Congratulations on being selected to participate in the UW Scandinavian Studies in Sweden program!

This program is offered by International Academic Programs (IAP) at the University of Wisconsin-Madison. This IAP Program Handbook supplements handbooks or materials you receive from your faculty leader as well as the General IAP Study Abroad Handbook and provides you with the most up-to-date information and advice available at the time of printing. Changes may occur before your departure or while you are abroad.

This program handbook contains the following information:

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- LIVING ABROAD
- STOCKHOLM
- HOUSING
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ON-SITE PROGRAM INFORMATION

Program Leader:
Scott Mellor
samellor@wisc.edu
On-site phone: 608-512-3502

UW-Madison Information
International Academic Programs (IAP)
University of Wisconsin-Madison
106 Red Gym, 716 Langdon St.
Madison, WI 53706
Tel: 608-265-6329, Fax: 608-262-6998
Web: www.studyabroad.wisc.edu

Kate Hamoonga
IAP Study Abroad Advisor
(608) 265-6296
hamoonga@studyabroad.wisc.edu

Emergency Contact Information
In case of an emergency, call the main IAP number (608) 265-6329 between 7:45 a.m.-4:30 p.m. Monday-Friday; after-hours or on weekends call the IAP staff on call at (608) 516-9440.

Embassy Registration
Program participants who are U.S. citizens must register at the U.S. Embassy before departure as this will help in case of a lost passport or other mishap. You can register on-line at: https://travelregistration.state.gov. If you are not a U.S. citizen, register at your home country’s embassy or consulate.

United States Embassy
United States Embassy
Dag Hammarskjölds Väg 31
SE-115 89
Stockholm
Sweden
+46 (0)8 783 5300
+46 (0)8 661 1964 fax
http://stockholm.usembassy.gov/
PROGRAM DATES

MAY 28 – JUNE 17 (MORE DETAIL BELOW)

PREPARATION BEFORE LEAVING

IMMIGRATION DOCUMENTS

Passport: A passport is needed to travel to Sweden. If you do not already have a passport, please apply for one immediately. Passport information and application forms can be found on the U.S. State Department website http://travel.state.gov/passport/. If you already have your passport, make sure it will be valid for at least 6 months beyond the length of your stay abroad.

Visa: US citizens do not require a visa for entry.

HANDLING MONEY ABROAD

The national currency is the Swedish krona (SEK, plural kronor), distinct from other currencies, such as the Norwegian or Danish krona. Automatic teller machines take major credit cards. Most stores, restaurants and bars accept all major credit cards. You usually need an ID card or a passport when shopping with a credit card, regardless of the amount involved.

It is not common to bargain in shops but it might work in some instances, especially when buying more expensive products. Bargaining is also okay at flea markets and in antique shops. Tipping is not mandatory when dining out. You can tip 5-10%, or round the bill up if you’ve had a nice experience.

Most shops, at least major chains in downtown areas, are open all week, even on Sundays. Closing times are rigid, most often on the minute.

Many Swedes translate the word krona, which means crown. For example, instead of saying 50 kronor they might say 50 crowns when speaking English.

Safety with Money

Use the same precautions with money abroad that you would when traveling in any large city in the United States. Be aware of pickpockets in crowded areas and on public transportation. Carry your money and other documents in a money pouch worn inside your clothing. Use the same precautions you take at home when using an ATM; keep your pin number separate from your ATM/debit card and use machines inside banks or other buildings. Maintain a copy of all credit card numbers, traveler check numbers, and any PIN numbers in a safe place, and do not carry these with you at any time. Leave a copy of these documents and a photocopy of the first (photo) page of your passport with your Financial Representative in the United States.
Electronics
Sweden runs on 220V (volts), 50Hz (cycles) AC and uses the “europlug” with two round pins. If you plan on bringing any appliances from the United States, keep in mind that they will require adapters/converters which you should purchase before departure. It may be more convenient and less expensive to purchase appliances in Sweden rather than purchasing the necessary converter/adapters in the United States.

TRAVEL AND ARRIVAL

Flight
You will need to arrive in Stockholm on May 29th, any time before 2pm. CIEE will provide you with arrival instructions that will likely ask you to take a bus into the city where you will be met by program staff. You will receive an orientation in the evening of May 29th and classes will start in the morning on May 30th.

The earliest you should book your return flight to leave Stockholm is Saturday June 17.

THE ACADEMIC PROGRAM

ITINERARY
You will receive a final itinerary of program activities before departure.

More specific information regarding course expectations and grading will be provided in your course syllabus.

COURSE INFORMATION
You will receive 3 credits of Scandinavian Studies 276 (Life and Civilizations). IAP will register you for the course. There are no additional registration procedures you must take.

Pass/Fail/Drop/Audit
You cannot take this course pass/fail.

LIVING ABROAD

STOCKHOLM
Stockholm is the capital and largest city of Sweden, with nearly 2 million inhabitants within its vicinities. The inner city is made up of 14 islands connected by some 50 bridges on Lake Mälaren, which flows into the Baltic Sea. Stockholm is a cosmopolitan place with both classical and modern
architecture, and a captivating Old Town, Gamla Stan. Over 30% of the city area is made up of waterways, and another 30% is made up of green spaces.

HOUSING
Your housing will consist of quadruple room hostel accommodations divided between males and females and these rooms will only be used by students affiliated with this program. Housing accommodations will include rooms with a lockable door, a bed for each individual, ensuite bathroom, laundry facility, and kitchen, and pillows/bedding/linen. WiFi will be available in the hostel.

HEALTH
It is recommended that you read through the Center for Disease Control (CDC) recommendations for travel to Sweden [http://wwwnc.cdc.gov/travel/destinations/traveler/none/sweden](http://wwwnc.cdc.gov/travel/destinations/traveler/none/sweden) as well as meet with your doctor or a travel doctor at least 4-6 weeks prior to departure. Your doctor or health-care provider will determine what you will need, depending on factors such as your health and immunization history.

COMMUNICATION
Telephone: When making calls, keep in mind time zone differences [www.timeanddate.com/worldclock](http://www.timeanddate.com/worldclock). To make an international call to the United States, dial the access code for the country from which you are calling plus the United States country code (always “1”) followed by the appropriate U.S. area code and local number. To call internationally from the United States, dial “011”, the country code, city access code (if necessary) and the phone number. Country and city codes can be found online [www.timeanddate.com/worldclock/dialing.html](http://www.timeanddate.com/worldclock/dialing.html). Some of above steps can vary if you are using a calling card. Sweden’s international calling code number is +46.

Websites of Interest:
- International Academic Programs (IAP) at UW-Madison: [www.studyabroad.wisc.edu](http://www.studyabroad.wisc.edu)
- General Orientation Information: [www.worldwide.edu/travel_planner/index.html](http://www.worldwide.edu/travel_planner/index.html) (includes topics such as culture shock, international travel, etc.)
- U.S. State Department: [travel.state.gov](http://travel.state.gov)
- Center for Disease Control: [www.cdc.gov/travel/](http://www.cdc.gov/travel/)
- Current Exchange Rates: [www.x-rates.com](http://www.x-rates.com)