University tries to assist students from partner universities with accommodation. Most of the exchange students that come to Stockholm gets housing via the Stockholm University Housing Office. Please note that it ALWAYS easier to get housing through our Housing office if you join us during our spring semester.

More information about housing here in Stockholm, about our Housing office and the housing application process can be found here: <http://www.su.se/english/study/student-services/housing/housing-for-exchange-students>

Once accepted as an exchange student here in Stockholm you will receive more detailed information directly from the Housing office.

## The Faculty of Law

The Faculty of Law, also called Juridicum, is one of the biggest faculties at Stockholm University, and its Law Programme is the most attractive higher educational programme in Sweden. And yes, we're very proud of that and of our students. This is our Dean, Prof. Jonas Ebbesson. Kind of a hip guy drinking his obligatory coffee →



The compulsory part of the Swedish law programme is though in Swedish but during the advanced level of the programme, year four and five, we offer our students a variety of specialized courses in both Swedish and English. The specialized courses taught in English are open to our incoming exchange students and we try to keep a good balance between international and national students in order to facilitate interaction between students from different law backgrounds and cultures. Since the courses are on an advanced level we highly recommend you to have at least two and a half year of studies within in law before joining us here in Stockholm. You are expected to have a good knowledge of your own national law and the foundations in European and/or International law in order to get the most out of the teaching and in the end be successful in your selected courses.

To find out more about our courses please visit this website:

<http://www.jurinst.su.se/english/education/courses-and-programmes/law-programme/exchange-programmes/exchange-programme-courses-2016-2017>

But there are of course more to the department of law than just focusing on you courses, even though we do ask a lot of our students while in class. Our law students association (JF) have created an International Law student Mentorship programme (ILM) and if you join us here in Stockholm we recommend you to also join JF and take part in the ILM-programme so you get to experience all the fun social activities they plan for our incoming exchange students every semester. To read more about what they offer if you join them please take a look at their website here: <http://jurstud.com/in-english/eng-the-committees/international-law-student-mentorship/>