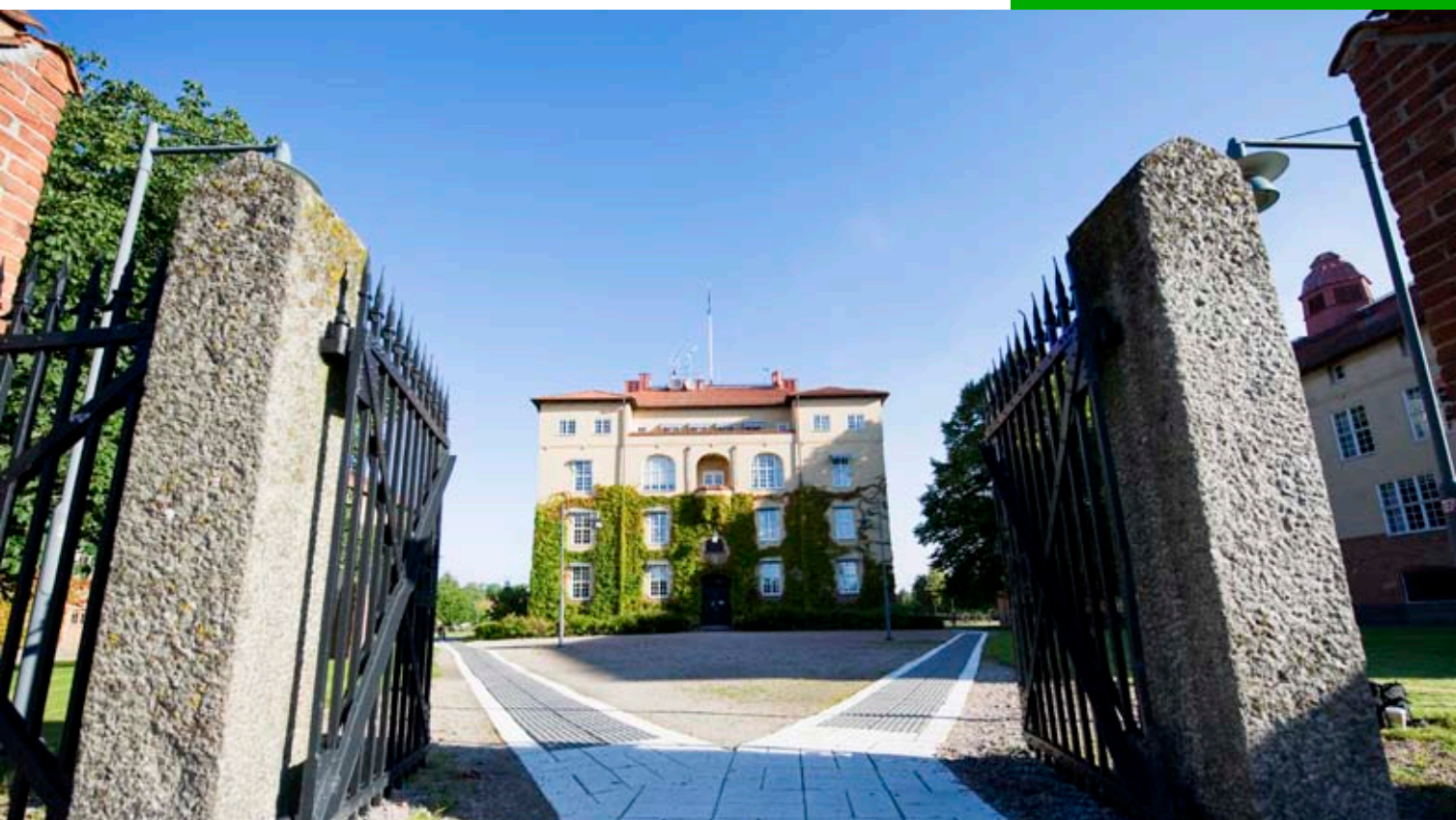




Kristianstad
University
Sweden



EXCHANGE STUDENTS SURVIVAL GUIDE 2012–2013

www.hkr.se

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INDEX

ARRIVAL	5
ACCOMODATION	9
MEDICAL CARE	12
RESIDENCE PERMIT	15
KRISTIANSTAD UNIVERSITY	16
ACADEMIC INFORMATION	22
SWEDEN AND KRISTIANSTAD	28
OTHER USEFUL INFORMATION	31
CHECKLISTS	35

Dear Student,

We are glad to welcome you to Kristianstad University.

We hope that your time here in Sweden is going to be interesting and fruitful, concerning both academic studies as well as your personal development in a multicultural environment. You will certainly discover new things, open your mind and see the world differently.

With this "Guide" we provide some **useful and important information to you.**

Please read everything carefully, as it might answer most of your questions and help you to avoid problems before and during your stay. Do not forget to take this guide with you when coming to Sweden.

Once again – welcome to Kristianstad!



ARRIVAL

How to reach Kristianstad

You can reach Kristianstad easily by plane, train or car.

By plane

Although Kristianstad has its own airport, the easiest way for you might be to fly to Copenhagen (Denmark). Malmö also has a small international airport for cheap flights from Germany, the UK and the Czech Republic. Växjö (Småland) has another small airport in the region that offers some international flights.

From Copenhagen Kastrup Airport (CPH)

From the train station at Copenhagen Airport (Kastrup), there are hourly trains to Kristianstad. (Price: ca. SEK 200). There are some direct trains, but be aware that there are also combinations in which you might have to change train in Malmö and/or Hässleholm. The train schedules can be found on this website: www.skanetrafiken.se. For more information; check "By train" in the next page.

From Malmö Sturup Airport (MMX)

Airport buses leave regularly taking you to Malmö train station where there are direct trains every hour to Kristianstad.

From Småland airport (VXO)

You should take a taxi from the airport to Växjö, as there are currently no airport buses. From Växjö you can travel to Kristianstad by train. Be aware that you have to change trains at least once. Usual changes are in Alvesta and Hässleholm.

From Kristianstad Airport (KID)

From Kristianstad Airport, there are taxi shuttles to the train station and the bus station (Price: ca. SEK 80). Normal taxis, which are also available, are more expensive! However, if you arrive during the arrival days at Kristianstad airport, you will be picked up there by the international assistant.

By Train

The train station is situated in the center of Kristianstad (there is only one train station in town). For the train schedules please visit these websites:

<http://www.skanetrafiken.se> or <http://www.sj.se>

By car

In Sweden headlights must be switched on all the time, even during the day!

There are three main options to reach Kristianstad:

Option 1: arriving via the Öresundsbridge:

Road 'E22' direction Kalmar. After about 100 km, you will arrive to Kristianstad.

Option 2: taking the ferry to Helsingborg:

Roads 'E4' and '21'

Option 3: taking the ferry to Trelleborg:

Road '108' direction Lund and then 'E22' direction Kalmar/Kristianstad.



Way to Kristianstad University and Krebo

In Kristianstad you follow the direction Sjukhus (hospital). After leaving the motorway, you'll pass a traffic light and you arrive at a big roundabout. Cross the roundabout, then go straight-ahead (Snapphanevägen). After ca. 2 km, you'll cross a bridge. Turn left at the traffic light, drive straight to the next roundabout and turn right there, direction Högsolan. You cross the next roundabout to arrive at the university. After you pass the university you turn right to arrive at Krebo.

Pick up service

Kristianstad University provides a pick-up service to all exchange students arriving during the **arrival days**.

The arrival days for the academic year 2012/2013 are:

- Autumn semester: 24-26 August
- Spring semester: 18-20 January

The staff of the international office will welcome you at the train station or airport (in Kristianstad) and will bring you to your accommodation. If you arrive by car, we will meet you at the dorm to welcome you and to give you the keys of your room.

To make use of the pick-up service you should fill in the Information about Arrival in the online application as soon as possible, and minimum 2 weeks before you arrive.

If you arrive before or after the arrival days you should take a taxi or bus to your accommodation.

Bus number 4 brings you from the central station to the university (stop Högsolan). Bus number 1 brings you from the central station to Brinova (stop Centralsjukhuset).

You should always inform the international office when there are changes in your arrival time. If you get lost or if your arrival time changes during the day of arrival you can call the international office on the following number: +46 768 08 30 28.

Introduction days

During the week after the arrival days there are several activities taking place to get to know the university and the other exchange students. You will receive a schedule for the introduction days when you arrive to Kristianstad. During the introduction week you may receive a Swedish sim card for your mobile phone. You will also get an access card, an email address from the university and a username to enter the buildings and to use the computers on campus. You can find more information about the access card in the chapter 'Kristianstad University'.

ACCOMODATION

Kristianstad University offers accommodation to all exchange students. If you want us to arrange the accommodation for you during the study period in Kristianstad you should fill in the Application for Accommodation in the online application as soon as possible. The information needs to be filled out at least **eight weeks** before your arrival. If you don't send the form, you have to arrange accommodation on your own.

We can offer you a room at "Krebo".

In thX dorm the rooms are shared by 2 students.

The rent is approximately SEK 2100-2600 per month and person (please, notice that the prices can change a bit from year to year). There is a possibility to rent a room on your own in the same dorms; however the costs are at least 4200 SEK per month. Internet is included in the rent.

You will have to sign a Contract/Tenancy Agreement and pay a deposit of 4000 SEK. The sum will be repaid in full after an executed and approved inspection of the flat. Your landlord will answer questions concerning a possible deposit charge and the state of the flat after your removal.

Be aware that you have to pay the full month rent even if you decide to come later or leave earlier.

Please notice that a **three months' notice** must be given before you move out (Check your contract to make sure!)

Laundromats and dryers are available (free of charge). Towels and bed linen are not provided so you have to arrange it on your own.

Sometimes it might be possible to arrange single rooms in guest families. If you are interested in this please contact us for more information.

If you have questions regarding accommodation you can contact:

intrel@hkr.se or lhenarevhult@hkr.se

Krebo

At "Krebo" every room has a kitchenette (equipped with basic kitchen utensils) and a bathroom. The room size varies between 29 and 34 m². The rooms are equipped with beds, a desk/table, chairs, lamps, a blanket, a pillow and a closet.

The rooms are situated in three different groups of buildings close to each other. In the 'Yellow house', the rooms are situated in corridors. In the other buildings the rooms can be reached through external galleries. You can state your preference for one of the buildings in the application form.

The accommodation is situated near the university campus, about 2,5 kilometers from the center of Kristianstad.

For more information you can take a look at: <http://www.krebo.se>

Address of the dorm:

Olastorpsvägen 1-23 (room ...)

S- 29139 KRISTIANSTAD

Sweden



MEDICAL CARE

It is of greatest importance that you have a valid health insurance while you are here!

If you are from the European Union, you should bring the European Health Insurance card. If you don't have the card with you, you might have to pay the whole treatment by yourself. In order to be able to claim the money back that you have paid, you should ALWAYS ask for a written diagnosis including stamp of the physician or hospital.



Students from the European Union can find more information on the following webpage:

http://ec.europa.eu/youreurope/citizens/health/index_en.htm

All exchange students are insured by the insurance of Kammarkollegiet.

For further information please visit:

http://www.kammarkollegiet.se/files/forsakringar_riskhantering/IN_Engelska_1102.pdf

Please notice that some parts of the insurance only apply for students that do not come from the European Union.

NB! Loss of property is not included in the insurance above. Please read the information carefully.

Please pay attention that Kristianstad University does not cover any costs regarding medical treatment, dental care, loss of property etc. Please note that it can be extremely expensive if you need medical care and you do not have any insurance!

Student Health Service

If you are not feeling well, you can visit the Student Health Service. The Student Health Service consists of a nurse and two counselors and can be found in Metropol on the second floor.

The visit drop-in hours are Monday-Thursday from 10.00 to 12.00. You can also contact them to make an appointment.

You can visit the Student Health Service for all kind of problems, for example: infections, stress, depression, etc. All visits are free of charge for students from Kristianstad University.

For more information you can visit: <http://www.hkr.se/student-health>

Contact information:

Name	E-mail	Telephone
Anne Gerd Carlsson	annegerd.carlsson@hkr.se	+46 44 20 30 95
<i>Nurse</i>		
Camilla Dahlquist-Melin	camilla.dahlquist-melin@hkr.se	+46 44 20 30 93
<i>Counselor</i>		
Johan Olsson	johan.olsson@hkr.se	+46 44 20 30 91
<i>Counselor</i>		

Visiting a health clinic or hospital

In case of emergency you should call: 112

If you need to visit a physician you should always have your insurance card and identification with you. Be aware that you might be asked to pay directly at the clinic.

Contact information:

Name	Visiting address	Telephone
Vårdcentralen Näsby	Tvedegårdsvägen 4 291 38 Kristianstad	+46 44 309 01 00
Vårdcentralen Östermalm	Österlånggatan 23 291 33 Kristianstad	+46 44 309 00 50
Central Hospital	J A Hedlunds Väg 5 291 33 Kristianstad	+46 44 309 10 00

You can always contact the University Health Service or the International Office if you need to visit a doctor. If you need to visit a dentist, you can contact the international office.

Pharmacies

You can find pharmacies (Apoteket) in the city center (near Domus) and near the University, next to the ICA supermarket.

RESIDENCE PERMIT

Non EU/EEA students

If you are planning to study as an exchange student in Sweden for longer than three months, you must have a residence permit. For further information you can visit the website of the Swedish Migration Board:

http://www.migrationsverket.se/info/153_en.html

Please take a very good look at the information on this website!

Citizens from certain countries must have an entry visa, also for studies that are shorter than three months. We advise you to check with the closest Swedish embassy or consulate to see which rules apply to you. Be aware that the application process for a visa takes several weeks! You can find the address of the Swedish embassy in your country on:

<http://www.swedenabroad.com>

If you wish to work during your studies, you must have a student residence permit and you must have completed at least 30 ECTS credits or one term of post-graduate education in Sweden. However, it is difficult to find a part-time job in Kristianstad, especially if you don't speak Swedish. In addition you have to find and organize a job on your own.

EU/EEA students

As an EU/EEA citizen you have the right of residence in Sweden and may study without a residence permit. If you would like to stay longer than three months, you have to register with the Swedish Migration Board. There are no costs for registering. For more information you can visit:

http://www.migrationsverket.se/info/150_en.html

On the website of the European Union you can find more information about your rights and administrative formalities while staying in another EU country:

http://ec.europa.eu/youreurope/citizens/residence/student/index_en.htm

KRISTIANSTAD UNIVERSITY

Kristianstad University was founded in 1977, but we can trace our roots way back to teacher's training (1835), nurses (1893) and engineers (1912). Programs and courses are offered in Humanities, Social, Natural, Behavioral and Health Sciences, Business Administration, Computer Science and Engineering.

The main campus of the university is situated in Kristianstad. The technical department is situated in Hässleholm, about 20 minutes by train from Kristianstad. For more information about Hässleholm please visit:
<http://www.hkr.se/hassleholm-en>

The main campus is created from the idea that you, as a student, shall have access to modern information technology, inspiring meeting places and good services. We offer a highly qualified faculty in a friendly atmosphere. Our new and former students are our most valuable resource.

Internationalization is an issue of importance at Kristianstad University, whether it involves Swedish students going abroad or international students studying here.



We also provide all students with an international working perspective on Campus. We are linked with partner universities all over the world. At the same time we co-operate extensively with the local community.

Orientation on campus

Everything on campus is quite easy to find. The numeration systems functions as explained with the following example: Room 15-226 means: House 15, Room 226 on the second floor. Notice that in Sweden the ground floor is named first floor.

Students with special needs

Kristianstad University is dedicated to create equal opportunities in the academic environment also for students with special needs.

The concept 'functional disability' refers to physical or mental restrictions of a person's ability to function and to reading and writing difficulties/dyslexia. In order to get access to the supportive measures, you have to verify your functional disability with a testimonial.

If you are in need of supportive measures, you should first of all contact the coordinator. For more information please see:

<http://www.hkr.se/functional-disabilities/>

Facilities

Library

A light and spacious library is situated in house 7 in the center of the campus. You can borrow books free of charge with your own library card (Lånekort). It is possible for all students to borrow media equipment free of charge, such as video cameras, digital cameras, etc.

Study rooms are available. A reading room, which is also equipped with computers, is accessible 24 hours a day. During the Introduction Week you will be provided with the information about how to use the library. For more information please visit: <http://www.hkr.se/en/study-at-hkr/lrclibrary/>

Eating facilities

On campus, you find a few places where you can eat during the day:

- Restaurant Metropol offers a lunch buffet.
- The cafeteria in house 7 offers sandwiches, salads, pasta etc.
- Vending machines with drinks and snacks are available in most buildings.

Production Unit

The production unit is situated in House 11 on campus. You can visit the production unit for questions related to photocopying and access cards.

The opening hours are: 07.30-09.00 09.30-12.00 13.00-14.00 14.30-15.30

Lost and found

If you lose something on campus you can visit the desk at the entrance of house 7. Please, also bring found items to the same desk.

Access card

During your introduction week, you will receive an access card allowing you to enter some areas of the University, in the department where you study, 24 hours a day. Upon receiving your card, you have to choose a four-digit personal code that will be necessary when accessing those areas. The cards are personal and must not be given to a 3rd person and must be returned to the international office when you finish studying here. Lost cards must be reported to the production unit to be blocked without any delay. A new card can then be obtained for a fee of 50 SEK.

While entering the buildings, the cardholder has to make sure that no unauthorized person enters the building at the same time. To exit, always use the release button for the doors. Do not open the emergency exit cap on the door; it is connected to the alarm system. If doors with the sign "Larmad dörr" are open for more than one minute, the alarm will go off, so please be careful with this.

Computer facilities

Each department has its own computer facilities (including laser printers) for students. These are generally accessible 24 hours a day, 7 days a week. Be prepared to show your ID card/passport to the security guards if you stay in the computer rooms during the night. Ask your department for detailed rules. You will have to pay for printouts via your print account. When you start using your computer account it will be charged with 25 SEK. You can recharge your account easily at the machine in house 15. A black and white printout costs 0,50 SEK per page and a colored print out costs 4 SEK per page. Computer rooms can be found in the following buildings: 07-312, 07-323, 14-125, 14-427, 15-220, 12-223, 17-119, 20-117, 20-418 and 21.

Copy machines

You can get photocopy cards at a reasonable cost at the desk in the entrance of the library. There are two possibilities: You either buy a photocopy card or you borrow one and pay for each copy at the desk. If you make a lot of copies, it is cheaper to buy a copy card. You can also visit the Production Unit; they copy and bind material for a good price.

The student union

The Student Union is an independent organization, run by students for students. Their main purpose is to improve the quality of education and students possibility to influence their own situation at the University. In addition they arrange different sorts of social activities. The chairman and vice-chairman are full-time employed and will you can contact them for all your problems that concern the environment of your studies at Kristianstad University. You can find the student union in Metropol.

If you want to become a member of the student union you have to pay a membership fee. The student union's fee is approximately 200 SEK per semester.

For more information please visit:

<http://www.ksk.nu/>

The university sport union

The university sport union is called HKIF. HKIF arranges various sports activities almost every evening of the week. Most activities take place in the sports hall on campus. Examples of sports offered are: badminton, basketball, football, box-exercise and volleyball. Twice a week swimming is offered in the swimming pool in Kristianstad. It costs 90 SEK per semester to be a member of HKIF and when you are a member you can join all activities free of charge. You can find HKIF in Metropol. For more information you can check:

<http://www.hkif.se>



The student chaplain

The university chaplains organize student services in English.

For more information you can contact:

Arne Tegnér arne.tegner@hkr.se

Astrid Nydahl astrid.nydahl@hkr.se

Tandem

Do you want to meet a Swedish person? If so, you can join the tandem project.

This project is created with integration as its main purpose. An international student will meet a Swedish person. Both of you can decide for yourself how often you want to see each other and what you want to do. We will help you with the first contact; everything else is up to you! You can just meet for a coffee, study together, meet for parties etc. If you get along well, you can keep in contact for more activities. If you don't get along, just part ways after the first meeting. Does this sound interesting? Just come to the International Office or write an E-Mail to lhenarevhult@hkr.se

ACADEMIC INFORMATION

Teaching methods

Education at Swedish universities is based on the principle that students take responsibility for their studies, with support from the teachers. Student responsibility and individual performance are stressed. Teaching is carried out in different forms: lectures, seminars, group work, independent study etc. Students are expected to raise questions and to take part in discussions during lectures. In addition, they are required to write short essays, solve specific problems and describe the procedure applied. Examinations seldom require that students merely reproduce the material presented during lectures. Be aware that a good level of English is necessary to be able to follow the courses.

Often you have only one of your "main" courses at a time, followed by the exam. That means that you can concentrate on one subject before the next course starts. It also means that exams take place during the semester, and not only at the end of the semester. To many international students, the Swedish academic environment seems very informal. Teachers and other members of staff dress informally and speak in a familiar style to students.

Courses and schedules

You can find all courses given in English at the following webpage:

<http://www.hkr.se/courses4exchange>

Two courses are specifically for international students:

- Sweden Past and Present
- Swedish for International Students

If you click on a course name, you can find more information about the course. You will find the examiner of the course, a description of the course, contact information, etc. If you click on 'To schedule' you will find the schedule of the course. Be aware the schedule might not be published until shortly before the

course starts. Changes can occur, so please check the schedule regularly. You can also see in which period the course is given. Note that in Sweden the academic schedule is often expressed in weeks (veckor). V36-V45, means that a course starts in week 36 and ends in week 45.

Under type of course you will find if a course is given full time (100 %) or part-time (25-50 %). If a course is given part-time, you can take another course in the same period. 'Web-based distance' means that a course is given over the internet, so there are no classroom lectures.

Learning agreement

Together with your home university you should select courses and afterwards you should fill in the learning agreement and let it be signed by the coordinator at your home university. Your home university certifies with his signature that the courses will be recognized after passing the exams during your time abroad. When the learning agreement is signed, you can send it to our international office or take it with you to Kristianstad. If you want to change your courses, you should always check with your home university if they agree with your change. You can visit the international office to ask for a change of courses. After your courses are changed, you should fill in the changes in your learning agreement in the online application.

Examinations

A course can be examined in various ways. A common method is a written or oral examination that includes the presentation of a paper. Group papers are normally discussed during seminars towards the end of a course. A written examination takes place at the very end of each course. Continuous assessment is used in some courses and is based on compulsory attendance as well as participation in seminars arranged throughout the course.

A student who fails an examination is entitled to re-sit the examination at pre-scheduled times until it has been passed. As exchange students stay for a limited period of time only, they are assured of at least one more chance to take the ex-

amination later. It might also be possible to do the re-exam at the home university when you are back in your country.

Examination Rules

On the following website you will find the examination rules. Please read them carefully! No exceptions will be made during exams! You can also find a specific document regarding deception and how to handle disciplinary matters.

<http://www.hkr.se/examination-en>

ECTS-credits

The European Community Credit Transfer System was developed by the Commission of the European Communities in order to provide common procedures to guarantee academic recognition of studies abroad. It provides a way of measuring and comparing learning achievements, and transferring these from one institution to another.

The ECTS system is based on the principle of mutual trust and confidence between the participating institutions. To reinforce these principles a few rules have been established: the students have to be informed about available courses, an agreement has to be signed between the home and host institution and the grades have to be presented in ECTS credits to indicate a student's workload.

Each course offered needs to have a detailed description about its contents and the awarded ECTS credits

60 ECTS represent one full academic year, and 30 ECTS one full semester. One week's full-time studies correspond to 1,5 High Education Credits: a fulltime 7,5 ECTS course will thus normally be scheduled over a 5-week period. Included in the work load are lectures, practical works, seminars, private studies and examination or other assessment activities. ECTS credits thus express a relative value.

Grades

Traditionally, three grades are awarded at Swedish universities: passed with distinction (VG) passed (G) and fail (U). Exceptions are sometimes made and in this

case there are only two grades: passed (G) or fail (U), see the syllabus of your courses for more information. Engineering courses are usually graded from 5-3 (passed) and fail (U).

To facilitate the recognition of your grades achieved during your time abroad, they will be translated into ECTS grades. ECTS are given in six grades: From A-E (passed) to FX (fail). The following table shows the equivalents for ECTS grades:

ECTS grade	Swedish system			Definition
A	VG "starkt"	G "(mycket) starkt"	5	EXCELLENT: outstanding performance with only minor errors
B	VG "vanligt"	G "starkt"	4	VERY GOOD: above the average standard but with some errors
C	G "starkt"	G "vanligt"	4	GOOD: generally sound work with a number of notable errors
D	G "vanligt"	G "vanligt"	3	SATISFACTORY: fair but with significant shortcomings
E	G "svagt"	G "svagt"	3	SUFFICIENT: performance meets the minimum criteria
<i>FX</i>	<i>U</i> <i>nära G</i>	<i>U</i> <i>nära G</i>	<i>U</i> <i>nära G</i>	FAIL: some more work required before the credit can be awarded
<i>F</i>	<i>U</i>	<i>U</i>	<i>U</i>	FAIL: considerable further work is required

Transcript of records

After finishing your courses a "Transcript of Records" will be sent to your home university. You can also get it in person before going back to your home country at the International Office (if all the results have already been published).

The transcript of records shows the courses you passed and the grades obtained, it enables you to get your courses accepted at your home university.

The academic calendar

The academic year at all Swedish universities consist of two semesters, the autumn and the spring semester. There is usually a short break at Christmas, when there is no formal tuition. Kristianstad University also offers some courses during the summer. The academic year starts with the autumn semester in calendar week 36; the spring semester starts in calendar week 4 and ends in calendar week 23. The exact semester dates are:

	2012/13	2013/14
Autumn	from 03/09 until 20/01	from 02/09 until 19/01
Spring	from 21/01 until 09/06	from 20/01 until 08/06

Holidays:

Official public holidays (defined by law, full day off)

- | | |
|--|------------------|
| ▪ All Saint's Day (alla helgons dag) | 3 November 2012 |
| ▪ Christmas Day (juldagen) | 25 December 2012 |
| ▪ Boxing Day (annandag jul) | 26 December 2012 |
| ▪ New Year's Day (nyårsdagen) | 1 January 2013 |
| ▪ Epiphany (trettondedag jul) | 6 January 2013 |
| ▪ Good Friday (långfredagen) | 29 March 2013 |
| ▪ Easter Sunday (påskdagen) | 31 March 2013 |
| ▪ Easter Monday (annandag påsk) | 1 April 2013 |
| ▪ International Worker's Day (första maj) | 1 May 2013 |
| ▪ Ascension Day (Kristi Himmelfärdsdag) | 9 May 2013 |
| ▪ Ascension Day Pentecost (pingstdagen) | 19 May 2013 |
| ▪ National Day of Sweden | 6 June 2013 |
| ▪ Midsummer's Day | 22 June 2013 |

In addition there are "de facto" holidays which are the days before an official holiday. They are treated in two ways:

De facto full holidays (treated as official holidays with a full day off)

- | | |
|------------------------------------|------------------|
| ▪ Christmas Eve (julafton) | 24 December 2012 |
| ▪ New Year's Eve | 31 December 2012 |
| ▪ Midsummer's Eve (midsommarafton) | 21 June 2013 |

The de facto half holidays (in many cases treated with the afternoon off)

- | | |
|---|----------------|
| ▪ Twelfth Night (trettondagsafton) | 5 January 2013 |
| ▪ Maundy Thursday (skärtorsdagen) | 28 March 2013 |
| ▪ Holy Saturday (påskafton) | 30 March 2013 |
| ▪ Valborg (valborgsmässoafton) | 30 April 2013 |
| ▪ Ascension Eve (Kristi himmelfärdsdag) | 8 May 2013 |

SWEDEN AND KRISTIANSTAD

Information about Sweden

Official name:	Konungariket Sverige (Kingdom of Sweden)
Inhabitants:	9,4 Million
Capital:	Stockholm
Form of government:	Constitutional monarchy, parliamentary democracy
Currency:	Svenska Kronor (SEK) *

* To check exchange rates, please visit: <http://www.xe.com>

In area, Sweden is the fourth largest country in Europe. Half of its land area is covered with forest, and less than 10% is farmland. The distance from north to south is 1600 kilometer; the country incorporates a fairly wide spectrum of climatic zones. More than a third of the population lives in the three largest cities – Stockholm, Göteborg and Malmö.

For more information about Sweden you can visit:

<http://www.si.se/English/> or <http://www.sweden.se/>



Information about Kristianstad

Kristianstad is situated in the south of Sweden in the province of Skåne (Scania). The city was founded in 1614 by the Danish king Christian IV to defend his kingdom against Swedish attacks. The town was built as a fortress in the Renaissance style. A beautiful Renaissance church finished in 1628 lies in the center of Kristianstad. In 1658, after many bitter conflicts between Denmark and Sweden, the city finally became a part of the Swedish kingdom. In the 19th century the ramparts were torn down and replaced by straight boulevards. The town started to expand, but the old renaissance square town plan was fortunately left intact.

Today Kristianstad and its surroundings have 77 000 inhabitants (the town itself: ca. 31 000). It has the advantage of a town center concentrated within a small area. It provides all kinds of shops, banks, a variety of services, a modern cinema, a theatre, museums and entertainment, all within easy walking distance.



The average temperature in Kristianstad in December is 1°C and 17°C in July. However, winter temperatures can drop to -15°C and the wind increases the chill factor. Therefore warm and windproof outdoor clothing is essential for the winter. In spring and summer the temperature can rise up to 30°C so light clothes will be needed as well. The Swedes have a saying: "There is no such thing as unsuitable weather, just unsuitable clothing!"

At the local Tourist Information Office you can find information about museums and other amenities and attractions. For more information you can visit their website:

<http://www.kristianstad.se/en/Tourism/Info-touristoffices/>

Kristianstad Tourist Office

Stora Torg

S-291 80 Kristianstad

touristinfo@kristianstad.se

Telephone: +46 44 13 53 35

Kristianstads Vattenrike Biosphere Reserve

Few places have as rich and varied nature as Kristianstads Vattenrike. There is something to experience for everyone. The area is designated a Biosphere Reserve by UNESCO. Biosphere Reserves are areas designed to promote and demonstrate a balanced relationship between people and nature. Visit Naturum Vattenriket visitor center and all the other special sites around Vattenriket. For more information you can take a look at:

<http://www.vattenriket.kristianstad.se/eng/summary.php>

OTHER USEFUL INFORMATION

Books

Students are expected to use books during their studies. As the number of editions of books in the library is limited, you should buy your books in town or order them on the internet. For buying books on the internet you could check:

<http://www.bokus.com> or <http://www.akademibokhandeln.se>

In town you have two book shops: Bokia and Kristianstad Bokhandel. They're both situated in the center near the market place. In addition you could ask students at your home university who already studied in Kristianstad if they would like to sell their books to you.

Public transport

If you want to travel by bus and train in Kristianstad and the province of Skåne, you can go to the train station to get a so called "jojo" card. With it you will get 20 percent discounts on your travels inside Skåne and to Denmark. You cannot pay with cash in the local busses. For more information you can take a look at:

<http://www.skanetrafiken.se/templates/InformationPage.aspx?id=13848&epslanguage=EN>



Departure and arrival times of buses and trains inside the province of Skåne can be found on the following website:

<http://www.skanetrafiken.se/Templates/StartPage.aspx?id=16125&epslanguage=EN>

Be aware that you have to buy a ticket before entering the train; if you enter the train without a ticket you will get a fine.

If you want to travel by train outside Skåne, you can take a look at the following website, where you can also buy tickets:

<http://www.sj.se/start/startpage/index.form?l=en>

Alcohol

Alcohol that is stronger than 3.5% by volume is very expensive and can only be bought in special state-owned stores (Systembolaget). Don't forget to bring your ID since you have to be at least 20 years old to buy alcohol. The same age limit applies to the import of alcohol. Check the customs regulations for import rations.

Restaurants and bars with proper permission can serve alcohol to anyone who is at least 18 years old, though many nightclubs voluntarily require a minimum age above 18 years (normally 20 or 23). Take a photo ID with you when you are out at night.

Police

If general, police officers speak English well in Sweden. If you need to contact the police you can call: +46 77 114 14 00. If you have a Swedish sim card you can call: 11414. The visiting address of the police station in Kristianstad is: Östra Kaserngatan 1, Kristianstad. For more information you can visit:

<http://www.polisen.se/en/Languages/Startpage/>

Drugs

The transfer, use and possession of drugs (like marijuana, heroin, cocaine etc.) is strictly forbidden in Sweden! It can lead to a fine, imprisonment or deportation. As an exchange student you will be sent back to your home country immediately.

Smoking

Smoking is not allowed in almost any public buildings or any restaurants. On campus and on other public places there are some designated areas where you can smoke. You can be fined if you smoke in non-smoking areas, so please respect the rules!

Bank account

You can open a free bank account at Sparbanken 1826. For opening a bank account you need the following documents:

- A valid ID/Passport
- A residence permit (if you're from a country not belonging to the EU)
- An admission letter from Kristianstad University

Payments for rent etc. are made via bank transfer. If you don't have an account, you can pay in cash at the bank or at the post office. Be aware that you will have to pay a fee. For more information please go to the nearest Sparbanken office (in the city center opposite to Domus or close the campus next to ICA).

Bicycles

Most students in Kristianstad use a bike to go around town. Be aware that you should have lights on your bike when you are driving while it is dark outside. There is a bike store, which sells used bikes and buys them back when you leave:

Din Cykel AB, Långebrogatan 16, Kristianstad.

There are also a couple of other bike shops in the center of the town, where you can sometimes find second hand bikes. Another option is to buy a bike from the

students that leave when you arrive. You will sometimes find announcements from them in the student dorms.

Taxi

Only official taxis (with the signs on top) guarantee fair prices and a safe ride. So-called "black taxis" might be a little cheaper, it is however NOT advisable to use them. Those drivers DO NOT have a taxi license and they might charge much higher prices in the end.

ÅK taxi Åhus-Kristianstad: +46 44 12 30 00

Sverige Taxi +46 44 10 20 00

Voltage

230 V / 50 Hz (Sockets are European standard).

Supermarkets

Name	Address	Opening times	
ICA	Stridsvagnsvägen	Monday-Friday:	08:00 - 22:00
		Saturday, Sunday:	09:00 - 20:00
ÖoB	Stridsvagnsvägen	Monday-Friday:	10:00 - 19:00
		Saturday:	10:00 - 17:00
		Sunday:	11:00 - 17:00
NETTO	Näsbychaussen 70	Monday-Friday:	09:00 - 20:00
		Saturday:	09:00 - 18:00
		Sunday:	10:00 - 18:00
LIDL	Fäladsgatan 1	Monday-Friday:	09:00 - 20:00
		Saturday:	09:00 - 18:00
		Sunday:	10:00 - 18:00
WILLEYS	Rörvägen 2	Monday-Friday:	07:00 - 21:00
		Saturday:	08:00 - 21:00
		Sunday:	09:00 - 21:00
MAXI	Sjöcronas Gata 7	Monday-Sunday:	08:00 - 22:00

CHECKLISTS

Before leaving home

- ☐ Did you read this "Guide"?
- ☐ Accommodation information completed?
- ☐ Arrival information completed?
- ☐ National ID card (or passport) still valid?
- ☐ Did you arrange your health insurance?
- ☐ Driving license valid in Sweden (EU licenses are valid!)?

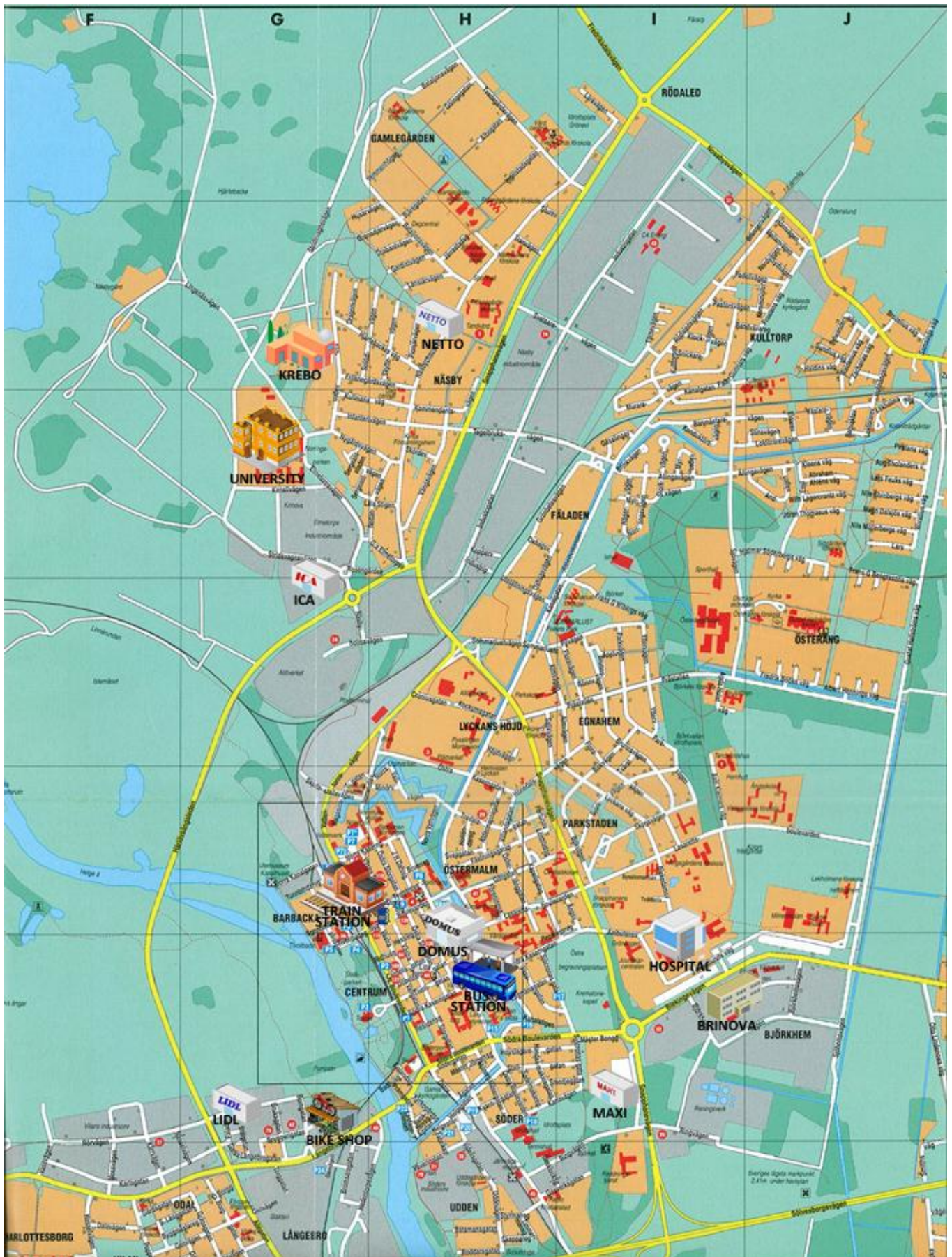
After the first days in Kristianstad

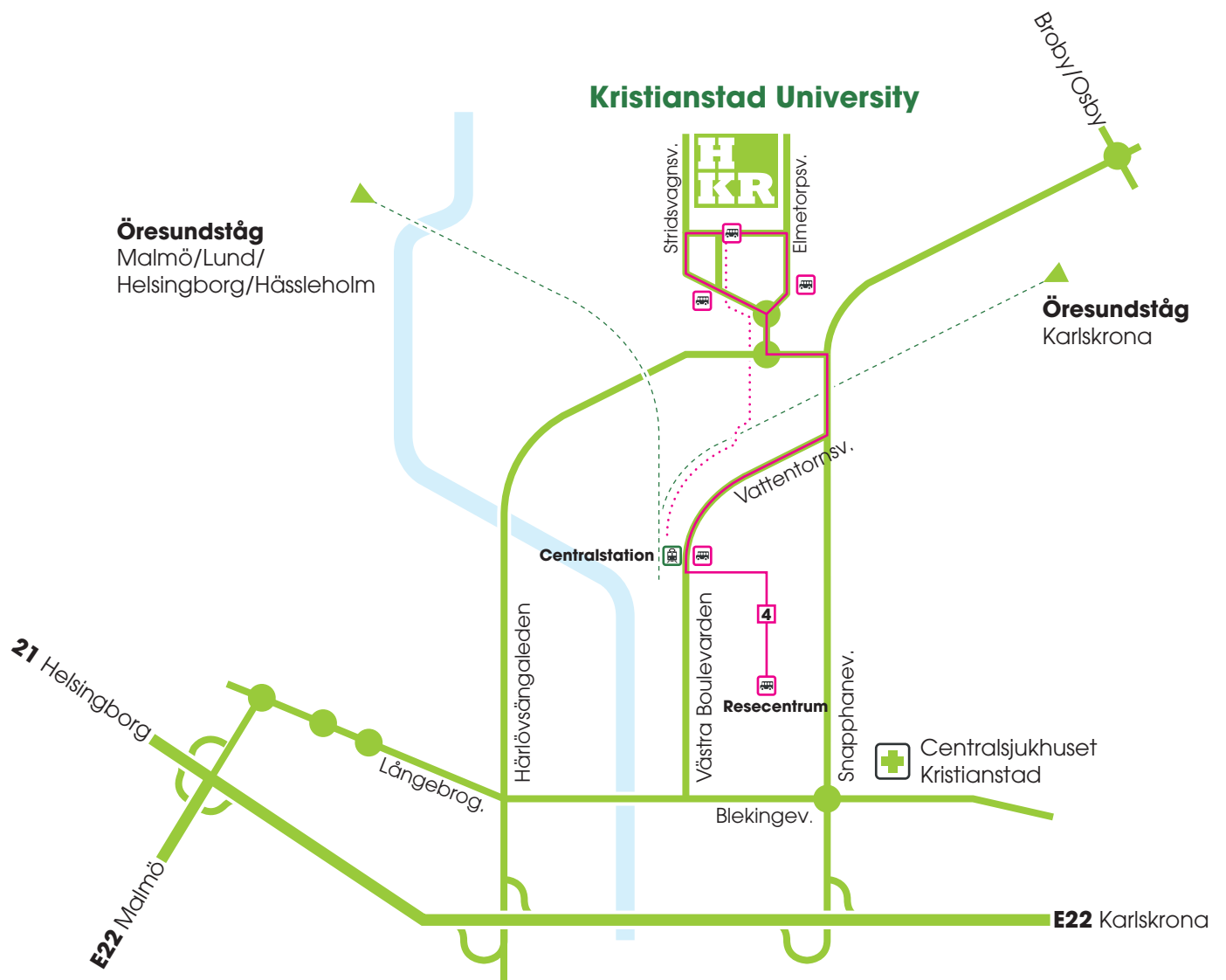
- ☐ Did you sign the contract for the accommodation?
- ☐ Have you been to the International Office to receive your username and password?
- ☐ Have you paid the deposit?
- ☐ Have you been to the International Office to receive a signature on the document proving that you have arrived (only if requested by the home university)?
- ☐ In case you want to change courses: Have you changed your Learning Agreement?

Before going back home

- ☐ Have you given a written notice to the landlord that you're leaving (has to be done three months in advance, counting from the first of each month)
- ☐ Have you returned the keys of your room?
- ☐ Have you returned the access card?
- ☐ Have you been to International Office to receive a signature on the Erasmus form that you've completed the semester successfully (only if requested by the home university)?

Map of Kristianstad





Kristianstad University Campus

Common resources Building

Reception	7A
Admission & Graduation	4
Assembly hall	7A/7E
Administration & services	4
Coordinator for students with special needs	16
Dental care	18
Gymnasium	7B
International Office	4
IT support	15
Learning Resource Centre	7
Learning Resource Centre, Media	7
Learning Support Centre	7
Library	7
Property and Procurement office	11/117
Vice-Chancellor's office	4
Student health	Metropol
Student union	Metropol
Student counsellor	4,6
Uppdrag AB/Holding AB	21

Education & Research

School of Health and Society, Information Office	18
School of Health and Society, Information Office	6
Laboratories	12, 20
Sensory Laboratory	Metropol

Services

Futurum Creative Center	Krinova
Deliveries	11
Chaplaincy service	Metropol
Restaurant	Metropol
Café	7

