EXCHANGE PARTICIPANT QUESTIONNAIRE

STUDENT INFORMATION

Faculty: Arts and Social Sciences
Major/Minor: International Studies/History
Host university: Uppsala University
Host Country: Sweden
Dates of your exchange: (month/year) 01/2017 to (month/year) 06/2017

TRAVEL

Approximately how much did air transportation cost: $1200

Approximately how much did any required ground transportation cost: N/A

Do you have a recommended routing or airline? □ No □ Yes

If yes, please describe: Be sure to arrive at Stockholm's ARLANDA airport!

VISAS

What is your citizenship? (voluntary; may impact following information) Canadian

Did you need a student visa/permit? □ No □ Yes: What was the cost? $140

If yes, what documentation was needed? Proof of university acceptance, health insurance, housing

Did you need a visitor visa/permit? □ No □ Yes: What was the cost?

If yes, what documentation was needed?

Where was your immigration documentation processed? Online application, pick up the permit in Sweden

How long did it take to procure your visa/permit? ~4 weeks of processing, got the permit 3 wks after arriving

Were any other documents required (residence permit, etc)? □ No □ Yes

If yes, please comment: A temporary residence permit acts as your student visa

AIRPORT RECEPTION

Were you met at the airport by representatives of the host university? □ No □ Yes

Is there easy transportation between the airport and university? □ No □ Yes

Please comment: If you arrive on the suggested arrival date (PLEASE DO), there are people from Uppsala to meet you and shuttle you from the airport into town. There's a direct bus from Uppsala Central Station to Arlanda airport (takes about an hour)

What is the closest airport to the host university? Stockholm Arlanda

ORIENTATION

Is there an organized orientation session upon arrival at the host university? □ No □ Yes

Was there a cost for the orientation session? □ No □ Yes, how much? ____________

If yes, do you recommend that future students participate? □ No □ Yes

Please comment: The student nations organize a bunch of different orientation activities. This is the best way to get to know the city and your fellow exchange students. Definitely check it out, even if you arrive in January like I did and it's way too cold for a walking tour (wear an extra sweater and go anyways).
**LANGUAGE PROGRAMS**
Is there a language program available either before or during the term?  □ No  □ Yes
If yes, how long is it? Four months

Is there an additional cost for language training?  □ No  □ Yes: How much?

Please comment: You can sign up for the Basic Swedish course online once you’ve arrived (there’s a very strict deadline so pay attention), or take an assessment test if you have some previous Swedish knowledge.

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**ACCOMMODATION & LIVING**
Is on-campus or university dormitory accommodation available?  □ No  □ Yes
If yes, are you living in a university dormitory?  □ No  □ Yes
If yes, can you make a recommendation for a specific dormitory?  □ No  □ Yes
If yes, please describe: Flogsta has a huge, fun student population but is a bit far from town.

What is the average monthly cost of accommodation? 700

Is there a meal plan?  □ No  □ Yes: How much is it?

If no, do you have access to adequate cooking facilities?  □ No  □ Yes
How far is your dormitory from the main campus? From my campus (there are several) it was 20 min biking.

Please comment on internet and phone access in your dormitory:

There’s internet in the dorm rooms, and because previous tenants are allowed to leave some stuff behind, many have wifi routers already. Not sure about phone access (I never used a landline).

Did you have to make a deposit for your accommodation prior to arrival?  □ No  □ Yes
If yes, how did you arrange this? Credit card payment

Is off-campus housing easily available?  □ No  □ Yes

Please comment on off-campus housing:

Off-campus housing is guaranteed for exchange students, plus the rooms come furnished (unlike rooms for domestic students). There are a ton of different options, though most exchange students pick Flogsta, where I lived, for the social life.

Approximately how much money per month is needed for living, including accommodation and meals? 900

Any other comments on accommodation:

Uppsala University’s international office made a great guide to the different accommodation options, which you can email the office to receive.
FINANCIAL DETAILS
Have you opened a bank account in your host country?  [ ] No  [ ] Yes: What are the challenges/benefits to opening a local bank account?

How would you recommend students bring money (Canadian/American cash, travelers’ cheques, local currency?)

Bring some local currency, but most people pay by card.

What is/are the preferred method(s) of payment at most establishments?  [ ] Cash  [ ] Debit  [ ] Credit card

Please comment: Sweden is almost cashless, so if you can, try to pay by card wherever you go.

ACADEMIC DETAILS
Was it possible for you to get all of the courses that you wanted?  [ ] No  [ ] Yes

Please describe the course registration procedure:

You select courses online and rank them in order of your preference. This doesn’t guarantee you a spot in any of them, but they do try to give you your top choices. Unfortunately, the times/dates for the courses aren’t published online while you’re choosing. Since some courses are taught in a concentrated 5 week format, and others last the whole semester, this means you might have a month that’s really heavy for course work or really light.

What discipline(s)/program(s) are you taking at your host university?  Education, Politics, Swedish

What is the language of instruction in your courses?  English

If not English, are English-taught courses available?  

Describe the manner and quality of instruction at your host university.

All the classes I took were heavily participation-based. Swedish professors don’t do too much in the form of assessment (i.e. you might do 5 presentations in a course but be graded solely on a final essay), and grades are awarded on a pass, fail, or pass with distinction scale, no letters. Some courses are taught over an intensive 5 week period, which I loved, because it meant I was only focusing on one course at a time. Others, like Basic Swedish, last much longer. The quality of instruction I experienced was very high, with very approachable teachers.

What do you feel is/will be the main academic benefit of your participation in this exchange program?

By removing the focus on letter grades, I think that the Swedish education system puts emphasis on actual learning a lot more than just getting good grades. This, combined with the strong focus on in-class participation, made me look at my university courses in a new way.

Submission Instructions:

1. Please complete and return this form by E-mail to studyabroad@sfu.ca as a PDF.
2. Subject line of email: Questionnaire - [Host Country, Host University]
3. Please include your full name and student number in the body of your E-mail.