The Umeå, Sweden program is offered by International Academic Programs (IAP) at the University of Wisconsin-Madison in conjunction with Umeå University. This IAP Program Handbook supplements handbooks or materials you receive from Umeå University as well as the 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.

Questions about your program abroad (housing options, facilities abroad, etc.) as well as questions relating to your relationship with your host university or academics (e.g. course credit and equivalents, registration deadlines, etc.) should be directed to IAP at UW-Madison.

This program handbook contains the following information:

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Contact Information

ON-SITE PROGRAM INFORMATION
Your primary contact will be:

Sara Franke-Wikberg or Ulla Blomqvist
International Exchange Coordinators
Faculty Office of Social Sciences
Umeå University
SE-901 87 Umeå
Sweden
Phone: +46-(0)90-786 92 84
Fax: +46-(0)90-786 66 75
sara.franke-wikberg@adm.umu.se

UW-MADISON INFORMATION
International Academic Programs (IAP)
University of Wisconsin-Madison
250 Bascom Hall, 500 Lincoln Drive
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@bascom.wisc.edu

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

EMBASSY REGISTRATION
All 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
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

Recommended Arrival Days: August 23rd or 24th
Orientation August 24th – 27th
Fall Semester: August 30th – January 16th 2011
Christmas Break:~ December 22nd – ~January 7th 2011
Spring Semester: January 17th - June 5th, 2011

Note: semester dates may vary between faculties.

Preparation Before Leaving

IMMIGRATION DOCUMENTS

Passport: A passport is needed to travel to Sweden and to obtain your residence permit. Apply immediately for a passport if you do not already have one. 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.

Residence Permit: If you are a citizen of a country that is not a member of the European Union, you must have a residence permit sticker attached to your passport before entering Sweden. If you are a citizen of an EU-country, please contact the Consulate General of Sweden. U.S. citizens will apply for a Sweden Residence Permit with the Consulate General of Sweden in New York. You are able to work in Sweden with this residence permit and do not need to apply for a separate work permit.

Information about the documents needed to apply for your residence permit can be found at: http://www.swedenabroad.se/pages/general___13470.asp.

The residency permit processing time is approximately two to three months, with longer delays during the summer months because of the large number of applicants. A non-refundable application fee plus return postage for your passport is required. Please check the website for current fees. When you mail these documents, send them via registered mail or a deliver service (i.e.: Federal Express, UPS) to ensure delivery. Make a copy of all of your materials for yourself before you send them.

HANDLING MONEY ABROAD

The Swedish currency is the kronor, with 1 kronor equaling 100 öre. As of 02/12/10 the exchange rate was $1 USD to 7.27 SEK (Swedish Kroner).

Banks: To open a local account you will need your passport and your letter of acceptance from Umeå University. You can open an account at Sparbanken, Nordbanken and SE Banken without a national registration number (personnummer).

The easiest way to transfer money from abroad is to open a bank account in Sweden and ask the person who sends you the money to deposit it directly into this account. Personal checks
from abroad are not cashed at Swedish banks. A bank-to-bank check drawn on a Swedish bank is the best type of check. Travelers’ checks are useful especially to cover unexpected expenses.

**ATM/Debit cards:** Cash-machines/ATMs are called Bankomat (a blue or black sign with white letters) and you can withdraw money from your bank at home. Be sure to ask your bank about any international charges you may receive from using ATMs abroad.

**Credit cards:** Usually you can pay with Visa or MasterCard in all stores, as well as in pubs and bars, but normally not in the student bars.

**PACKING**

You should pack warm winter clothes as winter in Umeå lasts from November to the end of March. You should also bring a raincoat or umbrella. Be careful not to over-pack—only bring the amount of luggage that you are able to carry.

**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**

You are responsible for arranging your transportation to Umeå. The major airports near Umeå are Umeå Airport (UME) and Stockholm-Arlanda Airport (ARN). New international students are advised to arrive a few days before the beginning of the orientation session. Before your departure, you will receive a comprehensive information packet from Umeå University which has detailed information that will be valuable to you upon arrival.

**Arrival by Air:** The flight time from Stockholm to Umeå is 50 to 60 minutes. Scandinavian Airlines [www.scandinavian.net](http://www.scandinavian.net) flies between Umeå and Stockholm/Arlanda. Malmö Aviation [www.malmoaviation.se](http://www.malmoaviation.se) recently started flying from Stockholm to Bromma-Umeå. If you are flying in from other destinations than Stockholm Arlanda, look at either Nordic Link [www.nordicairlink.se](http://www.nordicairlink.se) or Skyways [www.skyways.se](http://www.skyways.se).

Umeå Airport is only a few kilometers from the city center and buses will take you to the city or to the university campus in about 15 to 20 minutes. Buses leave from the airport approximately 15 minutes after the arrival (of the planes from Stockholm) for Umeå, driving past the university and Ålidhem Centrum.

You can also request to be met upon arrival. Notify the International Office of Umeå University of your arrival time and flight numbers when your travel plans are complete.
Arrival by Train: If you go by train the journey from Stockholm takes about 12 hours and the Umeå railway station is situated in the center of the town. The company that has train trips to Umeå from Stockholm is the northern railway company Tågkompaniet [www.tagkompaniet.se](http://www.tagkompaniet.se).

Arrival by Bus: Traveling by bus from Stockholm will also take about 10 to 12 hours and Busstaionen/Bus station is opposite from the railway station. The Bus Company Ybussen [www.ybuss.se](http://www.ybuss.se) drives between Umeå and Stockholm return every day of the week.

When you arrive on campus, follow the directions in your information packet. Typically, students report to the International Housing Office for general information and also to pick up the keys to your student residence. Students arriving earlier than the recommended arrival dates are recommended to stay at a hostel in central Umeå.

The Academic Program

UMEÅ UNIVERSITY

Umeå University, established in 1965 and one of the northernmost universities in the world, offers a welcoming environment for both study and leisure. The university has more than 100 departments that are all conveniently located in one central campus, which serves a student population of around 26,000 students. There are five major faculties:

- Arts
- Science and Technology
- Medicine
- Social Sciences,
- Teacher Education.

Also incorporated are seven university colleges:

- the College of Fine Arts,
- the Umeå Institute of Design,
- Umeå School of Environmental Studies
- the Umeå Institute of Technology
- Umeå School of Physical Education and Sports
- the University School of Restaurant and Culinary Arts
- the Umeå School of Business and Economics.

The academic life style of the university is relaxed and friendly. The dress code is informal and the staff/student relationship is non authoritarian and democratic. It is not unusual to see students and their teacher enjoying a cup of coffee together during a break. Another aspect of this democratic attitude is the emphasis placed on the students being independent in their work and taking responsibility for the quality of their learning.

Umeå University [www.umu.se](http://www.umu.se)

Umeå University International Office [www.umu.se/international_office/](http://www.umu.se/international_office/)

THE SWEDISH ACADEMIC SYSTEM

In the Swedish university system only one subject is studied at a time. Students wanting a degree in Mathematics and Physics, for instance, first study Mathematics for one or two years and then Physics for about the same period of time. Swedish universities utilize a system of credits for studies at undergraduate and graduate levels. One credit corresponds to one week’s full-time study (approximately 40 study hours per week, including a varying number of lectures and classes). One academic semester comprises 20 weeks = 20 credits.

Most undergraduate study programs require a minimum of 6 semesters, corresponding to 120 credits. Basic single subject courses are often one-semester courses of 20 credits, although some are shorter. As a full-time student, you can combine short single courses (e.g. 5-credits) to form a study program corresponding to a maximum of 20 credits per semester. The Bachelor’s degree comprises 120 credits, of which 60 credits should be taken in one major subject. The Master's degree comprises 160 credits with at least 80 credits in the major subject. A Doctorate requires a minimum of 4 years’ study on top of a Bachelor’s degree.

ORIENTATION

You will participate in an orientation alongside other international students before classes begin in Umeå. You will be given a wide range of information on the university, student life, the city of Umeå and its surroundings, the university library, Sweden, differences in cultures, etc. Highlights of the orientation week include a tour of the city and the campus, and recreational activities in the University Sports Hall. UW-Madison students are required to participate in the orientation program.

Additionally, foreign students are offered, free of charge, an intensive course in basic Swedish. Umeå University offers this intensive language course in the beginning of August as well as during the semester (information is provided during orientation week).

Mentor Program: Coming to a foreign country can be both exciting and difficult. In order to help you to settle down and get to know student life, you may apply to participate in the mentor program. The International Office manages the mentor program. The application form will be enclosed in the Information Package.

COURSE INFORMATION

Courses: In addition to the Faculty of Social Sciences, students participating in the exchange program may take classes in other faculties at Umeå. Offerings in the Faculty of Social Sciences include courses in Swedish language, Swedish studies, and social sciences, as well as courses offered by the School of Business and Economics. Information regarding classes can be found by going to the Umeå website for international students www.umu.se/international_office/.

Students should consult the ECTS Guide to find out which courses will be taught in English (please note that not all courses will be taught in English even through their course descriptions that appear in the ECTS Guide may be written in English). Students can find out which courses will be offered in English by checking the course language that appears after each course title. Courses may only be offered in English if enough international students are enrolled in the course. Courses can also be canceled if there are not enough students in general. Be sure that
you have several backup courses you would like to take just in case a course you have enrolled in is canceled. Please note that the Department of Sociology offers few courses in English.

**Registration:** You will complete a registration form listing the courses you would like to take before you leave UW-Madison. You will be formally accepted by the university after you have sent in your registration.

**Equivalents and Course Equivalent Request Form (CERF):** Each course you take abroad must be assigned a UW-Madison “equivalent” course in order for your grades and credits to be recorded on your UW-Madison transcript. In order to establish UW-Madison course equivalents for your study abroad courses, you will submit a Course Equivalent Request Form (CERF). Information on the UW course equivalent process is available in the IAP Study Abroad Handbook.

**CREDITS**

**Conversions:**

Umea University now uses the European Credit Transfer System (ECTS) so that 1 Swedish Credit Point equals 1 ECTS. A full study load for one year is equals 60 ECTS credits and a full study load for one semester equals 30 ECTS credits. The semester is 20 weeks long and 1 full week of study is estimated to be approximately 40 hours of lectures, group work, seminars and independent study. The undergraduate and graduate courses offered at the Umea University can be worth anywhere between 2 and 30 ECTS credits each depending on the workload and the exam. Information about credits for individual courses will be listed in the Umea University course catalogue.

The Umea University International Office refers to the ECTS credit system when planning academic programs with exchange students. Before planning your course schedule in Umea, students should inquire about the nature and the level of the courses. Graduate courses are more demanding than undergraduate courses, but can be worth the same amount of credits.

The credit conversion scale is as follows:

<table>
<thead>
<tr>
<th>ECTS Credits</th>
<th>UW-Madison Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.5</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>5 or 5.5</td>
<td>3</td>
</tr>
<tr>
<td>6 or 6.5</td>
<td>3</td>
</tr>
<tr>
<td>7 or 7.5</td>
<td>4</td>
</tr>
<tr>
<td>8</td>
<td>4</td>
</tr>
<tr>
<td>9</td>
<td>5</td>
</tr>
<tr>
<td>10</td>
<td>5</td>
</tr>
<tr>
<td>12</td>
<td>6</td>
</tr>
<tr>
<td>12.5</td>
<td>7</td>
</tr>
<tr>
<td>15</td>
<td>8</td>
</tr>
</tbody>
</table>

**Limits and Load:** UW-Madison students studying abroad in Umea are expected to take 30 ECTS credit each semester.
In the Swedish academic system students take only one course at a time, with usually four courses per semester (see example below). The important thing to remember is to choose courses given at different times during the semester, so that you do not end up with a time conflict (for example: selecting course that all start in October). Note: Some courses are offered on a semester-long basis.

<table>
<thead>
<tr>
<th>Exam 1</th>
<th>Exam 2</th>
<th>Exam 3</th>
<th>Exam 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course 1, 5 Credits</td>
<td>Course 2, 5 Credits</td>
<td>Course 3, 5 Credits</td>
<td>Course 4, 5 Credits</td>
</tr>
</tbody>
</table>

PASS/FAIL/DROP/AUDIT
Please refer to the IAP Study Abroad Handbook for academic policies and forms.

GRADES AND GRADE CONVERSIONS
Exams are not given at the end of the semester, but rather at the end of each course, as seen in the example above. Exams can be given as regular written or oral examinations. Instead of regular exams, students may be asked to hand in assignments and participate at seminars or to make a “Home Exam”. When taking a Home Exam you are given a number of days to answer a set of questions. You may use your books, but the questions generally require you to have your own opinions and are of more of an essay character. If a student fails an examination paper, there may be a possibility of taking a make-up examination later in same term. However, you should confirm this with the instructor and the foreign student office.

The grade conversion scale is as follows for courses reported using a percentage system:

<table>
<thead>
<tr>
<th>Grade Reported from Umeå</th>
<th>UW-Madison Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>85-100%</td>
<td>A</td>
</tr>
<tr>
<td>77-84%</td>
<td>AB</td>
</tr>
<tr>
<td>69-76%</td>
<td>B</td>
</tr>
<tr>
<td>55-68%</td>
<td>BC</td>
</tr>
<tr>
<td>47-55%</td>
<td>C</td>
</tr>
<tr>
<td>45-46%</td>
<td>D</td>
</tr>
<tr>
<td>0-44%</td>
<td>F</td>
</tr>
</tbody>
</table>

Students must request a percentage grade and American equivalent if available. Otherwise, you will be graded on the Swedish system. Please note that the Swedish academic grading system usually includes two pass grades: Pass (Godkänd) and Pass with distinction (Väl godkänd).

Please note that this scale is used primarily for humanities and social science courses. If grades are reported using this system, the following conversion scale will be employed:

<table>
<thead>
<tr>
<th>Grade Reported from Umeå</th>
<th>UW-Madison Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>VG</td>
<td>A</td>
</tr>
<tr>
<td>G</td>
<td>B</td>
</tr>
<tr>
<td>U</td>
<td>F</td>
</tr>
</tbody>
</table>
For students who take courses in the Faculty of Natural Sciences, a three number grading scale is used including three pass grades. Grades lower than a 3 are failing grades. If grades are reported using this system, the following conversion scale will be employed:

<table>
<thead>
<tr>
<th>Grade Reported from Umeå</th>
<th>UW-Madison Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>A</td>
</tr>
<tr>
<td>4</td>
<td>AB</td>
</tr>
<tr>
<td>3</td>
<td>B</td>
</tr>
</tbody>
</table>

If a student fails or gets a lower than expected grade, it may be possible for the student to retake the exam. However, the exams may not be offered until the beginning of the next semester when most UW-Madison students would have returned to the United States.

**Course Equivalent Requests and My Study Abroad**

Each course you take abroad must be assigned a UW-Madison “equivalent” course in order for your grades and credits to be recorded on your UW-Madison transcript. In order to establish UW-Madison course equivalents for your study abroad courses, you will submit a Course Equivalent Requests through your My Study Abroad account. Detailed information on the UW course equivalent process that you will use through your My Study Abroad account is available in the IAP Study Abroad Handbook.

**Living Abroad**

**SWEDEN**

Sweden is situated between the Baltic Sea and the North Sea and is the fifth largest country in Europe. In terms of area, it is similar to Spain, Thailand or the state of California. The distance between the northern tip and the southern tip is nearly 1,600 km (1,000 miles), so the natural features are quite varied. Half of the land surface is covered with forest and less than 10% is farmland. Nearly 100,000 lakes are connected in a lacework of waterways, and many large rivers flow from the mountains in the northwest through the forests to the sea. The mountains in the northwest reach heights of up to 2,100 m (7,000 ft). A long coastline with thousands of islands also contributes to the character of the country.

Sweden is located so far north in Europe that the Arctic Circle slices through the northernmost province of Lapland. However it is not an Arctic country. Thanks to the warm Gulf Stream in the Atlantic, Sweden has a rather mild climate considering its location. The difference between the southern and northern parts of Sweden is marginal during the summer but greater during the other seasons. Northern Sweden is snow-covered at least between December and March/April, while elsewhere it varies from region to region. In the far south it often rains during the winter season.

In Umeå the seasons are very distinct from one another. Autumn brings colder weather and shorter days but also beautiful color changes of the leaves. Winter and the snow brightens up the country although the days get even shorter (at the shortest only 5 hours of daylight). Spring arrives in April-May with longer days and spring flowers. In Sweden, and especially in Umeå, we celebrate the arrival of spring, the so-called Valborgsmässaofton (Walpurgis Night), on April 30. Summer lasts in general from May to mid-August, with an average temperature in July of 18°C.
(64°F). It is the season with long days and 24 hour daylight and in the far north, above the Arctic Circle, you can actually see the midnight sun.

Swedish belongs to the North Germanic branch of the Germanic languages, together with Danish, Norwegian, Icelandic, and Faroese, and it is the largest of the Nordic languages. Apart from the Swedish speakers living in Sweden today, about 300,000 Finns in Finland and some 300,000 Swedish immigrants in the United States and Canada speak Swedish. English is taught from third grade in school as the second language, and most people speak and understand English. Quite a few Swedes also know a third language, most often German, French, Italian or Spanish.

Sweden has a population of nearly 9 million. About 80% of the inhabitants of Sweden live in cities and urban areas. About 20% of the labor forces work in industry, more than 30% in the public sector and only 4% in agriculture. The central and southern parts of Sweden are the most densely populated areas, but since the country’s area is so large the overall density are only 54 inhabitants per square mile (20 per km).

For many years, Sweden was ethnically very homogeneous. One special exception is the Sami people. They are an ethnic and linguistic minority in the north, some of whom still make their living by herding reindeer. During the 1960s and 1970s more than half a million immigrants moved to Sweden to work, mostly from Finland but also from the Balkan countries, Greece, etc. In addition, Sweden has continually received refugees and immigrants from different parts of the world, thus making the Sweden of today a much more multicultural society than it was only 50 years ago.

92% of the population in Sweden belongs to the Church of Sweden www.svenskakyrkan.se, which is Lutheran. The church of Umeå is close to the center of town, and apart from regular services there are usually lots of concerts etc held there. Around 160,000 Catholics are registered in Sweden. Muslims make up the largest single group of non-Christians.

Official Gateway to Sweden www.sweden.se
Study in Sweden www.studyinsweden.se

UMEÅ

Often described as the capital of northern Sweden, Umeå is one of the fastest growing cities in Sweden. Umeå lies in the far north of Sweden, 700 kilometers north of Stockholm, 600 kilometers south of the Arctic Circle and close enough to the Gulf Stream to feel its benefits. Thus, the climate offers fairly warm summers when the sun hardly sets, and snowy winters ideal for cross-country and downhill skiing. A few hours away by bus there are mountains with challenging skiing in winter and adventurous hiking and canoeing in the summer and autumn. The north of Sweden offers a rich array of unexplored rivers and streams with great fishing, and a beautiful countryside with extensive forests interspersed with farmland.

Umeå is a dynamic centre for both learning and work, with the university as the biggest employer. Umeå also has the Swedish University of Agricultural Sciences, the National NBC Defence School, and the National Defence Research Institute. Larger industries are Volvo Umeverken manufacturing truck parts, Partek Forest AB producing forest industry machines and ÅLÖ-maskiner manufacturing agricultural machinery.
Umeå is also a center for leisure and pleasure, with a wide and varied range of cultural and sporting activities on offer. The Norrland Opera is known nationwide for its unusual and unconventional performances of classical and modern opera. The town has a very lively jazz and pop music scene, and boasts the world renowned Umeå Jazz Festival and Chamber Music Festival. There are also festivals of Folk Music, Film, Pop music, and a Ballad festival. Several permanent theaters, concerts, cinemas, pubs, and nightclubs, add to the choice of entertainment all the year round.

Umeå City Information www.umea.se/net/

HOUSING
The International Housing Office http://www.umu.se/international_office/housing.htm provides housing for international students. While completing your on-line application for exchange studies at Umeå University, you just mark that you want housing through the IHO. The rooms are rented for the entire semester or academic year independent of arrival/departure dates. You will be responsible for rent for the entire term. Once the International Housing Office has received proof of your acceptance to the University, a room will be reserved for you and a “Confirmation For A Student Room” letter will be sent to you. However, you will not receive your room assignment until after you arrive.

You will live in a dormitory, which is generally larger and nicer than in the U.S. Every student has a private room and bathroom. The rooms are not located on the actual campus, however they are as close to campus as possible. The average walking time to campus is about 25 minutes. However, there are buses that go the campus during the day and into the night.

The rooms are situated in student housing complexes on corridors where 6 to 12 rooms share a common kitchen with all cooking facilities needed. The rooms are fully furnished with a bed, mattress, pillow, blanket, desk, chairs etc and a private toilet. Most rooms have a private shower as well. Kitchen utensils, sheets and towels are not provided. Heating, water, electricity, Internet, and use of common laundry facilities are included in the rent. Meals and food are not included in the rent. In the dormitory, you will share a common kitchen and dining room with 6 to 8 other students. The kitchen has all cooking facilities needed; however, you will need to provide your own utensils.

You will be responsible for paying your rent in advance on a monthly basis (Students may also choose to pay the entire cost in one payment). You will receive a schedule for these payments when you receive your letter confirming your student room.

- **First Payment:** Rent for the first two months (fall semester August & September, spring semester-March & April) along with the housing service fee and deposit. This payment must be made before your arrival in Umeå.
- **Second Payment:** Rent for the following two months
- **Third Payment:** Rent for the last month of the term

When you make your first rental payment, you must also pay a non-refundable Housing Service fee and a refundable deposit (see the information you receive from Umeå for exact costs). Failure to make the advanced payment by the specified date will result in a loss of reservation. Your name will then be placed on the waiting list. You should not plan on getting a room when you arrive, or that one will become available should your name be placed on the waiting list.
STUDENT LIFE
There are three Student Unions at Umeå University. These look after student interests and are represented in decision-making bodies throughout the university. They also assist with several practical matters. In Sweden, membership of a Student Union is compulsory. The receipt for payment of membership dues is an important document proving that you have student status, and that you have access to student benefits. The Student Unions may be contacted at:

   Medical Sciences Student Union (Medical Faculty)
   http://www.corpus.umu.se

   Umeå Students Union (Arts and Social Science faculties, College of Teacher Education)
   http://www.usunion.umu.se

   NTK (Faculty of Science and Technology)
   http://www.ntk.umu.se

In the IKSU Sports Center students can choose from activities like swimming, cross-country skiing, floorball, volleyball, different forms of workout training, rock climbing etc. Umeå has teams in the first and second divisions of the national leagues in volleyball, soccer, ice hockey, and basketball, and every year in May is the annual event "Brännbollsyran" organized on campus. It is the largest stickball tournament in the world. For more information see http://www.iksu.se/.

SHOPPING
Stores have more limited hours than you are accustomed to in the United States. Most smaller stores are open Monday to Friday from 9:30 am to 6 pm and Saturdays from 10:00 am to 3:00 pm. Grocery stores are open Monday to Friday from 8:00 am to 8:00 pm, Saturday from 9 am - 6 pm, and Sunday from 12:00-6:00 p.m.

TRANSPORTATION
Many people travel around town on bicycles year round. There are excellent cycle tracks all over Umeå. You can buy a used bike or rent one at a reasonable price at any of the bicycle shops. You can also travel around using the bus system. It is cheapest to buy a bus card for every 30 days. As a student at the University you can receive discounts on Taxi Fares by presenting your student union card.

SAFETY
Traveling in Sweden is generally safe, and crime against travelers is fairly rare. Neo-nazis, drug-related crime and the few trouble spots in bigger cities are the main concerns.
HEALTH
Umeå University has assigned the responsibility for student health care to the Student Health Care Center, a unit under the Student Services. The Student Health Care Center offers services provided by their on-staff counsellors, psychologist, physiotherapist and nurse. However, as there is no medical doctor on staff, a student wishing to consult a medical doctor have to contact the public health care providers.

There are also medical centers at Vårdcentral, Mariehem, and Ålidhem. Appointments do need to be made in advance. Check with your insurance company before you leave to see if you will be reimbursed for costs or if you will need to bring insurance claim forms with you so that you can be reimbursed for the costs when you return to the United States. Remember to save all original receipts.

Insurance: Exchange students are covered by “The Swedish State’s Insurance for Foreign Students in Sweden”. This insurance provides foreign exchange students cover for medical expenses. It also contains a certain accident cover in form of a fixed amount in conjunction with disability or death, as well as a cover for liability and legal expenses. It applies twenty-four hours a day in Sweden. For more information regarding this insurance, visit www.kammarkollegiet.se/forsakr/villkor/studentineng.pdf

COMMUNICATION

Telephone: When making calls, keep in mind time zone differences. 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. Some of above steps can vary if you are using a calling card.

The International Housing Office does not provide telephones or telephone service. You cannot make international calls from your dormitory room unless you make a deposit. If you prefer not to make the deposit, you can still make local calls and receive international calls.

Most public telephones accept Telia phonecards. These cards cost 35, 60 or 100 kr. Many Telia phonebooths also accept credit cards.

Mail: You can send and receive packages at Mariehems kiosken (Mariehem Centrum) or ICA Supermarket (Ålidhem Centrum). You can pay your bills or perform bank errands via “Postgiro” at Svensk Kassaservice that can be found at Ålidhem Centrum and in the main entrance hall of the University Hospital. Open hours: 11:00 am to 5:30 pm, closed for lunch 1:00 pm to 2:00 pm.

Email: All students at the university receive a student e-mail address and password to have access to the internet via campus computers, free of charge. Computers are available for students in all of the buildings on campus. At your department you’ll find information on where to find the computer labs. To get an e-mail address and access to the university computer network you need to go to UMDAC. UMDAC is the computer center of the University. You will find UMDAC in the MIT building (at the rear of Universum, next to the natural sciences building).
All rooms rented through the International Housing Office are equipped with broadband internet. The internet connection is included in all Housing Contracts.

**Skype:** Skype is a free, downloadable software application that allows users to make live video and voice calls over the internet. Skype users can also add money to their account and can then use the service to call land lines and cell phones internationally at very low rates. Additionally, Skype also provides an instant messaging function as well as file sharing.

To create a Skype account, users must download the application from [www.skype.com](http://www.skype.com) and create a user name and password. Once the application is installed onto their computer, they can search for friends either by first and last name or using their friends' Skype usernames. Once a friend is added to a users contact list, they will be able to see whether that person is available to chat. If two users both have web-enabled video cameras for their computers, they will be able to chat face to face. For users without a web cam, a microphone is all that’s required for calls to another computer.

**WEBSITES OF INTEREST**

- **International Academic Programs (IAP) at UW-Madison:** [www.studyabroad.wisc.edu](http://www.studyabroad.wisc.edu)
- **Umea University International Office** [http://www.umu.se/international_office/](http://www.umu.se/international_office/)
- **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)
- **U.S. State Department Students Abroad site:** [http://www.studentsabroad.state.gov/](http://www.studentsabroad.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)
- **International Learning Community “Norden” at UW-Madison:** [http://www.housing.wisc.edu/ILC/](http://www.housing.wisc.edu/ILC/)
- **Stockholm News (in English):** [http://www.stockholmnews.com/](http://www.stockholmnews.com/)
- **Swedish Tourism Site:** [http://www.visitsweden.com/sweden/](http://www.visitsweden.com/sweden/)