



## FACT SHEET

Södertörns högskola - Södertörn University  
International Office  
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SWEDEN  
Phone: +46 (0) 8 608 4000  
Website: <http://www.sh.se/exchange>

Incoming students	Outgoing students
Email: <a href="mailto:exchange@sh.se">exchange@sh.se</a>	Email: <a href="mailto:exchange@sh.se">exchange@sh.se</a>

### ACADEMIC CALENDAR 2018/2019

#### Autumn semester: September 3, 2018 – January 20, 2019

Nomination deadline	April 25
Application deadline	May 1
Official arrival days	August 27-28
Orientation days	August 29-31

#### Spring semester: January 21, 2019 – June 9, 2019

Nomination deadline	October 10
Application deadline	October 15
Official arrival day	January 20
Orientation days	January 21-25



**THE INTERNATIONAL OFFICE**

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## **About Södertörn University**

Södertörns högskola is situated in the southern parts of Stockholm city. With commuter trains from Stockholm Central Station it takes 20 minutes to Flemingsberg station – where Södertörns högskola is located. Södertörns högskola is a quite young university (1996) with a multidisciplinary and multicultural ethos.

Södertörn University provides high quality research and education at all levels, offering a friendly atmosphere and an inspiring environment.

Södertörn University combines interesting subjects to make engaging and often unique degrees. We offer 250 courses and 70 programmes, and currently have 11 000 enrolled students. We conduct education and research in the humanities, social sciences and natural sciences. We also offer teachers education with an intercultural profile, as well as a police training programme. Our research into the Baltic region and Eastern Europe forms a knowledge environment that is among the best in the world.

### **Course information**

On [www.sh.se/courses](http://www.sh.se/courses) you can find the courses with English as the language of instruction. All exchange students are required to study full-time, i.e. 30 ECTS per semester. Language courses in Swedish can be chosen in addition to regular courses. The courses are taught one at a time in four periods throughout the semester. Thereby, students do not take several courses at the same time.

### **Language of Instruction**

The languages of instruction are English and Swedish. For incoming exchange students seeking to take courses in English we recommend to have a score of at least 550 points (paper based test) or 213 points (computer based test) on TOEFL. If the students have prior knowledge of Swedish it might be possible to take courses in Swedish.

### **Grading System**

An academic year corresponds to 60 Swedish university credits, or 60 ECTS, divided into two semesters. A full-time student is expected to devote approximately 40 hours per week to lectures, seminars and individual studies. Lectures and seminars will normally constitute only a small part of the total time. The student is expected to take a great deal of responsibility for their individual studies.

Most courses have two levels of passing the course: Either “VG” (Pass with distinction) which corresponds to the ECTS grade A and B or “G” (Pass) which corresponds to the ECTS grade C,



D and E. If a student fails, the Swedish grade is “U” which corresponds to the ECTS grade F and FX.

### **Swedish Language Courses**

Introductory Swedish language courses are offered for exchange students on beginner’s as well as on intermediate level.

### **Mentor System**

There is a mentor system, operated by the Student Union and ESN; [www.soders.nu](http://www.soders.nu).

### **Living Costs**

We recommend students to have at least 9000 SEK per month at their disposal for living expenses. The public transport card for students is about 500 SEK/month and the rent is approximately 2700-4700 SEK/month for a single or shared room.

### **Student Accommodation**

Södertörn University’s access to student accommodation is limited. The student accommodation is distributed on a first come first serve basis, i.e. the sooner the students apply the better chance they have to receive accommodation. Please find information regarding accommodation here [www.sh.se/exchange](http://www.sh.se/exchange) or contact [accommodation@sh.se](mailto:accommodation@sh.se) if you have questions.

### **Student Residence Permit**

Students from outside the EU/EEA countries must have a student residence permit card before entering Sweden. For more information, please see <http://www.migrationsverket.se/English/Private-individuals/Studying-in-Sweden/Universities-and-university-college.html>.

### **Insurance**

To be entitled to use Swedish public medical services on the same basis as Swedish citizens, students from within the EU/EEA need to bring their European Health Insurance Card. Non-EU/EEA citizens will have to purchase or acquire some form of private medical insurance in their home country.