International Exchange In Sweden

By Kellie Hewitt
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Currently a 4\textsuperscript{th} year B. Nursing/ B. Clinical Studies (paramedics).

Went on exchange CSU’s Spring session 08 to Orebro University in Sweden.
Language spoken is Swedish, however 90% of Swedish people speak English fluently.

Classes available for exchange students are taught in English.

Great support network for exchange students by the university exchange office and the ESN (exchange student network).
Classes

Classes I took:
- Swedish Language and Culture
- Social Care of the Elderly
- Medicine research process
- Developmental Psychology

Other Classes Available:
Nursing
Marketing
Business
International Studies
Psychology

Environmental Studies
Social Work
Semesters & Weather

- Seasons are opposite, so our Spring session is their Autumn.
- In Sweden the university year starts in September and ends in June.
- Temp in winter ranges from -15 to 9 degrees Celsius.
- Temp in Summer ranges 15-30 degrees Celsius.
Orebro

- Located in the city of Orebro
- 2hrs from the capital city- Stockholm
- Plenty of public transport
- Castle in the middle of the city
- ESN runs lots of activities and trips around Sweden and Scandinavia for exchange students.
Accommodation

- 3 main types of accommodation for exchange students.

- 2 are located on and close to campus and you would share with 7 other Swedish uni students.

- All are self catered.

- Room contains basic furniture and have an own bathroom
University Life

The ESN office provides a weekly newsletter letting exchange students know about different activities happening around campus and in the city.

Events include concerts, sport games such as ice hockey, festivals, cultural activities and parties.
University Life

You will be put into small groups with other exchange and Swedish students and participate in different activities such as competitions and an introduction into the Swedish way of life.

Dinners and International days are organised to introduce you to other exchange students and learn about their different culture and foods.
Trips and Activities

- The ESN office organises different trips through the semester.
- These include the option of travelling to Finland, Estonia, Norway, the Arctic and around Sweden.
- Every week each country takes it in turn of hosting a party to promote their home.
- There are many cultural events in Orebro city during Christmas and spring, which exchange students can participate in.
My Travel

Doing exchange in Scandinavia means that it is really CHEAP and easy to travel around Europe.
Thankyou

Any questions please email me on khewit02@postoffice.csu.edu.au