



BOSTON COLLEGE
OFFICE OF INTERNATIONAL
PROGRAMS

Uppsala University
Academic Year 2009-2010
Program Guide

Uppsala University
<http://www.uu.se/en/node179>

Preparing for Study Abroad

- Students can maximize their study abroad experience by learning about their host country, its history, and culture. Students may want to go to Encyclopedia Britannica <http://www.britannica.com/> for a summary of Uppsala and Sweden. Another useful site is: www.economist.com/countries. Please refer to the suggested readings and websites provided at the end of this document for additional information
- Students should know what is happening in the news in their host country by reading the newspaper at: <http://www.thelocal.se/>
- Encountering and adapting to a different culture is an intricate component of studying abroad. Students are strongly encouraged to use the following websites to learn about intercultural communication before you leave home: <http://www.pacific.edu/sis/culture/> and <http://www.peacecorps.gov/wws/educators/enrichment/culturematters/index.html>.
- Customs and traditions in Sweden will be different than the ones found in the United States and at Boston College. To learn a little about the local customs and traditions you may want to consider the following questions: What type of government does Sweden have; what are the national sports; what are some of the popular TV shows; who are some of the biggest celebrities in Sweden; what music is currently popular; how do you order food in a pub; what is the policy regarding tipping? In addition, students should review the below site for information regarding Sweden customs and traditions: <http://www.kwintessential.co.uk/resources/global-etiquette/sweden.html>
- Students and their parents/legal guardian should refer to the Office of International Programs website for more information regarding the abroad experience: www.bc.edu/international. In addition, all students will be given the Boston College Study Abroad Handbook prior to departure. Students are expected to attend the mandatory pre-departure orientation held at Boston College. At the orientation, students will have a chance to learn more about their host country/city from their advisor and former study abroad students. Finally, additional student and parent information can be found at: <http://www.studyabroad.com/guides/index.html>

On-Site Contact Information

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Travel Information

- Students enrolled in Boston College programs make their own flight arrangements, often using student travel agencies such as STA Travel (www.statravel.com). The student agencies generally offer competitive rates. Stockholm International Airport, Arlanda, is just 20 miles south of Uppsala.

Uppsala will provide additional details regarding arrival.

- Passport: US citizens need a passport to travel to Sweden. Passports must be valid at least six months beyond the estimated return date. Students may apply for a passport at any major US post office, and the process usually takes approximately 6 to 8 weeks to complete. For more information regarding passports, please visit: http://travel.state.gov/passport/passport_1738.html
- Residence Permit: A residence permit is required for students during their stay in Sweden, and you must apply for your residence permit with the Swedish Consulate General. This must be done well in advance of your expected arrival in Sweden. For further information about applying for a residence permit, please visit: <http://www.migrationsverket.se/english.jsp>

Uppsala will provide students with details in their acceptance package.

- There are no immunizations required for students studying in Sweden.

Academics

- Autumn/fall semester: August 31- January 15 (Recommended arrival date August 24)
Spring semester: January 18 - June 5.

Swedish universities do not have a calendar with fixed dates other than for the first and last day of each semester. One can calculate when a given semester will begin according to the following principle: The autumn semester begins on the first Monday that occurs between the dates 28 August-3 September. The semester is then 20 weeks long. The spring semester begins the Monday after the autumn semester finishes, and is 20 weeks long.

Each department or programme decides on its own dates for breaks, for instance at Christmas and Easter. There is no real tradition of having longer breaks over these periods as in some other countries. There is no set exam period (due to the fact that one studies courses consecutively and not parallel).

- Course information for Uppsala is available at:
http://www.inter.uadm.uu.se/pdf/COURSES_0910.pdf

Full-time studies comprise 60 points (60 ECTS credits) per academic year (30 points per semester). The number of teaching hours per week varies considerably between different courses, but all courses require full-time study equivalent to their point value.

In Sweden studies are usually full-time in only one subject or department at a time (i.e. one course lasts a few weeks, ends and another begins) with most semester courses subdivided into subcourses of varying duration. Exams may be scheduled after each course or at mid-term or at the end of the term or as a combination.

More information regarding course structure and the academic calendar will be given by Uppsala University.

- Boston College course approval information will be found at:
<http://www.bc.edu/offices/international/advisingservices/academics/courseapproval.html>
- Information about transcripts and grades is available at:
<http://www.bc.edu/offices/international/advisingservices/academics/transcripts.html>

Housing

- All housing costs are paid by students directly to their place of residence in Uppsala. Students have the choice of living in several housing options. On the housing application enclosed with your acceptance letter, you will be asked to indicate which option you prefer. Information on both housing options is given in the International Student Guide, enclosed with your acceptance letter. As an exchange student, housing will be arranged for students, but it is very important that student return the housing form by the date indicated.

For more information on housing and fees, please see the Uppsala website at:
<http://www.akademihotellet.uu.se/Forskarbostader/FutureStudents/tabid/1721/language/sv-SE/Default.aspx>

- Additional information about the estimated cost of housing may be found at:
http://www.bc.edu/offices/international/meta-elements/pdf/0910_estimated_stude.pdf
- Meals: Each apartment is equipped with a kitchen. Students shop for themselves and cook in the apartment. There are numerous shops and restaurants located throughout the city
- Local Transportation: The bus center for local traffic in the city is mainly the Town Square (*Stora Torget*) and at Dragarbrunnsgatan. The buses run from approx 06:30 to 24:00.
- Uppsala has a wide-range of social clubs available at the Student Nations. All students are required to join one nation, and there are semester dues that must be paid to the Nations. Please consult the various Student Nations web sites or the International Office for more information about the fees. <http://www.kuratorskonventet.se/index.php>

There is also the Uppsala Student Union (*Uppsala Studentkår*). The Student Union publishes the student paper, called ERGO, which has information about events around Uppsala. More information can be found here: <http://www.uppsalastudentkar.nu/en>

- Cell Phones: Students may purchase pre-paid cell phones upon arrival (these do not require a contract).

Wellness, Health and Safety

- Make sure that you have had any required or recommended vaccinations for your travel destinations by consulting the Centers for Disease Control website at www.cdc.gov.
- HTH Worldwide Insurance Services is an emergency health and emergency services provider. All registered BC students are covered by our blanket policy while living and traveling outside of the United States. For more information, visit the following website: <http://www.bc.edu/offices/international/travel-health-safety.html>
- Students are advised to visit the U.S. State Department website: <http://www.state.gov/> for important travel information including travel advisories.
- Adjusting to a new culture and environment can be stressful. Students will have a smoother transition by making sure that they prepare to remain healthy. The following are some websites that provide important information and advice about how to have a healthy and safe experience abroad:
http://kidshealth.org/teen/your_mind/emotions/culture_shock.html
<http://www.kwintessential.co.uk/cultural-services/articles/cultureshock-stages.html>
<http://www.bravenewtraveler.com/2007/11/20/the-4-stages-of-culture-shock-and-how-to-beat-them/>
- Be sure to visit the OIP website for additional information about Health and Safety: <http://www.bc.edu/offices/international/travel-health-safety.html>
- BC emergency contact information:
 - Office of International Programs: (617) 552-3827 (Monday to Friday 9 a.m. – 5 p.m.)
 - Boston College Police Department: (617) 552-4444 (outside of normal business hours)
- Alcohol and Drugs: In many cultures, alcohol consumption is an acceptable part of the culture and people are taught to drink in moderation at home. Many countries have a lower drinking age than the U.S. while other countries have drinking and drug abuse laws that may be more severe. Students are subject to the laws of their host country, so if you choose to drink alcohol abroad, always drink responsibly and be knowledgeable about your host country's laws by visiting:
http://travel.state.gov/travel/tips/tips_1232.html#drug_offenses

Finances

- The OIP website provides information about estimated expenses for study abroad: http://www.bc.edu/offices/international/meta-elements/pdf/0910_estimated_stude.pdf
- Scholarships and Financial Aid information can be found at: http://www.bc.edu/offices/international/financesawards/Scholarship_Opportunities.html
- The best way to access funds from the US is with an ATM, credit, and debit cards (also give the best exchange rate). Students who use an ATM, credit and/or debit card abroad, should contact the appropriate bank before leaving United States. Please inform the bank that you will be overseas for an extended amount of time as some banks may question foreign transactions. In addition, banks may have additional fees if a card is used overseas. It is advisable to have some funds in traveler's checks as a back-up method as well as a small amount of local currency on hand when students arrive.

Returning to BC

- Complete a Program Evaluation. Upon completion of your program OIP will e-mail the link to the evaluation.
- Mentor an exchange student from abroad by e-mailing: oiexchange@bc.edu
- Volunteer for Discovery Night, Pre-departure Orientation, Re-entry seminar by contacting Larry Pickener (Pickener@bc.edu).

References

- The *Lonely Planet* travel guide on Sweden and the *Lonely Planet Scandinavian Phrasebook*
- Uppsala University International Office web site: <http://www.inter.uadm.uu.se/>
- Uppsala International Student Guide: http://www.inter.uadm.uu.se/ISG/ISG_web.pdf
- The Official Study in Sweden website: <http://www.studyinsweden.se>
- The Official Gateway to Sweden web site: <http://www.sweden.se/>
- Sweden.org: www.sweden.org
- Visit Sweden tourism and travel information web site: <http://www.visitsweden.com/>
- Uppsala Tourism web site: <http://www.uppland.nu/eng/>