



## FACT SHEET

Södertörns högskola - Södertörn University  
International Office  
141 89 HUDDINGE  
SWEDEN  
Phone: +46 (0) 8 608 4000  
Website: <http://www.sh.se/exchange>

Incoming students	Outgoing students
Email: <a href="mailto:exchange@sh.se">exchange@sh.se</a>	Email: <a href="mailto:exchange@sh.se">exchange@sh.se</a>

## ACADEMIC CALENDER 2017/2018

### Autumn semester: 28 August 2017 - 14 January 2018

Nomination deadline	May 10
Application deadline	May 15
Official arrival days	August 21-22
Orientation days	August 23-25

### Spring semester: 15 January 2018 – 3 June 2018

Nomination deadline	October 10
Application deadline	October 15
Official arrival day	January 14
Orientation day	January 15-19



## THE INTERNATIONAL OFFICE

THE INTERNATIONAL OFFICE	
<b>International Coordinator</b> <b>Areas of responsibility:</b>  Teaching & staff mobility, Agreements	<b>Ms. Matilda Lindgren</b> Phone: +46 (0) 8 608 4046 Email: <a href="mailto:matilda.lindgren@sh.se">matilda.lindgren@sh.se</a>
<b>International Officer</b> <b>Areas of responsibility:</b>  Canada, Denmark, Estonia, Finland, Hong Kong, Ireland, Latvia, Lebanon, Lithuania, Norway, Poland, Portugal, Russia, South Africa, South Korea, Spain, Tanzania, United Kingdom, United States, ISEP-coordinator, Linnaeus-Palme	<b>Ms. Ann-Catrin Nordin</b> Phone: +46 (0) 8 608 4803 Email: <a href="mailto:ann-catrin.nordin@sh.se">ann-catrin.nordin@sh.se</a>
<b>International Officer</b> <b>Areas of responsibility:</b>  Austria, Belgium, Brazil, Bulgaria, Chile, Croatia, Czech Republic, France, Germany, Hungary, Iceland, Italy, Japan, Mexico, the Netherlands, Switzerland, Taiwan, Turkey	<b>Mr. Nichlas Malmdahl</b> Phone: +46 (0) 8 608 4138 Email: <a href="mailto:nichlas.malmdahl@sh.se">nichlas.malmdahl@sh.se</a>
<b>Accommodation Officer</b>	<b>Mr. Fabrizio Del Duca</b> Phone: +46 (0) 8 608 4893 Email: <a href="mailto:accommodation@sh.se">accommodation@sh.se</a>
<b>Erasmus+ Scholarship Officer</b>	<b>Ms Emily Ondusye</b> Phone : +46 (0) 8 608 4667 E-mail : <a href="mailto:emily.ondusye@sh.se">emily.ondusye@sh.se</a>

### About Södertörn University

Södertörns högskola is situated in the southern parts of Stockholm city. With commuter trains from Stockholm Central Station it takes 20 minutes to Flemingsberg station – where Södertörns högskola is located. Södertörns högskola is a quite young university (1996) with a multidisciplinary and multicultural ethos.

Södertörn University provides high quality research and education at all levels, offering a friendly atmosphere and an inspiring environment. Our modern, attractive campus is located in Flemingsberg, 19 minutes from central Stockholm with commuter train.



Södertörn University combines interesting subjects to make engaging and often unique degrees. We offer 250 courses and 70 programmes, and currently have 11 000 enrolled students. We conduct education and research in the humanities, social sciences and natural science. We also offer teacher education with an intercultural profile. Research into the Baltic region and Eastern Europe forms a knowledge environment that is among the best in the world.

### **Course information**

On [www.sh.se/courses](http://www.sh.se/courses) you can find the courses with English as the language of instruction. All exchange students are required to study full-time, i.e. 30 ECTS per semester. Language courses in Swedish can be chosen in addition to regular courses. The courses are taught one in a time and not in parallel during the semester. Therefore students study one course after another.

### **Language of Instruction**

Södertörn University offers courses in English and in Swedish. For incoming exchange students studying courses in English we recommend to have at least 550 points (paper based test) or 213 points (computer based test) on TOEFL. If the students have prior knowledge of Swedish it might be possible to take courses in Swedish.

### **Grading System**

An academic year corresponds to 60 Swedish university credits and 60 ECTS, divided into two semesters. A full-time student is expected to devote approximately 40 hours per week to lectures, seminars and individual studies. Lectures and seminars will normally constitute only a small part of the total time. The student is expected to take a great deal of responsibility for his/her individual studies.

Most courses have two levels of passing the course: Either "VG" (Pass with distinction) which corresponds to the ECTS grade A and B or "G" (Pass) which corresponds to the ECTS grade C, D and E. If a student fails, the Swedish grade is "U" which corresponds to the ECTS grade F and FX.

### **Swedish Language Course**

Introductory Swedish language courses are offered for exchange students on beginner's as well as on intermediate level.



### **Mentor System**

There is a mentor system, operated by the Student Union and ESN; [www.soders.nu](http://www.soders.nu).

### **Living costs**

We recommend students to have at least 9000 SEK per month at his/her disposal for living expenses. The public transport card for students is about 500 SEK/month and the rent is approximately 2700-4700 SEK/month for a single or shared room.

### **Student accommodation**

Södertörn University's access to student accommodation is limited. The student accommodation is distributed on a first come first serve basis, i.e. the sooner the students apply the better chance they have to receive accommodation. Please find information regarding accommodation here [www.sh.se/exchange](http://www.sh.se/exchange) or contact [accommodation@sh.se](mailto:accommodation@sh.se) when you have questions.

### **Student residence permit**

Students from outside the EU/EEA countries must have a student residence permit card before entering Sweden. For more information, please see <http://www.migrationsverket.se/English/Private-individuals/Studying-in-Sweden/Universities-and-university-college.html>.

### **Insurance**

To be entitled to use Swedish public medical services on the same basis as Swedish citizens, student within the EU/EEA must bring their European Health Insurance Card. Non EU/EEA citizens have to purchase or acquire some form of private medical insurance in their home country.