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Welcome to Uppsala University!

For over 500 years students and scholars from all corners of the world have passed through our doors, to learn, create, discover and grow as individuals. Our graduates have gone on to become leaders, innovators, educators, policy makers, academics and Nobel Prize winners. In choosing Uppsala University, you became a part of our global network. We are excited to welcome you!

We have an eventful year ahead of us! Most notably, Gotland University and Uppsala University will become one. We are confident that students studying at Campus Gotland will experience the lively and creative spirit that characterises our university.

Education at Uppsala University takes a scientific and scholarly approach, fosters an informal learning environment, and encourages dialogue between teachers and students. It is our belief that professors who combine teaching and research can better excel in both areas. This means that as a student at Uppsala University, you are given insight into the most recent scientific and academic developments.

Try and maximise the experience of studying abroad, both professionally and socially. The time you spend outside of the classroom will be just as valuable as inside. Make an effort to get to know the best thing about Sweden – the people. We hope those you meet will inspire and encourage you, and provide you with memories you will cherish for the rest of your life.

This guide is designed to help you prepare for life as an international student. It contains practical information about the university, student life, and the rules and regulations that apply to you. While you are primarily responsible for your own learning and development, please remember that staff at the university are always on hand to support you, and help you to reach your full potential.

Thank you for choosing Uppsala University!

Eva Åkesson
Vice-Chancellor of Uppsala University
The University Main Building in Uppsala.
As a student at Uppsala University, you can enjoy studying at one of the top universities in the world. Uppsala’s long and impressive history and international recognition will be an asset to you long after you have completed your studies. We are proud to have you as a new student, and we hope you will be proud to be a part of the Uppsala University community.

Uppsala University was founded in 1477, and was the first university in Sweden. Throughout its history, Uppsala University has been the home of many famous scholars, including Carl Linnaeus, Olof Rudbeck and Anders Celsius. In fact, eight academics affiliated with Uppsala University have been awarded the prestigious Nobel Prize, and every year in December the university is visited by some of the new Nobel laureates who give open lectures to the public. These are just some of the esteemed international guests who visit us each year.

Many prominent students have also passed through Uppsala University. In 1872 the university’s first female student, Betty Pettersson, was enrolled. Born and raised in Visby, the main town on the island of Gotland, she made her way to the mainland to become a student in Uppsala. Not much information can be found about Betty Pettersson, but one thing is certain, she succeeded! In 1875 she paved the way for future generations by becoming the first woman in Sweden to be awarded an academic degree. Betty Pettersson was one of Uppsala University’s first connections with Gotland’s Visby.

This summer, Gotland University will become a part of Uppsala University. Thirteen Bachelor and Master programmes will be offered at Uppsala University’s Campus Gotland, as well as roughly 100 courses. By merging with Gotland University, we can continue to develop our world-leading education and research in this historic island setting.
A REMARKABLE HISTORY

1477 – This is when it all began. Uppsala University was founded over 500 years ago and continues to be one of the leading universities in the world.

1640 – The first of the student nations was established, making Uppsala the most vibrant and dynamic student city in Sweden.

1655 – The first botanical garden in Sweden was founded by Olof Rudbeck, who went on to become Vice-Chancellor. Rudbeck’s contributions to human anatomy and linguistics made him a national icon in Sweden. His descendants include Alfred Nobel, founder of the Nobel Prize.

1728 – Carl Linnaeus commenced his studies in medicine and botany at Uppsala University. He later became Vice-Chancellor, and to this day is considered the father of modern taxonomy and ecology.

1730 – Anders Celsius, originator of the Celsius Temperature Scale, became Professor of Astronomy.

1872 – Gotland’s Betty Pettersson was the first woman admitted to Uppsala University, and three years later she became the first woman in Sweden to be awarded an academic degree. This was a defining moment in the history of women’s rights in Sweden.
1883 – Ellen Fried graduated from Uppsala University with a Ph.D., becoming the first woman in Sweden to complete a doctoral degree.

1911–1981 – Eight academics affiliated with Uppsala University were awarded a Nobel Prize. This includes former Archbishop of Sweden Nathan Söderblom and former Secretary-General of the United Nations Dag Hammerskjöld, who both received a Nobel Peace Prize.

1998 – Gotland University was founded in Visby, the main town on the island of Gotland. A former whisky distillery was renovated to become the university’s main building.

2003 – Niklas Zennström, an Uppsala University alumnus, founded Skype together with Janus Friis. Today, Skype is widely used by international students, allowing them to connect with family and friends around the world.

2013 – Uppsala University and Gotland University joined forces, and Campus Gotland was introduced.

2013 – You became a student at Uppsala University. Where will you take us next?
Uppsala, Sweden’s foremost student city!

Every year, thousands of new students from Sweden and around the world arrive in Uppsala to begin their adventure as a university student. In Uppsala, you can get involved in a wide variety of extracurricular activities and be a part of a thriving student community.

Uppsala is the fourth largest city in Sweden, and just a forty minute train ride from Sweden’s capital, Stockholm. The large number of students makes Uppsala a lively, exciting and progressive place. Uppsala University has teaching and research grounds spread throughout the city, and the student nations play a dominant role in Uppsala student life. Here, you can enjoy Uppsala’s charming student traditions and at the same time, find all the opportunities of a big city.

This is a place with an extensive history. From the 3rd century AD, Old Uppsala (Gamla Uppsala) was an important religious, political and economic centre. In fact, remnants left by the Viking forefathers can still be seen today. Legend has it that an impressive pagan temple once stood at Gamla Uppsala and great sacrificial rites
were performed to appease Thor, Odin, Frey and other Nordic deities. Three of the pagan kings were buried in Gamla Uppsala 1500 years ago.

Since the 13th century, Uppsala has been the religious centre of Sweden. Today, Uppsala is the seat of the archbishop of the Church of Sweden. The Uppsala Cathedral (Uppsala Domkyrka) is one of the city’s most impressive landmarks. Located centrally, it is the tallest church building in Scandinavia.

Like the church, Uppsala University has a historical place in Swedish national identity, and is an important symbol of continuity. Many aspects of Swedish academic culture originated in Uppsala, such as the white student cap. Architecturally, the university has a strong presence throughout the city, especially in the area surrounding the cathedral.

Located opposite the Uppsala Cathedral is Gustavianum, formerly the main building of Uppsala University. Built in the mid-17th century, Gustavianum also houses the second oldest anatomical theatre in the world. Today, the building primary functions as a museum displaying objects from the university collections of Classical, Egyptian and Nordic antiquities as well as exhibitions on the history of science and the history of Uppsala University.

Uppsala is also home to a second university, the Swedish University of Agricultural Sciences (Sveriges lantbruksuniversitet, SLU). Together, there are over 45 000 students living in the city, creating an active, open and free-thinking environment. The two universities and the University Hospital are also major sources of employment in Uppsala.
Gotland, Sweden’s most picturesque learning environment!

Gotland is not only Sweden’s largest island, but the largest in the Baltic Sea. With its pristine beaches and warm summer months, Gotland is one of Sweden’s favourite holiday destinations. Though the island’s population increases drastically during the summer, year-round there are approximately 60 000 inhabitants.

Uppsala University’s Campus Gotland is located in Visby, the island’s main town. Although the university plays an important role in the Gotland community, the key sources of income are tourism, agriculture and concrete production.

Visby is a medieval town that has been marked as a historical site by the UNESCO World Heritage programme. A popular landmark is the fortress wall dating back to the 13th century, which surrounds the old city. On the island you can also find 94 medieval churches, the majority of which are fully restored and actively used today.

Traditionally, the residents of Gotland spoke their own language, known as Gutnish. Today however, the main language spoken is a Swedish dialect called Gotländska.
ABOUT SWEDEN

Sweden, a land of innovation and enlightenment!

Studying in Sweden promotes creative, independent and original thinking. As a student, you can be a part of Sweden’s safe and liberal society, and experience the high quality of living.

Landscape
Sweden is the third largest country in the European Union, and in terms of area, is comparable to Spain, Thailand and the state of California. 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.

Climate
Many people assume that Sweden is a cold and wintry place; however, the country’s climate is very diverse. While the top of Sweden reaches the Arctic Circle, the warm Golf Stream helps to keep the temperature mild. Depending on where you are 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, Sweden becomes a winter wonderland. If you’re 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.

**Society**

By living in Sweden you can experience one of the world’s safest and most egalitarian societies. Here, there is a distinct balance between social equality and economic success. In fact, Sweden has one of the lowest levels of poverty in the world. Although the Swedes pay high taxes to maintain the refined social system, they can enjoy an advanced welfare system, free education, low-cost healthcare and well-maintained public facilities. It is no surprise that the Swedish standard of living and life expectancy are almost second to none.

**People**

In Sweden, 20% of the population has a foreign background, making it a very multicultural place. Approximately 100 000 people relocate to Sweden each year, including many refugees from troubled corners of the world.

The Sami people are an indigenous group inhabiting Lapland, a province in northernmost Sweden. Today there are approximately 20 000 Sami, and many of them still make their livelihood by herding reindeer. For traditional, environmental, cultural and political causes, only Sami people are legally allowed to herd reindeer in regions of the Nordic countries. The Sami’s native language is a member of the Uralic language family.

**Religion**

In Sweden, approximately 70% of the population is a registered member of the Lutheran Church of Sweden. However, compared to other European countries, religion plays a limited role in Swedish society. The Muslim community makes up the largest single group of non-Christians, with as many as 500 000 members. Furthermore, approximately 160 000 Catholics are registered in Sweden.

**Language**

Swedish, a North Germanic language, is the official language of Sweden. It is spoken by approximately ten million people worldwide. Swedish is also one of the official languages of Finland, and is spoken by roughly 300 000 Finns.

In addition to speaking Swedish, people in Sweden are generally very good at speaking English. In fact, Sweden is the world’s most English-proficient country where English is not the official language. This will make it very easy for you, as an international student, to get around.
A Year of Swedish Traditions

While Sweden is a modern and culturally diverse society, traditional celebrations such as Midsummer and Lucia are observed as enthusiastically today as in previous generations. As an international student, you will have the opportunity to experience some of the cultural highlights of the Swedish year!

**Spring**

Easter is the first long weekend of spring, and many people in Sweden go to the countryside to celebrate. Children dress up as Easter witches, with colourful headcarves and rosy cheeks, and go from house to house in the hope of receiving sweets. During Easter, people decorate their homes with birch twigs and brightly-coloured feathers, which symbolises the suffering of Christ. Pickled herring is a favourite Easter dish, and is usually accompanied by eggs.

On the 30th April comes Walpurgis Eve, or Valborg. While bonfires are lit throughout the country, the main celebration occurs in Uppsala. People come from far and wide to take part in the festivities. Students in Uppsala will often don their white caps and sing songs about the arrival of spring. For many, the day begins with a raft race down the Fyris River, and continues with a picnic in the park. In the afternoon, students flock to the nations to drink champagne and dance. If you are lucky enough to celebrate Valborg in Uppsala, it is sure to be a day you will never forget.

Valborg in Uppsala.

Photo: Lars Wallin
**Summer**

In Sweden, Midsummer is celebrated on the Friday closest to the 21st June. After the winter, Swedish people are eager to celebrate the longest day of the year. If you are in Sweden for midsummer, expect to see people singing and dancing around a may-pole with wreathes in their hair. Midsummer is always spent in the countryside, and a traditional lunch includes pickled herring and boiled new potatoes, complemented by sour cream, dill and red onion. No midsummer lunch is complete without snaps, and each time a glass is filled it is accompanied by a song. Midsummer is also a favourite time for weddings.

During August, those with a fascination for the Middle Ages flock to Gotland to take part in Medieval Week. Surrounded by Visby’s 200 medieval buildings, festivities include markets, music, theatre, lectures, workshops and even a jousting tournament. If you have an interest in history, this event is not to be missed.

As the Swedish summer comes to an end, the Swedes come out in force and have traditional crayfish parties. Crayfish are a national delicacy and have been eaten in Sweden since the 16th century. During this time of year you will often see groups of friends gathered outside, illuminated by lanterns and eating, drinking and singing. Eating crayfish is a messy business, but it is all part of the experience.

Like crayfish, fermented herring (surströmming), is eaten at the end of summer at festive outdoor parties. Swedish fermented herring is famous for being one of the foulest-smelling foods in the world. In fact, the odour is so strong that it is banned from many apartment buildings in Sweden. When eating fermented herring, it is usually accompanied by thin bread, potatoes, red onion, dill, sour cream, and of course snaps! While the dish is an acquired taste, it is a very Swedish experience and one that you will always remember.

**Autumn**

On the 1st November is All Saints’ Day, a time of remembrance and reflection for people in Sweden. As evening falls, it is customary for families to place candles and lanterns on the graves of loved ones, creating a hauntingly beautiful scene. With luck, the first snow of the year has even arrived.
Winter
Lucia is arguably the most cherished Swedish celebration, and the official start of the Christmas season. On the 13th December, kindergartens, schools, companies, shopping centres, churches and workplaces all over Sweden hold an annual Lucia procession. Representing Saint Lucia as the bearer of light in the darkness, those taking part in the procession wear long white gowns, carry candles and have lights in their hair. During this time, Swedish people will indulge in ginger bread, saffron buns and mulled wine.

Like other Scandinavian countries, Christmas in Sweden is celebrated on the 24th December. For many, Christmas is not considered a religious holiday, but a precious occasion to spend with family and friends. Most Swedes take time off from work and school, and activities generally centre on eating and exchanging gifts. One of the most unique Swedish Christmas traditions is watching Donald Duck. Since 1960, the cartoon has appeared on Swedish television at the same time, on the same channel, and with the same narrator. If you really want to celebrate Christmas like a Swede, watching Donald Duck is a must.
Higher Education in Sweden

In Sweden, higher education is governed by the Swedish Higher Education Authority. Uppsala University abides by the same rules and standards that generally oversee all universities in Sweden. Swedish higher education is divided into three distinct levels: first cycle (Bachelor degree), second cycle (Master degree), and third cycle (Doctoral degree). Each cycle is based on the former, which means that students must have completed a first cycle programme to move onto a second cycle programme, and a second cycle programme to move onto a third cycle programme. This follows the same education system as the majority of European countries.

Programmes and Courses

A Swedish higher education qualification is built up of programmes and courses.

Programmes are made up of courses, some of which are compulsory. When students complete a programme they can apply for a formal qualification, such as a degree. At Uppsala University, all international Master programmes commence in the autumn semester.

Courses are the smallest building blocks in education, and can vary greatly when it comes to attendance and delivery mode. Some courses are only available to students enrolled in a specific programme, while others are freestanding. Students who enroll in freestanding courses are awarded credits upon completion. It is possible for students who complete a range of freestanding courses to be awarded a diploma or degree. However, they must have the right combination of courses and required number of credits.

Credits

The duration and difficulty of programmes and courses is expressed in a system of credits. The Swedish University Credit System awards 1.5 credits for each completed week of full-time study. This system is compatible with the European Credit Transfer System (ECTS), meaning 1 Swedish credit = 1 ECTS credit.

An academic year consisting of 40 weeks of full-time study amounts to 60 credits. The majority of Bachelor programmes require a minimum of 180 credits, corresponding to at least three years of full-time study. A Master degree, on the other hand, requires 60 or 120 credits, and is equivalent to one or two years of full-time study.

Grading

The most common form of grading is fail, pass and pass with distinction. However, the Faculty of Law and the Faculty of Science and Technology have different grading systems that include fail, pass, pass with credit/merit and pass with distinction. Furthermore, several areas such as medicine and teacher training award only pass
and fail. At the beginning of each course students will receive information that illustrates the criteria for grading.

**Assessment**
Assessment procedures at Uppsala University vary greatly between programmes and courses. They can include written assignments and examinations, individual and group projects, laboratory reports and oral presentations.

**Syllabus**
Every programme and individual course has a syllabus describing the entry requirements, content, learning outcomes, assessment procedures, grading scale and credits awarded. A syllabus is determined by the faculty board in charge of the programme or course.

**Degrees and Diplomas**
Students can receive a degree certificate upon completion of their programme. Degree certificates are issued by the Student Affairs and Academic Registry’s Graduation Office. The degree certificate includes a list of completed approved courses, along with credits awarded, grades and details about the grading scale, and information about any other accredited studies. Degree certificates are issued in both Swedish and English.
If you wish to receive a degree certificate, you must submit an application form to the Students Services Office, along with any necessary attachments.

Along with your degree certificate, you will also receive a diploma supplement. This document provides a standardised description of the nature, level, context, content and status of the studies you have pursued and successfully completed. The diploma supplement makes your academic achievements even more transparent, and facilitates professional recognition of your academic qualifications internationally.

**Third Cycle Studies**
After completing your Master degree, you have the option to continue your studies at doctoral level. A third cycle qualification is usually the result of four years of full time work and study. All admissions for doctoral studies are handled by the relevant department. If you are interested in pursuing a Doctor of Philosophy and wish to learn more about position openings and application procedures, please contact your department.

**Teaching Methods**
Teaching and learning at Uppsala University is based on the concept that students take responsibility for their own studies with the support of teaching staff. Unlike many countries around the world, the academic environment in Sweden is informal and highly interactive. Lectures, laboratory work, seminars, group work, excursions, distance learning and independent study are just some of the teaching methods used by the university. As a student, you should feel confident engaging in classroom activities and expressing your points of view.

**Disciplinary Procedures for Plagiarism, Cheating and Obstruction**
Uppsala University students are expected to hold a high standard of academic honesty at all times. The university’s Disciplinary Committee may take punitive action against any student attempting to cheat in an examination, disturb or obstruct teaching, or subject any other student to harassment. This includes plagiarism. Disciplinary measures can be anything from a warning to suspension from studies.

Plagiarism is generally defined as using someone else’s ideas, words or production and falsely presenting them as one’s own. It is therefore very important that you always reference sources clearly when writing and submitting assignments. If you are unsure about how to correctly reference sources, you are always welcome to consult your teacher.
GETTING STARTED

All international students will receive more detailed information about their arrival, accommodation options and orientation programme closer to the start of semester. You will also be provided with the contact details of someone in your department or in the international office that can help to answer any questions you may have.

The official start date of the autumn semester is 2nd September 2013; however, it is strongly recommended that you arrive in time for Orientation Week. If you wish to ship luggage prior to your departure, you can usually send it to your department. Your contact person can provide you with more details. Please do not send anything to Uppsala University's central address without authorisation.

Late Arrivals

If you do not expect to arrive by the start of the semester please inform your contact person immediately. Several Master programmes begin with an important introduction course that lays the foundations for continued study. Missing this course can result in postponing your studies for up to one year, which may even mean reapplying.

Uppsala Arrivals

The closest airport to Uppsala is Stockholm Arlanda, situated approximately 35 km south of the city. Public transport runs between Uppsala and Arlanda frequently, and includes buses, trains and taxis. Depending on the mode of transport, it can take between 20 and 45 minutes to travel from Arlanda to Uppsala.

Students have the option of flying into three other airports; however, they are further away. Bromma is located in close proximity to Stockholm. Students arriving at Bromma Airport will need to take a bus into Stockholm’s Central Railway Station, followed by a train to Uppsala. If you are coming from Bromma Airport, make sure you allow between one and one and a half hours to get to Uppsala.

Skavsta Airport is located in the town of Nyköping, approximately 100 km south of Stockholm. Students arriving at Skavsta must take a bus into Stockholm’s Central Railway Station, and then a train to Uppsala. If you are coming from Skavsta, you can anticipate at least three hours travelling to Uppsala.

Students also have the option of flying into Västerås Airport, which is situated about 74 km west of Uppsala. From here, students can take a bus directly to Uppsala. This will take you approximately 75 minutes.

Welcome Desk at Stockholm Arlanda Airport

On Friday 23rd and Saturday 24th August, Uppsala University will have a welcome desk set up at Arlanda. The desk will be open between 8am and 8pm, and will be located directly outside customs service in Terminal 5.
Gotland Arrivals

We would like to stress that Gotland is an island in the Baltic Sea, and it will take time to travel to Gotland from the Swedish mainland. The majority of people traveling to Gotland take one of Destination Gotland’s high speed ferries. These ferries depart from Nynäshamn and Oskarshamn regularly, and travel time is approximately three hours.

If you are landing at one of the airports in or around Stockholm, catch a bus or train to Stockholm’s Central Railway Station. From here, you can take a bus to Nynäshamn. For more information, including ferry schedules and prices, please visit: www.destinationgotland.se.

There are also flights from Stockholm Arlanda and Bromma to Visby Airport.

As Gotland is an island, students will need to take a ferry or plane from the Swedish mainland to get there.
all year round. Flights from Stockholm to Visby take only 40 minutes. It is also possible to travel from the southern part of Sweden directly to Visby by plane. For more information, please visit: www.gotlandsflyg.se.

Finding a Place to Live

The University Housing Office will guarantee an offer of accommodation to all fee-paying Master students who submit a housing application and pay their first tuition installment by 1st June. Students who do not meet the deadline will not be guaranteed an offer of accommodation. The University Housing Office will also guarantee an offer of accommodation to all formal exchange students provided they apply on time. This offer will come via the relevant university department. Students who receive housing through the University Housing Office are required to pay rent, amounting to approximately 3000–4500 SEK per month. Accommodation will be available to students for a period of two semesters only. Following this, students are responsible for arranging alternative housing themselves.

Orientation Week
The orientation programme is designed to introduce new students, such as yourself, to Uppsala University and to Sweden. During the week, you will be informed about the resources available to you as a student, along with other useful tips to assist and guide you through your time in Sweden. By attending the programme, you will get to know your fellow students and learn more about Swedish student life. If you are in Uppsala, you will also receive a temporary student ID card enabling you to enter the popular student nations. Welcome activities for international students are organised by Uppsala University, the student unions, the student nations and the International Student Committee.
More information about accommodation for fee-paying Master and exchange students will be sent to students after admission, and is also available at: www.housingoffice.se.

All other students, including non-fee-paying Master students, are responsible for arranging their own accommodation.

There are many housing options available to you as a student, including dormitory rooms, apartments and share houses. However, due to the abundance of students, finding appropriate accommodation can be a difficult, competitive and time-consuming process. The earlier you start looking for accommodation, the more options you will have. It is therefore very important that you start applying for accommodation, and putting your name in housing queues, as soon as you have been admitted as a student at the university. The more time you spend looking, the better chance you will have of finding accommodation.

Because of the shortage of student housing, it is important not to be too picky. All accommodation in Sweden is of a good standard. Once you have secured accommodation, you can continue searching for a more ideal place to live.

If you are a student with special needs, please contact your housing provider to find out if and how your needs can be accommodated.
Housing in Uppsala

Thousands of new students move to Uppsala to begin their studies each year, and as a result, finding appropriate accommodation can be very competitive. The demand for housing is always greatest during August and September, so start your search for a place to live right away, and put some time, energy and thought into it. Here are some websites to help get you started:

www.studentboet.se
Studentboet provides housing options, as well as useful tips, for students looking for accommodation in Uppsala. The website includes a list of all of the housing companies in Uppsala, and a large collection of second-hand contracts ranging in type, price and availability. If you have not managed to find housing by the time you arrive in Sweden, visit Studentboet for temporary accommodation options.

www.heimstaden.com
Heimstaden is a private housing company that does not have a waiting list or queue system. This is very advantageous for international students. It is important that you check this website regularly as new rooms become available often, and these rooms go to the first students who apply.

www.studentstaden.se
Studentstaden is the largest provider of student accommodation in Uppsala. Like many housing companies in Sweden, Stu-
dentsten has a queue system, and available accommodation goes to the applicant with the largest amount of queue days. It is therefore important that you register for their queue as soon as possible. Studentsten also has a special category of rooms available for newcomers.

www.blocket.se

Blocket is a popular Swedish website where people buy and sell a wide variety of things, including accommodation. On Blocket, you also have the option of creating a profile for yourself and stating what kind of housing you are looking for. In doing so, you may be contacted directly by someone who is interested in renting to you. Blocket is entirely in Swedish, but you can find advertisements for second-hand contracts that are written in English. To look for accommodation, choose Uppsala and then the category Bostad.

Uppsala’s Student Nations

Each of Uppsala’s 13 student nations have their own housing for members. This can include student dormitory rooms and apartments located in and around the city. Though criterion for eligibility varies between each nation, many require students to be members for a certain amount of time before they can apply for housing. Read more about accommodation on each of the nations’ websites, and take this into consideration when choosing which nation to join.
Housing on Gotland

On the website of the Student Union Rindi, you can find an up-to-date list of available student accommodation within short distance to the campus. Students can also use the Private Landlords section to create an advert stating their particular accommodation needs.

Those who wish to live in a more remote area can depend on Visby's regular and reliable public transport network to travel to and from school. However, it is important to note that bus schedules are not coordinated with university classes. To read more about student accommodation options in Visby, please visit: www.rindi.com/english.

Insurance

All students at Uppsala University are covered by personal injury insurance during study hours and when traveling directly between their place of residence and the place where study hours are spent.

Exchange students are covered by an additional insurance policy that includes coverage for healthcare costs in the event of an accident, a certain level of accident coverage in the event of disability or death, and liability and legal coverage.

All fee-paying Master students who have paid tuition are covered by an additional insurance policy that includes accident coverage and emergency transportation home, healthcare and dental care coverage, repatriation liability and legal coverage, and property protection. The insurance applies throughout the Schengen area with the exception of the property protection, which applies only in Sweden.

Students who are EU citizens should bring a European Health Insurance Card provided by their local authority.

On the Legal, Financial and Administrative Services Agency’s website, you can read the full terms and conditions of personal injury insurance for students.

For more information, please visit: www.kammarkollegiet.se.

Your Finances

According to the Swedish Migration Board, international students will require at least 7 300 SEK per month to obtain a Swedish residency permit. This money should cover the cost of accommodation and other living expenses. When applying for a permit, you must show that you have the funds to cover your entire stay in Sweden. Please note that the cost of living in Sweden can vary greatly depending on your lifestyle.
It is strongly encouraged that all international students purchase additional insurance to cover themselves outside of study hours, when traveling between Sweden and their home country, on trips outside of Sweden during their study period, and to protect their property.
YOUR LIFE AS A STUDENT

The Student Unions

Uppsala University has four student unions: Uppsala Student Union, Pharmaceutical Student Association, Uppsala Union of Engineering and Science Students, and Gotland’s Student Union Rindi. These organisations are created and driven by students, for students. The main goal of the unions is to ensure the interests of Uppsala University students are always prioritised and protected. They deal with issues concerning education, health and welfare, equality, internationalisation, housing and economy.

Representatives for the unions are active in several decision making bodies at the university, and work to improve the rights and conditions of students. The unions always act in the best interest of its members, and can even take on the role of mediator when conflict arises between the university and a student. If you require assistance, or feel as though you have been mistreated, the unions are there to help.

The unions also play a very important social role on campus. Amongst other things, they help to organise the orientation programme that welcomes all new students to Uppsala University.

Uppsala Student Union
Address: Övre Slottsgatan 7
Ph. +46 (0)18 480 3100
www.uppsalastudentkar.se/en

Pharmaceutical Student Union
Address: Dag Hammerskjölds Väg 16
Ph. +46 (0)18 527 833
www.farmis.se

Uppsala Union of Engineering and Science Students
Address: Uthgård, Pollacksbacken, Building 73
Ph. +46 (0)18 572 520
www.utn.se

Gotland’s Student Union Rindi
Address: Tage Cervins Gata 1
Ph. +46 (0)498 299 905
www.rindi.com/english
International Buddy Programme

Through the unions, new international students have the opportunity to take part in a buddy programme. As a part of this programme, new students are paired up with a more experienced student, who can help them adjust to life at Uppsala University. The buddies can provide advice and support to students before, during and after they have moved to Sweden. If you wish to take part in the international buddy programme, please ‘register as a newbie’ through the website of the Uppsala Student Union. Please note, students studying pharmacy, business or economics do not have to apply for the buddy programme. Instead, they will be contacted directly.

The Student Nations

One of the most integral parts of student life in Uppsala is the student nations. There are 13 nations, each dating back to the 17th century. Only students can become a member of the nations, which are responsible for arranging activities and events specifically for students.

Though each nation varies in size and character, they each provide a space for students to meet, socialise and enjoy life outside of the classroom. Most nations have a café, pub and restaurant, and popular nation activities include club nights, formal dinners, balls and musical events. As a member, you can also join a wide array of personal interest groups and sporting clubs.
As a student at Uppsala University, you have the opportunity to get involved and influence your studies!

Photo: Mikael Wallerstedt
Each nation is named after a specific region in Sweden, and traditionally students joined the nation representing the region they were from. Today however, students can join the nation of their choice.

Along with the student unions, the nations help to organise welcome activities for new students. During Orientation Week you will receive information about each of the nations. This will help you to decide which nation to join. During your time as a student you are likely to attend formal dinners and balls at the nations, so it might be a good idea to bring a suit or an elegant dress.

**Your Rights and Responsibilities**

At Uppsala University, all students share the same rights, responsibilities and opportunities. This is regulated by the federal laws that govern higher education in Sweden. In addition, the university has established certain guidelines to ensure that students experience an open, accommodating and diverse study environment.

**Influence Your Studies**

As a student of Uppsala University, you are a valued member of the community and are the focal point of all operations. According to the Swedish Higher Education Authority, which governs higher education in Sweden, all students have the right to be involved in important decisions made by the university. You are considered a co-worker of the university, and your opinions are crucial to improving the quality of education. You, along with the student unions and student committees, play an important role when it comes to the development of programmes and courses. For example, when you have finished a course you are required to fill out a course evaluation. The feedback received in these evaluations enables the university to make the changes and developments needed to improve the course. If you wish get more involved in educational matters at the university, please contact your student union.

The university as a whole has adopted many policies and procedures to ensure that your study environment meets your needs as a student. These have been outlined in several internal steering documents, and were formed by both staff members and representatives from the student unions. You can find all of these documents on the university’s website or through Student Services.

**Student Working Conditions**

The Guidelines for Student Working Conditions is often referred to as the list of student rights. This document outlines the demands you can make on such matters as your physical and psychosocial environment, quality development and student influence, course planning and scheduling, teaching, resources and examination procedures.
Anti-Discrimination and Equal Treatment of Students
At Uppsala University, all students share the same rights, responsibilities and opportunities, irrespective of gender, ethnicity, sexual orientation, disability, religion or other belief system. This is clearly stated in the university’s Discrimination Act. In addition, Uppsala University has implemented a plan of action titled the Equal Treatment Plan, which details how equality, accessibility and diversity will be employed at the university.

Grading Issues
Any student who feels they have been graded unfairly can turn to the university’s ombudsman for grading issues. This also applies to students who believe an assessment procedure was poorly executed.

Diversity
To create meeting places for students and staff with different ethnic and religious backgrounds is a way to increase creativity and acceptance at the university. This is stated in Uppsala University’s Diversity Plan, which all students and staff are obliged to follow. The university aims to increase diversity amongst the student body, and the Broader Recruitment Plan outlines how the university can achieve this goal.
Gender Equality
The study environment at Uppsala University welcomes men and women alike. This is one of the foremost points in the university’s gender equality work. The Plan of Action for Gender Equality describes how the university engages in gender issues and works to combat any form of discrimination.

Equality Regarding Sexual Orientation and Sexual Identity
The Equality Plan outlines Uppsala University’s ambition to be an open and tolerant environment for all staff and students, regardless of their sexual orientation or identity. This work shall be prioritised at all levels of the university, and naturally integrated into all university proceedings.

Accessibility
The university is committed to ensuring that staff and students with disabilities are given equitable access to work and study, and are able to fully participate in life at Uppsala University. The Accessibility Plan details what measures the university must take to increase physical accessibility in university environments and improve the reception of people with disabilities.

Parental Support
On average, every fifth student at Uppsala University is a parent. It is therefore extremely important that student life can be combined with parenting. The university has a Parental Policy that concerns all employees and students. The policy supports a positive attitude to parenthood and provides information and guidelines on how to support students and employees with children.
Student Support Services

Student Portal
Uppsala University’s student portal is an important tool for all students. Here, you can access your programme and course syllabi, study results, e-transcripts, view messages from the student union and find information about the services that are available to you. Through the student portal, you can also access your student email account. It is important that you log in on a regular basis, as this may be the only way your department informs you of changes or news. Students may also be required to register to certain courses, exams and study groups through the portal.

www.studentportalen.uu.se

To log in to the student portal, you must have a student account with UpUnet-S. Students can only apply for an account by submitting a form to Student Internet Services. Exchange students will be sent this form by their contact person, whereas other students can access it online on the student portal’s first page. Students will receive detailed instructions about applying for an UpUnet-S account in the welcome package they receive upon arrival at the university.

Contact Person and the Student Services Office
Before you arrive in Sweden, you will be given the details of a contact person at the university. This person will most likely be a...
representative from your department, and will help to answer any questions you may have. Students are also welcome to email, phone or visit the Student Services Office with enquiries.

Student Services Office
Address: St. Olofsgatan 10B
Ph. +46 (0)18 471 4710
Email: studentservice@uu.se

**Study and Career Counsellors**
Uppsala University’s study and career counsellors provide assistance and advice to anyone interested in studying at the university. Located in the same building as the Student Services Office, the counsellors can answer questions you may have regarding eligibility, the admission and selection process and degree requirements, as well as help you to make study and career plans. They can also give you feedback on your CV and cover letter and help you to prepare for a job interview.

Each department also has at least one study counsellor who can provide you with information specifically related to the department’s programmes and courses. If needed, they can even help you create an individual study plan.

**International Office**
Uppsala University has exchange agreements with approximately 500 universities in 50 countries around the world. The International Office is responsible for establishing and managing a large number of these agreements. Some exchange students will have a contact person at the International Office, who can help answer questions regarding their exchange, arrival, accommodation and orientation. Other exchange students will have a contact person at their department.

**Students with Disabilities**
Students with disabilities are advised to contact the university’s Disability Coordinator to discuss their need for support as soon as possible. International students coming through an Erasmus or Nordplus exchange programme are encouraged to seek extra scholarships to cover any costs relating to their disability.

Learning assistance options may include:
- Note-taking assistance
- Course literature in alternative formats, including audio books
- Sign language interpretation (Swedish sign language)
- Mentors
- Modifications to examinations, such as extended exam time for written exams
- Additional assistance from the University Library
Students who require a personal assistant or special transportation are responsible for organising these themselves. Please bring your own computer if you require one with adapted software.

Disability Coordinator:
samordnare@uadm.uu.se.

**Scholarships**
All registered students with a full-time study load can apply for scholarships at Uppsala University. These scholarships are funded by donations made to the university, some of them dating back to the 17th century. The majority of scholarships have very specific eligibility requirements, often reflecting Swedish society during the time period the donations were made. The funds awarded can vary greatly between each scholarship. Please visit the university’s website to read more about the available scholarships.

International students can also apply for scholarships through the Swedish Institute. This is a government agency that awards over 500 scholarships annually to international students and researchers. More information can be found on the following website:
www.studyinsweden.se/Scholarships/.

**The Language Workshop**
If you are having difficulty structuring a written assignment or require feedback on an oral presentation, the Language Workshop can help you! The workshop is open to all Uppsala University students and is free of charge. The tutors involved at the Language Workshop have extensive experience in teaching oral and written communication techniques in different academic disciplines, and can provide individual consultations in both English and Swedish. For more information, please visit:
www.nordiska.uu.se/sprakverkstaden.

**English Lessons**
International students wishing to improve their English proficiency can enrol in a course through the Department of English. The course is called Practical English: Oral and Written Production, and is worth 7.5 credits. The course is specifically aimed towards international students and focuses on developing their ability to communicate through compulsory discussions and presentations based on the course literature. For details on how to apply, please contact the Department of English on the following email address:
studievagledarenengelska@uu.se.

**Swedish Lessons**
The Department of Scandinavian Languages offers Swedish language courses at beginner’s, intermediate and advanced level throughout the year. All students attending the university as part of an exchange programme can take a basic Swedish language course. Students can apply for this course through their contact person after they have arrived in Sweden. Other internation-
al students can apply for this course, however, there are usually a limited number of places available and students will be offered a place on a first come, first serve basis.

The course in basic Swedish consists of 48 hours of instruction. Students who pass the final exam will receive academic credit. Those who have met the attendance requirements but do not wish to sit the final exam will receive a certificate. Students can apply and register for the course once they have arrived at Uppsala University. As places are limited, students required by their home university to study Swedish will be prioritised.

An intensive Swedish language summer course, consisting of 60 hours of instruction, will also be offered in August. Students wishing to apply for this course must be prepared to arrive in Sweden in late July. The number of places in this course is limited, and priority is given to exchange students. Students attending Uppsala University through the Erasmus programme should contact their home institution to see if they are eligible for an EILC grant.

To apply for the intensive Swedish language summer course, please complete the EILC application form and submit it to the university before the 1st June 2013. You should receive notification about admission within four weeks. If you already possess Swedish language skills, please do not apply to the summer course.

Your Health and Wellbeing

The health and wellbeing of students is a top priority for Uppsala University. Through the university, students can receive confidential and professional assistance for a wide range of issues. There are a number of student welfare services available, and university staff members are always on hand to offer their support and guidance. Students can also improve their physical fitness by becoming members of one of the student gyms.
The Student Health Centre
It is not uncommon for students to experience problems with stress, performance anxiety, sleeping and eating disorders, and lack of self-esteem during their studies. The Student Health Centre operates as a health service for all Uppsala University students, and works predominantly with study-related healthcare, lifestyle advice and crisis assistance. Through the Student Health Centre, you can receive individual counselling or take part in group sessions. Staff members consist of nurses, psychologists, counsellors and a physician.

Please note, the Student Health Centre is not an emergency ward, medical clinic or hospital. However, as the Swedish healthcare system can be difficult to navigate, international students are welcome to turn to the Student Health Centre for advice or referrals. More information, including opening hours, can be found on the following website: www.sh.uu.se.

University Chaplaincy
The University Chaplains are clergymen and women of the Swedish Church and ministers of the Mission Covenant Church of Sweden. They serve all staff and students at the university, who are welcome to talk to them privately or take part in group sessions. The University Chaplaincy is open to individuals of all faiths, and provides confidential counselling to those in need. They also offer foreign language and rainbow services, taizé worship sessions, and organise a gospel choir.

As Sweden is a very multicultural society, many different faiths and places of worship can be found. For information about the religious movements in your area, please contact the University Chaplaincy. www.uppsala.universitetskyrkan.se/english

Exercise and Sports
Campus 1477 is the Student Health Centre’s fitness section in Uppsala, with two large training facilities located at the Science Park and Blåsenhus. Here, you can use modern exercise facilities, play sport and take part in group training classes. Campus 1477 also has indoor rock climbing facilities, saunas and a light room to compensate for light deprivation during the winter. Massage and physiotherapy services are also available. At Campus 1477, you can purchase a student membership at a discount price.

Campus 1477
Address: Science Park,
Dag Hammarskjöld’s Väg 58
Address: Blåsenhus, Von Kraemers Allé 5
www.campus1477.se

Students can also join various sporting clubs organised by the nations, or become a member of a private gym.
Campus 1477 is perfect for those with an active lifestyle, and offers everything from aerobics to indoor rock climbing.
Useful Information

Glossary

**Academic Quarter**
An old tradition whereby lectures and seminars begin 15 minutes after the designated hour.

**Alma**
This is the name of the café in the University Main Building in Uppsala. Alma is an abbreviation of the Latin “alma mater”, meaning the “the kindly mother”.

**Alumnus**
An alumnus is a former student. The word is Latin and means “pupil” or “protégé”. Uppsala University has an active alumni network. By becoming a member, you can keep in contact with the university and your fellow students even after you have finished studying. For more information, please visit: [www.uu.se/en/alumni/](http://www.uu.se/en/alumni/).

**Botanical Garden**
Uppsala’s Botanical Garden was originally created as a courtyard to the castle by Olof Rudbeck in the 1650’s. Today, the Botanical Garden plays an important role in Uppsala’s academic life as a botanical museum. It is also a beloved recreational space for the people of Uppsala. Every other year, a week-long harvest festival is held in the garden.
**Campus**
A campus is an area housing the university’s teaching and research facilities. Uppsala University has several campuses in Uppsala, such as the Uppsala Biomedical Center (BMC), Ångström Laboratory and the English Park Campus Centre. This year, Uppsala University introduced Campus Gotland.

**Carolina Rediviva**
Carolina Rediviva is Uppsala University’s main library. Here, you will find reading, periodicals and study rooms, as well as an exhibition hall with the Silver Bible, Carta Marina and other rarities from the library’s extensive collection.

**Civic Registration Number**
If you are staying in Sweden for a year or more then you are entitled to a Swedish civic registration number (personnummer). To apply for a personnummer, you must register as a resident at the Swedish Tax Agency (Skatteverket). Once you have obtained a personnummer, you become eligible for Swedish healthcare benefits.

**Conferment Ceremony**
This is the graduation ceremony where doctoral students are awarded their honorary insignia. During the ceremony, honorary and jubilee doctors who received their degree 50 years ago are also celebrated.

**Curator**
The First Curator (1Q) is the elected chairperson of a student nation. They are primarily responsible for representing the nation and coordinating activities. The Second Curator (2Q) is the nation’s cashier, and most nations also have a Third Curator (3Q) who is responsible for personnel, purchases and festivities.

**Emergency**
112 is the emergency phone number in Sweden. By calling this number you can contact the police, ambulance service or fire department.
Fika
Fika is a social institution in Sweden; it means having a break, most often a coffee break, with one’s colleagues, friends, partner or family. Aside from a warm drink, it almost always includes something sweet to eat. The word “fika” can serve as both a verb and a noun, and enjoying a fika is an important part of every Swedish person’s day.

Fredagsmys
“Mysig” is a favourite Swedish word which basically means to be cosy. The word can be used to describe a place, an event and even a person. “Fredagsmys” is the popular tradition of celebrating the end of the working week by having a quiet and cosy Friday evening.

Gasque (Swedish)
A “gasque” is a formal dinner party at a student nation. A dress code is employed, a three course meal is served, and students often engage in singing and dancing. Some gasques also have a special theme, such as the Lucia Gasque, Lamb’s Head Gasque and the International Gasque. This event is organised for international students such as yourself, so make sure you purchase your ticket during Orientation Week. After the dinner, the event turns into a dance party (called “släpp”), and students who did not attend the dinner are allowed in. There is usually no dress code for the släpp.

Guest Card
Only students of Uppsala University and the Swedish University of Agricultural Sciences can become members of one of Uppsala’s student nations. Students of other universities who wish to attend the nations can purchase a temporary guest card from the Kuratorskonventet.
**Gustavianum**

Gustavianum is Uppsala University’s oldest building. Today, the building primary functions as a museum displaying objects from the university collections of Classical, Egyptian and Nordic antiquities as well as an exhibition on the history of science and the history of Uppsala University. In the museum store students can purchase Uppsala University’s profile products and merchandise.

**Hesa Fredrik**

At exactly 3pm on the first non-holiday Monday of every month you are likely to hear an alarm signal coming from outside. This is a sound test of the emergency population warning, commonly referred to as Hesa Fredrik in Sweden.

**IKEA**

Around the world, IKEA is synonymous with Sweden. Not only is it a national institution, it is also one of the few places where you can find affordable furniture and food at the same time. As a student in Sweden, it is definitely worthwhile locating your nearest IKEA! Trips to IKEA are usually organised during Orientation Week.

**Illness**

If you fall ill you can call 1177 for medical advice. By calling this number you will speak with a qualified nurse who can instruct you on where to turn for treatment. This number can be called 24 hours a day, seven days a week. Advice will be given in either Swedish or English. In cases of extended illness, please inform your department and speak to a study and career advisor about how to make up for the time you have missed.

**Internet/WI-FI**

The university’s two wireless networks, Upunet-S and Eduroam, are available to anyone with a student account. Details about how to get your student account will be provided in the Welcome Package you receive upon arrival. There is no need to have this account beforehand. WI-FI is available in all university-owned buildings.
**KK-Card**

KK-Card is a reward system for students who devote an exceptional amount of their free time to the nations. The card grants the bearer, and one guest, free entry to all nations during traditional nation activities.

**Kuratorsskonventet**

Kuratorsskonventet is the cooperative organisation of the student nations, and works to increase the collaboration between each of the 13 nations. Kuratorskonventet manages the nations’ contact with outside partners, such as Uppsala University, Uppsala Student Union, the municipality of Uppsala and the business sector. Kuratorskonventet also publishes the Beginner’s Guide and the Nation Guide.

**Kvalborg**

Kvalborg is a combination of Valborg and the Swedish word “kvalificera”, meaning to qualify. Kvalborg is celebrated the day before Valborg, where one “qualifies” for the coming celebration by participating in preparatory festivities.

**Lagom**

Lagom is a societal code of conduct in Sweden which basically means “the right amount”. It can be used to describe just about everything, such as behaviour, the size of an apartment, or the amount of sugar in your coffee. Many people believe the word “lagom” sums up the Swedish national psyche, one of consensus and equality.

**Linnaeus Garden**

The Linnaeus Garden is a faithful reconstruction of Uppsala University’s Botanical Garden as it appeared in the time of Carl Linnaeus. Today, the Linnaeus Garden has an exhibition and guided tours for visitors.

**Melodifestivalen**

Very few events unite or divide the Swedish population like Melodifestivalen. Held throughout March, this popular televised music competition determines which artist will represent Sweden in the Eurovision Song Contest. Melodifestivalen actually launched the career of ABBA, who went on to win Eurovision in 1974.
Northern Lights
The Northern Lights are a phenomenon that occurs when gaseous particles in the Earth’s atmosphere collide with charged particles released from the sun’s atmosphere. The different gases produce spectacular colours in the Arctic sky. We hope you are lucky enough to catch a glimpse of the Northern Lights while in Sweden.

Orientation Week
This refers to the introduction activities organised by Uppsala University, the student unions, the student nations, and the International Student Committee at the beginning of each semester. Activities include sporting activities, games and pub nights, and give new students the opportunity to get to know each other. Please note, there are no demeaning or humiliating hazing rituals at Uppsala University.

Professorial Inauguration
This is a public event where new professors are officially inaugurated and present their inauguration speeches. At Uppsala University, this event occurs once a year.

Raukar
This is the Gutnish name for the sea stacks that are so often featured on Gotland postcards. Sea stacks are a geological landform that is formed when part of a headland is eroded by the force of sea water crashing against rock. Digerhuvud is Gotland’s biggest sea stack area.

Recentior
Recentior is a Latin word meaning “beginner”. At Uppsala University, the term is often used to describe new students.

Rectrix Magnifica
This is the ceremonial title of the Vice-Chancellor.
**Registration**
You can register for courses through the Student Portal. The courses listed on the Student Portal should be those you have been admitted to. Please note, it is not always possible to register for courses early. Some departments only enable students to register in the week before a course commences and others require students to attend a scheduled class first.

**Riding**
Uppsala University’s Academic Stable is the world’s second oldest riding school, and offers classes for riders of all levels. Each semester the university gives out scholarships comprising 16 weeks of free riding classes.

**Ringmur**
Ringmur is the name of the medieval fortress wall that surrounds the old town of Visby, on the island of Gotland. The wall is 3.4 km long and was constructed during the 13th century.

**River Rafting**
During the Valborg celebrations, students compete in a rafting race down the river Fyris. The rafts are built by students out of styrofoam, and often represent a certain theme. The aim of the race is to remain in one piece while navigating the waterfalls, rather than cross the finish line first.

**Scandal House**
The university building at St. Olofsgatan 10 is referred to as the Scandal House. This stems from the scandal it caused when it was built in 1910. The Scandal House is situated directly across the road from the University Main Building, which is the university’s most prestigious structure. As the Scandal House is taller than the University Main Building, many people accused it of diminishing the dignity of this important and esteemed building.

**Schedules**
When searching for a course schedule, you need the name of the course and the weeks it is given. Most course schedules are found at the following address: www.schema.uu.se.
Semester
A semester is a half term at the university that lasts 20 weeks. The autumn semester 2013 is from Monday 2nd September to Sunday 19th January. The spring semester 2014 is from Monday 20th January to Sunday 8th June.

Student Orchestra Festival (STORK)
STORK is held every year, alternating between Uppsala and Linköping. In 2013, the festival will be held in Linköping.

Student Card
All students are issued a student card when they join a student nation. This card acts as a form of ID and gives students permission to enter the student nations. It also entitles students to various discounts on food, travel and other products. Please note that student cards are only valid when presented together with another form of photo ID, such as a driver’s license or passport.

Ticket System
From pharmacies, banks and doctor’s offices, to the deli at your local super market, in Sweden you will often be expected to take a numbered ticket when waiting in any kind of queue.

UBBO
This is the name of the building at Övre Slottsgatan 7. Here, you will find the Uppsala Student Union, Student Health Center, University Chaplaincy, the student nations’ communal office and Kuratorskonventet.

Uppdok
Uppdok is the official documentation system used by Uppsala University to register study results. Every time an exam result has been registered in Uppdok you will receive a message through the Student Portal. The university also uses Uppdok to register a student’s name, civic registration number, general eligibility for university studies, admission to programmes and courses, course registration, credits awarded and degree qualifications.

Valborg
On the 30th April, thousands of people from all over Sweden come to Uppsala to celebrate Walpurgis Eve, or Valborg. This is a huge day for students, and includes river rafting, traditional Swedish food, champagne, singing and dancing.
List of Contacts

University Services

Student Services Office
(Studentservice)
Uppsala University
Box 256, St. Olofsgatan 10B
SE-751 05 Uppsala
Email: studentservice@uu.se
Web: www.uu.se/education

International Office
(Internationella kansliet)
Uppsala University
Box 256, St. Olofsgatan 10A
SE-751 05 Uppsala
Web: www.uu.se/exchange

Student Health Service
(Studenthälsan)
Övre Slottsgatan 7, Level 2
SE-753 10 Uppsala
Ph. +46 (0)18 155 050
Web: www.sh.uu.se

The University Chaplaincy
(Universitetskyrkan)
Övre Slottsgatan 7
SE-753 10 Uppsala
Ph. +46 (0)18 430 3706
Email: info@studentprast.uu.se
Web: www.uppsala.universitetskyrkan.se/english

Student Unions and the Nations

Uppsala Student Union
(Uppsala Studentkår)
Övre Slottsgatan 7
SE-753 10 Uppsala
Ph. +46 (0)18 480 3100
Email: reception@us.uu.se
Web: www.uppsalastudentkar.se

The Pharmaceutical Student Association
(Farmaceutiska studentkåren)
Dag Hammarskjölds Väg 16
Box 957, SE-751 09 Uppsala
Ph. +46 (0)18 527 833
Email: iu@farmis.se
Web: www.farmis.se

Association of Engineering
and Science Students
(Uppsala teknolog- och naturvetakår)
Uthgård, Polacksbacken, Building 73
SE-752 37 Uppsala
Ph. +46 (0)18 572 520
Email: utn@utn.uu.se
Web: www.utn.uu.se

Gotland’s Student Union Rindi
(Gotlands Studentkår Rindi)
Address: Tage Cervins Gata 1
Ph. +46 (0)498 299 905
Email: info@rindi.com
Web: www.rindi.com/english
<table>
<thead>
<tr>
<th>Nation</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gotlands Nation</td>
<td>Östra Ågatan 13</td>
<td>+46 (0)18 130 981</td>
<td><a href="http://www.gotlandsnation.se">www.gotlandsnation.se</a></td>
</tr>
<tr>
<td>Gästrike-Hälsinge Nation</td>
<td>Trädgårdsgratan 9</td>
<td>+46 (0)18 666 141</td>
<td><a href="http://www.ghnation.se">www.ghnation.se</a></td>
</tr>
<tr>
<td>Göteborgs Nation</td>
<td>St. Larsgatan 7B</td>
<td>+46 (0)18 132 006</td>
<td><a href="http://www.goteborgsnation.se">www.goteborgsnation.se</a></td>
</tr>
<tr>
<td>Kalmar Nation</td>
<td>Svartmangatan 3</td>
<td>+46 (0)18 694 980</td>
<td><a href="http://www.kalmarnation.com">www.kalmarnation.com</a></td>
</tr>
<tr>
<td>Norrlands Nation</td>
<td>Västra Ågatan 14</td>
<td>+46 (0)18 657 979</td>
<td><a href="http://www.norrlandsnation.se">www.norrlandsnation.se</a></td>
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<tr>
<td>Smålands Nation</td>
<td>St. Larsgatan 5</td>
<td>+46 (0)18 131 854</td>
<td><a href="http://www.smalands.nu">www.smalands.nu</a></td>
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<tr>
<td>Stockholms Nation</td>
<td>Drottningsgatan 11</td>
<td>+46 (0)18 146 333</td>
<td><a href="http://www.stockholms.se">www.stockholms.se</a></td>
</tr>
<tr>
<td>Södermanland-Nerikes Nation</td>
<td>St. Olofsgratan 16</td>
<td>+46 (0)18 154 060</td>
<td><a href="http://www.snerikes.se">www.snerikes.se</a></td>
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<tr>
<td>Värmlands Nation</td>
<td>Nedre Slottsgatan 2</td>
<td>+46 (0)18 134 445</td>
<td><a href="http://www.varmlandsnation.se">www.varmlandsnation.se</a></td>
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<tr>
<td>Västgöta Nation</td>
<td>Västra Ågatan 18</td>
<td>+46 (0)18 136 360</td>
<td><a href="http://www.vastgotanation.se">www.vastgotanation.se</a></td>
</tr>
<tr>
<td>Västmanland-Dala Nation</td>
<td>St. Larsgatan 13</td>
<td>+46 (0)18 105 339</td>
<td><a href="http://www.v-dala.se">www.v-dala.se</a></td>
</tr>
<tr>
<td>Östgöta Nation</td>
<td>Trädgårdsgatan 15</td>
<td>+46 (0)18 134 311</td>
<td><a href="http://www.ostgotanation.se">www.ostgotanation.se</a></td>
</tr>
</tbody>
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Uppsala Local Authorities

Swedish Tax Agency
(Skatteverket)
Kungsängsgatan 43
SE-751 87 Uppsala
Ph. +46 (0)771 567 567
Email: vasteras@skatteverket.se
Web: www.skatteverket.se

Police Office
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Box 3007, SE-750 03 Uppsala
Ph. 114 14
Email: polismyndigheten.uppsala@polisen.se
Web: www.polisen.se/uppsala

Swedish Migration Board
(Migrationsverket)
Bolandsgatan 10,
Box 6113, SE-601 70 Norrköping
Ph. +46 (0)771 235 235
Email: migrationsverket@migrationsverket.se
Web: www.migrationsverket.se

Social Insurance Office
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Svartbäcksgatan 11
SE-751 88 Uppsala
Ph. +46 (0)771 524 30
Web: www.forsakringskassan.se

General information about Sweden

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