## Information for Students on Exchange

<table>
<thead>
<tr>
<th><strong>A. University</strong></th>
<th><strong>Uppsala University</strong></th>
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<tbody>
<tr>
<td><strong><a href="http://www.uu.se/en/">http://www.uu.se/en/</a></strong></td>
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<tr>
<th><strong>B. Country</strong></th>
<th><strong>Sweden</strong></th>
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<th><strong>C. Academics</strong></th>
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### i) Course Mapping & Credits Transfer

Please ensure that your Study Plan is approved by the academics at your home faculty before the exchange. You can check with the SEP Coordinator in the Dean's Office of your home faculty.

Courses approved in the past might not be offered by the host university or approved by your faculty when it is time for your exchange. Please check the latest course offerings at the host universities while you are preparing your Study Plan.

### ii) Academic Calendar

#### Semester 1: August/September to January

#### Semester 2: January to June

[https://www.uu.se/en/study/higher-education-in-sweden#anchor-282577](https://www.uu.se/en/study/higher-education-in-sweden#anchor-282577)

### iii) Exchange Duration

One semester.

For more information about the exchange programme, please refer to [http://www.uu.se/en/admissions/exchange/](http://www.uu.se/en/admissions/exchange/).

### iv) Examination

Students are expected to attend the mandatory examination at the host university.

### v) Curriculum Structure

The Swedish "Higher Education Points" are exactly equivalent to ECTS credits - that is, you take 30 points per semester.

**Full time workload: 30 ECTS**

Minimum: 22.5 ECTS

Maximum: 37.5 ECTS

In order to be eligible for exchange studies at Uppsala University, students must take a minimum of 22.5 ECTS worth of courses.

1.5 Swedish credits equate to one week of full-time studies and a semester consists of 20 weeks, i.e. 30 credits. Thus, one year of full-time studies equals 60 credits.

Most courses are labeled with a course level (A, B, C or D). This indicates how advanced the course is. Level A is introductory (first semester), and D is usually the most advanced undergraduate level (a level A course may,
however, still require prerequisites in the subject from upper secondary school). Courses that cannot be designated for a specific level are denoted by X. In general C and D level courses are taken during the 3rd or 4th year of the undergraduate programme.

For more information on courses, please refer to: [http://www.uu.se/en/admissions/exchange/course/].

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<th>vi) Entry Requirements</th>
<th>A minimum GPA of 3.0 out of 5.0 with no grade below C.</th>
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| vii) Language Proficiency Requirements | The medium of instruction for classes is Swedish. However, English-taught courses are also available (undergraduate level).

Applicants will be asked to evaluate their level of English (or Swedish for those planning to take courses taught in Swedish) in the application form. Applicants should have at least a B2 level on the Common European Framework of Reference for Languages.

| viii) Faculties & Schools Accepting Exchange Students | • Theology  
| | • Law  
| | • Arts  
| | • Languages  
| | • Social sciences  
| | • Educational sciences  
| | • Science and Technology |

| ix) Course restrictions and pre-requisites | In their application, students are required to select eight (8) courses in order of preference and priority. All courses listed on [http://www.uu.se/en/admissions/exchange/course/] are open to exchange students and will be taught in English, provided that they fulfil the prerequisites and have the following comments in mind:

- **Business Studies courses** – entry requirements vary considerably. Please note the early application deadline!
- **Economics courses** – no courses available from the Department of Economics
- **Government courses** – limited space on certain courses
- **History courses** – limited space on courses
- **Law courses** – entry requirement of a minimum of two years of prior full time Law studies.
- **Medicine courses** – no entry-level courses are taught in English. Students must have a strong academic background within Medicine and meet the entry requirements described in the course description.
- **Natural Sciences courses** including Physics, Chemistry, Biology and Engineering - few to no entry-level courses taught in English. Students must have a strong academic background within these
subjects and meet the entry requirements described in the course description.

- **Philosophy courses** – only few courses available with high entry requirements
- **Psychology courses** – only few courses taught in English with limited space on courses
- **Sociology courses** – no courses at Bachelor level are taught in English
- Places on courses taught in Swedish for those with enough Swedish language skills can be offered if there are vacancies. Students will be notified of the decision only after the national (Swedish) admission process has been completed. Students must have a strong academic background within these subjects and meet the entry requirements described in the course description.

Course selection is on a first come first served basis. Some departments have a quota on exchange students and emphasize diversity of student population. Exchange students should choose courses carefully at the point of application. A minimum of 22.5 ECTS and maximum of 30 ECTS would be pre-approved. Exchange students are discouraged from taking more than 30 ECTS.

There is no add-or-drop period, so pre-approved courses are quite fixed at the time of admissions.

**D. Application**

i) **Procedures**

Students can apply for SEP one year in advance through their home faculty in NUS. Please look out for your faculty’s announcement regarding the application period.

Once you have been selected by your home faculty for SEP, your faculty will contact you and provide information regarding application with your host university. Please prepare the necessary documents before the start of the application period at your host university.

ii) **Deadlines**

All NUS students must abide by the internal application deadline set by their home faculty for exchange participation in the following academic year. After clearing the internal application and selection process, students have to take note of the application deadline set by the host university.

Failure to submit a formal application to the host university will result your exchange being forfeited even if you have been selected by NUS for the exchange.
### E. Accommodations

#### i) University Accommodation

Housing is not guaranteed but is prioritised for exchange students who applies within deadlines and accepted the offer by the deadline specified:

For autumn semester: 15 – 31 May  
For spring semester: 15 – 30 November

The link to the housing application will be sent out to students in a separate email prior to the application period opening. The Housing Office process the online applications for housing in Uppsala and Visby. Offers are made at the beginning of June for the autumn semester and at the beginning of December for the spring semester. An ACTIVE RESPONSE from the applicant is REQUIRED. Exchange students may be allocated a student room or a studio. Students should apply for housing as soon as the housing application period opens, even if they have not yet received their Certificate of Acceptance.

Students in Sweden are living in rooms and apartments like any other tenants and are expected to take full responsibility for their accommodation. Male and female students live on the same corridors.

For more information on accommodation, please refer to:
- [https://www.uu.se/en/study/exchange-studies/living-in-sweden/housing](https://www.uu.se/en/study/exchange-studies/living-in-sweden/housing)
- [http://www.housingoffice.se/](http://www.housingoffice.se/)

### F. Visa
| **Consular/Visa Regulation** | All non-EU citizens need to apply for a residence permit to stay longer than 90 days in Sweden. The residence permit must have been granted before the student enters Sweden.

Uppsala University will send a Certificate of Acceptance by e-mail to each student in need of it. The Certificate of Acceptance is necessary in order to apply for a visa/residence permit. Further information may be found here: https://www.migrationsverket.se/English/Private-individuals/Studying-and-researching-in-Sweden/Higher-education/Residence-permit-for-higher-education.html

More details will be sent with the Certificate of Acceptance by late May for Sem 1 and late November for Sem 2.

For residence permit application, you must prove that you have been admitted as an exchange or visiting student at Uppsala University and that you have proof of sufficient funds, currently SEK 9,450/month of study for your entire stay duration. If you are a citizen of a country outside the EU/EEA you must have received a decision about your residence permit application before entering Sweden. You can only apply for a residence permit at a Swedish Embassy or Consulate in your home country or country of residence.

For more information about visa, please refer to: https://www.migrationsverket.se/English/About-the-Migration-Agency/Stricter-passport-checks.html

All students are advised to apply for the necessary visa immediately after they receive the official offer letter/email from their host university.

Some visa application process could take up to 3 months to process. Your exchange at the host university depends on the clearance by the immigration of the host country. |

| **G. Safety, Health & Medical Insurance** |
### i) Health/Medical Insurance

All registered NUS students are covered under the university health insurance and the blanket travel insurance. For more information on the university health insurance coverage, please refer to [https://nus.edu.sg/uhc/general-health/billing-insurance/insurance-matters#student](https://nus.edu.sg/uhc/general-health/billing-insurance/insurance-matters#student)

For more information on the blanket travel insurance, please refer to ‘Insurance Cover for Official NUS Trips’ here: [https://myportal.nus.edu.sg/studentportal/student-insurance/all/](https://myportal.nus.edu.sg/studentportal/student-insurance/all/)

**Students are strongly advised to bring their own Health, Travel, and Accident insurance policy.**

All exchange students are covered by an insurance policy taken by Uppsala University, Student IN, which includes emergency medical care (for non-EU citizens), liability coverage, legal coverage and accident insurance. Please note it does not cover pre-existing medical conditions or trips outside Sweden. Students should read the terms and conditions and determine whether they need to purchase additional private health insurance. This insurance is provided free of charge by Uppsala University and is a back-up insurance if the student is not covered by his/her own insurance policy.

For a complete overview of what Student IN covers, including limitations, please visit Kammarkollegiet’s website: [https://www.kammarkollegiet.se/engelska/start/all-services/insurance-for-foreign-visitors/student-insurance/exchange-students-in-sweden](https://www.kammarkollegiet.se/engelska/start/all-services/insurance-for-foreign-visitors/student-insurance/exchange-students-in-sweden)

Please review the insurance coverage to ensure that they meet your needs. Students can purchase additional health and/or travel insurance from their preferred agent.

### ii) Emergency Number at host university

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### H. Cost of Living
## i) Estimated Monthly Living Expenses

<table>
<thead>
<tr>
<th>Breakdown of Costs</th>
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<tbody>
<tr>
<td>Accommodation</td>
<td>SEK 4,500</td>
</tr>
<tr>
<td>Food</td>
<td>SEK 2,500</td>
</tr>
<tr>
<td>Transport</td>
<td>SEK 550</td>
</tr>
<tr>
<td>Telephone / Internet</td>
<td>SEK 400</td>
</tr>
<tr>
<td>Others (Entertainment, clothes etc.)</td>
<td>SEK 1,500</td>
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<tr>
<td>Monthly Estimate</td>
<td>SEK 9,450</td>
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## I. Useful reference

<table>
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<tr>
<th>Guide for Exchange Students</th>
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Last updated: August 2023
Note: All information is subjected to change.