

## Best time of your life in Sweden

I studied at the Örebro University in Sweden and in Örebro off course. If you ask me how to pronounce this beautiful and cute city, I still can't explain it to you. The Swedish language is really difficult if we talk about pronunciation. I studied here one semester from August 2016 to January 2017.



### Preparation

When I got the mail that I was going to study in Sweden, I was really happy and then the preparation starts. I was quite lucky with this university, because the preparation is easy. You need to sign up officially online. When you do this, there is an option for housing. I would really recommend this, because it is really easy and you will get a nice and payable room. When everything is confirmed with the university in Sweden, it is time to book your flight ticket. So then you only have to check some things in the Netherlands. Make sure you arrange everything with DUO, the public transport card and your health care insurance. At least please don't forget a credit card! In Sweden almost everything goes with card and for sure you will need it on some website. For example if you book your train or bus to Örebro. I always went by train, but the bus is cheaper sometimes. For the train it is really worth it to buy your tickets long in advance or within 24 hours before departure, because the prices are lower then.

### Arrival

My brother and I flew to Stockholm and we were being a tourist there for a few days. It is a lovely city so I really recommend going there for a few days. My brother also could help me with all my luggage. A good reason to take someone to your exchange destination and to make your first days really easy. ESN (international student association) organise two arrival days where they make it you really easy to arrive. It is also the start of a month long introduction period. So on the first day I decided to go by train to Örebro. When I arrived, they brought me to my room. It was in a corridor with seven other people, but you only share a kitchen and living room. So I had my own bathroom. The room was complete with all the basic furniture, but you have to decorate it yourself. It is smart to take a sleeping bag with you for the first nights. In some of the first days of the orientation programme they organise a trip to IKEA, so you can buy everything you need. The first night ESN organised a hamburger night to start the introduction. Immediately I met a lot of people and made my friends for the rest of the semester. Also I met a girl in my corridor from Hungary, so I always had a door to knock on. In the rest of the orientation they give you all the information about the university

and Sweden, they showed us the city, organised parties and a lot of exciting activities. If you take part in this programme your exchange will start with an unforgettable month.

### **Courses**

The university works with blocks of five weeks, so every course is 7.5 ECTS. It was not that easy to find courses I like and also in the good weeks. That was a really puzzle for me. However, I found four courses. Two of them had some double weeks so I hoped that wasn't a problem. Now I can say that that is totally fine, because most courses don't have an attendance. For the economic courses I did 'Strategic Decisions' and 'Industrial Organisation'. 'Strategic decisions' was more difficult than 'Industrial Organisation', but still it was not too difficult. These classes had only 20 people and 2 or 3 international people. For this reason in the beginning the teacher wanted to start the class in Swedish, but if you remembered that there were internationals he switched really quick to English. 'Strategic Decisions' was an exception with 8 ECTS. The other two courses I followed were 'Development Psychology' and 'Swedish Politics and Policy'. Despite the fact that these courses were totally new for me, I taught it was quite easy. By 'Development Psychology' we needed to write an essay with other students, also there was a written exam. The Swedish politics course had also an individual essay and a small presentation. Every lecture there was a different teacher about a topic what was really nice.

### **Finances**

Probably you will know that Sweden is an expensive country. However there is one thing what is really expensive and that is alcohol. The university gives the table below for the cost of living per month. I think this is about true. I always divided the Swedish crowns by 10. It is the easiest way and approximately true.

Food	2.300 SEK
Student housing	3.300 SEK (average, price can vary. Rent is paid on semester basis.)
Hygiene	500 SEK
Clothing	600 SEK
Leisure	500 SEK
Cell phone	150 SEK
Course literature	750 SEK
Local travel	300 SEK
Total	8.400 SEK

I would really recommend buying a bike. It is really easy to go everywhere by bike in Örebro and you can save some money on the bus. Also it is good to save some extra money so you can take some amazing trips.

### **Daily life**

The daily life in Sweden is great. In the introduction I made a lot of friends, most international but also some Swedish. Everyone lived on or really close to the campus, so it is perfect to meet and hang out. There is also a club/café/pub on campus. Every



Thursday there is Timebeer where you can drink 'cheap' beer and on Friday it is a really nice club.

Sweden is a lovely country so I really recommend travelling within Sweden, but also whole Scandinavian. With some friend I went to Stockholm, Malmö, Gothenburg, Copenhagen, Oslo. Travelling is the best way to make friends for a lifetime. I also went to Helsinki, St. Petersburg and Lapland with ESN what was an amazing way to meet more international people. The trip you definitely should do is Lapland! It is beautiful, you are able to see the northern lights, riding snow mobiles and sitting on a dog sledge.

'Fika' is really important in Sweden. They love to do it all day and everyday. Basically it is a coffee moment with something sweet. But to be honest a lot of times we did it instead of diner as well. One of the favourites of the Swedish people is the cinnamon roll; they even have a special day for it.

I hope your exchange is at least going to be that good as mine and if you have any questions feel free to contact me, [louise.ebskamp@kabelfoon.net](mailto:louise.ebskamp@kabelfoon.net).

**Tack!**

Louise



