



SAPERE AUDE

The student's guide to **KARLSTAD UNIVERSITY**

WELCOME!

Congratulations!

This brochure will introduce you to a university that takes pride in offering academic quality as well as a rich student life. Karlstad University is the perfect blend of everything: of city and countryside, of studying and free time, of modernity and tradition. As an exchange student you will take part in and contribute to this blend.

Academic life

Studying abroad is a wonderful experience, full of excitement and new friends. But let's not forget that you are here to study. We offer over 100 courses in English, often taught in small classes with good student-teacher relationships. You can choose subjects within your field of study or get more acquainted with the Swedish language and culture.



Student life

Karlstad University offers more than high academic quality. Between classes you can engage in several sports, the movie club, choirs, or arrange barbecue parties by the lake with your new friends. There is something for everyone.

Host Students

Current students volunteer to meet and greet incoming students at the airport, train or bus station in Karlstad on the recommended arrival days. They also host and assist international students, which means that new friends can be made quickly.

I had the best time of my life!
- Corrine, USA



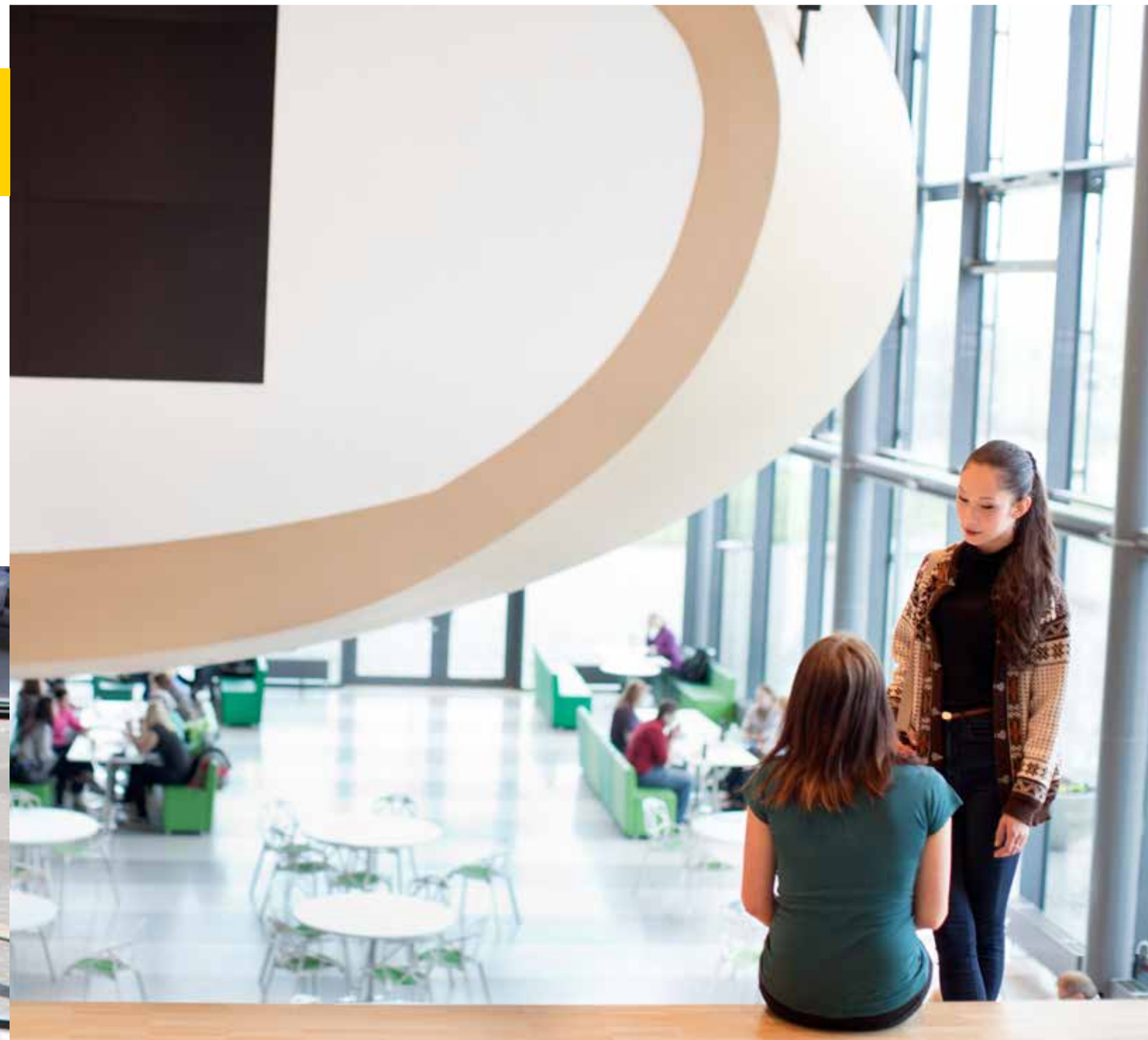
THE UNIVERSITY

The perfect blend

The Karlstad University campus embodies the perfect blend of work and pleasure. The buildings, surrounded by greenery, are varied and welcoming, and provide inspirational environments for learning and socialising in indoor and outdoor spaces.

A modern approach

Karlstad University takes a modern approach to most things, from the egg-shaped multimedia studio suspended in mid-air to interesting seminars about new research in different fields. Exchange students often comment that they wish they could stay longer.



The main buildings

The main entrance is located in the library building, which is an open and spacious building with glass walls connecting the inside to the outside. The many study areas along the glass walls provide a great view of the outside world.

The most interesting building is the Vänern Building, named after Sweden's biggest lake, on which Karlstad is situated. This is the location of the famous egg-shaped multimedia studio with the exterior screen. It is ideal for both classes and movie nights, which IESK, the international student association, arranges. The entire building has a unique atmosphere with its spacious architecture and bright colours.

The cafés

What would a university be without places to eat or get coffee? At Karlstad University there are five different places to eat, offering everything from salads and typical Swedish food to burgers, pizza and french fries. Refrigerators and microwaves can be found all over the university for students who like to make their own food and bring it to the university.

THE LIBRARY

Interactive library

The library is the perfect place for individual study as well as group study. With window walls and spacious architecture, it is the right atmosphere for studying – even without the traditional library culture of silence and whispering. It is a place to meet friends and discuss group assignments. There are many study areas with desks, computers, or comfortable sofas on all four floors with excellent views of the university surroundings and the changing seasons. Students who prefer silence choose the first floor area where sound level is low and the study area is designed for individual study.

Unlimited reading

Most books are in Swedish or English, but there are also books in French, Spanish, German and other languages. All course literature is available on the reference shelves for reading in the library, and occasionally for borrowing. Beside academic literature, there are also novels, films, magazines and the major European newspapers.

Group study

Thanks to the relaxed atmosphere on most of the library floors, it is easy to achieve great results in your group studies. The library even offers group rooms that can be booked in advance.

Helpful staff

The library staff will help students to find books or to search for articles on the Internet. Each faculty has one or two librarians who specialize in the respective fields.



It's calm and lively at the same time. Perfect!
- Martin, Germany



YOUR STUDIES



Your first priority - your studies

Exploring another culture or to getting to know people from all over the world is a good reason to come to Karlstad University, but primarily you are here to study. We offer over 100 courses in English in different subjects.

Master's programs

Karlstad University also offers 22 Master programmes in different subjects (Such as, Information Technology, Business Administration, Media and Communication, and Engineering). For more information, have a look at kau.se/en.

I love the way they teach here, it is so different from my home country and suits me better

- Kotaiba, Saudi Arabia



ACCOMMODATION

Finding accommodation in another country can be tricky. Good news! Karlstad University has an agreement with KBAB, a municipal housing company that provide living quarters near the university for our exchange students. These rooms are primarily for incoming students with the ISEP and Linnaeus Palme exchange programmes.

How to apply

Students apply for accommodation directly to KBAB. The application form will be sent to the student upon admission. Note that the room sizes are allocated on a first come, first served basis depending on the date of deposit. The cost for one room is approximately 19,000 SEK per semester. More infor-

mation for exchange students regarding accommodation along with the application form is available at: <http://www.kbab.se/student/foreign-students>
Free mover students may also apply for student housing from KBAB. See <http://www.kbab.se/student/foreign-students/free-mover> for details.

Close to the university

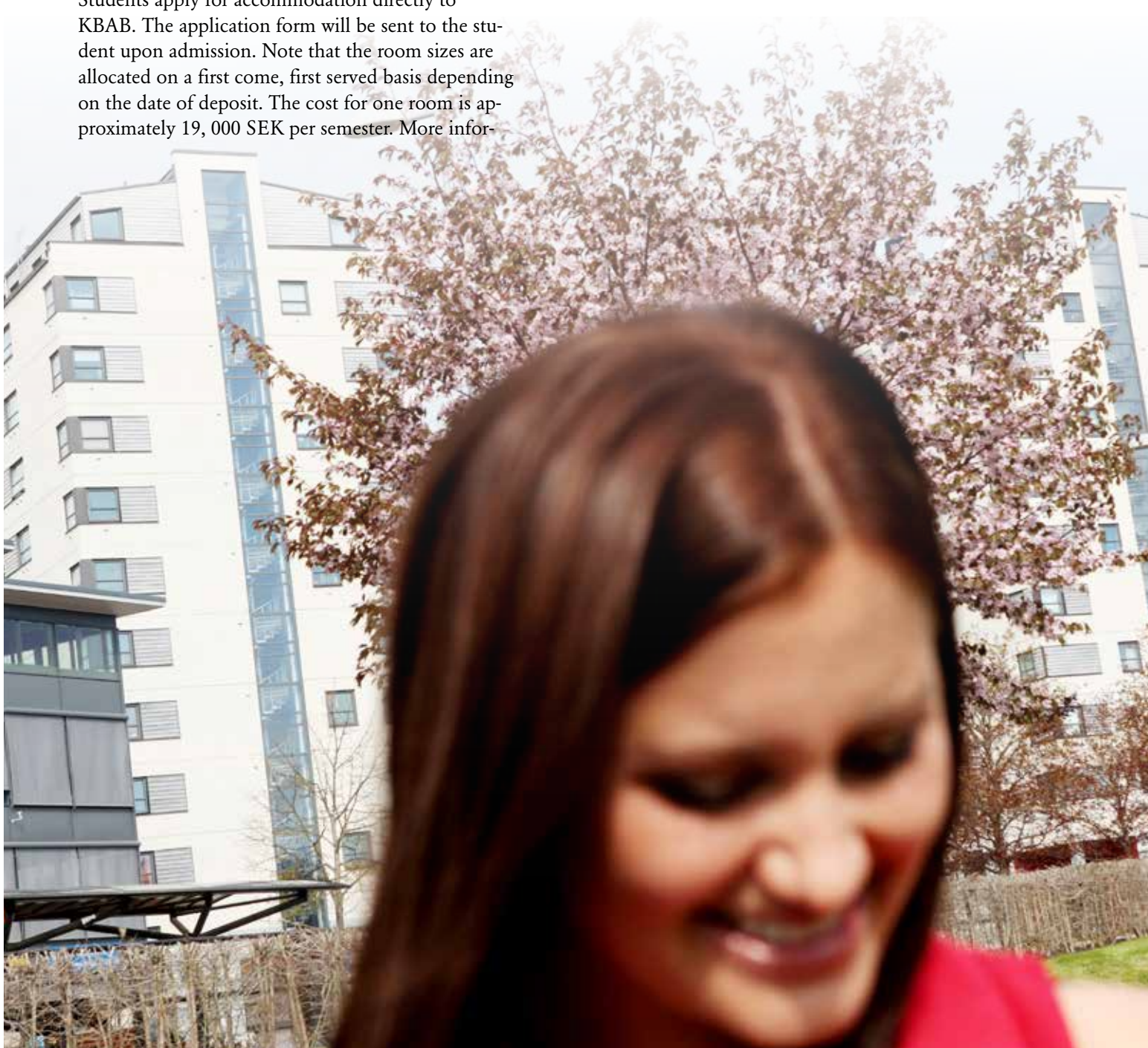
Most of the international students live together with other international and Swedish students in the area called Campus, located a short walk from the university in the Campus area there is a football field as well as a jogging track.

The perfect place to live

Campus is located on the edge of the city with the Swedish, ever-changing nature outside the windows. Just as close is the bus stop that takes you to the city centre in only ten minutes. But what really makes it the perfect place to live is the closeness to other international and Swedish students. If you want to get to know Sweden, the best way is to live near us. You might find that we are not as shy and reserved as rumour has it.

Campus is my absolute favourite place to be. There is always something happening somewhere

- Megan, Canada



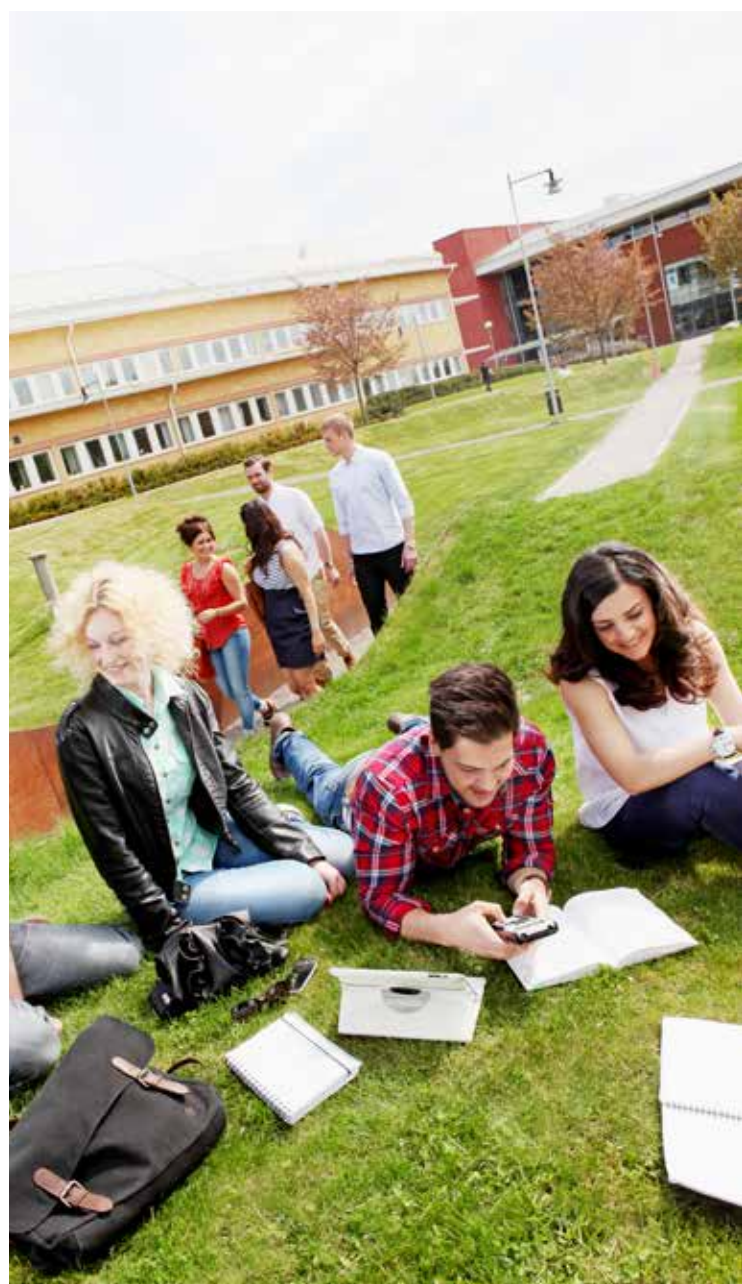
STUDENT LIFE

Explore!

The university is a fantastic place but there are many other things to see and do in Karlstad! Student life here is relaxed, fun and exciting, just as Karlstad itself. The summer months are especially vibrant. This is when the river bus service starts and barbecue parties can be enjoyed everywhere. The winter is exciting too. Why not go ice-skating at Mariebergsskogen, or take a trip up north for skiing? Living so close to other international and Swedish students means that anything can happen!

Travel easy

You might also be interested in taking a look around Sweden or even Europe. Karlstad is the perfect place if you want to travel. From Karlstad you can easily reach Stockholm, Gothenburg and Oslo and from there choose between hundreds of destinations all over the world. And when you have travelled through half of Europe with your newfound friends, you can return to the safe, calm and relaxing environment of Karlstad.



BE ACTIVE!

IESK

We take special pride in our own international student association, IESK. The association, run by both Swedish and international students, organizes activities such as international dinners and movie nights. It is the perfect place to engage in social activities, meet new friends and make your voice heard. IESK also represents the interests of students in university affairs. There are also great opportunities to be a member of boards and committees and contribute to international student life in Karlstad.

Get sweaty!

After a long day of studies, your body also needs exercise. KAU IF, the students' sports association offers a wide variety of sports to participate in, such as football, martial arts, aerobics and team cycling. There are also jogging tracks and a gym in the university area. Keep fit!

Culture

Karlstad University has two excellent student choirs, one for women and one for men, which perform separately and together on different occasions. For example, every year they join forces for a magnificent Lucia celebration. Lucia is a typical Swedish tradition celebrated in the middle of December for the purpose of bringing light and singing into the winter darkness. There are also movie, writing and board game clubs.



THE CITY OF KARLSTAD

A beautiful city

The river Klarälven with city centre beaches, the many trees and parks, and the city sun symbol make Karlstad a clean, fresh and appealing city. In the summer, the boat service takes you around Karlstad at the cost of a bus ticket.

From the city square bus station, there is a shuttle bus (no 1), which takes you to and from the university in ten minutes.

Besides smaller shops, second-hand shops and cosy boutiques, there are two big malls in Karlstad with a variety of stores, including the latest Swedish fashion.

Lots of sports

Our pride and joy is the local ice hockey team, Färjestad, one of the top teams in Sweden. You can also watch live games of football, American football, handball, basket, floor ball, bandy, curling, and track and field events.

Nightlife

Karlstad is the city in Sweden with the most restaurants and clubs in proportion to the population. Whether you want to eat, dance or just have a few drinks with your friends, Karlstad is the perfect place. Some establishments even have special student nights every week with student discounts. There are also bowling alleys, pool tables and the cinema with the latest movies.

The people

They say the sun always shines here and so do the people. The people of Karlstad are always friendly and welcoming. It is also good to know that almost everyone speaks English, in case you find Swedish a bit hard to understand.

The whole city really lives up when the spring arrives. It is a very special thing to experience.

- Isaac, USA



PRACTICAL INFORMATION

APPLICATION

Only students from higher education institutions with which Karlstad University has an exchange agreement are considered to be exchange students.

Procedure

Students cannot apply until they have been nominated by our partner universities online on moveonnet. Information about this is sent to all partner universities before the deadline. When the student has been nominated, instructions on how and where to apply will be sent directly to the student.

The application procedure is the same for all exchange students independent of the type of exchange agreement/program (Erasmus, ISEP; Nordplus, etc.). Please note that incomplete applications will delay the admission process.

To be accepted, the application has to be filled in correctly and all the required documents must be attached. It is important that your previous studies meet the prerequisites for the courses you are applying for. When you meet this requirement, the application must be signed both by you and your international coordinator and submitted online. Scanned applications sent by email or fax cannot be accepted.

REQUIREMENTS

1. You must be nominated by your home institution.
2. You must have successfully completed at least one year of academic study at your home institution.
3. You must have fulfilled the prerequisites for the courses you wish to take. The special prerequisites for each course are stated in the syllabus.
4. You must have sufficient knowledge of English to successfully complete a course of study taught in English.
5. If you apply for a master's programme, you must have successfully completed a programme of study in a relevant discipline at the bachelor's level or equivalent. The specific prerequisites for each programme are stated in the programme study plan.

Make sure that you take one full-time course at a time and that the courses you select are spread out over the whole semester. Remember that you must apply for all courses you want to take within the application period. Courses offered will run subject to a minimum of students applying for the course.

REQUIRED DOCUMENTS

1. Your application form signed by you and your coordinator.
2. Transcript of records (translated into English) for all completed semesters at university/college level. This is an official documentation of your academic achievements so far at your home institution. It will be used to check that your choice of courses fits your previous studies.
3. Online course application.
A list of the courses you are studying at present that have not yet been completed. Course names and the number of credits for each course are required.
4. Letter of motivation – A letter (1-2) pages describing yourself and why you want to study at Karlstad University.
5. Learning agreement (European universities only).
Send it to us via email after you have been admitted or bring it when you arrive. However, it is important that you and your coordinator/professor sign it before coming here.
6. If you are applying for a master programme, we must have a copy of your Bachelor degree. If it is not possible to get a copy in your country while studying for a master, we need to have a letter from your coordinator confirming this.

When you have collected all the required documents, it is time to ask your international coordinator to confirm the application by signing and stamping it.

Completed application forms with all the required documents must be submitted to the online by the application deadline.

NON-EXCHANGE STUDENTS

Students from higher institutions that do not have an exchange agreement with Karlstad University are considered to be non-exchange students, or free movers.

Applications from non-exchange students are submitted via the national website www.universityadmissions.se. Late applications are not accepted. Please note that the application cannot be submitted prior to the respective application period.

For all instructions regarding application, please see www.universityadmissions.se

RESIDENCE PERMIT

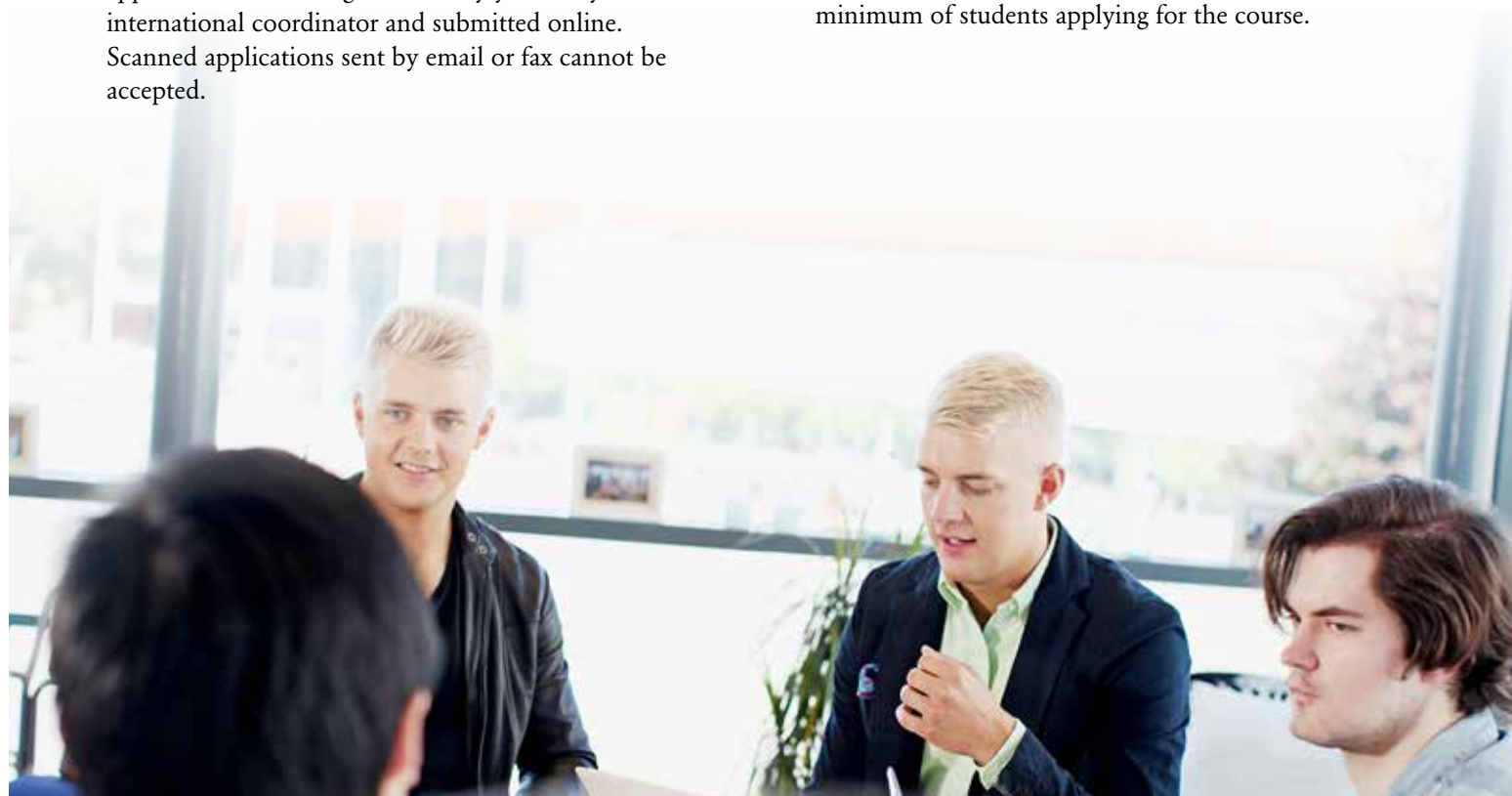
Students from most countries outside the European Union must obtain a residence permit before coming to Sweden. Acquiring a residence permit can be a lengthy procedure.

EU-citizens

Students who are citizens of an EU or EEA country do not need a residence permit to enter Sweden.

Non-EU citizens

In addition to a valid passport, non-EU citizens must obtain a residence permit prior to their departure for Sweden. Applications should be made through the nearest Swedish Embassy or Consulate 2-3 months before departure. For citizens of some countries it is also possible to apply online on www.migrationsverket.se for a residence permit. It is very important that you apply for a residence permit immediately upon receiving the letter of admission from the university. The process takes one week up to four months depending on which country you apply from. Do not leave for Sweden without a residence permit.



PRACTICAL INFORMATION

HEALTH AND INSURANCE

It is essential that you have taken out insurance if you intend to stay in Sweden. The Swedish authorities require that you to provide evidence of insurance when applying for a residence permit.

If you are a European student, you must bring your European Health Insurance Card, (or E128 form that is issued on request in your home country). The card entitles you to receive the same public medical services for emergency care as Swedish citizens.

If you come from a country outside of the European Union, you must buy a private medical insurance policy in your home country. There are reciprocal agreements for public medical benefits between Sweden and Australia and the province of Quebec in Canada. However, you should still consult with your insurance company on an adequate insurance policy.

There are generally no vaccination requirements for entering Sweden. Temporary regulations may sometimes apply to travellers from specific countries.

Karlstad University offers basic insurance coverage in case of emergency for all exchange students, called the Student In (Swedish State's Insurance for Foreign Students In Sweden). The insurance provides reimbursement for costs in connection with emergency visits and additional coverage for accidents that may occur during leisure time. The insurance also covers liability and legal costs. This insurance is free of charge.

Karlstad University offers a basic insurance in case of emergency for all free movers, called The Swedish State's Group Insurance and Personal Insurance (GIF) – Free movers at Karlstad University.

CHECKLIST

This is a checklist of things you need to do BEFORE you arrive in Karlstad

1. Confirm accepting your place

Non-exchange students applying for courses or programs must actively confirm their acceptance of a place. If you do not return your acceptance of courses by the date indicated, you will lose your place. This does not concern exchange students.

2. Apply for a residence permit

In addition to a valid passport, non-EU citizens must obtain a residence permit prior to their departure for Sweden. It is very important that you apply for a residence permit immediately after receiving the letter of admission from the university. The process takes one week up to four months depending on which country you apply from.

3. Take out insurance

It is essential that you have taken out insurance if you intend to study in Sweden. The Swedish authorities require you to provide evidence of insurance when applying for a residence permit.

4. Apply for accommodation in Sweden

Do not forget to apply for housing in Sweden through KBAB

5. Arrange and notify us of your arrival

If you want to take part in the pick-up service it is important to notify us at least three weeks prior to your arrival.

6. Make copies of documents

It is a good idea to make copies of your documents to take with you. We also recommend that you leave copies at home with your family or a friend in case of theft or loss.

COST OF LIVING

Below is a list of approximate expenses to consider when planning a budget for an academic semester in Karlstad (SEK = Swedish crowns).

Approximate expenses in SEK
Rent for accommodation 19,000

Bedclothes purchase 400

Food 13,000

Medical and personal care 1,000

Course literature 4,000

Hobbies, entertainment, travel 3,000

Total per semester (5 months) 40,400

Total per month 8,080

Credit cards are accepted in most places in Sweden, in particular VISA, Eurocard, MasterCard and American Express. Please check before you leave home that the card is valid during your whole stay in Sweden and that it is open for purchases abroad. It is also a good idea to check whether your bank at home has a Swedish banking partner.

More information can be found at www.kau.se/en under *Practical Information*.





CONTACT US!

ADMISSIONS OFFICE

Exchange students

Alexandra Argiroudaki & Maria Nilsson

E-mail: exchange.admissions@kau.se

Non-exchange students/free movers

Inger von Zweigbergk, Admissions Officer

Phone: +46 (0)54 700 18 18

E-mail: inger.von.zweigbergk@kau.se

INTERNATIONAL OFFICE

The international office answers general questions and assists you in matters concerning your learning agreement and housing.

Incoming and Outgoing students

Alicia Berg & Josefin Rönnqvist

Phone: +46 (0)54 700 10 00

E-mail: exchange@kau.se

Staff exchange, international agreements and programmes

Carina Eriksson

Phone: +46 (0)54 700 21 51



KAU.SE/EN