



UNIVERSITY  
OF BORÅS



**Handbook for international students  
at the University of Borås**



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## International Office

**Preparing for your studies in Sweden is certainly an exciting and somewhat anxious time for you. As we are aware, you probably have many questions about what it is like to move to Sweden as an international student.**

Thus we have prepared this handbook to guide you through the basic information you need to know to prepare for your trip. Every year a number of students are not able to study as planned because of misunderstandings about the starting date of the programme, residence permits, and other issues such as accommodation and health insurance problems. Therefore you should carefully read through the information we have prepared for new students.

Please pay special attention to the section titled “Before arrival” and our website: **[hb.se/admittedstudent](https://hb.se/admittedstudent)**

If you have any questions you should feel free to contact International Office and we will do our best to help you.

**Contact information:** Phone: +46 33-435 4488 or e-mail: [internationalstudent@hb.se](mailto:internationalstudent@hb.se)

# Welcome and thank you for choosing the University of Borås

Choosing a university might be one of the most important decisions you ever have to make and choosing a university in a foreign country doesn't make the decision any easier. You have made a good choice. The University of Borås is an exciting and modern university with academic programmes that attract students from all parts of Sweden and the world.

We are known for our unique studies and our cooperation with the surrounding society. We work closely with external partners in both the private and public sector, and several of our lecturers have a background in industry. This leads to a high level of quality in our education, with contents that are relevant and adapted to the needs of the work place.

Studying at the university doesn't only give you the knowledge and skills necessary for pursuing the career of your dreams, but develops your critical thinking and gives you better understanding of the world around you, which will impact your personal development.

When studying abroad you will meet people from many different parts of the world and learn a lot of things about others and about yourself and make friends for life.

I hope that you will be happy with your studies and stay in Borås. We will do our very best to make sure that you will be satisfied. A warm welcome and good luck!

Björn Brorström  
*Vice-Chancellor*





# Welcome to us!

## About the University

The University of Borås is a modern university located in south-west Sweden approximately 60 kilometres east of Gothenburg, Sweden's second largest city. The University was founded in 1977, but its origins can be traced back much further than that. The foundation was laid already in 1866 when the Technical Weaving School was created. It later became the Textile Institute and in 1982 it was incorporated into the newly founded University of Borås and renamed the Swedish School of Textiles.

Other important pieces of the foundation were laid in 1940, 1966 and 1972 when the Nursing School of West Sweden, the

pre-school teacher training school and the School of Library Science were established in the city of Borås.

## Three faculties

Today the University consists of three faculties:

- Faculty of Textiles, Engineering and Business
- Faculty of Caring Science, Work Life and Social Welfare
- Faculty of Librarianship, Information, Education and IT

The University offers a wide range of academic programmes and courses. Some are unique to the University of Borås

and thus attract students from all parts of Sweden and the world. The University of Borås is a dynamic and multi-cultural place of learning.

The University of Borås is given the right to award doctoral degrees in four areas: Library and Information Science, The Human Perspective in Care, Resource Recovery and Textiles and Fashion.

The total number of students is nearly 13,000 (including both undergraduate and postgraduate students). The campus is located in modern, purpose built buildings in the city centre within walking distance of local amenities such as shops, restaurants, banks, supermarkets and the main bus and train stations.



Public transportation in Borås is both safe and efficient and as a result many students choose to live in the surrounding region and commute to the University.

The University's motto is "Science for the Professions". The motto was chosen because the University strongly believes in giving the students knowledge and skills which they will be able to use in their working life. The goal is to provide the students with a high quality education and the skills necessary for pursuing the career of their dreams. To make sure that the students get the best possible education, several of the lecturers have a background in industry. The University also works closely with external partners in both the private and public sector, and

encourages the students to do work placements while studying at the University of Borås. The University's approach to teaching and learning is not only highly appreciated by the students, but surveys show that it also makes the students more attractive on the job market and increases employability.

## Facts and figures about the University

### Figures for 2016

Number of full-time students: 5,655

Number of employees: 738

Number of doctoral students: 57

Number of incoming exchange students: 210

Number of outgoing exchange students: 220

Number of degrees conferred: 1,950

# Before arrival

## Insurance

All incoming students to the University of Borås are covered by a health insurance either through the University, Swedish social insurance or European social insurance. Even if you are not required to have a private health insurance there are some things that the social insurances or the university's insurances do not cover. Therefore it is recommended to check if you need to obtain an additional insurance yourself. All students, except fee-paying students, should sign a private insurance that covers property or losses from for example theft.

Students from the EU/EEA should register for a European Health Insurance Card from their Social Insurance office. It will grant you health care on the same terms as Swedish citizens, if the treatment becomes necessary during your stay in Sweden.

Exchange students from partner universities outside the EU/EEA are covered by a health insurance plan from the University of Borås. It grants you free medical treatment if the treatment becomes necessary during your stay in Sweden.

Masters students admitted to a 2-year programme who are staying in Sweden more than 365 days can register for a Swedish personal identity number that gives them the right to the same free health care as Swedish citizens. Note that this right only exists after having received the number.

Master students from a country outside the EU/EEA admitted to a 1-year programme are staying in Sweden less than 365 days and can therefore not register for a Swedish personal identity number. The University of Borås has signed "the Swedish State's Insurance for Fee-Paying Students with property cover", for those students. Swedish Institute scholarship holders are insured by an insurance signed by the Swedish Institute.

For more information: [hb.se/insurance](https://hb.se/insurance)

## Residence permit

If you are a citizen of any other country than an EU/EEA country you need to apply for a residence permit. The permits for degree seeking students are granted by the Swedish Migration Board. For exchange students the embassy in most countries has the authority to take the decision

directly. You are required to have the permit before you move to Sweden.

## Important points to remember when applying

1. Obtaining a residence permit can be a lengthy process. We recommend exchange students to apply as soon as possible once you are admitted, at least 12 weeks before you plan on coming to Sweden. Fee-paying students on the other hand are recommended to apply for residence permit after you have received your tuition fee payment confirmation from the University of Borås.

2. You must prove to the Swedish Migration Board that you will have a guaranteed sum of money at your disposal throughout the entire period of your studies. The Migration Board sets the amount, currently 8,064 SEK per month for ten months out of each year of your studies. Note that the money has to be on your personal bank account.

3. Make sure to include all the necessary documents when applying for your residence permit. You can see what documents you need to enclose on the website of the Swedish Migration Board. If you do not include all documents in your

original application you will be moved to the back of the queue. This delay can mean you do not receive your permit in time for your studies.

Keep in mind that some students need to include proof of health insurance when applying for the residence permit. View the health insurance section for details.

### **How to apply**

Detailed information on how to apply is available at [migrationsverket.se](https://migrationsverket.se).

Click on Studying in Sweden and then on University or College to find out more about the requirements and the application process.

### **Where to apply**

You apply for a permit at a Swedish embassy or a Swedish consulate in your home country in which you are a permanent resident. Addresses of embassies and consulates can be found at [ud.se](https://ud.se). Citizens of some countries can submit a first time application for residence permit for studies online at the Swedish Migration Board's website.

### **Extension of residence permit**

An application for an extension of your residence permit can be submitted online via the Migration Board website. You must apply for an extension before your current residence permit expires.

### **EU/EEA citizens**

If you are a student from an EU/EEA country, then you have the right to reside in Sweden. Therefore you do not need to apply for a residence permit and

no further registration with the migration board is required.

## **Plane tickets and arrival information**

In this section you can find information about arriving in Sweden and how to find your way from the airport to Borås. You can find detailed instructions on our website on how to buy a bus ticket and how to find your way to your accommodation:

### **[hb.se/arrival-information](https://hb.se/arrival-information)**

Borås is located 60 km directly east of Göteborg. If you are flying you will arrive at Göteborg Landvetter Airport. We recommend purchasing plane tickets early as flights usually are cheaper the earlier you book them.

It can be a good idea to arrive in Borås before the Orientations Days begin to give yourself some time to acquaint yourself with the city. This applies especially to students who have not yet arranged for accommodation.

### **Arriving to Göteborg at Landvetter Airport**

Göteborg Landvetter Airport is located halfway between Borås and Gothenburg. This is the main airport in Western Sweden. The easiest way of getting from Landvetter airport to Borås is by bus or by taxi.

By bus: Option 1. take Swebus directly to Borås (only a few departures every day, costs about 90 SEK). Option 2. Take the

airport buss (flygbussarna) to Gothenburg Korsvägen or Nils Ericson Terminalen, and change to bus 100 direction Borås (frequent departures, costs about 170 SEK all together).

By taxi: A taxi ride from the airport to Borås takes approximately 30 minutes (costs about 700 SEK, it is good to order a taxi in advance).

For detailed instructions:  
**[hb.se/arrival-information](https://hb.se/arrival-information)**

### **Arriving in Göteborg**

From the central station in Göteborg you can either take a bus (number 100) or train to get to Borås. The bus or train ride to Borås from the central station will take approximately one hour and costs about 115 SEK. Make sure to buy your ticket before you get on the bus or the train, as this will make the trip much cheaper. Bus 100 departures from Göteborg to Borås more frequently than the train and is also slightly faster.

### **Finding your way to student accommodation (AB Bostäder accommodation only)**

Students who book their accommodation with AB Bostäder usually pick up their keys at Scandic Plaza Hotel at Allégatan 3 in the City center of Borås. Students need to inform their landlord at least one week in advance in case they want to pick up the keys at the hotel. From Borås central station/Resecentrum it's a 10 minutes walk. If you want to get to Distansgatan, take bus number 1 towards Hässleholmen to the bus stop called "Fjärdingskolan". The bus departures from the bus square, called Södra Torget, and the bus ride takes about 13 minutes.

The student apartments at Viskastrands-  
gatan, Norrby Tvärgata, Skaraborgsvägen  
and Järnvägs-gatan are closely located to  
the University campus. See the last page  
for a city map.

### **Taxi telephone numbers**

Taxi Borås AB: +46 (0)33-12 70 70

TaxiKurir Borås: +46 (0)33-12 13 14

### **Welcome Service**

During a few days before the start of the semester there will be current students present at Göteborg Landvetter Airport and Borås central station/Resecentrum to welcome and guide new students to their accommodation. For more information and for the registration:

**hb.se/arrival-information**

## **Accommodation**

The University of Borås does not have a campus with student accommodation but the University cooperates closely with Borås' largest student accommodation agency, and informs them about admitted students. All students are expected to book their own accommodation and the earlier you start searching, the more likely you are to get a suitable room or apartment. Please note that if you have not found a place to live before you arrive in Borås, you should be prepared to spend time in a hostel or other short-term accommodation before finding a permanent residence.

The largest student accommodation agency, AB Bostäder, offers three types of student accommodation which can be furnished or unfurnished: Apartment, room in hall of residence or room in student apartment where you share kitchen and bathroom with other students of both sexes. The rent for a furnished room in hall of residence ranges between 1,600–4,500 SEK per month. For a furnished room in a student apartment the rent ranges between 2,700–4,400 SEK per month. The rent for an unfurnished student apartment ranges between 3,700–4,900 SEK per month. The unfurnished student apartments are newly renovated and have a higher standard than the furnished student rooms.

The monthly rent for a student accommodation in Borås in general is around 3,500–4,500 SEK per month.

Visit our website **hb.se/accomodation** for more detailed information on finding accommodation in Borås.

### **Youth hostels/hotels within the Borås area**

If you arrive in Borås without accommodation you can stay at one of the following hostels/hotels. Remember to book a room at a hostel/hotel prior to your arrival, if you have not yet found long term accommodation. More tips on temporary accommodation can be found on our website.

STF's youth hostel (Campinggatan 25)  
+46 (0)33-353 280  
**borascamping.com**

Hotell Sköna Nätter (Vendelbergsgatan 42)  
+46 (0)33-100 110  
**hotellskonanatter.se**

Centrum Turistlogi (Nygatan 4A)  
+ 46 (0)33-419 246  
**cent-rum.se**



# Meet our international students



## What was going through your mind when you arrived here?

– When you go to another country to do an interchange you need to have an open mind, because you are entering a different culture and have to accept things that you are not used to. Thanks to that thought, I didn't feel uncomfortable when I arrived here.

Everything was new and ready to be explored and shared. Swedes have a lot of traditions and one of them is fika, a coffee break to eat something sweet, and without doubt I will continue doing that in Brazil.

*Nicholas Felipe Jeworowski Klock, Brazil*



## What do you remember from your first day in Sweden?

– I talk about my first day every once in a while with my friends, mostly about how we ended up meeting each other. I remember a story told us about how Swedish people are all equal and that they are shy when it comes to speaking English. That

was really fun, because then you have kind of an impression of the Swedes, even though it was not always correct. My favourite part was the tour through the university where everyone lined up holding a rope. We had a lot of fun and I met some of my closest friends there.

*Robin Temmink, Netherlands*

## What's been your most valuable experience?

–I think the most important thing will be English as a language. When I arrived it was really difficult for me to take part in discussions. I know that my English still isn't perfect but now I can have a real discussion in English and be understood. I think that going abroad is the best decision that I ever have taken. I've learned so much during this time and if I only have one advice for students who are a bit afraid to make an exchange semester, it will be: Don't hesitate anymore, just apply! You will learn so much more abroad than if you stay at your own university, regardless of the country.

*Pauline Verdelle, France*



## What do you think about the University of Borås?

Cosy – I always felt accepted and relaxed while studying in here. The facilities are made with thought of the students and the people working here are there for you.

Supportive – whether I needed extra help with presentation skills or voice coaching, advice about career

or just a simple advice from a lecturer, I always knew where to go

and whom to ask. Modern – the university provides modern and stimulating environment that is there for you to use and help you in your journey to knowledge-enriching.

*Nelly Khmilkovska, Ukraine and UK*



# Getting settled

## Registration at the University

Before your semester at the University starts you must create a student account and register for your courses. The registration should be done online within the given time span, before your arrival to Borås. Information on the registration process is sent out one month before the semester starts.

## Orientation days for international students

The orientation days right before the start of the semester should be attended by all new international students as it is the best chance for you to receive information about studying in Borås and to meet your fellow students. At the orientation days you will meet many key persons at the University and you will also receive a welcome package with useful information.

During the week before the start of the semester as well as the first one-two weeks of the semester you will get the chance to engage in social activities to introduce you to the University and the City of Borås organised by the local student union.

The activities could for example be city tours, sports tournaments, welcome dinner and a visit to the famous Borås Zoo.

## University Identification Number and user ID

When you register at the University you will receive a University Identification Number (UIN) which consists of your birth date, followed by a letter and then three random numbers, for example 880527-T281. The UIN often starts with the letter T and is therefore sometimes called a “T-number”. You use this number to identify yourself at the University, for example when you register for exams or request a study transcript. Don’t confuse this number with a Swedish Personal Identity Number.

If you receive a Swedish Personal Identity Number you should exchange the UIN for this number. When you register you also receive a user ID, sometimes called a student ID, which starts with an S followed by the year you started your studies and four random numbers, for example S118692. You use the user ID for logging in to all the web services.

## Swedish personal identity number

In Sweden all citizens have a personal identity number, “personnummer”. This number is used as a way of identifying yourself in all official transactions, at the hospital, bank, obtaining an ID card, etc. It also grants you free health care.

If you intend to stay in Sweden for more than a year then you should register for a personal identity number at the local tax office (“Skatteverket”). You will then receive a number which consists of ten digits: your year, month, and date of birth, plus four extra digits. If you were born 17 March 1985, then your number could look like this: 850317-4361.

## Who can receive a Swedish personal identity number?

Only students who have a residence permit lasting longer than 12 months or EU citizens intending to stay longer than 12 months can apply for a Swedish personal identity number. The length of the residence permit is based on the length of the programme you are admitted to. 1-year MSc programme students are not eligible for this number as their residence permits normally lasts 10 months or less.

To apply for the number you should bring your passport, residence permit, registration papers from the University showing how long your studies will last, and a marriage certificate if you are married.

### **Skatteverket**

Address: Torggatan 23

Visiting hours: Mon-Fri: 10:00-16:00

Telephone: 0771-567 567

## **Bank account**

### **Opening a bank account**

To open a bank account in Sweden you should be prepared to bring with you the following:

- Passport.
- Letter of admission or registration papers from the University showing how long your studies will last (they should be stamped and signed by the University. The Student Reception can help you with this).
- Proof of your address (a copy of your rental contract or a receipt from an invoice will work).
- If you have registered for a Swedish personal identity number then you should bring a recent copy (no more than 2 weeks old) of a “personbevis”. A “personbevis” is a paper showing your personal identity number. It can be acquired by either ordering one over the telephone 020-567 000, or by visiting the local tax office (Skatteverket). Note that some banks require that you have a Swedish personal identity number in order to open a bank account.

Information about different banks, their offers and requirements:

**hb.se/bank-account**

## **ID cards**

Swedish ID's are only granted to students who have a Swedish personal identity number.

You can apply for an ID card at the tax office in Borås, but you need to pick up the card at the tax office in Gothenburg (Östra Hamngatan 16, in the shopping centre called Nordstan). You need to bring your passport and a receipt showing that you have paid the application fee of 400 SEK.

More information about how to get an ID card can be found at **skatteverket.se**. Click on Other Languages in the upper right corner.

The University does not provide students with student identity cards. But if you become a member of the Student Union you will receive a student card (sometimes called “mecenatkort” in Swedish) in the regular mail a couple of weeks after you have become a member, which gives you the right to many student discounts.

## **Working in Sweden**

International students are allowed to work for the duration of their residence permit. Full-time studies require 40 hours of work a week and are difficult to combine with part-time work. Please note that opportunities for part-time work in Sweden are limited and that most jobs require knowledge of Swedish, so students should not plan on finding a job to support themselves financially.

To work you should have a Swedish

personal identity number, or if you do not qualify for this number you should request a different registration number from the tax office, called a coordination number, or “samordningsnummer” in Swedish. You can receive the number from the tax office at Torggatan 23. Note that you cannot apply for a coordination number unless you have got an employment.

The University cannot offer or assist students in finding part-time jobs or employment after graduation. But Career Services offer career planning and guidance especially designed for international students, as well as help with writing CVs and cover letters.

International students have the right to apply for a work permit in Sweden after graduation provided they have a job offer that pays enough to support themselves and fulfills a few other requirements. When students who have completed their studies (at least 2 semesters) in Sweden can apply for a residence permit to seek employment or to examine the possibilities of starting their own business in Sweden.

You will find more information on our website: **hb.se/working-in-sweden**



# Academic information

## Academic calendar

On our website [hb.se/important-dates](http://hb.se/important-dates) you can find the approximate starting dates and ending dates of the semesters. The academic year is divided into study periods as follows:

### Autumn semester

Period 1:

end of August – end of October

Period 2:

end of October – middle of January

### Spring semester

Period 3:

middle of January – beginning/end of March

Period 4:

middle/end of March – beginning of June

## Study credits

The academic year in Sweden is divided into two semesters. Each semester covers 20 weeks of full time studies, 1 week equals 1,5 academic credits. Hence, a full-time student studies courses amounting to 30 credits each semester. One academic credit equals 1 ECTS credit (European Credit Transfer System). A course is usually worth 7,5 or 15 academic credits and can be of different levels.

## Grading system

The grading system at the University varies depending upon your department. At the University of Borås we use the following grading scales:

- a two level scale of Fail or Pass
- a three level scale of Fail, Pass, and Pass with distinction
- a four level scale: fail, 3, 4, 5 where 5 is the highest grade
- the European wide scale - ECTS, Excellent (A), Very good (B), Good (C), Satisfactory (D) or Sufficient (E).

## Degrees

The University of Borås offers several degree programmes in English.

Individual academic institutions outside of Sweden set their own policy on how to translate Swedish degrees. In all cases we are aware of that, Sweden's reputation as a first-rate education destination has meant degrees awarded in Sweden are given very generous recognition by institutions

elsewhere. However, if you have plans to continue your education at a specific university, you may want to check beforehand how they translate a Swedish degree.

When you have completed a programme you will not automatically receive a degree and a diploma. You will need to apply for it on a designated form at the degree certification office at the University. If you have any questions, please contact the degree certification office:

E-mail: [degree@hb.se](mailto:degree@hb.se)

Phone: +46 33 435 43 50

## Scholarships

The University of Borås does not have any scholarships for incoming exchange students, only scholarships for a few students required to pay tuition fees.

For more information on scholarships:

[studyinsweden.se/scholarships](http://studyinsweden.se/scholarships) or [scholarshipportal.eu](http://scholarshipportal.eu)

## Examination

An examination is an important event for every individual student and must therefore be guarded by very definite rules and regulations in order to ensure security for the student and thereby also assure every individual a fair assessment. It is important that you take part of the rules and regulations for exams at the University of Borås.

The rules and regulations are concerned primarily with personal identification, examination times, examination aids and the consequences of possible cheating.

The examinee is required to follow these examination rules and regulations absolutely and must obey instructions given by the invigilator for the entire duration of the examination.

Read the rules and regulations carefully at the University of Borås website:

[hb.se/exam](http://hb.se/exam)

### Registering for exams

Please note that students must register for all exams no later than seven (7) days prior to the exam. Registrations are made online at Ladokportalen

[ladokportalen.hb.se](http://ladokportalen.hb.se)

If you have any questions please contact

[studentexpeditionen@hb.se](mailto:studentexpeditionen@hb.se)

A student who registers after the final date of registration, may only sit for the examination providing that there are seats available in the examination room.

## Doctoral student positions

In Sweden positions as doctoral students (PhD students) are employments, which means that you can only apply when an open position exists. Doctoral student positions at the University of Borås are announced continuously although a more condensed announcement of doctoral student positions is presented in March and October. All vacancies are announced under Job Vacancies at the University of Borås website. More information:

[hb.se/doctoral-student](http://hb.se/doctoral-student)



# University services

## Student Reception

The Student Reception is the main service point for students and can help with the following tasks:

- Questions regarding exams.
- Basic study transcripts and grades (transcripts or documents where the University needs to write specific information should still be collected from the student expedition at your faculty).
- Handing out of completed exams.
- Supplying information material and forms.
- Basic computer support.
- Basic student administrative issues.

It is located on third floor in the B-corridor in the main university building.

## International Office

The International Office is located on the same floor as the Student Reception. The international coordinators can help you with information about living and studying in Sweden and Borås, for example about university regulations, admission for exchange studies, and about Swedish authorities, procedures and regulations. They can also help with issuing some types of certificates.

## Student Support

Student Support offers services, counselling and support to all students at the University with the goal of assisting you in your studies and contributing to your wellbeing during the study period.

Student Support includes the following:

- Math support
- Career services
- Computer support
- Language support
- Reading and Writing disabilities/ Dyslexia support
- English language support
- Swedish language support
- Study counsellors
- Student ombudsman
- Student nurse
- Social counsellor
- Student priest

## IT-support

If you are facing technical problems concerning your computer account, network, computers at the University or access to software you can contact the IT Department for support.

The service desk of the IT Department is situated on 3rd floor in the B-corridor next to the Student Reception. You can contact the IT department via e-mail: **campusservice@hb.se** Opening hours: Monday, Wednesday, Thursday 08:00-16:30, Tuesday: 08:00-16:30, closed for meeting: 13:00-14:00.

For questions regarding password or username to your computer account, questions regarding software, CD burners, scanners, printers etc, you can also ask the staff at the library information points.

## Student Union

The Student Union is a student run organisation with the purpose to safeguard students' interests in matters connected with education and student life. Every faculty at the University has their own section of the Student Union. Becoming a member of the Student Union is optional.

The membership costs 200 SEK for one year or 150 SEK for one semester. There are also many activities associated with the Student Union. In the beginning of each semester the Student Union arranges and introduction with social activities such as welcome dinners and pool parties for new students.

Visit the Student Union website **studentkareniboras.se** to become a member or to find out more. Contact the Student Union by sending an e-mail to **info@sib.hb.se**.

## Erasmus Student Network

Erasmus Student Network (ESN) Borås is a student group at the University of Borås which organizes social events and activities such as dinners, trips, sport activities and parties. Both international and Swedish students are welcome to join.

For more information on ESN visit the ESN website **esnboras.org**

## Language courses

The University of Borås offers exchange students an intensive Swedish language course for beginners called Swedish as a foreign language. The course consists of two parts, one beginner part and one continuation part.

The purpose of the course is to supply students with the basic knowledge and skills in the Swedish language as well as a certain acquaintance with Swedish society and culture. The course emphasises spoken Swedish in everyday situations and you will learn useful vocabulary for surviving in Sweden to ease your transition to the country.

Read more: **hb.se/swedishforstudents**

## Library

The Library is a state of the art library with over 800 working places, 29 study rooms for students on a total of six floors, and is manned with friendly employees who are always happy to assist students. The building itself is equipped with wireless internet access and has more than 220 computers available for students.





# Sweden

## Sweden in brief

Sweden is one of Europe's largest countries by area with its 450 000 square kilometres, situated in northern Europe. Sweden is a modern Nordic country that is known for its welfare system, its high level of equality between men and women and of course, companies like Volvo, Ikea, Ericsson, H&M and SKF. Sweden has a population of 9.6 million and is a constitutional monarchy with a parliamentary form of government. Sweden is also a member of the European Union since January 1995, but does not use the common currency, Euro, but the Swedish Crown (SEK).

## Language

The official language in Sweden is Swedish, but English is taught as a second language in school and most Swedes can speak and understand English very well. Swedish is a Germanic language and uses the standard Latin alphabet plus three additional letters, å, ä, ö. Many foreigners remark that spoken Swedish sounds very sing-songish or melodic.

## Swedes

Swedes, like all other cultures, have a number of stereotypes commonly associ-

ated with them. Swedes are organised, well-educated people who feel equally at home shopping on a busy city street as they would be in their cottage in the middle of a forest. Swedes are often characterised as being shy, stylish and modest people. Historically Sweden is known for its neutrality, and perhaps this can explain why many foreigners feel that Swedish people tend to avoid open conflicts and debates.

According to the stereotype, Swedes also have an inherently close relationship to nature despite being in a very modern and sophisticated civilization. This attachment to nature can perhaps be best understood by remembering that only a few generations ago Sweden was a very rural country as opposed to many other European countries.

There is a unique Swedish word, lagom, which may give the best insight into the Swedish psyche. The word is difficult to translate into other languages, but can be best described as meaning "not too much, not too little, but just right". Perhaps you can find out for yourself exactly what you think this word means.

## Climate and surroundings

The Swedish climate is not as cold as one first would assume. Due to the presence of the Gulf Stream in the Atlantic, temperatures can reach around 30 degrees C during summertime (about 85 degrees F), although winters usually bring snow and much colder weather, especially in the northern parts of Sweden. Sweden is also the home of the legendary northern midnight sun and tourist attractions such as the Ice Hotel in Jukkasjärvi and many lakes and natural reservoirs as well as a beautiful and wild archipelago. The Swedish summers are very light and the winters very dark.

## Higher education

Higher education in Sweden has a long history of excellence in academia and research. Sweden is the home of the prestigious Nobel prize, many successful inventions, and has universities dating back to the 15th century. Swedish universities have an open climate and relations between students and teachers are informal. The education system is student centric and has a focus on cooperation and group work. Independent and critical thinking

as well as personal initiative are encouraged in order for the students to develop a true understanding for the subjects they are studying.

## Equality between men and women

One of the main principles of Sweden is that men and women are equal and should be economically independent of each other. Other important ambitions are that men and women should share responsibility for raising children. Sweden has the world's most generous parental leave system that allows parents to be home with their children for up to 16 months with pay. Some of these months are even mandatory for the father to take.

It is also important to note that women and men's opinions and employment positions should not be affected by their gender. It is normal for women in Sweden to be in positions of power and their opinions are valued equally with men's.

## Cost of living in Sweden

The costs of living in Sweden for a student are judged by the Swedish Migration Board to be 8,064 SEK/month. When applying for a residence permit you need to show that you have that amount of money for each month you plan on studying in Sweden.

## Living in Sweden A-Ö

On our website [hb.se/living-in-sweden](http://hb.se/living-in-sweden) you can find detailed information on how to find health care, how to open a bank

account, buy a bus ticket and about working in Sweden.

### Alcohol

Alcohol can only be bought at the government owned wine and liquor monopoly called Systembolaget. Systembolaget is generally closed during evenings, Saturday afternoons and Sundays. The age limit for buying alcoholic beverages from the Systembolaget is 20, and 18 from bars and restaurants. You always need to show valid ID, which means that you need to bring your passport to the Systembolaget.

### Banks

Banks are generally open from 09:30-15:00. You can find more details about the banks in Borås and how to open a bank account in the section titled "Bank account".

### Buses

You find the bus you need to take and the times the bus leaves by going to [vasttrafik.se/en](http://vasttrafik.se/en) and entering the station you would like to leave from, the station you would like to go to, and the time you want to travel. Note that you cannot pay with cash on the buses, only with credit cards (Visa, Maestro, Mastercard) and Swedish debit cards. In Borås you can buy a bus ticket or bus card at any "Press-byrån" (Swedish chain of convenience stores), the Central Station (Resecentrum) or at "Tidpunkten" at the bus square (Södra Torget).

### Cash

Allmost all payments in shops and cafés are done with debit cards, cash is rarely used. Under some circumstances you can only pay with bank cards, e.g. on buses.

## Contact details

Swedish addresses, maps and phone-numbers can be found at [eniro.se](http://eniro.se). "Vad" means what and "var" means where. Contact details of University employees can be found under the link Contact on the University website.

## Date

The most common way of writing dates in Sweden is year, month, day. 2005-07-14 or 050514, meaning July 14, 2005.

## Driving

Sweden, like most European countries, has right-hand traffic. In Sweden you must be 18 years old and have a valid driver's licence to drive a car. If you have a valid EU driver's license you are allowed to drive. If you have a driver's licence from a country outside the EU you are allowed to drive in Sweden for a period of one year after the date you have registered at the tax office and received a Swedish personal identity number. After this time you need to pass the Swedish driver's test. As a student you also have the possibility to apply for an exemption and receive permission to drive during the length of your studies. If you plan on driving in Sweden you should look up the road rules in Sweden as they may vary from what you are used to.

## Electricity

The main electricity type in Sweden is 220 volts and 50 cycles (Hz) and you may therefore need a transformer or an adapter for your electrical appliances.

## Emergency

For Police, Ambulance, Fire department, dial 112 (no charge in phone booths).

## Employment

It is very difficult for non-Swedish speakers to find work in Sweden. The University of Borås cannot assist students in finding work. Refer to the section titled “Working in Sweden” for detailed information.

## Health care

If you are feeling ill and need to seek health care then you should contact a health care centre (vårdcentral). You can choose whichever health care center you like, but it is best to choose the one closest to your home since they prefer that you stay with your first choice.

If you would like to consult with someone but are not able to visit the hospital then you can call qualified nurses who offer medical and health advice. The service is available 24 hours/day, phone number: 1177

If you need to seek immediate health care, then you should do so at the hospital’s emergency ward or call an ambulance, phone number: 112

## Opening hours

In Sweden shops are generally open Monday to Friday from 09:00-18:00 and often on Saturday until early afternoon. Larger grocery stores tend to be open on Sunday.

## Pharmacies

The pharmacy, or “apotek” in Swedish, handles prescription drugs as well as some hygiene products and non-prescription drugs. Some over-the-counter drugs, such as aspirin, can be purchased in ordinary grocery stores. There are a number of pharmacies close to the University for example at Allégatan.

## Phone cards

If you have a mobile phone you can buy a pre-paid SIM card in one of the mobile phone stores. This card is called “kontantkort” and will give you a Swedish mobile phone number and you can make phone calls for the amount of money you have charged the card with. Once you have emptied the card you need to refill it.

## Queuing

Whenever you are in a shop waiting to buy something or waiting for service you will be expected to wait in a line. Many shops have installed queuing systems so instead of waiting in a line you need to take a number from a dispensing machine and wait until your number comes up on a display. Without one of these numbers you will be ignored.

## Religion

The student priest at the University is happy to speak to students of all religions. The priest can inform you where to find a church or mosque or other place of worship and can speak to students about other ethical issues.

## Right of public access

The Swedish law of public access, “Allemansrätten” to private land gives you the

opportunity to freely roam the countryside as long as you show respect for the wildlife. You are entitled to walk, jog, picnic or cycle in the entire Sweden.

## Smoking

Smoking is not permitted in public places such as restaurants, banks or in shops.

## Tipping

Tipping is not considered mandatory in Sweden. However, if you have good service from a restaurant or taxi it is considered standard practice to tip around 10 percent of the bill.

## Tourist information

The Tourist Information Centre can be found at: Sven Eriksonsplatsen 3

## Trains

SJ is the major Swedish train company running long distance traffic over the entire country. [sj.se](http://sj.se)

## Water

The tap water in Sweden is usually of very good quality and safe to drink.

## Yellow pages

If you would like to locate or find the phone number to a company you should refer to the “gulasidorna”. They are available online: [gulasidorna.se](http://gulasidorna.se)

## Å, Ä, Ö

The last three letters in the Swedish alphabet.



# Borås

Borås is a cosy city in south-west Sweden, located approximately 60 kilometers east of Gothenburg, Sweden's second largest city. Borås has a population of around 100,000. Western Sweden's main international airport is within easy access of Borås and there are several train and bus services linking Borås with destinations all over Sweden and Europe.

The city centre has plenty of shops, cafés, restaurants and parks. Everything you need is within walking distance. The University is located right in the city centre. Borås is sometimes known as the sculpture city, with lots of sculptures all around the city. The most famous sculpture is the nine metre tall bronze Pinocchio by the American artist Jim Dine. A short bus

ride from the city centre you will find deep forests, hundreds of lakes and large areas of farmland. Rya åsar, a nature reserve located close to the city, is a popular destination that has free growing nature accompanied by staggering views. Those who are interested in sports can find a lot to offer in Borås. The area around Knalleland has numerous athletic facilities including the Borås Arena, built in 2005. The arena is the home of the football club Elfsborg, which is 2012 champions of the top Swedish league, the Allsvenskan. It is also the venue for concerts and other events. Tennis courts, ice rinks, floor hockey and curling halls can be found in the city while outside the city there are golf courses, riding venues and go cart tracks.

## Summer Thursdays

Summer Thursdays are held during July and August. These evenings Borås offers free concerts and evening shopping in the city centre. Thousands of people gather in front of the outdoor stage to watch and listen to established stars as well as new talents.

## Borås Zoo

The Borås Zoo lies shortly outside the city centre. The zoo was founded in 1962 and was the first in Sweden that allowed the animals to roam freely in large enclosures. People from far and near come to see the diverse animal collection which comprises around 65 species and 600 animals.



The zoo's main theme is the large African animals and wild animals from the Nordic region.

## Almenäs

A short distance from the centre by the southwest beach of lake Öresjö, is a bathing area known as Almenäs. Here you can relax in the sun, swim in the lake, as well as play football or beach volleyball.

## The public swimming pool

In the middle of the city park you find Stadsparkbadet – one of Sweden's best recreational swimming pools. Here you can swim, work out and relax. The public swimming bath is equipped with a Jacuzzi,

gym, restaurant, sauna, a waterslide, tanning beds and a climbing wall.

## Shopping

Studies have shown that food prices in Borås are among the lowest in Sweden. This is even true for rent, as accommodation in Borås is quite cheap on a nationwide basis.

Shopping in Borås brings many tourists to the city each year. The city centre is a mix of smaller shops as well as bigger department stores. The shopping area Knalleland, which lies just outside the city centre, is a popular area for both Borås citizens as well as tourists. Here you can

find a mix of malls, bargain shopping, and speciality shopping all gathered conveniently close to the city.

## Textile centre of Sweden

Borås is also the Swedish centre for textile design. The Swedish School of Textiles is Sweden's leading school for tomorrow's textile designers. Many well-known textile, clothing and fashion companies originate from here. Borås also has the famous Museum of Textile History.



# Vocabulary for new students in Borås

**APOTEK** – Pharmacy

**BALDER** – Main university building (brick building)

**BIBLIOTEK** – Library (in Sandgärdet)

**BIL** – Car

**FADDER** – Student Buddy

**FIKA** – Have some coffee/tea/soda/snack/pastries/  
sandwich

**FILMJÖLK** – Sour Milk

**GATA** – Street

**GRÖNA MATSALEN** – “Green cafeteria” in Balder

**HÄSSLEHOLMEN** – Area in Borås with a lot of stu-  
dent accommodation

**HÖGSKOLAN I BORÅS** – University of Borås

**KNALLE** – Pedlar (seller, vendor)

**KÅRHUSET/KÅREXPEDITIONEN** – Student Union  
premises

**LÄGENHET** – Apartment

**MATAFFÄR/BUTIK** – Supermarket. The biggest  
ones in Sweden are: ICA, Coop, Hemköp, Lidl,  
Willys, Netto and Tempo.

**PRESSBYRÅN** – Swedish chain of convenience  
stores

**RESECENTRUM** – Central station in Borås (the part  
for the buses)

**RUM** – Room

**RÖDA MATSALEN** – “Red cafeteria” in Balder

**SANDGÄRDET** – Library building (white building)

**SIMONSLAND** – The Location of Textile Fashion  
Center

**SITTNING** – Dinner organised by the Student Union

**SJUKHUS** – Hospital

**STUDENTEXPEDITIONEN** – Student Reception (3rd  
floor in Balder)

**STUDENTHÄLSAN** – Student Health Care (5th floor  
in Sandgärdet)

**STUDENTKÅREN** – Student Union

**SYSTEMBOLAGET** – Store that sells alcoholic bever-  
ages

**SÖDRA TORGET** – Square in Borås that is a hub for  
all the buses

**STÄNGT** – Closed

**TANDLÄKARE** – Dentist

**THE KÅRNER** – Student Union meeting place

**TVÄTTSTUGA** – Common laundry room in apartment  
buildings

**TÅG** – Train

**VÅRDCENTRAL** – Health care centre

**VÄG** – Street, road

**ÖPPET** – Open

# Useful links

## Useful University websites

The University of Borås website  
[hb.se/en](http://hb.se/en)

Application and admission  
[hb.se/application-admission](http://hb.se/application-admission)

Fees and Fundings  
[hb.se/fees-fundings](http://hb.se/fees-fundings)

Practical information for newly admitted students  
[hb.se/admittedstudent](http://hb.se/admittedstudent)

Schedule  
[kronox.hb.se](http://kronox.hb.se)

Ping Pong – platform for students  
[pingpong.hb.se](http://pingpong.hb.se)

Student Reception  
[hb.se/en/current-student/support/student-reception](http://hb.se/en/current-student/support/student-reception)

The Student Union in Borås  
[studentkareniboras.se](http://studentkareniboras.se)

Student Support  
[hb.se/en/current-student/support](http://hb.se/en/current-student/support)

International Student Services  
[hb.se/international-coordinator](http://hb.se/international-coordinator)

## Useful websites

The city of Borås  
[boras.se](http://boras.se)

The official visitors guide to Borås  
[boras.com](http://boras.com)

AB Bostäder – the largest student accommodation agency in Borås  
[bostader.boras.se](http://bostader.boras.se)

Study in Sweden  
[studyinginsweden.se](http://studyinginsweden.se)

Scholarships  
[studyinginsweden.se/scholarships](http://studyinginsweden.se/scholarships)

Public transport in Borås and the surrounding region  
[vasttrafik.se/en](http://vasttrafik.se/en)

Online phone book  
[eniro.se](http://eniro.se)

Online map services  
[kartor.eniro.se](http://kartor.eniro.se)

Swedish news in English  
[thelocal.se](http://thelocal.se)

Swedish Transport Administration  
[trafikverket.se](http://trafikverket.se)

Swedish Migration Board  
[migrationsverket.se](http://migrationsverket.se)

The pooled admissions system for higher education in Sweden  
[universityadmissions.se](http://universityadmissions.se)

Swedish Public Employment Service  
[arbetsformedlingen.se](http://arbetsformedlingen.se)

Swedish Tax Agency  
[skatteverket.se](http://skatteverket.se)



# Contact details

## Application and admission

### Admissions office

- Admission for degree programmes
- Entry requirements
- English proficiency requirements

E-mail: [admission@hb.se](mailto:admission@hb.se)

Telephone: + 46 (0)33-435 40 30 (Calls accepted Monday-Friday 10:00-12:00)

### International Office

- Admission for exchange students
- TransIT

E-mail: [internationalstudent@hb.se](mailto:internationalstudent@hb.se)

Telephone: +46 (0)33-435 44 88

## Practical matters and studying in Sweden and Borås

- Orientation
- Residence permits
- Questions about authorities (tax office, migration board, banks, hospitals, etc)
- General questions about studying and living in Sweden and Borås
- Accommodation

### International Office

E-mail: [internationalstudent@hb.se](mailto:internationalstudent@hb.se)

Telephone: +46 (0)33-435 44 88

# CITY MAP OF BORÅS

1. University of Borås campus
2. Central station/Resecentrum
3. Bus square (Södra torget)
4. Distansgatan accommodation with AB Bostäder
5. Landlord office AB Bostäder at Våglångsgatan 19B (Hässlholmén)
6. Viskastrandsgatan accommodation with AB Bostäder
7. Skarborgsvägen accommodation with AB Bostäder
8. The office of AB Bostäder
9. Tourist office
10. Järnvägsgatan accommodation with AB Bostäder
11. Landlord office AB Bostäder at Östgötagatan 6 (Norrby)
12. Norrby Tvärgata





Borås Djurpark

Kype Skogslätt

Kypesjön

NORRMALM

Tokarpsgatan

Åsvägen

Klinikvägen

Sjukhus

Brämhultsvägen

Åsvägen

HÄSLEHOLMEN

ÖSTERMALM

Hultagatan

40

HULTA

Enedalsgatan

Trandaredsgatan

TRANDARED

Sörmarksgatan

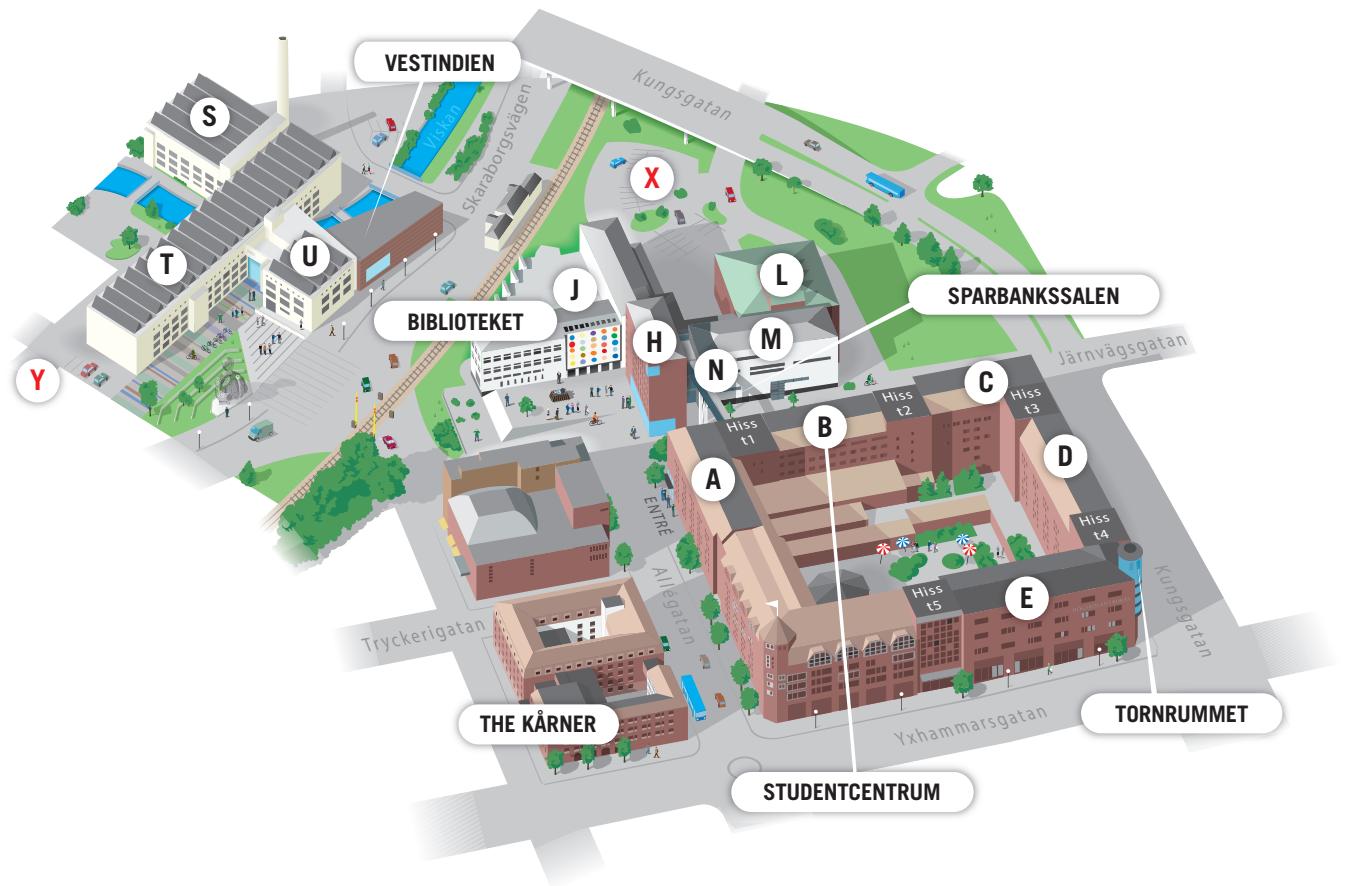


250 m

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# University map



Postal address: University of Borås, 501 90 Borås, Sweden. Visiting address: Allégatan 1, Borås, Sweden.  
Phone number: +46 33 435 40 00. Webpage: [hb.se/en](http://hb.se/en)