



FACT SHEET

Södertörns högskola - Södertörn University
International Office

141 89 HUDDINGE
SWEDEN

Phone: +46 (0) 8 608 4000

Website: <http://www.sh.se/exchange>

Incoming students	Outgoing students
Email: exchange@sh.se	Email: exchange@sh.se

ACADEMIC CALENDAR 2022/2023

Autumn semester: August 29, 2022 – January 15, 2023

Nomination deadline	April 25
Application deadline	May 1
Official arrival days	August 22-23
Orientation days	August 24-26

Spring semester: January 16, 2023– June 4, 2023

Nomination deadline	October 10
Application deadline	October 15
Official arrival day	January 16
Orientation days	January 17-20



THE INTERNATIONAL OFFICE

There could be some changes of areas of responsibilities	
Head of International Office	Ms. Karin Granevi karin.granevi@sh.se
International Officer Areas of responsibility: Agreements, International Master students, Teaching & staff mobility.	Mr. Guo Wei international@sh.se
International Officer Areas of responsibility: Outgoing Nordplus & Erasmus+ students Outgoing students bilateral agreements Mobility Online contact person	Ms. Felicia Fernelius Mr. Hidehisa Matsumoto exchange@sh.se
International Officer Areas of responsibility: Incoming exchange students Nordplus & Erasmus+ students, Incoming students bilateral agreements Outgoing exchange students	Mr. Hidehisa Matsumoto Ms. Ann-Catrin Nordin exchange@sh.se
International Officer Areas of responsibility: Traineeships and scholarships Erasmus+, ICM, Linnaeus-Palme, Minor Field Studies (MFS)	Ms. Felicia Fernelius exchange@sh.se
Housing Officer	Mr. Aibek Hakimov accommodation@sh.se
International Officer Areas of responsibility: International marketing and student's recruitment	Mr. Aydin Mammadov international@sh.se



About Södertörn University

Södertörn University was founded in 1996 and is a state-governed higher education institution in Stockholm. Our campus is located in Flemingsberg, south of the city, where we conduct education and research for sustainable societal development. Currently, the university has approximately 12,000 full-time students and around 250 international students.

Södertörn University has a multidisciplinary and multicultural ethos. Education and research focuses in the humanities, social sciences, media technology and environmental science. We also provide police education and teacher education with an intercultural profile. Our research into the Baltic region and Central and Eastern Europe forms a knowledge environment that is among the best in the world.

Course information

On www.sh.se/courses you can find the courses we offer with English as the language of instruction. All exchange students are expected to study full time, i.e. 30 ECTS per semester. Language courses in Swedish can be chosen in addition to regular courses. The courses are taught one at a time in four periods throughout the semester. Students usually do not take several courses at the same time.

Language of Instruction

The language of instruction is English and Swedish. For incoming exchange students seeking to take courses in English we recommend that students have achieved CEFR B2 level proficiency (e.g., 72 points on TOEFL or 5.5 - 6.0 on IELTS). If the student has prior knowledge of Swedish it might be possible to take courses in Swedish.

Grading System

An academic year corresponds to 60 Swedish university credits, or 60 ECTS, divided into two semesters with 30 ECTS per semester. A full-time student is expected to devote approximately 40 hours per week to lectures, seminars and individual studies.

For courses and programmes taught in English, a six-point grading scale is used:

- A – Excellent
- B – Very Good
- C – Good
- D – Satisfactory
- E – Sufficient
- F – Fail

For courses and programmes taught in Swedish, grades are awarded on a three-point scale: Pass with distinction (VG), Pass (G) or Fail (U)

When applicable, Södertörn University uses the ECTS Grading Table (EGT) to show distribution of grades for a course as recommended by the European Commission.

Swedish Language Courses

Introductory Swedish language courses are offered for exchange students on beginner's as well as on intermediate level.



Living Costs

Students are expected to have at least 8,700 SEK to 12,000 SEK per month for living expenses (including accommodation). The public transport card for students is 650 SEK/month and the rent is approximately 18,000-34,000 SEK/semester based on the cost of a shared room and a private single apartment.

Student Accommodation

Student accommodation is located walking distance from campus and is distributed on a first come first serve basis and students from outside the EU/EES have priority. The deadline for applications is May 1 for the autumn semester. Students who do not get a room will be put on a waiting list. Please find information on accommodation here www.sh.se/exchange or contact accommodation@sh.se.

Student Residence Permit

Students from outside the EU/EEA countries must have a student residence permit card before entering Sweden. For more information, please see the [Swedish Migration Agency](http://www.migrationsverket.se).

Insurance

Students from within the EU/EEA are advised to bring their European Health Insurance Card. All non-EU/EEA exchange and fee-paying/scholarship students that are admitted to the university are covered by an insurance that the university purchases. For more information on terms and conditions, please see [Kammarkollegiet's](http://www.kammarkollegiet.se) website.