General practical information

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Culture Shock – The Stages

Figure 2. The W-Curve of Intercultural Sojourning

Based on Oberg (1960) and Gallahorn & Gallahorn (1963)
Intercultural exchange demands communication

Three main cultural dimensions:

- Relationships with people
- Attitudes to time
- Reserved vs expressive
“Study at Stockholm University”
Handbook for international students
Student-id number “T-number”

- Your student-id: date of birth + T + 3 digits, ex: 891203-T123
- Get it from your department or the Infocenter

Staying for one year or more?

- Register with the Swedish Tax Agency in order to receive a personal identity number.
- Then visit Infocenter to replace your T-number with you personal identity number.
Student card guide

University card

- Issued by IT-services
- Connected to your university account
  
  (one-time code needed for account activation, contact Infocenter, Studenthuset)
- Library and printing/scanning/copying services

Campus card

- Issued by the Student Union (SUS) *(Studenthuset, floor 1)*
- Requires membership in SUS
- Discount on e.g. public transport
  
  (requires minimum 22.5 credits per semester)
Residence permit
Residence permit

**EU/EEA and Nordic citizens**

- do not need a residence permit
- do not need to register upon arrival.

- More information:
  EU/EEA:  [http://www.migrationsverket.se/English/Private-individuals/EU-citizens-and-long-term-residents.html](http://www.migrationsverket.se/English/Private-individuals/EU-citizens-and-long-term-residents.html)
  Nordic:  [https://www.migrationsverket.se/English/Private-individuals/EU-citizens-and-long-term-residents/Nordic-citizen.html](https://www.migrationsverket.se/English/Private-individuals/EU-citizens-and-long-term-residents/Nordic-citizen.html)

*EU28, Iceland, Norway and Lichtenstein*
Residence permit

Swiss citizens

• **If staying less than 3 months:**
  - do not need to register upon arrival
  - do not need a residence permit

• **If staying more than 3 months:**
  - need to apply for a residence permit

• Read more here: [http://www.migrationsverket.se/English/Private-individuals/EU-citizens-and-long-term-residents/Swiss-citizens.html](http://www.migrationsverket.se/English/Private-individuals/EU-citizens-and-long-term-residents/Swiss-citizens.html)
Residence permit

Non EU/EEA/Nordic citizens

Residence permit card

- Students who needed an entry visa - have already arranged this before arrival
- Students who did not need an entry visa: If you still need to be photographed and fingerprinted for the card you should make an appointment with the Swedish Migration Board (Migrationsverket): [www.migrationsverket.se/English/Contact-us/Book-an-appointment-before-you-visit-us.html](http://www.migrationsverket.se/English/Contact-us/Book-an-appointment-before-you-visit-us.html)
Extending a residence permit

You must apply before the current permit expires.

- In most cases you will need to pay a fee..
- If you apply online you can apply earliest six months before your current permit expires:
  https://www.migrationsverket.se/English/Private-individuals/Studying-in-Sweden/Universities-and-university-college/Extend-a-permit.html
- Waiting time when applying for extension may be lengthy:
  http://www.migrationsverket.se/English/Private-individuals/Studying-in-Sweden/Time-to-a-decision.html

Stay in Sweden while the extension is being processed!

*If you travel abroad during the process, it is difficult to re-enter.*
Insurance
Personal injury insurance

Everyone studying at Stockholm University is covered by a personal injury insurance.

Validity:

- When you are on campus in order to study, attend lectures, etc.
- During travels to and from the location where university hours are spent
Insurance categories

Non EU/EEA/Swiss Citizens
Covered by insurance from the Swedish State:
• Student-IN (exchange students)
• FAS (fee paying non-exchange students)

EU/EEA/Swiss Citizens
• Must have the European Health Insurance Card
  or
• need to arrange their own insurance coverage

Detailed information for each category on the Handbook for International students
General insurance information

- You need to pay the fees and then claim a refund

- Keep your receipts!

- Terms and conditions and claim forms: [https://www.kammarkollegiet.se/node/3055](https://www.kammarkollegiet.se/node/3055)

- Contact information: [http://www.su.se/english/study/exchange-students/departmental-coordinators/departmental-coordinators-1.518](http://www.su.se/english/study/exchange-students/departmental-coordinators/departmental-coordinators-1.518)

- Contact information for fee-paying students: Tina Larsson, Student Services, tina.larsson@su.se
Good to know
Internet on your Phone

For students without a Swedish Personal Number

Pay-as-you-go SIM cards – “Kontantkort”

Comviq, Telia, Halebop, Telenor och Tre

On Campus

SU Wi-Fi Eduroam
Where to buy...

...tickets for public transport, sim cards, stamps, convenience foods?

Often also integrated post offices
Where to buy...

...food?
ICA, Coop, Hemköp, Willys, Lidl

...things for your home?
Stores: IKEA, Rusta, OöB
Second hand stores: Myrorna, Stadsmissionen
IKEA at “Kungens kurva” (south)

**Free bus** Monday to Friday, bus stop at Vasagatan 10 (near the train station)

**Weekends:** red metro line to Skärholmen, then a 10 minute walk or a short bus-ride

Timetable:
• For stays shorter than 6 months, it might be easier and cheaper to stay with your home bank (if you have internet bank and a credit/debit card).

• Some banks, like SEB, have been more willing to accept customers without a Swedish id-number. See the leaflet "Offer to foreign private customer staying temporarily in Sweden”

• Remember to close your account when leaving!
Get to know your city!

Public transport: www.sl.se/english
Download the travel guide app!

CITY BIKES
www.citybikes.se/home
(April-October)

FREE TOUR STOCKHOLM
www.stockholmfreetour.com/

Stockholm Visitors Board
www.stockholmtown.com/

Museums with free admission
Stay informed!

Radio news in Swedish
(slow and simple)

Radio news in English

Swedish news in English

THE LOCAL
Free guided bus tour in Stockholm

When: Friday January 19th, 11.00-13.00.

Where: Parking area next to Studenthuset

https://goo.gl/forms/5ejLWYFqDbdtqP1p1

first come, first served!
Enjoy your journey at Stockholm University!
Welcome to your new hometown!

Stockholm
The Capital of Scandinavia