

Uppsala Universitet

Before Leaving:

Make sure to start packing well in advance, don't leave it until last minute or you'll forget things! You will need warm winter clothing to survive the weather in Uppsala, it starts getting cold in October and by early November you can already be looking at snow! Make sure you get some good thermals, practical shoes and a winter coat (think Northface) (It is possible to get great quality winter gear in Sweden itself if you can't get it here!) It can also be good to bring one set of bed sheets and a duvet cover in case you don't get to IKEA on your first day. Make sure you know the name of your accommodation. As regards to flights over, I'd recommend if you have a lot of gear fly SAS into Arlanda airport, its 22minutes away from Uppsala by direct train the Ryanair airport is 2hours away and not very handy if you have lots of bags! Book flights early on, they'll be a lot cheaper than if you leave them until the last minute and try to get over to Uppsala for at least some of the orientation week it will help you feel less lost!

Most international students tend to live in the Flogsta or Kantorsgatan accommodation, so they would be the best place to apply to- apply early to make sure you get it! I would advise against Hotel Uppsala as only 40students live there and it can be quite secluded even though it is in the centre of town.

On arrival :

Get involved with the international orientation week when you go over first, they run a whole week of events (The most popular is the pubcrawl!) and it's a great way to get to know the city and other students.

Sort yourself out with a second hand bike as soon as you can because they are in a huge demand and all the good ones will be snapped up. You should only really be paying 600/700 sek for a bike, definitely not more than 1000! Get involved with an Orientation group- the Law orientation isn't extremely active so I would advise getting involved in the Orientation run at Ekonomikum building- its called the 'Nollning'- brilliant way to make friends and so much fun!! Best thing I got involved with over there! Join a student nation- this is where you will get your student card and you won't be allowed into any of the social activities without one! (There should be an explanation of the different nations in your student guide the university send you out- most internationals join Stockholms, SNERKIES, Kalmar or Varmlands)

Academic Studies:

Have a look at how each course is examined when your choosing your subject, some are completely essay based and some are exams so choose those that suit you! Classes are run on a seminar basis as opposed to lecture style, so class groups tend to be small, no more than 25 per group. Student participation is required (As is attendance- roll call is taken, you aren't allowed miss more than three classes in most cases or you will have to do a make-up assignment) so make sure to do some reading before you go to class. Most classes will be split into smaller tutorial groups and the work divided amongst each group- usually you are assigned a question to answer per group, so it teaches you how to work in a group and share the workload.

There is also the possibility to do an introduction to Swedish course. It's a good way of getting extra credits but more importantly it will give you an understanding in the basics, which is good to have. (even though most people speak fluent English!)

Extra Curricular/ Job opportunities:

Most students don't really work per se, it's quite difficult to get paid work in Uppsala, especially if you don't speak Swedish. However there are two Irish bars that employ Irish staff behind the bar and as waiters, hours can be a lot at times so just be careful, but it's a good way to make money and you do get paid well. Alternatively, a more fun way to work and good fun and a great way of meeting people is to work at the student nations. You are generally paid very little (if at all) sometime you just get free food, or skip the line passes and free into the clubs but its honestly so much fun and a great way to meet other internationals and more importantly swedes. There's always at least one big free dinner (and alcohol) for the workers per semester so it's well worth looking into!

There are also plenty of sports teams to get involved in that you will get information about on your orientation week. And each nation has a choir if you like to sing. Kalmar nation also run an open mic night once a week. There is a website that tells you what's going on in each nation- www.studentsguiden.se

Dont miss Valborg in April, or Varbal. Go to your reccegasque (it will be run at your student nation) Do as much travelling as you can manage with your timetable- there a cruises to Estonia, Latvia and Finland for very cheap and the trip to Russia is also an excellent one to go on as universities from all over Sweden send students. Check out student ski week in Are in January and try and visit Kiruna for the northern lights. The website for trains is www.sj.se; get yourself a buscard, it halves the price of the bus (you can get it in any ICA or Presbyran) and the bus timetables are available on http://www.ul.se/sv/In_English2/ (the number 2 runs from flogsta into town!) Bus tickets are valid for 90minutes so if you are getting another bus within the 90minutes its free! Shopping wise, ICA supermarkets are widely available, the one at FLogsta is cheaper than the ones in town (the bigger the ICA the more choice and the less expensive it is) There is also an ICA Maxi and a Lidl just outside of Uppsala (Walking distance from Flogsta) and you can take the number 5 bus to it!

That's about all you need to know- just get involved where ever you can- you'll get so much out of your year abroad and won't want to come home after it!

Ruth Prunty

Erasmus Report

Ruth Gunning 3BCL with Politics

I studied in Uppsala University, Sweden from September 2008 until June 2009.

I absolutely loved my year abroad and signed up for the Swedish language course. I joined an orientation with the school of Economics for the first semester and in the next semester I became the international representative which meant I had to try to recruit international students to join in the activities.

Uppsala is a university city and has what are called Nations. There are 13 and each represents a region of Sweden. It is compulsory as a student to join one and generally people join whichever nation represents the region they are from. I joined the Stockholms Nation and became a Dayworker there which meant I ran with 90 other people, all of whom were Swedes, the lunchtime restaurant. This was one of the best decisions I made as I got to make so many friends and meet so many people. In order to be a worker in a nation you must be voted in by the Curators and other workers.

Whilst there I studied EU Law, Law and Gender, Comparative Constitutional Law and Contemporary Jurisprudence, all of which I enjoyed. The system there is that you attend compulsory seminars once or twice a week each running for two hours and you only study one subject at a time.

Originally I did not want to go to Uppsala, I had heard nothing about it and in my opinion Sweden was a very random place. I quickly changed my opinion, I would highly recommend that everyone get a chance to go there. I loved it so much that I looked into extending my time there and I stayed to live in Stockholm for the summer and worked as a waitress. Swedish people take a while to warm to you but when they do they become great friends. I plan to go back and visit within the next couple of months.

Some people may be put off by the weather, I loved the snow, which we had for 5 months but you do have the opportunity to go skiing in Åre which is in the north of the country and if you go in January there is a student week where everything is really cheap.

I cannot emphasise more how much I loved Sweden and again recommend that students go there if they get the chance.