

# Information for incoming Exchange Students

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If you are reading this document, you are probably considering applying for an exchange semester/year here at the Department of Law at Stockholm University. Or maybe you have already applied and been nominated to us. Great choice! Stockholm Law School (SULaw) is ranked as number 45 in the world by the Times Higher Education ranking!

Here is some basic information about Sweden, Stockholm and life as an exchange student at the Department of Law.



## Studying and living in Sweden

Swedish universities are highly ranked in the world's ranking lists and the teaching method is Socratic with a very informal culture at the universities. It's a two-way communication and discussion in-between the students and the teaching staff. When it comes to **studying law** we also differ a lot from other parts of the world when it comes to how we schedule our courses throughout the semesters. You will only focus on one course at a time and at the end of your course there will be some sort of examination of the course, usually an exam and/or written assignments. Then you move on to the next course and focus solely on the new course. If you fail an examination you always have a right to do a re-exam. So no hectic exam period at the end of the semester, just an evenly spread out workload during your stay here in Sweden. To read more about general information about what Sweden has to offer when it comes to studying here [please click on this link](#).

### **Cost of living?**

Living costs in Sweden depend largely on your individual lifestyle. This is a sample of a monthly budget put together by Study in Sweden.

Food: SEK 2,000

Accommodation: SEK 4,000 -4,500

Local travel: SEK 560

Internet/phone: SEK 340

Insurance, medical care/hygiene: SEK 300

Hobby/leisure: SEK 1,300

TOTAL SEK: 8,500 – 9,500 / month

Remember that prices can vary considerably depending on where you live. Stockholm, for example, is more expensive than other cities. Dining out at restaurants can be somewhat expensive in Sweden, though student bars and restaurants often have discounted prices and if you join the student union (JF) you'll get even more discounts on and off campus.

### **-Ska vi ta en Fika?**

Living in Sweden, it is of great importance to know about the Swedish culture. You will most definitely hear the word "Fika" a lot (pronounced Fee-ka). It is the Swedes way of enjoying a casual break during the day, often while drinking a cup of coffee and having some sort of a snack. The true original Fika contains a black cup of coffee and a Swedish cinnamon roll and last no longer than 20 minutes during a working day. In the weekends or after office hours a Fika can stretch out to several hours and include just about anything you want in terms of coffee, tea, lemonade, sandwiches, sweets, fruits and so on. A Fika is a great way to start up new friendships and relationships so [make sure you have plenty of Fika in Stockholm!](#)



We also have a strong equality and non-discrimination tradition, we celebrate pastries and we are obsessed with order (numbers, queues – you name it!) and lots of other things. You can read a little more about that here:

[Expats blog – Top ten things you need to know about Sweden](#)

or here: [20 things to know about Sweden before moving here](#)

or look at some [Youtube clips about Swedishness](#) here.

## About our capital Stockholm

The capital Stockholm is very beloved, especially by the inhabitants of Stockholm. The capital of Scandinavia (Sshhh...don't tell the Danes or Norwegians we said that☺), also called "Venice of the north" is unique due to its combination of tranquility and its trendsetting and modern culture. Not to forget its stunning maritime beauty. Look at that, isn't it just breathtaking? I mean, wow! →



The city is actually built on 14 islands and each area has its own vibe and feel to it and you are always close to nature. Whether it be green parks, national urban parks or water you want, Stockholm has it all!



This is your ultimate guide to our city:

[VISIT STOCKHOLM](#)

## Also check out these Instagram accounts and #:s:

**@su\_juridicum #sujuridicum** – Our own account for staff and students.

**@stockholmuniversity** – Official account for SU.

**@stockholm\_insta @visitstockholm** – For beautiful pictures from Stockholm. And this too **#stockholmimitthjärta**  
**#stockholmlove #stockholm\_insta**



## Studying at Stockholm University

Frescati is another name for the Stockholm University main campus, located just straight ahead when exiting the metro station “Universitetet”. This is where the majority of other SU departments are located and most of the teaching and research activities at Stockholm University take place in the Frescati area just north of Stockholm city. It is located in the middle of the world’s first national city park, and the area is characterized by beautiful nature, interesting architecture and modern art.



The first week of your exchange semester starts with Orientation Week. It is designed to assist you - as a new student - to settle into university life at Stockholm University. It is scheduled to take place the first week of the semester. The whole week will normally be packed with student activities such as Welcome party, guided bus tours in Stockholm and on

campus, and much, much more. You can read and watch all about the activities on this website: [Orientation Day](#)



More information about this will be sent out to all incoming exchange students once we have received and processed your application.

### **-But wait, what about housing?**

Accommodation can be hard to find in Stockholm on your own, due to high prices and lots of competition. The situation is really harsh to be honest with you. Stockholm University does not own any student dormitories and does not normally organize accommodation for its students, this is all regulated by our laws. However, as a special service Stockholm University tries to assist students from partner universities with accommodation. Most of the



exchange students that come to Stockholm gets housing via the Stockholm University Housing Office. Please note that it ALWAYS easier to get housing through our Housing office if you join us during our spring semester.

More information about housing here in Stockholm, about our Housing office and the housing application process can be found here: [Housing Office website](#)

Once accepted as an exchange student here in Stockholm you will receive more detailed information directly from the Housing office.

## The Faculty of Law

The Faculty of Law, also called Juridicum, is one of the biggest faculties at Stockholm University, and its Law Programme is the most attractive higher educational programme in Sweden. And yes, we're very proud of that and of our students. This is our Dean, Prof. Jessika van der Sluijs →



The compulsory part of the Swedish law programme is though in Swedish but during the advanced level of the programme, year four and five, we offer our students a variety of specialized courses in both Swedish and English. The specialized courses taught in English are open to our incoming exchange students and we try to keep a good balance between international and national students in order to facilitate interaction between students from different law backgrounds and cultures. Since the courses are on an advanced level we highly recommend you to have at least two and a half year of studies within in law before joining us here in Stockholm. You are expected to have a good knowledge of your own national law and the foundations in European and/or International law in order to get the most out of the teaching and in the end be successful in your selected courses.

To find out more about our courses please visit our website: [Courses for exchange students](#). **Please know that this list will be updated every year** (in mid-March for the next upcoming academic year) and might be subject to change.

But there are of course more to the department of law than just focusing on your courses, even though we do ask a lot of our students while in class. Our law students' association (JF) have created an International Law Student Mentorship programme (ILM) and if you join us here in Stockholm we recommend you to also join JF and take part in the ILM-programme so you get to experience all the fun social activities they plan for our incoming exchange students every semester. To read more about what they offer if you join them, please look at their website here: [Law Students' Association](#)



## The Nomination and Application process

We try to keep our nomination and application process as smooth and fast as we possibly can. Once you've been nominated by your home university we will contact you with an information email telling you more about what will happen next and you'll get an updated time line. For your information, this is the steps you need to take before joining us here in Stockholm (and yes, we do offer a pick-up service from Arlanda airport):

1. Apply to your home university for a nomination (fingers crossed you'll proceed!).
2. Your home university will send us the nomination with your contact information.
3. We'll confirm the nomination and send out an email with more information about the application process.
4. We'll contact you again after the nomination deadline, this time with an updated link to our application form. You'll also be given a deadline date, usually around 10 days later.
5. You'll fill out the form (takes around 5 min.) and also email us a *Pdf-file* with your most recent transcript of records BEFORE the given deadline.
6. We'll go through your information and issue you your Letter of Acceptance. This will be sent to your email, in a pdf. Tada! Done!

After you receive your Letter of Acceptance you might need to arrange with a VISA or a residence permit, you can find out more, and see if you need one here, [the Swedish Migration Board](#).

**The course selection** will not take place until we have issued all the Letter of Acceptances. Once again you'll be receiving an email with an updated link to a *Course selection form* and more information about the courses available for exchange students studying in English.

**The application for student housing** is completely administrated by Stockholm university's Housing Office. They will also be contacting you with their information, AFTER you have received your Letter of Acceptance.

**Thank you for considering Stockholm University as your exchange destination! We hope to see you here in Stockholm soon!**



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Norr Mälarstrand >

