



FACT SHEET

Södertörns högskola - Södertörn University
International Office

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SWEDEN

Phone: +46 (0) 8 608 4000

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

Incoming students

Email: exchange@sh.se

Outgoing students

Email: exchange@sh.se

ACADEMIC CALENDAR 2020/2021

Autumn semester: August 31, 2020 – January 17, 2021

Nomination deadline	May 25 (extended deadline)
Application deadline	June 1 (extended deadline)
Official arrival days	August 24-25
Orientation days	August 26-28

Spring semester: January 18, 2021 – June 6, 2021

Nomination deadline	October 10
Application deadline	October 15
Official arrival day	January 18
Orientation days	January 18-19



THE INTERNATIONAL OFFICE

Head of International Office	Ms. Karin Granevi karin.granevi@sh.se
International Coordinator Agreements	Ms. Matilda Lindgren matilda.lindgren@sh.se
International Coordinator Outgoing Erasmus+ students, ISEP Teaching & staff mobility.	Ms. Malin Ahlén malin.ahlen@sh.se exchange@sh.se , international@sh.se
International Coordinator Outgoing students bilateral agreements, Mobility Online contact person	Mr. Guo Wei guo.wei@sh.se exchange@sh.se
International Coordinator International Master students Incoming exchange students	Ms. Zakia Khan zakia.khan@sh.se exchange@sh.se , international@sh.se
International Coordinator Traineeships, Linnaeus-Palme, Erasmus+ ICM, Minor Field Studies (MFS)	Ms. Veronica Haegeland veronica.haegeland@sh.se exchange@sh.se
Housing Coordinator	Ms. Clara Bohman accommodation@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 11,000 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

At 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 having a score of at least 550 points (paper based test) or 213 points (computer based test) on TOEFL. 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. 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 at beginner's as well as at intermediate level.

Mentor System

There is a mentor system, operated by the Student Union and ESN. All exchange students are offered a mentor. Other international students can also apply for a mentor.

Living Costs

Students are expected to have 8,370 SEK to 10,000 SEK per month for [living expenses](#) (including accommodation). The public transport card for students is 590 SEK/month and the rent is approximately 16,000-25,000 SEK/semester for a single or shared room.

Student Accommodation

Student accommodation is located walking distance from campus in a green area and is distributed on a first come first serve basis and students from outside the EU/EES have priority. The deadline for applications is 1 June 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](#).

Insurance

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