

Pre-Arrival Guide

for International Students



**Karolinska
Institutet**

Welcome

Karolinska Institutet is Sweden's only university with a solely medical focus and the country's largest centre for medical research and education. It is also one of Europe's largest medical universities and one of the world's leading. Sweden's broadest range of education in the medical field is gathered here under one roof on two campuses – in Solna and Huddinge. This leads to a natural collaboration between fields, which contributes to both medical and personal development. We also offer exchange programmes, which afford both Swedish and international students the opportunity to study at our partner universities. A degree from Karolinska Institutet opens doors to the world. We are glad you have decided to become a part of Karolinska Institutet and look forward to welcoming you when you arrive.



Karolinska Institutet conducts research in many fields, such as cancer, neuroscience and public and international health. (Photo C. Svensk)

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A word from the President

Welcome to Karolinska Institutet, one of the world's leading medical universities and the largest centre for medical education and research in Scandinavia. You will soon discover that Karolinska Institutet offers a fascinating study environment, with a range of education and research that spans the entire medical field, from public health to stem cells.

Karolinska Institutet accounts for over 40 per cent of all medical academic research conducted in Sweden, and boasts research of a world-class standard. Each year, the Nobel Assembly at Karolinska Institutet selects the Nobel laureates in Physiology or Medicine, something that has had immense significance for our status as a university, both nationally and internationally.

The study environment at Karolinska Institutet is international, and many of our teachers and researchers operate on an international level. In other words, when you are finished with your education you will have the whole world at your feet. An education from Karolinska Institutet is therefore a wise investment for your future.



You have made a good choice. To be able to work for human health in various ways is a fantastic mission that will enrich both your own and many other people's lives. I am honoured that you have chosen to become one of us!

Harriet Wallberg-Henriksson
President



UNIVERSITETSBIBLIOTEK

7b

Outside the university library on Campus Solna. (Photo G. Roth)

Preparations

Residence permit

If you plan to stay in Sweden longer than three months and are not a citizen of a Nordic country, you will need to contact the Swedish Migration Board (*Migrationsverket*). Nordic citizens are entitled to move and settle freely in other Nordic countries. Students from EU/EEA countries may contact the Migration Board after they arrive in Sweden, but must do so no later than three months after entry. There is no cost to register the right of residence for EU/EEA citizens and it is valid as long as you reside in Sweden and fulfil the requirements specified on the Migration Board's website. More information on how to register and documentation requirements is available on the Migration Board's website.

Students who are not from a Nordic or EU/EEA country must apply for a residence permit at a Swedish embassy or consulate in their home country prior to departure. The residence permit must be fixed into your passport before entry into Sweden and processing times may be long. It is therefore important to apply for the residence permit as soon as possible after you receive notification of your acceptance to Karolinska Institutet. Student residence permits are granted for a maximum of one year (or less depending on the length of your educational programme). If your programme extends beyond one year, you will need to apply for an extension (you may do this from within Sweden). The application fee for both the initial residence permit and the extension is 1 000 SEK. The following documents are required to apply for the initial student residence permit :

- a valid passport
- proof of your acceptance to studies at Karolinska Institutet
- comprehensive medical coverage, if the duration of your stay in Sweden is less than one year
- proof that you can financially support yourself during your stay in Sweden (e.g. a bank statement in your name). A minimum of 7 300 SEK per month for the entire period of your stay is required.

Specific information on documentation requirements can be found on the Swedish Migration Board's website: www.migrationsverket.se.

Foreign students are allowed to work while in Sweden; no additional work permit is required. Please be aware, however, that it may be difficult to find work in Stockholm.

Accommodation

There is a shortage of rooms for rent in Stockholm and the wait for accommodation is generally long. We advise all students who need accommodation in Stockholm to contact the University Accommodation Centre as soon as possible to have your name placed on a waiting list. For more information and to download application forms for their first-hand accommodation, visit www.uac.se.

Subletting (second-hand accommodation) is a common way for students to arrange accommodation, because the wait for such a room or flat is much shorter than for first-hand contracts. A new portal for locating sublets for students in Stockholm was launched in July 2011. It is coordinated by SSCO - Stockholm Federation of Student Unions, and Karolinska Institutet is an active partner. Membership is free of charge. For more information, visit www.akademiskkvart.se. To explore other subletting opportunities, visit the following sites (some in Swedish only): www.bostaddirekt.com, www.andrahand.se and www.blocket.se.

The Stockholm Visitors Board provides information about hotels, youth hostels and bed & breakfasts in the Stockholm area that may be of use during the first few weeks of your stay in Stockholm. Read more at www.visitstockholm.com.

Insurance

It is very important that you have adequate insurance coverage during the entire period of your stay in Sweden.

Medical insurance

All students, regardless of nationality, are covered by a general student insurance. This covers any personal injury that takes place while the student is on campus or in transit to or from his/her place of study. It is, however, very important to make sure that you have complete medical coverage in case of illness, emergency or injury during off-campus leisure activities. Be sure to also check your dental coverage before departure for Sweden. Depending on your policy, dental treatment may be covered by your medical insurance, or you may need to purchase separate dental insurance.

Medical treatment is expensive without any form of health insurance. More information on medical treatment and costs is given in the Medical care section.

Nordic and EU/EEA citizens

Students from EU/EEA countries should register with their social insurance office in their home country, in order to obtain the European Health Insurance Card (or form E11/E128). With the European Health Insurance Card you are entitled to health care in Sweden on the same conditions as Swedish citizens. In addition to health insurance, students are advised to take out insurance covering their personal belongings and a liability cover.

Non-Nordic and EU/EEA citizens

Students who have a residence permit for one full calendar year or more are eligible and advised to register with the Swedish Tax Agency (*Skatteverket*) to acquire a personal identity number (*personnummer*) after they arrive. This number entitles you to medical care according to the standard patient fees for Swedish citizens. More information on where and how to register will be provided in your welcome package.

Students who have a residence permit that covers a period of less than one year will not be given a personal identity number and will not be entitled to reduced medical care costs. If this applies to you, it is important that you obtain medical insurance from your home country that is valid for your entire stay in Sweden. Note that Sweden has reciprocal healthcare agreements with Australia, Algeria and the province of Quebec in Canada. Students from these countries/regions are entitled to health care in Sweden on the same conditions as Swedish citizens. For the reciprocal agreement to apply, however, the need for medical care must arise during your stay in Sweden.

Home insurance

In addition to a health insurance we also recommend you to take out home insurance (*hemförsäkring*) for the duration of your stay in Stockholm. If anything is stolen from your student room or flat, or if any property is damaged or lost during your rental period, you are responsible for covering the repair or replacement costs. In addition to personal property, home insurance should also cover liability, legal expenses and travel insurance. Contact an insurance company for a quote (ask about special offers for students).

- Studentforsakring.se - student home insurance +46-8-587 840 10, www.studentforsakring.se
- Folksam customer service in English +46-771-58 59 02
- Länsförsäkringar in Stockholm +46-8-562 834 00
- Trygg-Hansa +46-77-11 11 600
- If +46-771-655 655

Medical care

In the welcome package you will receive when you arrive, you will find specific information on how to contact the healthcare system in Sweden while you are here, as well as emergency clinics and pharmacies.

General medical care

Medical care in Sweden is handled mainly through local primary-care medical centres (*vårdcentral*) or clinics (*husläkarmottagning*). There, adults and children can receive treatment for illnesses and non-urgent or non life-threatening medical problems. A primary-care doctor can also refer you to a specialist, if necessary.

Emergencies

Local emergency units (*närakut*) are available for urgent, but non life-threatening medical treatment. For sudden, serious illnesses and injuries, you should turn to an accident and emergency clinic (*akutmottagning*) at a hospital (*sjukhus*).

Remember the number **112**. This is the free public service emergency telephone number in Sweden, as well as in the whole EU. It is available free of cost from mobile, landline and public telephones.

Cost

A visit to a primary-care doctor costs 200 SEK, while a visit to a specialist or to hospital emergency clinics costs 350/400 SEK. These costs are subsidized by the Swedish State, the actual cost of a normal visit being SEK 1 650. If you do not have a Swedish personal identity number (*personnummer*) or an EU Health Insurance Card, you must pay the full cost yourself. Read more in the section on Medical insurance.

Cost of living

The cost of living in Sweden is high. International students must be prepared for this. Karolinska Institutet is not able to offer financial support to students for their living costs. Students have to finance their stay in Sweden with grants, study assistance from their home country and/or personal funds.

Students from EU/EEA countries and students from other countries who hold a valid student residence permit are permitted to work. Note, however, that it may be difficult to acquire work in Stockholm. There will be occasional opportunities for on campus jobs

paid by the hour. If you are interested please in this please contact Student Affairs Office for further information. The following is a feasible monthly budget:

Item	Expenditure (SEK)
Food	2 200
Accommodation	3 500
Studet union fee, books	200
Local travel	600
Other (insurance, phone, clothing, leisure, etc.)	1 500
Total/Month (SEK)	8 000

Scholarships

There are many Swedish, European and international foundations that award scholarships and grants. The rules for different scholarships and grants can vary – some are intended to help meet living costs, others help with tuition fees (for non EU/EEA citizens) and still others can be used toward educational costs as a whole. For details on the various types of scholarships and grants available, be sure to read and carefully follow the information provided. See a suggested list of where to start below. Remember that other sources exist and that investing some time, effort and creativity in researching and applying for scholarships and grants can have a significant impact on the actual financial cost to you of your education. Be sure to also check www.ki.se/masterstudies for updates. A number of tuition scholarships from Karolinska Institutet are also available (certain eligibility requirements apply). However, applications for these are due by the close of the international application period for admission.

- CORDIS, www.cordis.europa.eu
- EU Scholarship Portal, www.scholarshipportal.eu
- EURAXESS - Researchers in Motion, www.ec.europa.eu/euraxess
- The Knut and Alice Wallenberg Foundation, www.wallenberg.com/kaw
- The Swedish Institute, www.si.se
- The Swedish Research Council, www.vr.se
- The World Bank scholarship and fellowship programmes, www.worldbank.org

Embassies and consulates

For a list of foreign embassies and consulates in Stockholm, visit www.embassiesabroad.com.
For Swedish diplomatic missions abroad, see www.swedenabroad.se.

Useful links

www.ki.se/welcome – Information from Karolinska Institutet for newly admitted students

www.translate.google.com, www.folkets-lexikon.csc.kth.se and www.tyda.se – free online Swedish-English and English-Swedish translation tools

www.facebook.com/prospectivestudentKI and www.facebook.com/karolinskainstitute-english – Karolinska Institutet’s Facebook pages of interest before and after arrival

www.sirap.info – We are a voluntary mutual aid organization, with the impetus to action being the question “Are you doing the best you can with life in Stockholm?”

www.studyinstockholm.se – On this site you can find links to all Stockholm universities and university colleges, as well as useful links about higher education in the city of Stockholm.

www.studyinsweden.se – Study in Sweden is a comprehensive resource for information about higher education in Sweden. The site incorporates practical facts concerning application procedures, scholarships, visas, accommodation and information for learning Swedish as a foreign language.

www.sweden.se – Sweden.se is Sweden’s official website, which is publicly funded.

www.swedenintouch.se – Sweden in Touch is the official community for international students, scholars and professionals who are in Sweden or have been to Sweden. The aim of the community is to bring together the large group of international students and professionals and help them to stay updated and in touch with Sweden.

www.visitstockholm.com – Stockholm’s official visitors’ guide

www.kina.cc – Useful site for Chinese students

Checklist

What to do:

Mandatory to-do list:

- Apply for accommodation.
- Confirm that you will attend the programme you have been admitted to and pay the first tuition instalment, if applicable.
- If you would like to be met at the Stockholm Central Station, be sure to register via the link in the May and June edition of KI News for Admitted Students.
- Check if you need a visa for entering Sweden.

Recommended to-do list:

- Plan to attend the introduction week that begins on 27 August, and be sure to register via KI News for Admitted Students or on www.ki.se/masterstudies.
- Sort out insurance coverage for the full period of your stay in Sweden.
- Like Karolinska Institutet on Facebook: www.facebook.com/prospectivestudentKI.
- Join the SIRAP mailing list once you receive your student e-mail account.
- Read our current international master's students' blogs on www.ki.se/studentblogs.
- Join Karolinska Institutet's network on SwedeninTouch: www.swedenintouch.se.

What to bring:

- officially certified copies of diploma/degree certificate and transcripts (in both original language and translation if applicable). You need to enclose these when you apply for a master's degree certificate after you have completed your your master's programme. You do not have to show them at registration.
- acceptance letter from Karolinska Institutet
- insurance documents
- mobile phone, if European or Asian-Pacific GSM 900/1800 standard
- winter clothing and umbrella, if possible and applicable
- valid passport (stamped with valid student visa, if applicable)



Study spaces on Campus Solna in BZ. (Photo S. Zimmerman)

Arrival

Meet a student ambassador upon arrival

Student ambassadors from Karolinska Institutet will be available from mid-August to meet new international students upon arrival to Stockholm city. Interested students must register for this service via the KI News for Admitted Students May or June editions. When you register, you will need to supply your travel details, including your flight number and exact date and time of arrival. A student ambassador will be waiting to meet you at Stockholm Central Station when you arrive. Instructions on how you can reach Stockholm Central Station from the airport of your arrival are provided below. We are, unfortunately, not able to provide this service to students who arrive in Stockholm early, for holiday or other purposes.

Transportation from airport

The main international airport in Stockholm, Arlanda Airport, is located 40 km north of Stockholm. Airport coaches (www.flygbussarna.se or www.swebus.se) depart every 10-15 minutes from Arlanda to Stockholm city (*Cityterminalen*). The journey takes about 50 minutes. Arlanda Express is a high-speed train which will take you between Arlanda and Stockholm Central Station in 20 minutes (www.arlandaexpress.com). A number of taxi companies have fixed prices to and from Arlanda.

Stockholm Bromma Airport is situated 8 km west of Stockholm. Airport coaches (www.flygbussarna.se) depart two to three times per hour from Bromma Airport to Stockholm city (*Cityterminalen*). The journey takes about 20 minutes. You can also reach Stockholm using Stockholm local transportation (SL). Taxi services with fixed prices are also available to and from Bromma Airport.

Stockholm Skavsta Airport is located 100 km south of Stockholm. Airport coaches (www.flygbussarna.se) depart one to two times per hour from Skavsta Airport to Stockholm city (*Cityterminalen*). The journey to Stockholm city takes about 80 minutes.

Getting to Karolinska Institutet

Campus Solna: Bus 3 (destination *Karolinska Sjukhuset*) takes you to Campus Solna (stop *Karolinska Institutet*) and Karolinska University Hospital in Solna (stop *Karolinska Sjukhuset*). It passes the metro stations at *St Eriksplan*, *Fridhemsplan*, *Slussen* and *Skanstull*. Bus 507 (destination *Västra Skogen*) also passes Campus Solna on its way to the student residences Pax and Strix. Several other bus lines (69 and 77, among others) also traffic the university and hospital region in Solna. Commuter trains (*pendeltåg*) also take you to Campus Solna (stop *Karlberg*).



Stockholm has an extensive public transportation system with a metro, buses, trams, commuter trains and boats. (Image courtesy of Flickr.com)

Campus Huddinge: Commuter trains (*pendeltåg*) take you directly from the Stockholm Central Station to *Flemingsberg*, which is the station closest to Campus Huddinge and Karolinska University Hospital in Huddinge.

Shuttle service

A free shuttle service connecting the two Karolinska Institutet campuses operates on weekdays. In Huddinge there are two bus stops, located at the Forensic Psychiatry Clinic (*Rättspsykiatriska kliniken*) and Alfred Nobles allé 8. Due to construction of new hospital facilities, the bus stop in Solna is periodically relocated. Up-to-date information on the location of the shuttle stop in Solna is available at www.ki.se/student.

Alternative housing

Accommodation can be very difficult to come by in Stockholm, especially at the beginning of a new term. If you plan to stay in a hostel until you are able to locate long-term housing, it is highly recommended that you make reservations far enough in advance to secure a bed. More information on hostels, hotels and other alternative accommodation can be found at www.visitstockholm.com.

Introduction week

International students who arrive in Stockholm before the autumn semester begins will have the opportunity to take part in a voluntary introduction week at Karolinska Institutet. The five-day programme (27 August- 31 August) starts one full week before courses begin with a basic introduction to the Swedish language. If you would like to continue studies in Swedish this introduction will continue with evening classes once a week for the first semester of your stay. See the section Swedish courses for further information. You will also receive an array of helpful information about academic and daily life as a student at Karolinska Institutet, as well as some practical tips about living in Stockholm. The programme is open to exchange students and free-movers alike.

Register to join via KI News for Admitted Students or on www.ki.se/masterstudies. Be sure to pick up your welcome package if you attend introduction week. The welcome package is handed out at the reception at Karolinska Institutet after the initial days of Swedish classes. If you cannot join the introduction, you can pick up your welcome package at your mandatory programme introduction.

Programme introduction

A mandatory programme introduction for students admitted to programmes at Karolinska Institutet will be held on 3 September 2012. You will receive information about the time and location of the introduction in the welcome letter from your programme director. At the programme introduction you will be given a general overview of the programme and a detailed schedule for the first semester.

Contacts

For questions related to your programme and its outline, please contact:

Master's Programme in Bioentrepreneurship

Madelen Lek, Director of Studies

E-mail: madelen.lek@ki.se

Phone: +46-8-524 86806

Master's Programme in Biomedicine

Agneta Mode, Director of Studies

E-mail: agneta.mode@ki.se

Phone: +46-8-524 811 49

Master's Programme in Global Health

Asli Kulane, Programme Coordinator

E-mail: asli.kulane@ki.se

Marie Dokken, Course Administrator

E-mail: marie.dokken@ki.se. Phone: +46-8-524 83376

Joint Master's Programme in Health Informatics

Johan Ellenius, Programme Director

E-mail: johan.ellenius@ki.se

Phone: +46-8-524 87120

Master's Programme in Public Health Sciences

Jette Möller, Coordinator, public health epidemiology track

E-mail: jette.moller@ki.se. Phone: +46-8-8-524 801 22

Niklas Zethraeus, Coordinator, health economics, policy and management track

E-mail: niklas.zethraeus@ki.se. Phone: +46-8-524 860 97

Master's Programme in Toxicology

Annika Hanberg, Director of Studies

E-mail: annika.hanberg@ki.se

Phone: +46-8-524 87526

For contact information regarding freestanding courses, see the specific course website at www.courses.ki.se.

Practicalities

Holidays and traditions

Sweden has a long history of both pagan and Christian traditions. It also has a strong agrarian history – remaining a largely agrarian society until well into the 20th century. Remnants of these influences on Swedish culture and traditions are reflected in various holidays celebrated throughout the year.

New Year's Eve (*nyårsafton*) is typically celebrated with friends in the cold few hours that transition from the past year into the new. Many Swedes start the New Year with a bang, literally, by braving the cold and snow outside to light up the sky with fireworks.

Easter (*påsk*) is a family holiday that is celebrated together at home, or with a short holiday. It has lost most of its religious significance for many, but some traditions from the past remain, such as the large Easter lunch and children dressed as 'Easter witches' visiting neighbours to collect sweets.

Walpurgis Eve (*valborg*) is celebrated on the evening of 30 April with large community bonfires and singing. This celebration of the coming of spring is often a big party event for students.

Midsummer (*midsommar*) comes in late June each year and features dancing around the May Pole, national costumes, and an impressive *smörgåsbord* of special summertime foods, such as herring, new potatoes, strawberries and snaps. It is often celebrated in the countryside and is the start of the major summer holiday for many Swedes.

Crayfish season (*kräftsäsongen*) begins on the second Wednesday of August and is celebrated with outdoor parties featuring crayfish and snaps in the company of friends, colourful lanterns and eccentric hats.

Lucia (*Lucia*) is the feast day of the Italian saint, which is celebrated on 13 December in Sweden. The famous image of a young girl clad in a white robe with a wreath of candles on her head is still a very popular tradition in Sweden. Children and adult choirs alike, of both men and women, sing seasonal songs by candlelight while onlookers enjoy their morning coffee, saffron buns and ginger snaps.

Christmas (*jul*) begins with the celebration of Advent (*advent*), which marks the start of the season with home and office decorations and advent candles that are successively lit each week. Advent and Christmas are important holidays in Sweden. The height of the Christmas celebration occurs on 24 December, including a large family meal after which children wait anxiously by the Christmas tree for Santa Claus to knock on the door and personally hand them a special present.

Public holidays (most offices are closed)

1 January – New Year's Day

6 January – Epiphany

March or April – Good Friday, Easter Sunday and Easter Monday

1 May – May Day

May – Ascension Day

May – Whit Sunday

6 June – National Day

June – Midsummer Day

October or November – All Saints Day

25 December – Christmas Day

26 December – Boxing Day

Daylight savings time

As in many other countries, Swedes turn their clocks forward one hour in spring and back one hour in autumn to take maximum advantage of the daylight. Swedes switch to 'summer time' on the last Sunday in March, and turn the clocks back one hour to 'winter time' on the last Sunday in October.

Electricity

The voltage in Sweden is 230 V (50 Hz). Many sockets differ from Swedish ones (including both British and American), and you may need a converter or an adapter for your electrical appliances.



Currency

Sweden does not use the Euro (€). The Swedish currency is the *krona* (SEK), 1 krona = 100 öre.

Climate and clothing

Despite a very northern latitude, the climate in Sweden is rather mild. Average conditions can, however, vary significantly between northern and southern Sweden. Students staying in Stockholm for one full year will enjoy the experience of four separate seasonal climates. Spring in Stockholm typically begins in April and ends in May, with average daytime temperatures of 5-14° C. Summer spans from June to August, with average temperatures of 20-25° C. Autumn begins in September, ends in November and has average temperatures of 5-18° C. Average temperatures in the winter months, December through March, range from -7° to 2° C. Keep in mind that these temperatures are average daytime temperatures, however, and that temperatures in the summer can approach 30° C and winter chills can occasionally reach -20° C. Summer days in Sweden also boast up to 19 hours of sunlight at its peak, while the wintertime daylight dwindles to as little as 5 hours per day in the later part of December.

The Swedish seasons offer plenty of variation to enjoy, but it is important to be prepared with appropriate clothing. A warm, wind-resistant jacket and warm, sturdy boots are essential in winter. You will also need a medium or heavy-weight hat, gloves and scarf. A warm pair of long underwear is not a necessity, but could be helpful (especially if you come from a very warm climate). A pair of water-resistant shoes may also be appreciated on wet spring and autumn days. As the price of clothing in Sweden is rather high, it is strongly recommended that students bring these items from their home country, if possible. Don't forget to pack swimwear for the summertime, so you can fully enjoy the beautiful Stockholm archipelago.



Pack warm clothes if you will be experiencing Sweden in the wintertime. (Photo E. Hägg)

Religious meeting places

Apart from the numerous Protestant churches, there are religious meeting places for other Christian denominations and many other religions in Stockholm. Phone numbers and addresses of some of these religious meeting places are listed below.

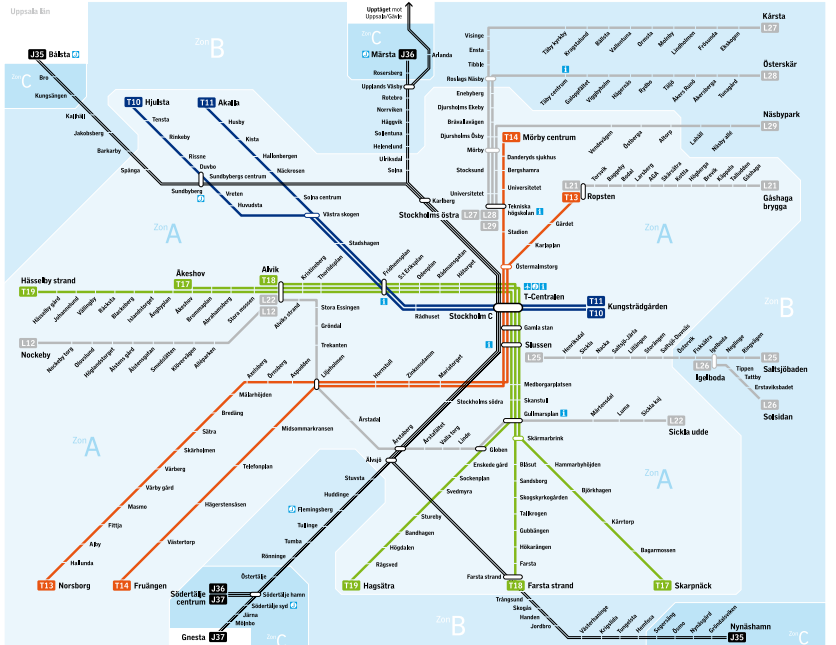
Religious meeting points in Stockholm

The Swedish Church is Lutheran and there are many beautiful churches to visit in the centre of Stockholm. For more information, visit the website of the Church of Sweden, www.svenskakyrkan.se. All other major religions also have places of worship in Stockholm:

- Buddhist Assoc. Karma Shedrup Dargye Ling
(08-88 69 50 Hökarvägen 2, Hägersten)
- English Church
(08-663 82 48, Dag Hammarskjöldsvägen 14, www.stockholmanglicans.net)
- St Eugenia's Catholic Parish
(08-505 780 00, Kungsträdgårdsgatan 12, www.sanktaeugenia.se)
- Deutsche St. Gertruds Gemeinde
(08-411 11 88 Svartmangatan 16A, www.st-gertrud.se)
- Greek Orthodox Church St Georgios
(08-612 34 81)
- Hindu Mandir Society
(08-35 72 22, Åkervägen 1, Sollentuna,
www.biphome.spray.se/hindu.mandir.stockholm)
- Immanuel International Church
(08-587 503 62 Kungstensgatan 17, www.immanuel.se)
- The International Church of Stockholm, ICS
(08-723 30 00, www.stockholmsdomkyrkoforsamling.se)
- Services in English at St Jacob's church
(Västra Trädgårdsgatan 2)
- Services in Swahili and Estonian congregation service at Santa Clara church
(Klara Östra Kyrkogata 7)
- New Life Stockholm
(08-760 90 10, Fridhemsgatan 17, www.newlife.nu)
- The Russian Orthodox Church
(08-15 63 16, Birger Jarlsgatan 98)
- Stockholm Mosque
(08-509 109 00, Kapellgränd 10)
- Stockholm Synagogue
(08-587 858 00, Warendorffsgatan 3)

Transportation and metro map

In Stockholm it is easy to get from one place to another. Public transport is well developed and an established network of bicycle lanes in and around the city makes cycling a popular alternative. For more information, see www.ki.se/welcome.



Public transport

Stockholm's public transport system, SL, is easy to use and consists of a metro system (*tunnelbanan*), commuter trains (*pendeltåg*), buses (*bussar*) and some boats (*båtar*). A 30-day travel card, a pass for unlimited travel on all SL public transport, can be purchased at many newspaper kiosks (*Pressbyrån*), from ticketing machines, and at an SL Center. If you plan not to use public transport very often, single tickets and prepaid ticket strips (*förköpsremsa*) can be purchased from SL personnel at metro station entrances and on local railways (note, however, that tickets cannot be purchased on buses). It is also possible to purchase single tickets using sms on your mobile phone (you must have a Swedish telephone operator subscription or cash card, read more under Mobile phones). Student travel cards are available at a reduced price with the discount card for students (*Mecenatkortet*) you will receive after registration. SL provides a journey planner in

English that shows the quickest and most convenient route between two stations or bus stops; see www.sl.se/en/visitor. Metro stations in Stockholm are marked with a dark blue 'T', while rail stations are marked with a dark blue 'J'.

Cycling

Cycling is a popular and convenient means of transportation in favourable weather. Bicycle paths are well-marked through much of the city. Look on message boards at the university and online private resale sites (such as www.blocket.se, in Swedish only) for used bicycles (*cyklar*). At the beginning of each semester, police stations often sell bicycles that have been found abandoned. Remember to wear a helmet and be sure to use front and back bicycle lights if you will be cycling in the darker hours of the day. Stockholm City Bikes is a service that allows card holders to loan a bicycle for a three hour period at any of several automated stands that are located throughout the city. The bicycle stations are open from 1 April until 31 October, with a season card costing 250 SEK and a three-day card costing 125 SEK. For more information, see www.citybikes.se. For a searchable map of bicycle paths in Stockholm, see www.cykla.stockholm.se (in Swedish only).

Taxi

There are many taxi companies in Stockholm and taxis are easy to find. The easiest way to order a taxi is to call the taxi companies' switchboards. Beware of fraudulent taxi companies overcharging. The major taxi companies are:

Taxi Stockholm: 08 15 00 00

Taxikurir: 08 30 00 00

Taxi 020: 020 20 20 20

Mobile phones

Since it is difficult for international students to get mobile phone subscriptions, it is a good idea to buy a phone with a prepaid calling card, which can be reloaded. If you have a mobile phone of European or Asian-Pacific GSM 900/1800 standard it is advisable to bring it and buy the prepaid card separately.

Emergency number 112

Remember the number **112**. This is the public service emergency telephone number in Sweden, as well as in the whole EU. In case of emergency, this number is available free of cost both from mobile, landline and public telephones.

Studying at Karolinska Institutet

Higher education in Sweden

You can find information on Swedish higher education in general on the website of the Swedish National Agency for Higher Education (*Högskoleverket*) at www.hsv.se, the public authority that oversees higher education institutions in Sweden.

Academic calendar

The academic year consists of 40 weeks divided into two semesters. The autumn semester begins 3 September 2012 and ends 20 January 2013 and consists of a one to two week lecture free period, which coincides with the Christmas holiday. The spring semester begins 21 January 2013 and ends 9 June 2013, with a one week lecture free period which coincides with the Easter holiday. The academic demands placed on students during lecture free periods can vary depending on each programme. Lecture free periods may include lab work or exams that must be completed at Karolinska Institutet on campus or work that can be done remotely, such as take-home exams or other assignments. If you would like specific information on the schedule for your particular programme before you attend the mandatory programme introduction, see the Contacts section for your respective programme.

When you are planning your travel to Stockholm, remember that the introduction week for international students will be held one week before the official start of the autumn semester.

Levels, credits, grades and examinations

As of July 1, 2007, a new structure of higher education was introduced in Sweden. The new structure consists of three levels of higher education (basic level, advanced level and graduate level). Each level requires and is based on completion of a programme at the previous level.

A new system of credits has also been introduced in accordance with ECTS (European Credit Transfer System). In the new system, one year of full-time study for 40 weeks corresponds to 60 credits (20 weeks/30 credits per semester). The number of credits awarded for each course is determined based on the amount of work normally required to attain the course objectives.

Courses are taken one at a time throughout the semester. Examinations are typically held directly after the completion of a course and before the next course begins. An exam can be retaken up to a maximum of six times, if needed.

Karolinska Institutet uses the following grading system: Fail, Pass and Pass with Distinction. A select number of programmes and courses, however, use the seven-point scale: A, B, C, D, E, Fx and F (where Fx and F are failing grades).

Financing and tuition

Higher education in Sweden is free of charge not only for Swedish, but also Nordic, Swiss and EU/EEA citizens. However, tuition fees for all other international students have been introduced beginning with the 2011/2012 academic year. Exchange students typically do not pay tuition fees at the secondary university, however, they are often required to pay any fees (including tuition) that they would normally be required to pay in a regular semester at their home university. For further questions, contact Study Guidance at study-guidance@ki.se or Admissions at admissions@ki.se.

More information about tuition and payment procedures will be sent to those students to whom it applies by early May. The first tuition instalment must be paid by 1 June. See the Scholarships heading for more information on scholarships and grants to aid students in covering the cost of living and tuition.

Programme study advisers

Each educational programme that is given at Karolinska Institutet has a programme study adviser that is assigned to aid students in that particular programme. The programme study adviser can help you with information about rules on qualifying for subsequent semesters, exemptions, leaves of absence, resuming your studies and more. A study guidance session can also cover topics like planning continued studies, study techniques, social issues related to studies and future career paths. For more information or to find the programme study adviser for your programme, see ki.se/student under Study Guidance.

Karolinska Institutet's study advisers are bound by a pledge of confidentiality in accordance with chapter 7, section 9 of the Secrecy Act, and will under no condition disclose information about a student's personal circumstances to a third party without the student's explicit consent.

Some students have the possibility to begin PhD-studies after they have completed their Master's programme. For students who decide to undertake doctoral studies, Career Service is available for career guidance. More information is available at www.ki.se/careerservice and if you contact doctoral@ki.se.

Religious meeting places on campus

There are prayer rooms at Karolinska Institutet, located both at campuses in Solna and Huddinge. Oasis (*Oasen*) on campus Solna is a peaceful place for worship, prayer, meditation or silent reflection. It is a multi-faith centre for all people and religions and is open to all students and staff at Karolinska Institutet. Oasis is located on campus Solna, building 75:01, Retzius väg 13A ground floor, room D240. Contact person for Oasis is Ulla Tunkara (ulla.tunkara@ki.se). The equivalent prayer room *Andrummet* on Campus Huddinge is located at Alfred Nobels allé 8, 5th floor.

The university chaplains in Stockholm arrange church services, meditation sessions, retreats and other communal activities. Anders Mattsson, the university chaplain at Karolinska Institutet, can be contacted at +46 (0)8-546 646 91. More information is available at: www.universitetskyrkanstockholm.se.

Students with disabilities

Karolinska Institutet aims to be accessible to students with disabilities and to provide these students with the same opportunities to carry out their studies as other students. Students with disabilities, including documented reading and writing difficulties, can receive special support at no extra cost during their studies. It is important that you contact the Coordinator for Students with Disabilities, Tina Teljstedt, as soon as possible after your acceptance to Karolinska Institutet.

Phone: +46 (0)8 524 860 04, e-mail: tina.teljstedt@ki.se.

Student Health Centre

As a student at Karolinska Institutet, you are welcome to visit the university's Student Health Centre (*Studenthälsan*). The aim of the Student Health Centre is to promote the physical and mental health of our students and a healthy student social environment. It does not replace the primary healthcare clinic where conventional healthcare is provided (read more under Medical care), but acts as a complement to it. The Student Health Centre offers mostly preventative services by means of consultations, group activities and measures targeted at the study environment, providing both medical and psychological advice. The health centre is located at Berzelius väg 1, 5th floor on campus Solna and Blickagången 7, 5th floor on campus Huddinge. For contact and more information, see www.ki.se/studenthalsan.

University library

The Karolinska Institutet University Library is the largest medical library in the Nordic region. It houses international medical and scientific information in journals and books, in both print and electronic format, and supplies access to a number of biomedical and other relevant databases. A limited number of course literature books are also available. The library consists of two service units, one on each campus, and a network of computerised services. Both service units of the library provide study rooms and areas for individual and group study.

The library also offers comprehensive educational activities for students, researchers and external customers.

Information desk

The information desk is the service point for students on campus. In Huddinge it is located in the University Library (Alfred Nobels allé 8) and in Solna at Berzelius väg 3 (popularly known as BZ).

The service point can issue KI cards that give you access to computer rooms, gym and can be used as library cards. The service points also provide students with extracts and certificates from Ladok (register of student records), copy cards and printing accounts for the computer rooms. More information is available at www.kib.ki.se/en.

Facilities

There are several lunch restaurants located on both campuses in Solna and Huddinge. The average cost of a warm lunch is approximately 60-80 SEK, often including salad, bread and coffee. There are also microwaves available in the dining areas on both campuses if you prefer to bring your own food.

Several computer rooms are available on both campuses, some of which are open seven days per week. Computers are equipped with a wide array of software and are based on the Microsoft Office platform. Printing and scanning capabilities are also available in each room. Your KI card will give you access to the computer rooms. For students who choose to bring a personal laptop with them, a wireless network is available on campus.

Leisure activities

Stockholm – your study destination

There are many things to see and do, both in the city of Stockholm and in the surrounding archipelago and natural green spaces. You will find information on Stockholm's more than 100 museums and many other activities and points of interest listed on the Stockholm Visitors' Board website. You can also find information about opera, musical and theatre performances, current events, activities for children, dining, nightlife, Stockholm environs and much more. Visit the Stockholm Visitors' Board website at www.visitstockholm.com.

Find out more about what student life in Stockholm has to offer at www.studyinstockholm.se.



Stockholm is known as the city on water. (Image courtesy of Fotoakuten.se).

Student unions

In Sweden, student unions have traditionally played an important role in university life, and are often very influential forces at the universities. Students at Karolinska Institutet have always been actively engaged in academic issues, student welfare and in social activities and entertainment. Today, students are very well represented in the decision-making bodies of the university through the student unions.

The student unions arrange social activities such as parties, a theatre group, choir and orchestra, but they also represent the students at Karolinska Institutet in the work with educational development, international collaboration development, and social matters. International students are welcome to become members of the Medical Students' Union (MF) and will be able to participate in the activities it organises. Membership in the student union costs approximately 200 SEK per semester. More information on our student unions can be found at www.ki.se/student.

Sports facilities

As a student at Karolinska Institutet you will have many sports activities to choose from. Below are a few of the options. More information on sports and health promotion is available at www.ki.se/student.

The Zander Student Gym, Campus Huddinge

Zander is the students' own gym, located at Alfred Nobels allé 23 on Campus Huddinge. The gym is fully equipped and contains fitness machines and a room for table tennis, dance and other activities. The KI card gives you free access to the gym. More information on the KI card is available under the University library heading.

The Stockholm Student Sports Association (SSIF)

SSIF arranges a wide range of different sports activities including fencing, diving, dancing, mountain climbing, swimming and ball sports. Student union members are entitled to special discounts on SSIF activities. The athletic hall at Stockholm University, *Frescatihallen*, is where SSIF holds most of its activities (metro station *Universitetet*). More information is available at www.ssif.se.



Friskis & Svettis, Campus Solna

The nationwide sports association Friskis & Svettis has training facilities at Nobels väg 8 on Campus Solna. Friskis & Svettis offers a variety of group training classes and a fully equipped gym. As a Karolinska Institutet student you are entitled to purchase a membership card at a discount (approximately 1 100 SEK per semester).

KI Health Promotion

As a medical university aiming to contribute to the improvement of human health, Karolinska Institutet also seeks to encourage well-being among its students and employees. The KI Health Promotion offers a limited number of group training classes free of charge to employees and students on both Campus Huddinge (in room G1, Alfred Nobels Allé 23) and Campus Solna (in *Lugna rummet*, Nobels väg 8),

The union's sports activities

Students with a membership in the union can play floorball, basketball and technical football in Campus Solna examination hall, Berzelius väg 9 (beside Jöns Jakob restaurant). The Medical Students' Union's sports committee is responsible for these and other physical activities. Contact the union for further information at www.medicinskaforeningen.se.

Swedish courses

The introduction week that takes place in the week prior to the start of the autumn semester begins with a three day intensive Swedish course. After completion of the intensive course, you will be offered opportunities to develop your Swedish at evening classes during the first semester of your stay here in Sweden.

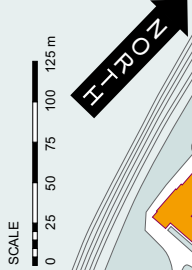


Students studying in the sun outside the restaurant Jöns Jacob, Campus Solna. (Photo E.G.Svensson)

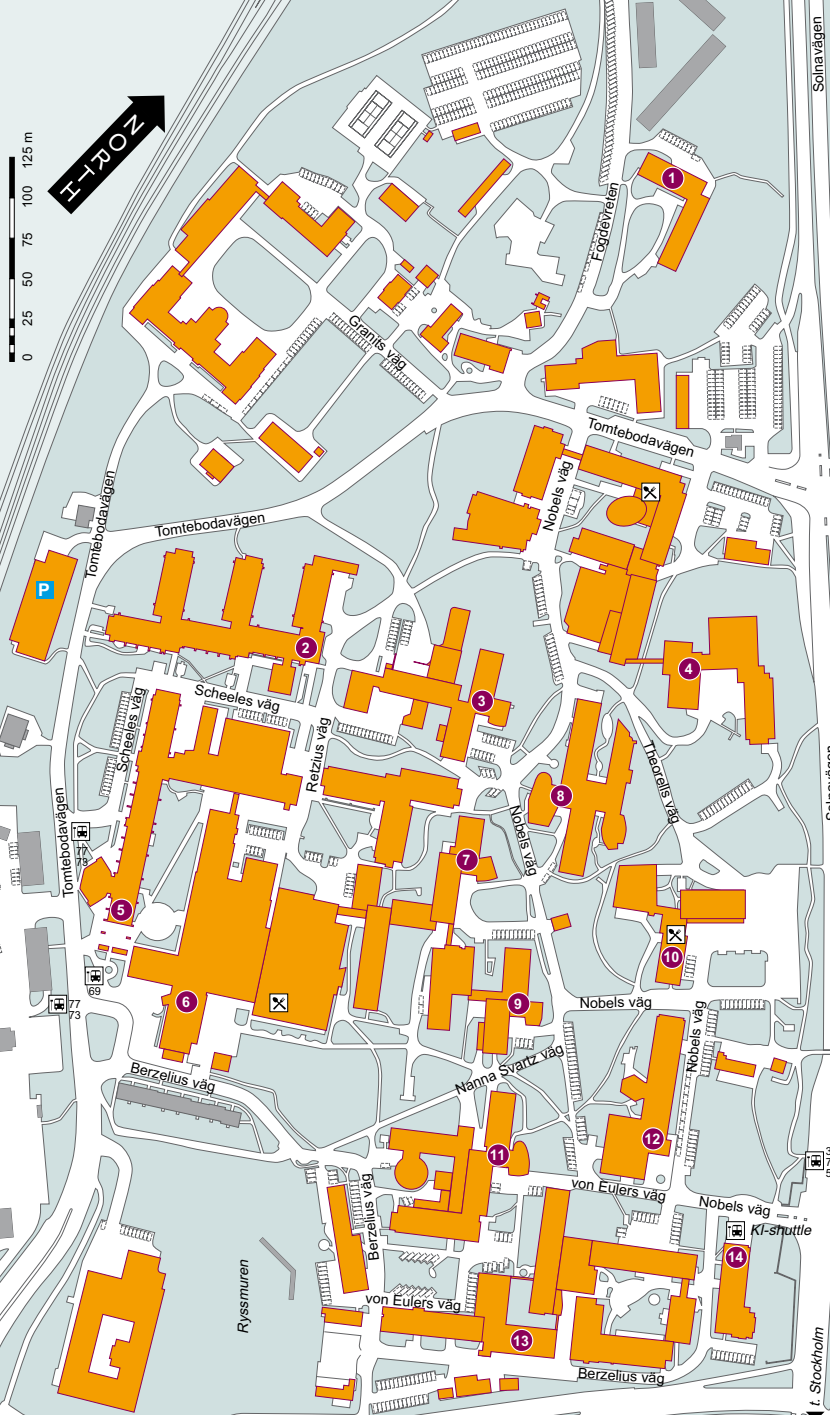
Maps

Campus Solna

- | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1 Fogdevreten 2
University Accomodation Center AB</p> <p>2 Retzius väg 8
(Retzius laboratory) Hall Hillarp</p> <p>3 Nobels väg 15
Hall Lennart Nilsson</p> <p>4 Theorells väg 1
Hall MTC</p> <p>5 Tomtebodavägen 6
(Scheele laboratory) Hall Samuelsson</p> <p>6 Berzelius väg 1/3/7/9
(Berzelius laboratory BZ)
Hall Berzelius, Hall Retzius,
Hall Versalius, examination hall,
university library, study advisers,
Student Affairs Office, information
desk, Student Health Center</p> <p>7 Nobels väg 11
Hall Rockefeller</p> | <p>8 Nobels väg 12
Hall Atrium, Hall Petré</p> <p>9 Nanna Svartz väg 2
Hall Farmakologi</p> <p>10 Nobels väg 10
Medical Students' Union
(Medicinska föreningen)</p> <p>11 von Eulers väg 4
Hall Strix</p> <p>12 Nobels väg 5
Administration building, Reception</p> <p>13 Berzelius väg 21
Hall CMB</p> <p>14 Nobels väg 1
(Nobel forum) Hall Wallenberg</p> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



Railway tracks



Solnavägen

t. Karolinska University Hospital

Solnavägen

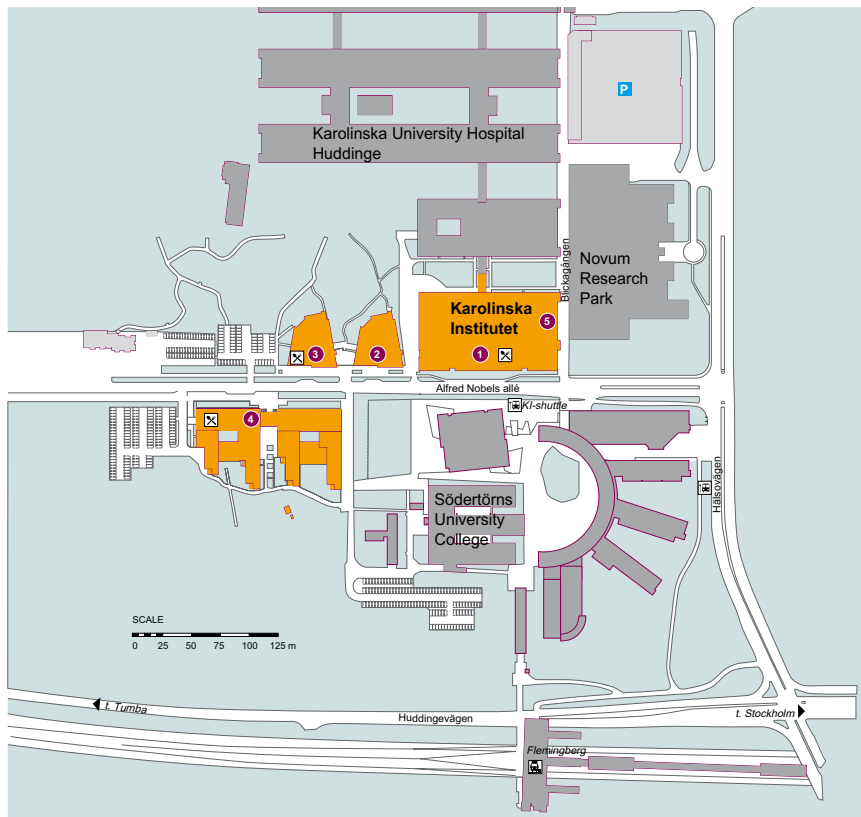
3
70
507

t. Stockholm

Norra Länken

Campus Huddinge

- 1 **Alfred Nobels allé 8**
Hall 4U, 4V, 4X, 4Y, 4Z, 4P, university library
- 2 **Alfred Nobels allé 10**
(Bipontus) Hall Bi 3-221, Bi 3-264
- 3 **Alfred Nobels allé 12 (Pontus)**
Hall Po 4-215, Po 4-221, Po 4-263, Study advisers
- 4 **Alfred Nobels allé 23**
Hall H1 Red, H2 Green, H3 Blue
- 5 **Blickagången 7**
Student Health Centre



Mini dictionary

Necessities

Hello	Hej
Good morning	God morgon
Good evening	God kväll
Good night	God natt
Cheers!	Skål
Have a nice day	Ha en trevlig dag
Have a good one	Ha det bra
I love you	Jag älskar dig
Yes	Ja
No	Nej
Ok	Okej
Thank you	Tack
You're welcome	Varsågod
Excuse me	Ursäkta/Förlåt
Right	Höger
Left	Vänster
Straight ahead	Rakt fram
Back	Tillbaka/Bakåt
Help	Hjälp

Conversationals

How are you?	Hur mår du?
Pleased to meet you.	Trevligt att träffas.
I speak English only.	Jag talar endast engelska.
I don't speak Swedish.	Jag talar inte svenska.
What time is it?	Vad är klockan?

To learn more Swedish:
www.digitalspåret.se

Streets, names and abbreviations

Road	Väg (v.)
Street	Gata (g.)
Alley	Gränd (gr.)
Square	Torg
Island	Ö
Park	Park

Days of the week

Monday	måndag
Tuesday	tisdag
Wednesday	onsdag
Thursday	torsdag
Friday	fredag
Saturday	lördag
Sunday	söndag

Numbers

1	en, ett
2	två
3	tre
4	fyra
5	fem
6	sex
7	sju
8	åtta
9	nio
10	tio

More information and contact details
are available at www.ki.se/masterstudies



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