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WELCOME

Welcome to a study abroad experience through Loyola University and The Newman Institute in Sweden! We are happy to welcome you, and we look forward to offering you a great experience with us. We want to show you that environmental change is possible.

In order to help you prepare for a successful experience abroad, this handbook has been prepared. In this information material you will find answers to questions you might have before you leave as well as during your stay abroad. Please notice that you will have access to this handbook on the Newman website during your entire stay in Sweden.

PLANNING FOR YOUR TRIP

Program dates
Departure date: 13th of August from Chicago
Arrival date: 14th of August in Uppsala
Start of orientation week: 17th of August
Start of classes: 24th of August
End of semester: 17th of December

Visas
You will be required to obtain a Swedish residence permit to study abroad in Sweden. Four different certificates have been sent to your international office, which you will need for your visa application. Make sure that you apply for your visa as soon as possible; if needed ask your international office for assistance. When you arrive in Sweden the Newman Institute will take you to the Consulate in Stockholm for you to obtain your residency permit.

Arrival information
See separate information for a group flight from Chicago to Arlanda airport, Stockholm. Please send a confirmation to us when you have booked your ticket. Staff from the Newman Institute will pick you up at the airport.

Orientation
Orientation starts on Monday the 17th of August, which mean you will have some days on your own to explore the surroundings and make yourself at home after you arrive in Uppsala.
Some examples of orientations events include
- City sightseeing in Uppsala and Stockholm
- Introductory meeting with staff from the Newman Institute
- BBQ evening
- Tour of Uppsala University ‘nations’ (social clubs)
- Visit to Erikshjälpen Second Hand shop
- Forest excursion

Packing suggestions and weather
Sweden is known for its distinct seasons with rather dramatic variations in weather between summer and winter. It is also notably difficult to predict the weather and when one season ends and another begins. (Last year the first snow came to Uppsala in January, a few years before there was a lot of snow already in October!) Therefore we recommend you to bring clothes for changing seasons and to dress in layers.

Good quality boots, suitable for wet forest excursions as well as for snowy conditions, are a must. Also suggested are a raincoat and a pair of water-resistant pants. We strongly recommend you to bring socks and a base-layer in wool. Also remember to pack a laptop or a tablet to use for your studies. The Newman Institute will provide you with bed linens, blanket and pillow.

Even though you will spend five months in Sweden, make sure that you only pack what is needed and that you comply with maximum weight restrictions of your luggage. It is typically rather expensive if your luggage exceeds the weight limit.

HEALTH AND SAFETY MATTERS

Disclosure of medical and disability needs
We encourage you to inform us if you need to see a health professional on a regular basis or if you have a condition that could require treatment while you are in Sweden. Please also let us know if you have any allergies or dietary restrictions. Also consider sharing if there is a psychological condition or any disability that would be helpful for staff to know. All such information will be treated confidentially and only shared with staff as needed.
Vaccinations and health exams
No special vaccinations are required for US residents travelling to Sweden. We do recommend however that you get a vaccination against TBE (tick-borne encephalitis) because of our planned forest excursions during your stay in Sweden. Also please make sure that your routine immunizations are up-to-date (like polio, measles and rubella). We also recommend you to see your dentist before you go.

Accident and health insurance
Make sure that you have accident and health insurance that covers your stay in Sweden. Usually insurance companies offer a special travel insurance which covers expenses if you are sick and/or need transportation back to the US. Bring a printed copy of your insurance policy with you.

Prescriptions
If you are taking some kind of prescription medication, you should try to bring all that you will need for the duration of your stay in Sweden, since that is the easiest and surest way for you to have access to your medication. If this is not possible, be sure to bring a printed prescription from your doctor. Be sure to bring medications in their original containers. If you need a refill of your medication during your stay in Sweden, please contact us, and we will help you with the process. Please note that some prescriptions that are available/legal in the U.S may not be so in Sweden. For example if you require medication used to treat ADD/ADHD or depression/anxiety these may not be available in Sweden. Contact SOS international (www.sos.eu/en/private) for information about this.

Special safety precautions
Uppsala and Sweden have fairly low crime rates, but you should know that your safety isn’t guaranteed anywhere. Don’t walk home alone at night, never hitchhike, and be aware of pickpockets, especially in Stockholm. Be aware of how much alcohol you drink, and never take drugs; that is illegal in Sweden. Try to avoid carrying large amounts of cash.

The study abroad programs offer some activities near and in the water, so please let us know if you are an insecure swimmer.

Emergency Card
When you arrive to Sweden you will receive an emergency card with contact numbers for Swedish emergency contacts and also for you to fill in your primary contact persons in the U.S. Program these numbers in your cell phone and carry your
emergency card everywhere. On your cell phone, name your top three emergency contact persons with “ICE” (In case of emergency) in front of their names, so that the staff can get in contact with the right persons if needed.

Driving
Your American driver’s license is valid in Sweden if you are at least 18 years old. If you do plan to drive while in Sweden, be sure to learn and follow the Swedish traffic rules. Speeding and/or driving under the influence are illegal and are fined heavily in Sweden.

General health and safety advice
It is a good idea to make two copies of your important documents and keep them safe during your stay abroad. For example, make copies of your passport, visa and medical papers. Also print and save a contact number to your bank.

Tap water is clean and drinkable in Sweden and food quality standards are high.
PRACTICAL INFORMATION ABOUT SWEDEN

About Sweden
As you already have heard, Sweden is a great place to study environmental issues and policies. Both the government and society embraced the concept of sustainability very early on. During your stay in Sweden, you will have the opportunity to explore different parts of Sweden and see for yourself some things that make Sweden a role model for environmental change. You will have the chance to explore the clean water, the forest industry and the recycling programs, to mention just a few examples.

What many tourists find especially attractive with Sweden is its beautiful nature and rich wildlife. The landscape varies from green flatlands to hilly forests. In the north of Sweden the summer days are very long, and the sun does not set. In the winter, on the other hand, the sunlight is limited and it can be really cold, sometimes as low as -35 degrees Celsius. In the southern part of Sweden the weather is quite different and the change in hours of daylight between seasons is more comparable to the Midwest of the U.S.

Uppsala is located in the central part of Sweden and boasts a lot of green spaces in the city as well as many nature reserves outside of the city center.

As mentioned above, variety describes how the Swedish landscape looks, and it is also a word that describes the different cities in Sweden. The bigger cities in Sweden (Uppsala counts as the fourth largest) offer a lot of cultural attractions as well as unique nature areas. Smaller towns tend to have a more agricultural aura.

How do typical Swedish people act? In Sweden there is a special word for ‘just the right amount’; it is the word ‘lagom’. This word characterizes how Swedes usually act. They are not too loud and not too silent, not too classy and not too tacky, not too ambitious but not too lazy, and so on.

You’ll find that Swedes are more reserved than Americans, but that people are usually friendly when you get to know them. Swedes in general like to stay active in some way. A lot of Swedes are active in sports, enjoy biking as a way of commuting and enjoy being outdoors. Many are interested in culture and the arts, and singing in choirs is especially popular.
The Newman Institute
The Newman Institute is a small Jesuit university college located in the heart of Uppsala, Sweden’s oldest college town. Surrounded by historic university buildings and the impressive Uppsala cathedral, the Newman Institute offers a culturally rich and exciting milieu for students. At the same time, beautiful nature areas abound in Uppsala and are never more than a short walk or bike ride away.

Founded in 2001, the Newman Institute has academic programs in theology, philosophy and cultural studies taught from a Catholic perspective.

As Sweden’s only Catholic college, the Institute offers a unique learning experience. The Swedish context shapes students’ encounters with theology and philosophy, bringing them face-to-face with issues like ecumenism, secularism, the relevance of religion in a prospering society, the relationship between science and religion, and the relationship between Church and state. At the same time, the diverse cultures and nationalities represented in the faculty and students at the Institute create a stimulating international milieu.

The Nations
One special aspect of Uppsala student life is the Uppsala University’s social clubs, the so-called nations. Originally the nations were named after each region in Sweden, and students became a member of the nation that represented the region from which they came, but nowadays there is no requirement for being a member nor restriction on which nation you join.

Every nation has a profile of what kinds of student activities they prioritize most, even though they all offer almost the same things. Different profiles are: nightclubs, sports activities, housing, balls and restaurants. All nations offer meals and activities at student-friendly prices.

While you are a student at the Newman Institute, you have the right to be a member of a nation of your choice. When you are a member of one nation you have access to all other nations’ activities. A membership costs 250 kr and is not included in your fee to the Newman Institute.

Housing
For the fall semester you have been given your first choice for housing. When you get to Sweden you will have more information about your housing, where to cook, do laundry etc. You are responsible for cleaning your own room and common areas.
Communication with home and in Sweden

Usually it is quite expensive to use your American cell phone plan for calling to the USA from Sweden and also for calling within Sweden. Make sure that you contact your cell phone provider before you go, so you know what the terms are for calling while abroad. It is strongly recommended that you buy a Swedish SIM card for your stay here, so that you easily can get in contact with people in Sweden. There is a cell phone provider named “Comviq” that offer great deals for students, and we will provide more details upon your arrival. For calling to the USA we recommend you to use an internet based program (like Skype or the like).

WIFI

You will able to connect to free WIFI at the Newman Institute, in student rooms, as well as in Länna. In Sweden, restaurants and coffee shops also usually offer free WIFI-connections.

Time difference

From Chicago to Sweden there is usually a time difference of seven hours. Sweden change to “winter time” on the 25th of October each year (clocks are set back one hour).

ACADEMIC SYSTEM

Registration for courses

You need to register for your optional courses, if you haven’t already done so. (The deadline for application is the 30th of May). Please register at www.newman.se/application-for-fall-2015-ies-in-sweden

Final enrollment is on the 31st of August.

Required books

For each course you take you will have a literature list of required books. During your stay abroad you can borrow all literature without cost. If you would like to buy your own books, you can order them in Sweden or in the U.S before you go.

Exam policies

Make sure that you plan your studying and that you read all literature in time. Each class has an exam, as you can see in the attached schedule. If you fail your exams for any reason, you and your teacher will discuss what you need to do to pass the course.

Grades

Your grades will be converted to the same grading system used in the U.S.
EXCURSIONS AND ACTIVITIES

Excursions
During your stay, three main trips will be included in your tuition, a trip to Berlin, the Swedish mountains and Tallin. All these trips complement your lectures on how European countries work with climate change questions, as well as offering you a chance to do sightseeing. In Berlin, you will visit the German Bundestag (parliament) and have a tour of the historic city. The trip to Tallin will show you a view of the Swedish archipelago as well as sightseeing in Tallin. In the Swedish mountains you will be offered a great nature experience. In all of these cities you will also have the opportunity to experience culture and food typical for these regions.

In addition to these three larger trips, you will also be invited to go on smaller excursions, which also are included in your fee. You will explore Uppsala, Stockholm and the wider surroundings.

Forest and other outdoor activities
Forest industry and outdoor activities are a big part of understanding how Sweden has been so successful in climate change work. The forest industry has been largely profitable for Sweden economically, and during your time as an exchange student you will take part in some forest activities to better understand this industry. In September you will have a themeweek centered on forest industry. During this week you will learn all about work in the forest industry, what kind of trees tolerate the Swedish climate, and how to recognize ages of trees, etc. Also you will be taken on outdoor excursions like hiking and kayaking.

Work at Erikshjälpen Second Hand
Sweden has been very successful in managing waste, with extensive recycling programs in most communities. One aspect of successful recycling that has become increasingly popular throughout the country is second-hand stores. The Newman Institute is a cooperating partner with one such second-hand establishment in Uppsala, called Erikshjälpen Second Hand. You will have the opportunity to get involved in the work at the store during your semester in Uppsala, a place where you will be able to witness Swedish culture, meet people of all ages and backgrounds, and practice the Swedish language!

Erikshjälpen is a non-profit organization with 60 different locations around Sweden, and in which profits benefit children in need around the world.
FINANCES

Banking and transfer of funds
In Sweden you can pay with a credit card almost everywhere, while cash is usually used to pay for small amounts. We recommend that you check with your bank what the fees are for paying with a credit card and for cash withdrawals at ATMs. We do not recommend that you open a Swedish bank account as you only will be in Sweden for five months, but if you would like to we’ll help you out with that.

The Swedish currency is “Krona” and in Germany the currency is “Euro”. There are plenty of ATM’s in the city center of Uppsala.

Cost of living in Sweden
Housing, excursions and a buscard are all included in our fee. That means that most of your expenses are covered for your stay in Sweden, but not all of them. It is difficult to estimate how much extra money you will need for your stay, since personal spending habits vary. If you travel a lot, eat out often at restaurants and shop a lot, your expenses will of course be considerably higher then for a frugal student.

Remember that you need to pay for your own food, which compared to the US is quite expensive. Generally meat and fish are expensive, but potatoes and pasta are fairly cheap. If you are staying at Länna you will have the opportunity to grow your own vegetables and eggs. If you like to eat at restaurants it is much less expensive to eat at the nations compared to regular restaurants. A normal monthly cost for food prepared at home amounts to approximately 270 USD. We recommend you to create a budget for your expenses.

Working
If you will be taking part in all of the planned excursions organized by the Newman Institute, your schedule will be quite busy. Therefore we do not recommend you to get a job in Sweden to earn extra money. If you do plan to try to work, be sure to check that your student visa allows for part-time work.
SUGGESTED WEBSITES

The Newman Institute
www.newman.se/eng

Information about Sweden
www.sweden.se
www.visitsweden.com/sweden
www.youtube.com/watch?v=gYFZnVikqog
www.youtube.com/watch?v=mLAMPEFuE-E

Tourist guides
www.destinationuppsala.se/en
www.visitstockholm.com/en

Erikshälpen Second hand
www.erikshjalpen.se/english/about-us

The nations
www.uppsalastudent.com/nationsguiden

Public transportation
www.ul.se/en

Currency exchange rates
www.xe.com

CONTACT

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