

# Handbook for international students at the University of Borås



UNIVERSITY OF BORÅS  
SCIENCE FOR THE PROFESSIONS

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## International Student Services



Preparing for your studies in Sweden is sure to be an exciting and somewhat anxious time for you. As we are aware, you

probably have many questions about what it is like to move to Sweden as a foreign student. Therefore we have prepared this information to guide you through the basic information you need to know to prepare for your trip. Every year a number of students are not able to study as planned because of misunderstandings about the starting date of the programme, residence permits, and other issues such as accommodation and health insurance problems. Therefore you should carefully read through the information we have prepared for new students. Please pay special attention to the section titled before arrival and our website **[www.hb.se/admittedstudent](http://www.hb.se/admittedstudent)**.

If you have any questions you should feel free to contact International Student Services and we will do our best to help you.

## Contact information:

Tel: +46 33-435 4488  
Email: [internationalstudent@hb.se](mailto:internationalstudent@hb.se)  
Room: A332

Emma Bergstedt  
*International coordinator*

# Welcome to the University of Borås

Welcome and thank you for choosing the University of Borås

Choosing a university might be one of the most important decisions you ever have to make and choosing a university in a foreign country doesn't make the decision any easier. You have made a good choice. The University of Borås is an exciting and modern university with academic programmes that attract students from all parts of Sweden and the world.

We are known for our unique studies and our cooperation with the surrounding society. We work closely with external partners in both the private and public sector, and several of our lecturers have a background in industry. This leads to a high level of quality in our education, with contents that are relevant and adapted to the needs of the work place.

Studying at the university doesn't only give you the knowledge and skills necessary for pursuing the career of your dreams, but develops your critical thinking and gives you better understanding of the world around you, which will impact your personal development.

When studying abroad you will meet people from many different parts of the world and learn a lot of things about others and about yourself and make friends for life.

I hope that you will be happy with your studies and stay in Borås. We will do our very best to make sure that you will be satisfied. A warm welcome and good luck!

Björn Brorström  
*Rector*



## About the university

The University of Borås is a modern university located in south-west Sweden approximately sixty kilometres east of Gothenburg, Sweden's second largest city. The University was founded in 1977, but its origins can be traced back much further than that. The foundation was laid already in 1866 when the Technical Weaving School was created. It later became the Textile Institute and in 1982 it was incorporated into the newly founded University of Borås and renamed the Swedish School of Textiles. Other important pieces of the foundation were laid in 1940, 1966 and 1972 when the Nursing School of West Sweden (the School of Health Sciences), the pre-school teacher training school (the School of Education & Behavioural Sciences) and the School of Library Science were established in the city of Borås.

These days the university consists of six academic schools:

- The Swedish School of Library & Information Science
- The Swedish School of Textiles
- The School of Engineering
- The School of Business and IT
- The School of Health Sciences
- The School of Education & Behavioural Sciences

The university offers a wide range of academic programmes and courses. Some are unique to the University of Borås and thus attracts students from all parts of Sweden and the world. The University of Borås is a dynamic and multi-cultural place of learning.

In 2010 University of Borås was given the right to award doctoral degrees in three areas: Library and Information Science, Resource Recovery and Textiles and Fashion.

The total number of students is nearly 15,000 (including both undergraduate and postgraduate students). The cam-

pus is located in modern, purpose built buildings in the city centre within walking distance of local amenities such as shops, restaurants, banks, supermarkets and the main bus and train stations. Public transportation in Borås is both safe and efficient and as a result many students choose to live in the surrounding region and commute to the university.

The university's motto is "Science for the Professions". The motto was chosen because the university strongly believes in giving the students knowledge and skills which they will be able to use in their working life. The goal is to provide the students with a high quality education and the skills necessary for pursuing the career of their dreams. To make sure that the students get the best possible education, several of the lecturers have a background in industry. The university also works closely with external partners in both the private and public sector and encourage the students



to do work placements while studying at the University of Borås. The university's approach to teaching and learning is not only highly appreciated by the students, but surveys show that it also makes the students more attractive on the job market and increases employability.

### Swedish School of Library and Information Sciences (BHS)

As Sweden's main educational institution in library and information science, the School of Library and Information Sciences offers a wide variety of alternatives that lead to different kinds of professional positions. The focus and emphasis of the teaching today extends way beyond the concept of traditional libraries; it embraces the entirety of information management.

Information specialists are for example engaged in libraries, working in the world of literature and media or within organisations, involved in the development of information systems or other IT-related tasks. The school offers both undergraduate and postgraduate educational programmes and has extensive research activities.

### School of Business & IT (HIT)

The school offers educational programmes in business with specializa-

tion in marketing, accounting and management as well as programmes in informatics with specialization in systems architecture, computer science and systems development. In addition the school offers a joint programme in business and informatics, a programme in entrepreneurship, a programme for real estate agents, a programme in business administration, and a programme in event management.

The school is characterized by its close contacts between students and teachers and with business and organizations in the surrounding society.

The school has an extensive network of contacts with universities all over the world. Several educational programmes offer the opportunity for students to study abroad for one semester. The distinctive profile of research at the school, is Trade and Services Development, more exactly the integration of business and informatics aspects in new projects. The research environment at the school is developing continually through the recruitment of professors, doctoral students and through strengthening ties with business and public organizations.

### School of Engineering (IH)

Education in engineering and technology in Borås has a long history of

association with both local business and industry, and the public sector. The school offers both bachelor's and master's degrees in almost the whole field of engineering thus making it the school with the most comprehensive offering of educational programmes in engineering in Sweden. Features like wide choice possibilities, access to the latest technology – both in theory and practice – and a readiness for flexibility in teaching methods are all greatly appreciated by the students. Several of the master's programmes are international.

Research and technological developments are important aspects of the studies. Many members of the teaching staff are involved in research and students participate actively in on-going research projects. Cooperation with business and industry in the region is a normal activity and includes, for instance, tailor-made courses provided in a variety of ways. There are many interesting opportunities available for internships abroad.

### School of Education and Behavioural Sciences (PED)

This school is the meeting place for three main education fields: teacher education, behavioural sciences and the social sciences. Students can graduate from here, for example, as pre-school teachers, primary school teachers, IT-pedagogues and as

Organisational and Human Resource Developers.

The study programmes offered by the school provides a good foundation for meeting tomorrow's society and considerable energy is put into providing stimulating working methods and an interesting teaching environment. The success of offering opportunities to students to influence educational issues at the school has been singled out as an example worthy of emulation by all of the country's universities.

During a relatively short period of years research has blossomed at the school. Its strength lies in its breadth, stretching from education and sociology to psychology and work science. Over the years the school has also succeeded in developing student exchanges that reach out to as far-flung countries as Indonesia, Kenya, and to those nearer home like The Faro Islands, England, Iceland, Portugal and Spain.

### Swedish School of Textiles (THS)

Borås has honoured the region's century-old traditions in textiles by developing a modern, up-to-date, centre for education in textiles – the only one of its kind in Sweden. Many of the country's fashion creators and designers have been educated in Borås.

Even at a European level, the

Swedish School of Textiles is unique with its own full-scale industrial environment. Here, you will find workshops and laboratories used in teaching co-existing with research and developmental work in design and manufacturing.

At any time of the academic year at least some of the school's students are busy participating in fashion shows and competitions, and often receive international recognition for their work. Every year, graduating design students arrange a popular degree project exhibition.

Several different study programmes make up the foundation of the school's teaching activities covering areas such as design, business management studies and textile engineering. There is a massive input into research and the school aims to become one of the leading institutions in the textile field in Europe.

### School of Health Sciences (VHB)

The School of Health Sciences focuses on undergraduate nursing education – Bachelor of Science in Nursing. Furthermore, the school offers a wide range of specialist study programmes for qualified nurses, independent courses, commissioned courses and bachelor's and master's degrees in Caring Science.

In collaboration with Karlstad

University and Linnaeus University, the School of Health Sciences admits postgraduate students in Nursing/ Caring Science and offers postgraduate courses. Research at the School of Health Sciences is organised in two research environments: Caring context and Caring and existence.

The main objectives of the research environments are to support on-going research projects, initiate new projects, as well as implement research results into the study programmes at the School of Health Sciences.

## Facts and figures about the university

### Figures for 2011

Total budget: SEK 590,5 million  
Number of full-time students: 6,648  
Number of employees: 695  
Number of doctoral students: 79  
Number of incoming exchange students: 315  
Number of degrees conferred: 2,285





# Before arrival

## Insurance

All incoming students to the University of Borås are covered by a health insurance either through the university, Swedish social insurance or European social insurance. Even if you are not required to have a private health insurance there are some things that the social insurances or the university's insurances do not cover. Therefore it is recommended to check if you need to obtain an additional insurance yourself. All students, except fee-paying students, should sign a private insurance that covers property or losses from for example theft.

Students from the EU/EEA should register for a European Health Insurance Card from their Social Insurance office. It will grant you health care on the same terms as Swedish citizens, if the treatment becomes necessary during your stay in Sweden. Exchange students from partner universities outside the EU/EEA are covered by a health insurance plan from the University of Borås. It grants you free medical treatment if the treatment

becomes necessary during your stay in Sweden. Masters students admitted to a 2-year programme and Bachelor students are staying in Sweden more than 365 days and can register for a Swedish personal identity number that gives them the right to the same free health care as Swedish citizens. Note that this right only exists after having received the number. Master students from a country outside the EU/EEA admitted to a 1-year programme are staying in Sweden less than 365 days and can therefore not register for a Swedish personal identity number. The University of Borås has signed "the Swedish State's Insurance for Fee-Paying Students with property cover", for those students. Swedish Institute scholarship holders are insured by an insurance signed by the Swedish Institute.

For more information see [www.hb.se/admittedstudent](http://www.hb.se/admittedstudent) – Insurance

## Residence permit

If you are a citizen of any other country than an EU/EEA country you need to apply for a residence permit. The permits for degree seeking students are granted by the Swedish Migration Board. For exchange students the embassy in most countries has the authority to take the decision directly. You are required to have the permit before you move to Sweden. You should apply as soon as possible after you are accepted.

### Important points to remember when applying

1. Obtaining a residence permit can be a lengthy process and we recommend you to apply as soon as possible once you are admitted, at least 12 weeks before you plan on coming to Sweden.
2. You must prove to the Swedish Migration Board that you will have a guaranteed sum of money at your disposal throughout the entire period of your

studies. The Migration Board sets the amount, currently SEK 7,300 per month for ten months out of each year of your studies. Note that the money has to be on your personal bank account.

**3.** Make sure to include all the necessary documents when applying for your residence permit. You can see what documents you need to enclose on the website of the Swedish Migration Board. If you do not include all documents in your original application you will be moved to the back of the queue. This delay can mean you do not receive your permit in time for your studies.

Keep in mind that some students need to include proof of health insurance when applying for the residence permit. View the health insurance section for details.

## How to apply

Detailed information on how to apply is available at **[www.migrationsverket.se](http://www.migrationsverket.se)**. Click on Studying in Sweden and then on University or College to find out more about the requirements and the application process.

## Where to apply

You apply for a permit at a Swedish embassy or a Swedish consulate in your home country in which you are permanently resident. Addresses of embassies and consulates can be found at **[www.ud.se](http://www.ud.se)**. Citizens of some

countries can submit a first time application for residence permit for studies online at the Swedish Migration Board's website.

**Extension of residence permit**  
An application for an extension of your residence permit can be submitted to any of the Migration Board permit units. You can also apply for an extension of your permit via the Migration Board's website or you can send your application by post (apply to the Norrköping office at "Migrationsverket, 601 70 Norrköping").

The same application form is used for first-time applications as well as for prolongations of permits. When you apply for an extension you should fill in questionnaire B. If you would like to apply online, you will find the electronic form under the section Applications and forms on the Migration Board's website.

## EU/EEA citizens

If you are a student from an EU/EEA country, then you have the right to reside in Sweden. Therefore you do not need to apply for a residence permit. However, you need to register for the right to reside no later than three months after entering the country. Nordic citizens do not need to apply for any sort of right to reside.

Refer to **[www.migrationsverket.se](http://www.migrationsverket.se)**

– in English – Studying in Sweden and click on EU/EEA citizens for details.

## Plane tickets and arrival information

In this section you can find information about arriving in Sweden and how to find your way from the airport to Borås. You can find detailed instructions on our website on how to buy a bus ticket and how to find your way to your accommodation **[www.hb.se/admittedstudent](http://www.hb.se/admittedstudent)** – Arrival information.

Borås is located 70 km directly east of Göteborg. If you are flying into Borås most of you will arrive at Landvetter International Airport. If you fly with Ryanair or Wizz Air you will arrive at Göteborg City Airport (Säve).

We recommend purchasing plane tickets early as flights usually are cheaper the earlier you book them.

It can be a good idea to arrive in Borås before introduction begins to give yourself some time to acquaint yourself with the city. This applies especially to students who have not yet arranged for accommodation.

## Arriving to Landvetter International Airport

Gothenburg-Landvetter airport is located halfway between Borås and Göteborg. This is the main airport in

Western Sweden.

There are four different ways you can go from Landvetter airport to Borås if you don't have someone picking you up: By taxi (costs approximately 500 SEK and you need to order one in advance), by bus going directly to Borås (operated by the company Swebus, only a few departures every day), by airport bus to Gothenburg and then by local bus to Borås, or by local bus to Borås where you switch buses at Landvettermotet. See **[www.hb.se/admittedstudent](http://www.hb.se/admittedstudent)** - Arrival information, for detailed instructions.

## Arriving to Göteborg City Airport (Säve)

Take the airport bus called Flygbussarna to the Göteborg central bus station (also called Nils Ericson Terminal). A one way ticket costs about 50 SEK and the ride takes about 20 minutes. The bus departs according to the flight arrivals. For a detailed timetable see: **[www.flygbussarna.se](http://www.flygbussarna.se)**

## Arriving in Göteborg

From the central station in Göteborg you can either take a bus (number 100) or train to get to Borås. The bus or train ride to Borås from the central station will take approximately one hour and costs about SEK 80. Make

sure to buy your ticket before you get on the bus or the train, as this will make the trip much cheaper.

## Finding your way to student accommodation (AB Bostäder accommodation only)

From the Central Station (Borås Resecentrum) in Borås the easiest way to get to your landlords office to pick up your keys is by taking a taxi. Take the taxi to Vågländsgatan 19 B, but make sure to note their opening hours.

You can also get to your student room by taking a bus. Take bus number 5 toward "Ängsgården" or bus number 6 toward "Sörbo" to the bus stop called "Fjärdingskolan". The bus ride takes about 13 minutes and the bus will drop you off close to both Vågländsgatan, Distansgatan and Tunnlandsgatan. See the last page for a city map.

## Taxi telephone numbers

Taxi Borås AB: 033-12 70 70

Taxi Kurir Borås: 033-12 13 14

Din Taxi i Borås: 033-20 10 20

## Pick-up Service

During a few afternoons before the start of the semester there will be student buddies present at the Borås Central Station to guide or instruct new students to their accommoda-

tion. See "Arrival Information" on **[www.hb.se/admittedstudent](http://www.hb.se/admittedstudent)** for more information.

## Accommodation

The University of Borås does not have a campus with student accommodation but the university cooperates closely with Borås' largest student accommodation agency, and informs them about admitted students. All students are expected to book their own accommodation and the earlier you start searching, the more likely you are to get a suitable room or apartment. Please note that if you have not found a place to live before you arrive in Borås, you should be prepared to spend time in a hostel or other short-term accommodation before finding a permanent residence.

The largest student accommodation agency, AB Bostäder, offers three types of student accommodation which can be furnished or unfurnished: Apartment, room in hall of residence or room in student apartment where you share kitchen and bathroom with other students of both sexes. The rents range between SEK 1600- 4200 per month and include electricity, water, heating and Internet connection.

Visit our website **[www.hb.se/admittedstudent](http://www.hb.se/admittedstudent)** – Accommodation – Housing for International Students,



to see what assistance you could get from the university in finding accommodation.

## Finding a room

On our website you can find detailed information on finding accommodation in Borås, [www.hb.se/admittedstudent/findingaplacetolive](http://www.hb.se/admittedstudent/findingaplacetolive)

## Youth hostels/hotels within the Borås area

If you arrive in Borås without accommodation you can stay at one of the following hostels/hotels. Remember to book a room at a hostel/hotel prior to your arrival, if you have yet not found long term accommodation. More tips on temporary accommodation can be found on our website.

STF's youth hostel  
Address: Campinggatan 25  
+46 (0)33-35 32 80  
[www.borascamping.com](http://www.borascamping.com)

Vila Hostel and Mini-Hotel  
Address: Lilla Brogatan 11  
+46 (0)33-22 69 69  
[www.vila.nu](http://www.vila.nu)

Hotell Sköna Nätter  
Address: Vendelbergsgatan 42  
+46 (0)33-100 110  
[www.hotellskonanatter.se](http://www.hotellskonanatter.se)

# Find friends for life

Max Tschochohei, 23 years old, from Munich in Germany spent the autumn semester 2010 as an Erasmus exchange student at the School of Business and IT at the University of Borås. The Erasmus programme is an EU exchange programme with the aim of increasing co-operation between higher education institutions across Europe.

## What was it like moving to Sweden and what did you think of Sweden after having been here a while?

– Moving to Sweden was a big adventure – I went on a two day road trip with a friend through three countries before we got to Borås. At first I was a bit skeptical: Would I meet nice people? Would the university be alright? Since I arrived a few days before most of the other students, I was a little disappointed by Borås at first. However, that changed very quickly as soon as the other students moved into town. Borås offers a very student centric infrastructure, with lots of cafés, an avid nightlife and a celebration of the Swedish fika culture.

– After the introduction days at the university I knew that I would have the time of my life. In those first days I met so many nice people and I am still friends with a lot of them. In my opinion, Sweden is one of the best countries to be an exchange student. Almost everyone is fluent in English and welcoming to foreigners. Especially after the first of the excellent Swedish courses offered by

the university, it was very easy to get along in daily life.

## How come you chose to study at the University of Borås?

– I knew that I wanted to study in Sweden and since the University of Borås is one of the partners of my home university and offers courses that are very close to my curriculum, it was an easy choice. That Borås has a reputation for being one of Sweden's most fashionable cities and that living costs are comparatively low, especially in relation to the Stockholm area, has also influenced my decision.

## What is it like studying as an exchange student at the University of Borås?

– The university takes very good care of its international students – if you run into any issues, the international coordinators are always there and happy to help. The student associations offer a lot of extracurricular activities that are also open to international students and are a great way to get to know Swedish students and



their culture. As an exchange student, you feel thoroughly included in the way of life of a Swedish student. And apart from the great counseling, the University of Borås offers state of the art equipment and a very diverse campus that is not only used for studying but also for extracurricular activities like fashion shows, exhibitions and student meetings.

– But my favorite part about studying in Sweden was the strong practical approach practiced by all the teachers. Even in very scientific topics, students were still encouraged to hone their presentation skills and talk freely about their personal opinion.

## Do you have any tips for students newly admitted to the university?

– Be open to everything! Attend all the events of the introduction weeks, get to know new people and participate in the Erasmus community – you will find friends for life! Also, the apple pie at Café Bakgården is legendary...



# Getting settled

## Introduction for international students

The introduction days right before the start of the semester should be attended by all new international students as it is the best chance for you to receive information about studying in Borås and to meet your fellow students. At the introduction days you will meet many key persons at the university and you will receive assistance in registering to your courses or programme and receive a computer account and an access card. You will also receive a welcome package including, among other things, a SIM card for your phone.

During the week before the start of the semester as well as the first week of the semester you will also get the chance to engage in social activities that will introduce you to the university and the city of Borås. The activities could for example be city tours, sports tournaments, welcome dinner and a visit to the famous Borås Zoo.

## University Identification Number and user ID

When you register at the university you will receive a University Identification Number (UIN) which consists of your birth date, followed by a letter and then three random numbers, for example 880527-T281. The letter is in most cases a T, therefore the number is sometimes called a “T-number”. You use this number to identify yourself at the university, for example when you register for exams or request a study transcript. Don’t confuse this number with a Swedish Personal Identity Number. If you receive a Swedish Personal Identity Number you should exchange the UIN for this number. When you register you also receive a user ID, sometimes called a student ID, which starts with an S followed by the year you started your studies and four random numbers, for example S118692. You use the user ID for logging in to all the web services.

## Swedish personal identity number

In Sweden all citizens have a personal identity number, or “personnummer”.

This number is used as a way of identifying yourself in all official transactions, at the hospital, bank, obtaining an ID card, etc. It also grants you free health care.

If you intend on staying in Sweden for more than a year then you should register for a personal identity number at the local tax office (“Skatteverket”). You will then receive a number which consists of ten digits: your year, month, and date of birth, plus four extra digits. If you were born 17 March 1985, then your number could look like this: 850317-4361.

## Who can receive a Swedish personal identity number?

Only students who have a residence permit lasting longer than 12 months or EU citizens intending to stay longer than 12 months can apply for a Swedish personal identity number. The length of the residence permit is based on the length of the programme you are admitted to. 1-year MSc programme students are not eligible for this number as their residence permits normally lasts 10 months or less. To apply for the number you should bring your passport, residence permit, registration papers from the university

showing how long your studies will last, and a marriage certificate if you are married.

### Skatteverket

Address: Torggatan 23

Visiting hours: Mon-Fri: 10:00-16:00

Telephone: 0771-567 567

## Bank account

### Opening a bank account

To open a bank account in Sweden you should be prepared to bring with you the following:

- Passport.
- Letter of admission or registration papers from the university showing how long your studies will last (they should be stamped and signed by the university. The Student Centre or the International Student Services in A332 can help you with this)
- Proof of your address (a copy of your rental contract or a receipt from an invoice will work).
- If you have registered for a Swedish personal identity number then you should bring a recent copy (no more than 2 weeks old) of a personbevis. A personbevis is a paper showing your personal identity number. It can be acquired by either ordering one over the telephone 020-567 000, or by visiting the local office tax office (Skatteverket). Note that some banks require that you have a Swedish personal identity number in order to

open a bank account.

Information about different banks, their offers and requirements can be found on our website:

**www.hb.se** – Current Student – Living in Sweden – Bank Account.

## ID cards

Swedish ID’s are only granted to students who have a Swedish personal identity number.

You can apply for an ID card at the tax office in Borås, but you need to pick up the card at the tax office in Göteborg (Östra Hamngatan 16, in the shopping centre called Nordstan). You need to bring your passport and a receipt showing that you have paid the application fee of SEK 400.

More information about how to get an ID card can be found at **www.skatteverket.se**. Click on Other Languages in the upper right corner.

The university does not provide students with student identity cards. But if you become a member of the Student Union you will receive a student card (sometimes called “mecenat-kort” in Swedish) in the mail a couple of weeks after you have become a member, which gives you the right to many student discounts.

## Working in Sweden

International students are allowed to work for the duration of their residence permit. Full-time studies

require 40 hours of work a week and are difficult to combine with part-time work. Please note that opportunities for part-time work in Sweden are limited and that most jobs require knowledge of Swedish, so students should not plan on finding a job to support themselves financially.

To work you should have a Swedish personal identity number (refer to the section on Swedish Personal Identity Number for details). If you do not qualify for this number you should request a different registration number from the tax office, called a coordination number, or “samordningsnummer” in Swedish. You can receive the number from the tax office at Torggatan 23.

The university cannot offer or assist students in finding part-time jobs or employment after graduation. But Student Services offer career planning and guidance especially designed for international students, as well as help with writing CVs and cover letters.

International students have the right to apply for a work permit in Sweden after graduation provided they have a job offer that pays enough to support themselves and fulfills a few other requirements. You will find more information on our website: **www.hb.se** - Current Student - Living in Sweden - Working in Sweden





# Academic information

## Academic calendar

The approximate starting dates and ending dates of the semesters can be found on our website: [www.hb.se/admittedstudent](http://www.hb.se/admittedstudent) - Important dates.

The academic year is divided into study periods as follows:

### Autumn semester

Period 1:  
end of August – end of October

Period 2:  
end of October – middle of January

### Spring semester

Period 3:  
middle of January – beginning/end of March

Period 4:  
middle/end of March – beginning of June

## Study credits

The academic year in Sweden is divided into two semesters. Each semester covers 20 weeks of full time studies, 1 week equals 1,5 academic credits. Hence, a fulltime student studies courses amounting to 30 credits each semester. One academic credit equals 1 ECTS credit (European Credit Transfer System). A course is usually worth 7,5 or 15 academic credits and can be of different levels.

## Grading system

The grading system at the university varies depending upon your department. Most departments use a three level scale of Fail, Pass, and Pass with distinction, while some use a four-level scale: fail, 3, 4, 5 where 5 is the highest grade. Grades according to the European wide scale (F/E/D/C/B/A) – ECTS are now given additionally to almost all courses at the university. All

international students will be marked according to the ECTS scale as well as the Swedish scale.

## Degrees

The University of Borås offers one Bachelor's degree programme in English, six one year Master's degree programmes (Magister) and eight two-year Master's degree programmes in English.

In Sweden positions as doctoral students (PhD students) are employments, which means that you can only apply when an open position exists. Doctoral student positions at the University of Borås are announced continuously although a more condensed announcement of doctoral student positions is presented in March and October. All vacancies are announced under Job Vacancies at the University of Borås website. You can read more on [www.hb.se](http://www.hb.se) – Doctoral Student



Individual academic institutions outside of Sweden set their own policy on how to translate Swedish degrees. In all cases we are aware of that, Sweden's reputation as a first-rate education destination has meant degrees awarded in Sweden are given very generous recognition by institutions elsewhere. However, if you have plans to continue your education at a specific university, you may want to check beforehand how they translate a Swedish degree.

When you have completed a programme you will not automatically receive a degree and a diploma. You will need to apply for it on a designated form at the degree certification office at the university.

## Contact details

E-mail: [degree@hb.se](mailto:degree@hb.se)  
Phone: +46 33 435 43 50  
Visit: Main university building, 7th floor, A-Block

## Scholarships

The University of Borås does not have any scholarships for incoming students, only waivers for a few students required to pay tuition fees. For information on tuition fee waivers you can see [www.hb.se](http://www.hb.se) - Education - Finances - Tuition fee waivers.

For more information on scholar-

ships you can see:

[www.studyinsweden.se/scholarships](http://www.studyinsweden.se/scholarships)  
[www.scholarshipportal.eu](http://www.scholarshipportal.eu)

## Exams

### Registering for exams

Students must register for all exams. You register for an examination online at the Student Centre's website. Go to [www.hb.se](http://www.hb.se) – in English – click on “Current Student” and then on the banner “registration for exams”. If you are a student with a university identification number instead of a Swedish personal identification number you should register by sending an e-mail to [studentcentrum@hb.se](mailto:studentcentrum@hb.se). A student who registers after the final date of registration, may only sit for the examination providing that the seats are available in the examination room.

### Special assistance

A student who is in need of any special assistance or arrangements on account of disabilities, must personally notify the examination coordinator at the department in question.

### Re-exams

If you have failed an examination you have the right to retake the exam. Each examination must be offered at least five (5) times, at least three (3) of these must be within a year.

### Examination at another university

If there are valid reasons for it, a student may sit for an examination at some other university/university college. The student must contact the examination coordinator at the department in question well in advance. Foreign students who return to their home university, may be offered the possibility to sit for an examination in their home country on condition that the student is enrolled at University of Borås.

The examination procedures followed must ensure the same standard of security as exists at University of Borås, which usually means that the examination would take place at a Swedish Embassy/Consulate.

### Examination room/hall

The place of the examination will be communicated to the students at the earliest possible time, and not later than the day before the examination, either through the timetable programme called KronoX, or by some other method that will be announced by the department concerned.

### Seating arrangements

The examination supervisor will give instructions regarding the seating arrangement for the occasion.

### Examination hours

Students must be in the examination room 15 minutes before the commencement of the examination. The doors to the examination room will close at that time. The hours for the commencement and termination of the examination must be strictly followed. No filling in of examination forms and answer sheets is allowed when the examination time has expired.

### Late arrivals

An examinee arriving more than 30 minutes late to sit for an examination will not be allowed to participate. After 30 minutes from the starting time of the examination, the doors will reopen to admit students who have arrived after the starting-time specified under the heading “Examination hours”. However, such a student loses the corresponding amount of time allowed for the examination.

### Identification

At the time of the examination, the examinee is required to produce a valid identification document (ID card, driver's license, EU passport). A student who is not able to produce an approved identity card will not have the right to sit for an examination and will consequently be turned away

from the examination room.

### Personal belongings

Personal belongings, which are not absolutely necessary for the examination must be placed in strict accordance with instructions given by the supervisor. The use of mobile telephones is strictly prohibited. All mobile telephones must be switched off.

### Examination aids

Examination aids that are permitted for use during the examination will be expressly stated on the cover of the examination paper. Only these are to be used. Scribbling paper and paper for writing answers are provided by the supervisor.

### Consequences of cheating

University of Borås views cheating with the utmost seriousness. Every suspicion of cheating will be reported to the rector for further investigation. Disciplinary measures for any established act of cheating at an examination can result in a warning or suspension.

### Toilet visits and breaks

The name and times (leaving the room and returning) for visits to the toilet or other permitted breaks will

be noted on a special list. Breaks for smoking, rest or fresh air are normally not allowed.

### After the examination

An examinee may leave the examination room no earlier than after 40 minutes from the start of the examination. An examinee who has terminated the examination is not allowed to hang around in the vicinity of the examination locality.





# Equal opportunities

26-year-old Ubaid ur Rehman Eusuf Zai, came to Sweden in 2008 from Karachi in Pakistan where he worked as an apparel merchandiser. He is now working on his second Master's degree from the Swedish School of Textiles at the University of Borås.

Ubaid is also the chairman of the International Student Committee which organizes social activities for international and national students at the university.



**Why did you choose to study at the University of Borås?**

– I chose

between coming to Borås and to study in the UK on a scholarship at Heriot-Watt University. It was a difficult decision but research and discussions with friends convinced me to opt for the Swedish School of Textiles because of the high ranking. University of Borås is also one of the few universities in Europe having in-house industrial scale textile facilities. So I decided to move and enhance my existing knowledge through the Master's program. It has been so far a tremendous experience of studying in Sweden.

**How come?**

– The university encourages, creates an environment and provides equal opportunities to all the students to improve themselves in whatever field/area of studies they like. The best thing here is the constructive way of learning through interaction which makes one adapt each other's skills through building and expressing your own opinion. This is very unusual and interesting in a way that you don't just rely on the knowledge in books but triggers your dead brain cells.

**What is your impression of Sweden?**

– Very organized and disciplined! This was the first impression after I arrived in Sweden. I have travelled throughout Europe and I haven't seen people who stop their car voluntarily at zebra crossings when they see you coming, as they do in Sweden. And of course the nature, I wake up every day and get refreshed from the scenic view right outside my window.

**Do you have any tips for students**

**newly admitted to the university?**

– My experience of being part of the International Student Committee at the university made me explore my interpersonal skills. I got to know so many students from different cultural backgrounds. I would recommend the newly admitted students to avail this opportunity to get exposed to the international atmosphere at the university through participating in intercultural activities. Also, I would advise you to put your best into the studies.



# University services

## Student Centre

The Student Centre is the main service point for students and can help with the following tasks:

- Questions regarding exams
- Basic study transcripts & grades (transcripts or documents where the university needs to write specific information should still be collected from the student expedition at your department)
- Handing out of completed exams
- Supplying information material and forms
- Basic computer support
- Basic student administrative issues

It is located on third floor in the B-corridor in the main university building.

## International Student Services

The office of the International Student

Services is located on the same floor as the Student Centre, in room A332. The central international coordinators can help you with information about living and studying in Sweden and Borås, for example about university regulations, admission for exchange studies, and about Swedish authorities, procedures and regulations. They can also help with issuing some types of certificates.

## Student Services

Student Services offers services, counselling and support to all students at the university with the goal of assisting you in your studies and contributing to you achieving good study results and feeling well during your studies.

Student Services is located on the 4th floor of the library, except for Student Health Care, consisting of the social counsellor, student priest, and student nurse which is located on the

5th floor of the L-corridor. Student Services includes the following:

- Math support
- Career counsellor
- Computer support
- Language support
- Reading and Writing disabilities/ Dyslexia support
- English language support
- Swedish language support
- Study counsellors
- Student ombudsman
- Student nurse
- Social counsellor
- Student priest

## IT-support

If you are facing technical problems concerning your computer account, network, computers at the university or access to software you can contact the IT Department for support. The service desk of the IT Department is situated on 7th floor in the B-corridor of the main university building. You

can contact the IT department via e-mail: [it-avdelningen@hb.se](mailto:it-avdelningen@hb.se) or by telephone: 033-435 46 90. Opening hours: Monday–Thursday 08:00–16:30, Friday 08:00–15:00. Closed during lunch time: 12:00–13:00.

If you have questions regarding password or username to your computer account, questions regarding software, CD burners, scanners, printers etc, please contact the computer support in the library. You will find the supporters at the entrance of the library Monday–Thursday at 11:00–13:00 and 15:00–17:00, and Fridays at 12:00–16:00. You can also contact the supporters at [studenttorget@hb.se](mailto:studenttorget@hb.se).

## Student Union

The Student Union is a student run organisation with the purpose to safeguard students' interests in matters connected with education and student life. Every school at the university has their own section of the Student Union. To pay membership fee to the Student Union (SEK 100/semester) is optional. Members will receive a student card (sometimes called "mecenat-kort") which gives you the right to many student discounts. There are also many activities associated with the Student Union. In the beginning of each semester the Student Union arranges social activities such as welcome dinners and pool parties for new students.

Visit the Student Union website [www.studentkareniboras.se](http://www.studentkareniboras.se) to pay the membership fee or to find out more. If you are a member of the Student Union you can also use their premises across the street from the main university building for eating lunch or just hanging out. You can also contact the Student Union by sending an e-mail to [sib@sib.hb.se](mailto:sib@sib.hb.se).

## International Student Committee (ISC)

The International Student Committee is a student group which, together with the Student Union and the International Student Services, arranges social activities for international students during the introduction period and the members serve as student buddies. The group also has the possibility to organise social activities throughout the term. The group consists of both Swedish and non-Swedish students and all students are welcome to join. The committee has a crucial role in helping new students feel welcome at the university.

Please contact the International Student Services for more information on how to join the committee or how to become a student buddy.

## Language courses

The University of Borås offers an intensive Swedish language course for

beginners called Swedish as a foreign language. The course consists of two parts, one beginner part and one continuation part.

The purpose of the course is to supply students with the basic knowledge and skills in the Swedish language as well as a certain acquaintance with Swedish society and culture. The course emphasises spoken Swedish in everyday situations and you will learn useful vocabulary for surviving in Sweden to ease your transition to the country. Read more at [www.hb.se/swedishforstudents](http://www.hb.se/swedishforstudents).

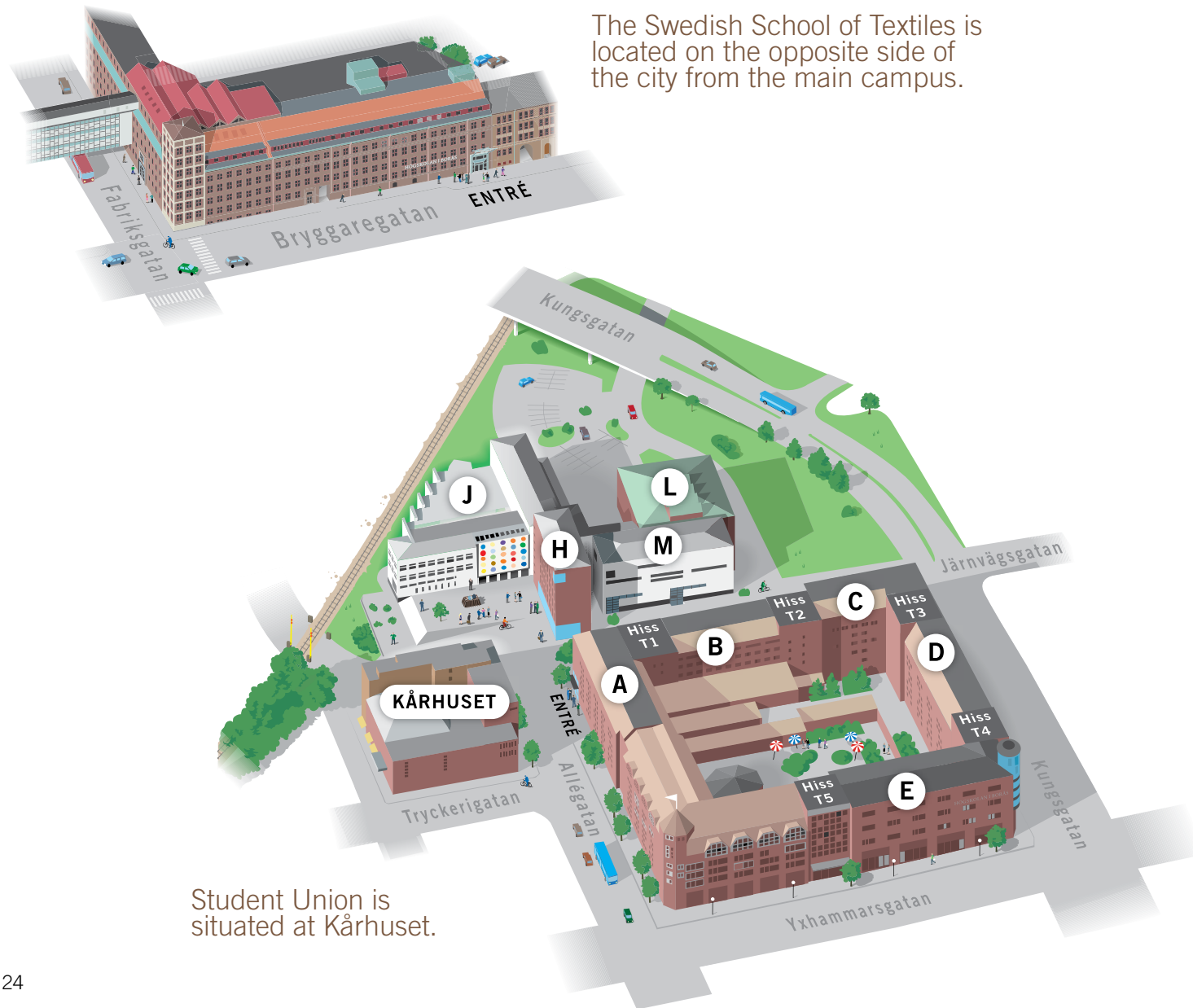
## Library & Learning Resources

The building for Library & Learning Resources houses a state of the art library with over 800 working places, 31 study rooms for students on a total of six floors, and is manned with friendly employees who are always happy to assist students. The building itself is equipped with wireless internet access and has more than 220 computers available for students.

Library & Learning Resources building is also the home of the Student Services described earlier in this section.

# University map

The Swedish School of Textiles is located on the opposite side of the city from the main campus.



Student Union is situated at Kårhuset.

# All the help we need

20-year-old Cécilia Cuvelier came as an exchange student from Paris in the beginning of August 2010 to study Swedish one month before the start of the semester.

Cécilia then studied one semester at the Swedish School of Library and Information Sciences at the University of Borås which was followed by a three months internship in the university library.



## What do you think about your stay and studies in Borås?

– It has been a great and amazing experience to move for so many months and to be able to study in such a lovely university as the University of Borås. The first months were full of surprises and things to discover and then they became good memories. It was really nice to meet a lot of students from all over the world and studying a lot of different subjects. As exchange students, we are quite close to each other (especially for those who live in Tunnlandsgatan and Distansgatan).

– At the university, we have all the help we need and the library is really good to study in, so it's easy to find a place to discuss in groups. And there is a big student services department which helps students in a lot of do-

mains. The web site is very well made to find any kind of information, and there is a very good online learning platform which is called Ping Pong which enables you to communicate with all the teachers and students.

## What is good about Borås and Sweden in your opinion?

– It is a beautiful city, especially during the summer because of the sculpture exhibition and the good weather. We are not so far from Göteborg which is also a good point. Everyone knows how to speak English, so it's so easy to talk and discuss with Swedes. They are welcoming and so nice, they always try to help you if you need it.

## Do you have any tips for students newly admitted to the university?

– Always be punctual, it's really

important for everything in Sweden. Try to learn at least a few words in Swedish, it's an easy and good way to start a conversation. Don't forget that you can have a lot of help from the university, the student services and the library. Be open minded when you meet students from others countries, you can learn a lot from each other. Try to travel all over Sweden, Stockholm and Lapland are amazing.



# Borås

Borås is a cosy city in south-west Sweden, located approximately 60 kilometers east of Gothenburg, Sweden's second largest city. Borås has a population of around 100,000. Western Sweden's main international airport is within easy access of Borås and there are several train and bus services linking Borås with destinations all over Sweden and Europe.

The city centre has plenty of shops, cafés, restaurants and parks. Everything you need is within walking distance. The university is located right in the city centre. Borås is sometimes known as the sculpture city, with lots of sculptures all around the city. The most famous sculpture is the nine metre tall bronze Pinocchio by the american artist Jim Dine. A short bus ride from the city centre you will find deep forests, hundreds of lakes and large areas of farmland. Rya åsar, a nature reserve located close to the city, is a popular destination that has free growing nature accompanied by staggering views. Those who are interested in sports can find a lot to offer in Borås. The

area around Knalleland has numerous athletic facilities including the Borås Arena, built in 2005. The arena is the home of the football club Elfsborg, which is 2006 champions of the top Swedish league, the Allsvenskan. It is also the venue for concerts and other events. Tennis courts, ice rinks, floor hockey and curling halls can be found in the city while outside the city there are golf courses, riding venues and go cart tracks.

## Summer Thursdays in Borås

Summer Thursdays are held during July and August. These evenings Borås offers free concerts and evening shopping in the city centre. Thousands of people gather in front of the outdoor stage to watch and listen to established stars as well as new talents.

## Borås Zoo

The Borås Zoo, also known as "Sweden's first Africa", lies shortly outside the city centre. The zoo was founded in 1962 and was the first in Sweden that allowed the animals to roam freely in large enclosures. Today more

than 80 different species are shown for visitors from far and near. The zoo's main theme is the large African animals and wild animals from the Nordic region.

## Almenäs

A short distance from the centre by the southwest beach of lake Öresjö, is a bathing area known as Almenäs. Here you can relax in the sun, swim in the lake, as well as play football or sand volleyball.

## The public swimming pool

In the middle of the city park is the Stadsparksbadet – one of Sweden's best recreational swimming pools. Here you can swim, work out and relax. The public swimming bath is equipped with a Jacuzzi, gym, restaurant, sauna, a waterslide, tanning beds and a climbing wall.

## Shopping

Studies have shown that food prices in Borås are among the lowest in Sweden. This is even true for rent,



as accommodation in Borås is quite cheap on a nation wide basis.

Shopping in Borås brings millions of tourists to the city each year. The city centre is a mix of smaller shops as well as bigger department stores. The shopping area Knalleland, which lies just outside the city centre, is a popular area for both Borås citizens as

well as tourists. Here you can find a mix of malls, bargain shopping, and speciality shopping all gathered conveniently close to the city.

## Textile centre of Sweden

Borås is also the Swedish centre for

textile design. The Swedish School of Textiles is Sweden's leading school for tomorrow's textile designers. Many well-known textile, clothing and fashion companies originate from here. Borås also has the famous Museum of Textile History.





# Sweden

## Sweden in brief

Sweden is one of Europe's largest countries by area with its 450 000 square kilometres, situated in northern Europe. Sweden is a modern Nordic country that is known for its welfare system, its high level of equality between men and women and of course, companies like Volvo, Ikea, Ericsson, H&M and SKF. Sweden has a population of 9.4 million and is a constitutional monarchy with a parliamentary form of government. Sweden is also a member of the European Union since January 1995, but does not use the common currency, Euro, but the Swedish Crown (SEK).

## Language

The official language in Sweden is Swedish, but English is taught as a second language in school and most Swedes can speak and understand English very well. Swedish is a Germanic language and uses the standard

Latin alphabet plus three additional letters, å, ä, ö. Many foreigners remark that spoken Swedish sounds very sing-songish or melodic.

## Swedes

Swedes like all other cultures have a number of stereotypes commonly associated with them. Swedes are organised, well-educated people who feel equally at home shopping on a busy city street as they would be in their cottage in the middle of a forest.

Swedes are often characterised as being shy, stylish and modest people. Historically Sweden is known for its neutrality, and perhaps this can explain why many foreigners feel that Swedish people tend to avoid open conflicts and debates.

According to the stereotype, Swedes also have an inherently close relationship to nature despite being in a very modern and sophisticated civilization.. This attachment to nature can perhaps be best understood by

remembering that only a few generations ago Sweden was a very rural country as opposed to many other European countries.

There is a unique Swedish word, *lagom*, which may give the best insight into the Swedish psyche. The word is difficult to translate into other languages, but can be best described as meaning "not too much, not too little, but just right". Perhaps you can find out for yourself exactly what you think this word means.

## Climate and surroundings

The Swedish climate is not as cold as one first would assume. Due to the presence of the Gulf Stream in the Atlantic, temperatures can reach around 30 degrees C during summertime (about 85 degrees F), although winters usually bring snow and much colder weather, especially in the northern parts of Sweden. Sweden is also the home of the legendary northern midnight sun and tourist attractions



such as the Ice Hotel in Jukkasjärvi and many lakes and natural reservoirs as well as a beautiful and wild archipelago.

## Higher education

Higher education in Sweden has a long history of excellence in academia and research. Sweden is the home of the prestigious Nobel prize, many successful inventions, and has universities dating back to the 15th century.

Swedish universities have an open climate and relations between students and teachers are informal. The education system is student centric and has a focus on cooperation and group work. Independent and critical thinking as well as personal initiative are encouraged in order for the students to develop a true understanding for the subjects they are studying.

## Equality between men and women

One of the main principles of Sweden is that men and women are equal and should be economically independent of each other. Other important ambitions are that men and women should share responsibility for raising children. Sweden has the world's most generous parental leave system that allows parents to be home with their children for up to 16 months with pay. Some of these months are even mandatory for the father to take.

It is also important to note that women and men's opinions and employment positions should not be affected by their gender. It is entirely normal for women in Sweden to be in positions of power and their opinions are valued equally with men's. After the latest election in 2010, 45 percent of the parliamentary members are women, which is one of the highest numbers in the world.

## Cost of living in Sweden

The costs of living in Sweden for a student are judged by the Swedish migration board to be SEK 7,300/month. When applying for a residence permit you need to show that you have that amount of money for each month you plan on studying in Sweden.

### Estimation of monthly expenses

Food: SEK 2,700

Student accommodation: SEK 2,300

Clothing, hobby/leisure: SEK 1000

Local travel: SEK 500

Medical care and hygiene: SEK 500

Telephone: SEK 300

Total monthly costs:

SEK 7,300 or about EUR 810

## Living in Sweden A-Ö

On our website [www.hb.se](http://www.hb.se) – Current Sweden – Living in Sweden you can

find detailed information on how to find health care, how to open a bank account, buy a bus ticket and about working in Sweden.

## Alcohol

Alcohol can only be bought at the government owned wine and liquor monopoly called Systembolaget. Systembolaget is generally closed during evenings, Saturday afternoons and Sundays. The age limit for buying alcoholic beverages from the Systembolaget is 20, and 18 from bars and restaurants. You always need to show valid ID, which means that you need to bring your passport to the Systembolaget.

## Banks

Banks are generally open from 09:30-15:00. You can find more details about the banks in Borås and how to open a bank account in the section titled "Bank account"

## Buses

You find the bus you need to take and the times the bus leaves by going to [www.vasttrafik.se/en](http://www.vasttrafik.se/en) and entering the station you would like to leave from, the station you would like to go to, and the time you want to travel. Note that you cannot pay with cash on the buses, only with credit cards (Visa, Maestro, Mastercard) and Swedish

debit cards. In Borås you can buy a bus ticket or bus card at any "Press-byrån" (Swedish chain of convenience stores), the Central Station (Resecentrum) or at "Tidpunkten" at the bus square (Södra Torget).

## Contact details

One of the Swedish map and phone directories can be found on [www.eniro.se](http://www.eniro.se). "Vad" means what and "var" means where. Contact details of university employees can be found under the link Contact on the university website.

## Date

The most common way of writing dates in Sweden is year, month, day. 2005-07-14 or 050514, meaning July 14, 2005.

## Driving

Sweden, like most European countries, has right-hand traffic. In Sweden you have to be 18 years old and have a valid driver's licence to drive a car. If you have a valid EU driver's license you are allowed to drive. If you have a driver's licence from a country outside the EU you are allowed to drive in Sweden for a period of one year after the date you have registered at the tax office and received a Swedish personal identity number. After this time you need to pass the Swedish driver's test. As a student you also have the pos-

sibility to apply for an exemption and receive permission to drive during the length of your studies.

If you plan on driving in Sweden you should look up the road rules in Sweden as they may vary from what you are used to.

## Electricity

The main electricity type in Sweden is 220 volts and 50 cycles (Hz) and you may therefore need a transformer or an adapter for your electrical appliances.

## Emergency

For Police, Ambulance, Fire department, dial 112 (no charge in phone booths).

## Employment

It is very difficult for non-Swedish speakers to find work in Sweden. The University of Borås cannot assist students in finding work. Refer to the section titled "Working in Sweden" for detailed information.

## Health care

If you are feeling ill and need to seek health care then you should contact a health care centre (vårdcentral). You can choose whichever health care center you like, but it is best to choose the one closest to your home since they prefer that you stay with your

first choice.

If you would like to consult with someone but are not able to visit the hospital then you can call qualified nurses who offer medical and health advice. The service is available 24 hours/day, phone nr: 1177

If you need to seek immediate health care, then you should do so at the hospital's emergency ward or call an ambulance, phone nr: 112

## Opening hours

In Sweden shops are generally open Monday to Friday from 09:00-18:00 and often on Saturday until early afternoon. Larger grocery stores tend to be open on Sunday.

## Pharmacies

The pharmacy, or "apotek" in Swedish, handles prescription drugs as well as some hygiene products and non-prescription drugs. Some over-the-counter drugs, such as aspirin, can be purchased in ordinary grocery stores. There is a pharmacy close to the university located at Allégatan 43 that is open Mon-Fri from 08:00-18:00 and Sat from 10:00-16:00.

## Phone cards

If you have a mobile phone you can buy a pre-paid card in one of the mobile phone stores. You will also receive one in the welcome folder at the







university. This card is called “kontantkort” and will give you a Swedish mobile phone number and you can make phone calls for the amount of money you have charged the card with. Once you have emptied the card you need to refill it.

You can also buy a pre-paid phone card that you can use on public phones. These kinds of cards can be bought in newsstands or smaller corner shops located in the city centre.

## Public holidays

For a list of current public holidays in Sweden you can visit:

**[www.visitsweden.com/sweden/Sweden-Facts/Worth-knowing-about-Sweden/Public-holidays](http://www.visitsweden.com/sweden/Sweden-Facts/Worth-knowing-about-Sweden/Public-holidays)**.

## Queuing

Whenever you are in a shop waiting to buy something or waiting for service you will be expected to wait in a line. Many shops have installed queuing systems so instead of waiting in a line you need to take a number from a dispensing machine and wait until your number comes up on a display. Without one of these numbers you will be ignored.

## Religion

The student priest at the university is happy to speak to students of all denominations. The priest can inform

you where to find a church or mosque or other place of worship and can speak to students about other ethical issues.

## Right of public access

The Swedish law of public access, “Allemansrätten” to private land gives you the opportunity to freely roam the countryside as long as you show respect for the wildlife. You are entitled to walk, jog, picnic or cycle in the entire Sweden.

## Smoking

Smoking is not permitted in public places such as restaurants, banks, post offices or in shops.

## Tipping

Tipping is not considered mandatory in Sweden. However, if you have good service from a restaurant or taxi it is considered standard practice to tip around 10 percent of the bill.

## Tourist information

The Tourist Information Centre can be found at: Österlånggatan 1-3.

## Trains

SJ is the major Swedish train company running long distance traffic over the entire country. **[www.sj.se](http://www.sj.se)**

## Water

The tap water in Sweden is usually of very good quality and safe to drink.

## Yellow pages

If you would like to locate or find the phone number to a company you should refer to the “gulasidorna”. They are available online at **[www.gulasidorna.se](http://www.gulasidorna.se)**.

## Å, Ä, Ö

The last three letters in the Swedish alphabet.

## Vocabulary for new students in Borås

**Apotek** – Pharmacy

**Balder** – Main university building (brick building)

**BHS** – Swedish abbreviation for the Swedish School of Library and Information Science (Bibliotekshögskolan)

**Bibliotek** – Library (in Sandgärdet)

**Bil** – Car

**Fadder** – Student Buddy

**Fika** – Have some coffee/tea/soda/snack/pastries/sandwich

**Gata** – Street

**Gröna matsalen** – ”Green cafeteria” in Balder

**HIT** – Swedish abbreviation for the School of Business and IT (Handels- och IT-högskolan)

**Hässleholmen** – Area in Borås with a lot of student accommodation

**Högskolan i Borås** – University of Borås

**IH** - Swedish abbreviation for the School of Engineering (Ingenjörshögskolan)

**Knalle** – Pedlar (seller, vendor)

**Kårhuset/kårexpeditionen** - Student Union premises

**Lägenhet** – Apartment

**Mataffär/butik** – Supermarket. The biggest ones in Sweden are: ICA (Maxi), Konsum, Hemköp, Lidl, Willys, Netto and Tempo.

**PED** – Swedish abbreviation for the the School of Education and Behavioural Sciences (Institutionen för pedagogik)

**Pressbyrån** – Swedish chain of convenience stores

**Rabalder** – Student Union meeting place

**Resecentrum** – Central station in Borås (the part for the buses)

**Rum** – Room

**Röda matsalen** – ”Red cafeteria” in Balder

**Sandgärdet** - Library building (white building)

**Sittning** – Dinner organised by the Student Union

**Sjukhus** – Hospital

**Snålfiket** – ”Cheap cafeteria”, a small cafeteria opposite the green cafeteria

**Studentcentrum** – Student Centre (3rd floor in Balder)

**Studenthälsan** – Student Health Care

(5th floor in Sandgärdet)

**Studentkåren** - Student Union

**Studentservice** – Student Services (4th floor in the library)

**Systembolaget** – Store that sells alcoholic beverages

**Södra torget** – Square in Borås that is a hub for all the buses

**Stängt** - Closed

**Tandläkare** – Dentist

**THS** – Swedish abbreviation for the Swedish School of Textiles (Textilhögskolan)

**Tvättstuga** – Common laundry room in apartment buildings

**Tåg** – Train

**VHB** – Swedish abbreviation for School of Health Sciences (Institutionen för vårdvetenskap)

**Vårdcentral** – Health care centre

**Väg** – Street, road

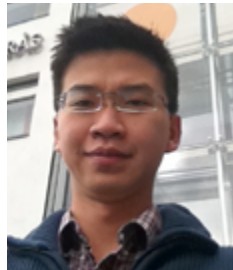
**Öppet** – Open



# The place where I should be

Soe Thiha, 25, came to Borås in January 2011 directly from Phnom Penh in Cambodia. He is a student within the Erasmus Mundus programme studying at the School of Engineering and School of Business and IT, at the University of Borås. He is also making preparations to start a business in the sustainable energy field.

The Erasmus Mundus programme is the extension of the EU exchange programme Erasmus. One of the aims of the Erasmus Mundus programme is to increase cooperation between countries inside and outside of the EU.



## What was it like moving to Sweden?

– I had smooth transition settling down here since university staff and students gave a

warm welcome and good local tips and I was mentally very prepared for snow and culture shock. And Borås might seem like a small town. But with friends, there are just so many things to explore.

## What is good about Sweden in your opinion?

– I like the sense of humor here. There are also interesting events happening in Sweden and around Europe. I am looking forward to attending some of those.

## How do you like your studies at the University of Borås so far?

– I really like the ambience of studies here as it encourages learning and reflection. Moreover, there are a lot of group-based projects, which I enjoy doing as I learn so much from other students from other countries. The university library has huge range of

great books and modern facilities. It is where I spend my time the most. It also has support for entrepreneurial ideas which I am exploring in my spare time. And the university has advanced expertise in the resource recovery field. As Sweden is the leading country in sustainable energy, this is the place where I should be.

## Do you have any tips for students newly admitted to the university?

– Come with energy to connect with students from various countries. Don't panic if you get lost, student buddies are there to help you along.

# Useful links

## Useful university websites

University of Borås website  
[www.hb.se](http://www.hb.se)

Admission process  
[www.hb.se](http://www.hb.se) – In English – Prospective Student – Application & Admission

Tuition fees and waivers  
[www.hb.se](http://www.hb.se) – In English – Prospective Student – Finances

Practical information for newly admitted students  
[www.hb.se/admittedstudent](http://www.hb.se/admittedstudent)

Schedule  
<http://kronox.hb.se>

Ping Pong – platform for students  
<http://pingpong.hb.se>

Student Centre  
[www.hb.se](http://www.hb.se) – in English – Current Student – Student Centre

Student Union in Borås  
[www.studentkareniboras.se](http://www.studentkareniboras.se)

Student services  
[www.hb.se](http://www.hb.se) – In English – Current Student – Support

International Student Services  
[www.hb.se/intstudent](http://www.hb.se/intstudent)

## Useful websites

The city of Borås  
[www.boras.se](http://www.boras.se)

The official visitors guide to Borås  
[www.boras.com](http://www.boras.com)

AB Bostäder – the largest student accommodation agency in Borås  
[www.bostader.boras.se](http://www.bostader.boras.se)

Swedish national agency for higher education  
[www.hsv.se](http://www.hsv.se)

Study in Sweden  
[www.studyinsweden.se](http://www.studyinsweden.se)

Scholarships  
[www.studyinsweden.se/scholarships](http://www.studyinsweden.se/scholarships)

Public transport in Borås and the

surrounding region  
[www.vasttrafik.se/en](http://www.vasttrafik.se/en)

Online phone book  
[www.eniro.se/](http://www.eniro.se/)

Online map services  
<http://kartor.eniro.se/>

Swedish news in English  
[www.thelocal.se](http://www.thelocal.se)

Swedish Transport Administration  
[www.trafikverket.se](http://www.trafikverket.se)

Swedish Migration Board  
[www.migrationsverket.se](http://www.migrationsverket.se)

The pooled admissions system for higher education in Sweden  
[www.universityadmissions.se](http://www.universityadmissions.se)

Swedish Public Employment Service  
[www.arbetsformedlingen.se](http://www.arbetsformedlingen.se)

Swedish Tax Agency  
[www.skatteverket.se](http://www.skatteverket.se)

The official gateway to Sweden  
[www.sweden.se](http://www.sweden.se)



# Contact details

For questions  
regarding...

Practical matters and studying in Sweden and Borås

- Introduction activities
- Residence permits
- Questions about authorities (tax office, migration board, banks, hospitals, etc)
- General questions about studying and living in Sweden and Borås

## International Student Services

E-mail: [internationalstudent@hb.se](mailto:internationalstudent@hb.se)  
Telephone: +46 (0)33-435 44 88  
Room: A332

- Accommodation

## International Student Services

E-mail: [studentbostad@hb.se](mailto:studentbostad@hb.se)  
Telephone: +46 (0)33-435 59 09  
Room: A332

## Application & Admission

- Admission for degree programmes
- Entry requirements
- English proficiency requirements

## Admissions office

E-mail: [admission@hb.se](mailto:admission@hb.se)  
Telephone: + 46 (0)33-435 40 30

(Calls accepted Monday-Thursday  
10:00-12:00)  
Room: A722-A730

- Admission for exchange students
- TransIT

## International Student Services

E-mail: [internationalstudent@hb.se](mailto:internationalstudent@hb.se)  
Telephone: +46 33-435 4369  
Room: A332

## Academic matters

- Courses and schedules
- Learning agreements
- Study confirmation letters and arrival certificates
- Future studies at the university

Please contact your departmental  
administrator:

## Swedish School of Library and Information Sciences

Veronica Trépagny  
E-mail: [veronica.trepagny@hb.se](mailto:veronica.trepagny@hb.se)  
Telephone: +46 (0)33-435 40 65  
Room: C408

## School of Business and IT

Grace Zhe Gu  
E-mail: [grace\\_zhe.gu@hb.se](mailto:grace_zhe.gu@hb.se)  
Telephone: +46 (0)33-435 43 97  
Room: L306

## School of Engineering

Solveig Klug  
E-mail: [solveig.klug@hb.se](mailto:solveig.klug@hb.se)  
Telephone: +46 (0)33-435 46 48  
Room: D803

## School of Education and Behavioural Sciences

Early childhood studies  
Monica Hammarnäs  
E-mail: [monica.hammarnas@hb.se](mailto:monica.hammarnas@hb.se)  
Telephone: +46 (0)33-435 41 11  
Room: C714

## Other studies

Agneta Welin Mod  
E-mail: [agneta.welin\\_mod@hb.se](mailto:agneta.welin_mod@hb.se)  
Telephone: +46 (0)33-435 40 98  
Room: B415

## Swedish School of Textiles

Anneli Bentzlin  
E-mail: [anneli.bentzlin@hb.se](mailto:anneli.bentzlin@hb.se)  
Telephone: +46 (0)33-435 41 64  
Room: 412 (In the Textiles building)

## School of Health Sciences

Yvonne Samuelsson  
E-mail: [yvonne.samuelsson@hb.se](mailto:yvonne.samuelsson@hb.se)  
Telephone: +46 (0)33-435 47 84  
Room: E730



# A wonderful city

At the start of the autumn term 2010, 30-year-old Sharareh Bagherinia left Iran where she worked at the University of Thera to study a two-year Master's programme in Informatics, at the University of Borås.



## What was it like moving to another country?

– It's always somehow very exciting to leave your home country for a new one. I come

from the greenest part of Iran so seeing a rather similar environment amazed me so much. But the early winter made me change my mind, I have never experienced this much snow but I think it's amazing and wonderful even when it snows here.

– The good thing about Sweden is that almost everybody talks English so you can manage your everyday life very easily. I was surprised by the fact that the Swedish people accept the newcomers with warmth. Their attitude toward the many people with different nationalities is quite comforting. This helped me with overcoming the fear of entering a new country alone.

## How come you chose to study at the University of Borås?

– The Swedish approach to education is based on freedom and openness. The schools are well funded and we have access to excellent facilities and faculty. All of these aspects, with the added bonus of living in such a wonderful city and country, have made studying in Sweden a wonderful experience. The program which I am now attending is a combination of informatics and business so it's possible to choose between these two fields based on our preferences and interests.

## Do you have any tips for students newly admitted to the university?

– Come to Sweden with an open mind and understand that things aren't good or bad here, only different from where you are from. Approach this opportunity, as with everything else in life, with openness and you'll be well served.

– In addition, I can say that studying in Borås is really good for both degree students and exchange students. The cultural diversity and

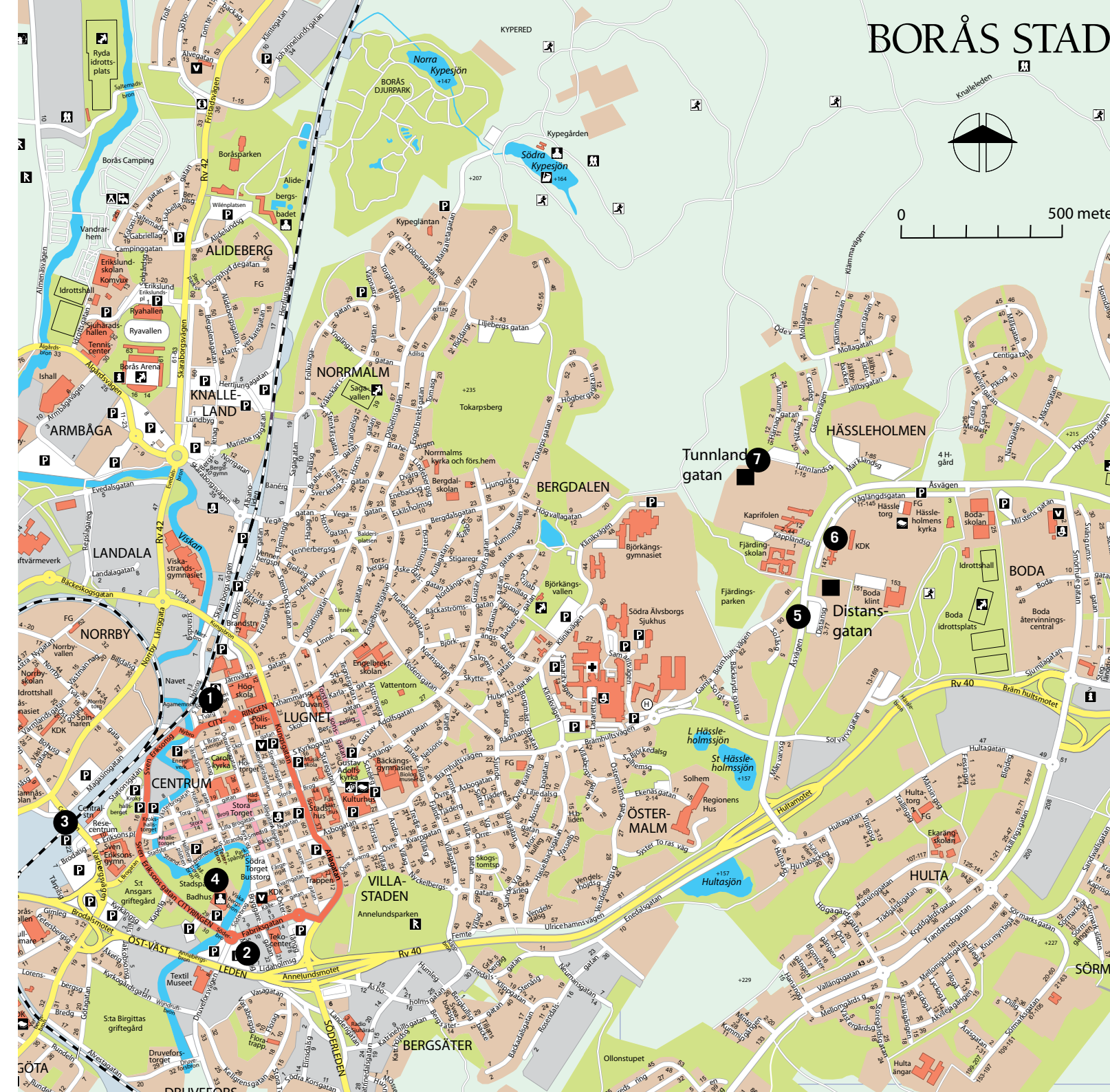
the scientific level make it a good option for international students. But don't forget your warm clothes and be prepared for short days in the winter by taking part in regular physical activities and keeping yourself out of your house during daytime as much as possible. In addition, try to be more fluent in English to be able to transfer your ideas correctly and easily.





# City map

- 1 University of Borås
- 2 The Swedish School of Textiles
- 3 Central Station (Resecentrum)
- 4 Bus square (Södra torget)
- 5 Distsangatan 15-23
- 6 AB Bostäder landlord office (Våglångsgatan 19b)
- 7 Tunnlandsgatan 13-15







# UNIVERSITY OF BORÅS

SCIENCE FOR THE PROFESSIONS