



NEWMANINSTITUTET
HÖGSKOLA FÖR TEOLOGI, FILOSOFI OCH KULTUR



Sweden

Sverige

HANDBOOK 2016

FOR ERASMUS+ STUDENTS FROM OUR PARTNER
UNIVERSITIES



Funded by the
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WELCOME

Dear Students!

Welcome to your Erasmus+ study experience at The Newman Institute in Uppsala/Sweden! In order to help you prepare for a successful experience abroad, we present you this handbook. In this information material you will find answers to questions you might have before you leave as well as during your stay in Uppsala. We hope you find this guide helpful. Upon your arrival, you will be provided with more information during the orientation week.

PLANNING FOR YOUR TRIP

Program dat

Arrival date: 11th of January in Uppsala

Start of orientation week: 12th of January

Start of classes: 18th of January

End of semester: 5th of June

Visas

If you are citizen of an EU or EEA country or have a permanent residence in any of these countries, a Visa is not required for your Erasmus+ experience with us.

Arrival information

You will receive more information a few days before your arrival how to get to The Newman Institute.

Orientation week

Your orientation week at the beginning of your stay starts on Tuesday 12th of January. During these days you will be made familiar with many different things such as how to study at The Newman Institute, how to use the library and where to buy food, etc. You will also have the opportunity getting to know some of the staff and other students. In addition, we will also take you on a shorter excursion in order to make you familiar with the surroundings of Uppsala and Stockholm.

Packing suggestions and weather

Sweden is known for its distinct seasons with clear variations in weather between summer and winter. The winter in Uppsala tends to be rather cold with snow and sub 0 degree temperatures. We recommend you to bring clothes for changing seasons and to dress in layers. Good quality winter shoes and clothes, suitable for snowy conditions, are a must. Also suggested is a raincoat. We strongly recommend you to bring socks and a base-layer in wool. Also remember to pack a laptop or a tablet to use for your studies. The Newman Institute will provide you with bed linens, blanket and pillow.

Even though you will spend five months in Sweden, make sure that you only pack what is needed and that you comply with maximum weight restrictions of your luggage. It is typically rather expensive if your luggage exceeds the weight limit.

INFORMATION ABOUT SWEDEN

The Landscape

What many tourists find especially attractive with Sweden is its beautiful nature and rich wildlife. The landscape varies from green flatlands to hilly forests. In the north of Sweden, the summer days are very long, and the sun does not set. In the winter, on the other hand, the sunlight is limited and it can be really cold, sometimes as low as -35 degrees Celsius. In the southern part of Sweden the weather is quite different but the change in hours of daylight between seasons is still significant. Situated between the Baltic Sea and the North Sea, the Swedish landscape is varied and consists of dense forests, sandy beaches, clean lakes and snow-capped mountains. Along the Swedish coastline thousands of picturesque islands make up the archipelago. Even those living in Sweden's largest cities have the archipelago at their doorstep. For more information on Sweden you can check the official website: www.sweden.se

The Climate

Many people assume that Sweden is a cold and wintry place; however, the country's climate is very diverse. While the north of Sweden reaches the Arctic Circle, the warm Gulf Stream helps to keep the temperature milder in the South of the country. In Sweden, you can experience four distinct seasons. In the summer, Northern Sweden becomes the land of the midnight sun. The warm summer days are usually spent in the countryside or by the water. Autumn brings with it an array of colours, as the days get shorter and the nights become cooler. During the wintertime, the northern parts of Sweden become a winter wonderland. If you are lucky, you may even see the northern lights. The arrival of spring is always a welcome respite, and a very pretty time of year in Sweden.

The Language

Swedish, a North Germanic language, is the official language of Sweden. Among the minority languages Finnish is the most prominent, which is spoken by about 4.5% of the population. Another minority language is the language of the Sami, an indigenous semi-nomadic people, living in the far north of Sweden. Most people in Sweden speak English very well. You should therefore not have any problems in communicating with the locals during your stay.

The Swedes

How do typical Swedish people act? In Sweden, there is a special word for 'just the right amount'; it is the word 'lagom'. This word characterizes how Swedes usually act. They are not too loud and not too silent, not too classy and not too tacky, not too ambitious but not too lazy, and so on.

You'll probably find that Swedes are a bit reserved at the beginning, but that people are usually friendly when you get to know them. Swedes in general like to stay active in some way. A lot of Swedes are active in sports, enjoy biking as a way of commuting and enjoy being outdoors. Many are interested in culture and the arts, and singing in choirs is especially popular.



Uppsala

Uppsala, the city where you are going to study and live for the next 5 months, is the oldest university town of Scandinavia and the fourth-biggest city of Sweden with around 100.000 inhabitants. The university of Uppsala has produced a number of well known scientists such as Anders Celsius and Carl von Linné. Many people in Uppsala are employed by one of the universities or academic colleges in the city or at the university hospital. There are also a number of pharmaceutical and biotechnological companies in Uppsala. In order to get to Stockholm, the train ride takes about 40 minutes. Arlanda Airport is about 20 minutes drive away from Uppsala.

See also: <http://www.destination uppsala.se>

INFORMATION ABOUT STUDYING AT THE NEWMAN INSTITUTE

The Newman Institute

You are going to spend the next five months at the Newman Institute. It is a small Jesuit university college located in the heart of Uppsala, Sweden's oldest college town. Surrounded by historic university buildings and the impressive Uppsala cathedral, the Newman Institute offers a culturally rich and exciting milieu for students. At the same time, beautiful nature areas abound in Uppsala and are never more than a short walk or bike ride away.

Founded in 2001, the Newman Institute has academic programs in theology, philosophy and cultural studies taught from a Catholic perspective. As Sweden's only Catholic college, the Institute offers a unique learning experience. The Swedish context shapes students' encounters with theology and philosophy, bringing them face-to-face with issues like ecumenism, secularism, the relevance of religion in a prospering society, the relationship between science and religion, and the relationship between Church and state. At the same time, the diverse cultures and nationalities represented in the faculty and students at the Institute create a stimulating international milieu.

At the Newman Institute the majority of students are laypersons, however a small group of seminarians from the diocesan seminary, which is close by, also study here.

Apart from offering degrees in theology and philosophy, the Newman Institute also runs two other different programmes: One of these programmes is for young people from Germany who would like to do volunteer work in Uppsala or other parts of Scandinavia. This programme is organized in cooperation with the "Bonifatiuswerk", an aid agency, funded by the German Catholic Bishops' conference for the church in Scandinavia. The other programme is for American students from Loyola University in Chicago studying environmental studies for a semester in Uppsala. These students from Loyola will however only be in Uppsala during autumn semester, so you will unfortunately not meet any of them during your stay for spring semester.

The Swedish academic system is adapted to the Bologna Process and higher education is divided into three cycles. All courses and programmes are placed within one of three cycles: the first (undergraduate/bachelor's studies), second (advanced/master's studies) or third cycle (PhD/research studies).

The academic year is divided into two semesters, each lasting 20 weeks. The autumn semester runs from late August/beginning of September to mid-January and the spring semester runs from mid-January to early/mid-June. Each semester is divided into two modules. You are going to study two courses per module and take exams at the end of each module, approximately after 2 months.

Education at the Newman Institute, like at all universities in Sweden, is based on the principle that students take responsibility for their studies with support from the teaching faculty. As a student, you are expected to raise questions and to take part in discussions during lectures. Teaching takes different forms: lectures, seminars, group work, laboratory work, independent study, etc. The Swedish academic environment may strike international and exchange students as being very informal; classes are often small between 4-10 students and professors and staff members mostly dress informally and speak in a familiar style with the students.



Required books

For each course you take you will have a literature list of required books. During your stay in Sweden you can borrow the literature at the library of The Newman Institute, however you would have to read it in the library itself. If you would like to buy your own books, you can order them here in Sweden.

Exam policies

Studies in Sweden are less structured than in some other countries and students are required to have a good self discipline. Make sure that you plan your studying and that you read all literature in time. Each class has an exam, as you can see in the attached schedule. If you fail your exams for any reason, you and your teacher will discuss what you need to do to pass the course.

Grades

Grades are simultaneously given both according to the Swedish system as well as the ECTS system.

EXCURSIONS, RELIGIOUS LIFE AND LEISURE ACTIVITIES

Excursions

During your stay, we are going to organize some excursions for you which will give you a good overview of Swedish life and culture. Upon your arrival to Uppsala, you will be able to find out more about these possibilities. Most of the excursions and other exciting activities and retreats will be offered in cooperation with the Catholic University Chaplaincy and other student groups.

Forestry and other outdoor activities

Sweden is a country of forests. The Newman Institute has two forests which are used both for forestry, hunting and recreation. If you enjoy nature and are interested in learning something about forests, we can offer you to participate in a number of outdoor activities in the Swedish forest. More details will be provided upon your arrival.

Work at Erikshjälpen Second Hand

Sweden has been very successful in managing waste, with extensive recycling programmes in most communities. One aspect of successful recycling that has become increasingly popular throughout the country is second-hand stores. The Newman Institute is a cooperating partner with one such non-profit second-hand establishment in Uppsala, called "Erikshjälpen Second Hand". You will have the opportunity to get involved in the work at the store during your semester in Uppsala.

The Nations

One special aspect of Uppsala student life is its social clubs, the so-called nations. Originally the nations were named after each region in Sweden, and students became a member of the nation that represented the region from which they came, but nowadays there is no requirement for being a member nor restriction on which nation you join. Every nation has a profile of what kinds of student activities they prioritize most, even though they all offer almost the same things. Different profiles are: sports activities, housing, events and restaurants. All nations offer meals and activities at student-friendly prices. While you are a student at the Newman Institute, you have the right to be a member of a nation of your choice. When you are a member of one nation you have access to all other nations' activities. A membership costs 250 kronas.

The Catholic Church in Sweden

The Catholic Church is a minority church in Sweden, counting for only about 2% of the population. The majority of Swedes are protestants. Catholics in Sweden come from many countries and traditions, however there is a growing number of Swedes converting to the Catholic faith every year. More information can be found on: www.katolskakyrkan.se

The Catholic Student Chaplaincy

Under the leadership of Fr. Fredrik Heiding, S.J., the Catholic Student Chaplaincy offers community and activities, retreats and liturgies for students, or other young adults, who are under 30 years of age. The group is international and the language spoken in the group is English. Through cultural and religious activities, the group also reflects about various issues of faith and life. The student group meets on Thursdays at 7pm after the evening mass (which is at 6.15pm) in St. Lars parish. For more information, check: <http://stlars.org/student/>



The Roman Catholic Parish St. Lars

St. Lars Roman Catholic Parish, situated accross the road from the Newman Institute, is the only Catholic parish in Uppsala with about 3000 members from 70 different nationalities. There are masses every day. On Sunday evenings there is also an English mass. More info: <http://stlars.org>

Sports

There is a training facility at the Uppsala university campus areas, at Blåsenhus, which can be used by students of the Newman Institute for a fee. It offers large gyms, many group training sessions a week, rope and boulder climbing, spinning and various ball sports. To help you handle the darkness of the Swedish winter, they also have a light room at their facilities at Blåsenhus. As a student you get the lower student price on their membership cards. There are also other privately-run gyms available in the city, who might be cheaper. Some of the nations have sports teams which you may be able to join. Check <http://campus1477.se/> for more information.

FINANCES AND PRACTICAL INFO ON LIVING IN UPPSALA

Banking and transfer of funds

In Sweden, you can pay with a debit or credit card almost everywhere, while cash is usually used to pay for small amounts. When it comes to your own bank cards from your home country we recommend that you check with your bank what the fees are for paying with a credit card and for cash withdrawals at ATMs in Sweden.

The Swedish currency is "Krona"

Cost of living in Sweden

Your scholarship granted by the European Union will be paid to you in the local currency of Sweden, the Swedish Krona. This scholarship is supposed to cover the rent for your room, food and other costs of living in Sweden.

We recommend you to make a budget for your expenses in Sweden. If you travel a lot, eat out often at restaurants and shop a lot, your expenses will of course be considerably higher than for a frugal student and your scholarship will not be sufficient. Remember that you need to pay for your own food, which compared to other EU countries is quite expensive. If you like to eat at restaurants it is much less expensive to eat at the nations compared to regular restaurants.

Housing

You have already chosen your accommodation. All rooms are either in the main building of the Newman Institute or across the road in another building called "Grillska Gården". When you get to Sweden, you will have more information about your housing, where to cook, do laundry etc. You are responsible for cleaning your own room and common areas.

Transportation

The Newman Institute and your accommodation are situated in central Uppsala. Shops and other services are easy to reach on foot or by bike. If you need to go longer distances there is a bus system in the city (www.ul.se). Trains to Stockholm leave at least once an hour and the train station is only a 15 minute walk away from the Newman Institute. Check www.sj.se for more information.

Communication with home and in Sweden

It is generally strongly recommended that you buy a Swedish SIM card for your stay here, so that you easily can get in contact with people in Sweden and we can contact you in case of emergency. There is a cell phone provider named "Comviq" that offer good deals for students, and we will provide more details upon your arrival. For calling home we recommend you to use an internet based program (like Skype).

WIFI

You will be able to connect to free WIFI at the Newman Institute, and in your student room. In Sweden, restaurants and coffee shops also usually offer free WIFI-connections.

HEALTH AND SAFETY MATTERS

Disclosure of medical and disability needs

We encourage you to inform us if you need to see a health professional on a regular basis or if you have a condition that could require treatment while you are in Sweden. Please also let us know if you have any allergies or dietary restrictions. Also consider sharing if there is any disability that would be helpful for staff to know. All such information will be treated confidentially and only shared with staff as needed.

Vaccinations and health exams

No special vaccinations are required for EU residents travelling to Sweden. We do recommend however that, while in Sweden, you get a vaccination against TBE (tick-borne encephalitis) if you like to spend time in the nature. Also please make sure that your routine immunizations are up-to-date (like polio, measles and rubella).

Medical Care, accident and health insurance

Please bring a printed copy of your insurance policy with you. In case you need to see the doctor, please contact designated staff at The Newman Institute first. We will help you to get in contact with a doctor or hospital in Uppsala. If you wish, we can also accompany you. In case you are asked to pay a fee at the doctor, please keep the receipts in order to be able to claim a refund with your health insurance. In an urgent emergency situation (Ambulance, Fire, Police), please dial the phone number 112 and ask for an English-speaking operator.

Prescriptions

If you are taking some kind of medication requiring prescriptions by doctors, you should try to bring all that you will need for the duration of your stay in Sweden, since that is the easiest and surest way for you to have access to your medication. If this is not possible, be sure to bring a printed prescription in English from your doctor. Please bring medications in their original containers. If you need a refill of your medication during your stay in Sweden, please contact us, and we will help you with the process.

Special safety precautions

Uppsala and Sweden have fairly low crime rates, but you should know that your safety isn't guaranteed anywhere. Don't walk home alone at night, never hitchhike, and be aware of pickpockets, especially in Stockholm. Never drink too much alcohol and never take drugs; that is illegal in Sweden. Sweden has strict alcohol rules in place and there are special restrictions for the sale and the consumption of alcohol for young people under 21 years of age. Try to avoid carrying large amounts of cash. The emergency number for the police is 112. Ask for an English-speaking operator.

Emergency Card

When you arrive to Sweden you will receive an emergency card with contact numbers for Swedish emergency contacts and also for you to fill in your primary contact persons in your home country. Please keep this card with you always. We will keep a copy of this card in our administration.

MORE INFORMATION



If you need any more information about your stay in Uppsala, do not hesitate to contact your Erasmus+ coordinator:

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