



Kristianstad
University
Sweden



SURVIVAL GUIDE

2016/2017

www.hkr.se

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Kristianstad University

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Sweden

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INDEX

ARRIVAL	5
ACCOMMODATION	9
MEDICAL CARE	10
RESIDENCE PERMIT	13
KRISTIANSTAD UNIVERSITY	14
ACADEMIC INFORMATION	20
SWEDEN AND KRISTIANSTAD	27
OTHER USEFUL INFORMATION	30
CHECKLISTS	34

Dear Exchange Student,

We are glad to welcome you to Kristianstad University.

We hope that your time here in Sweden is going to be interesting and fruitful, concerning both academic studies as well as your personal development in a multicultural environment. You will certainly discover new things, open your mind and see the world differently.

With this "Guide" we provide some **useful and important information to you.**

Please read everything carefully, as it might answer most of your questions and help you to avoid problems before and during your stay. Do not forget to take this guide with you when coming to Sweden.

Once again – welcome to Kristianstad!



ARRIVAL

How to reach Kristianstad

You can reach Kristianstad easily by plane, train or car.

By plane

Although Kristianstad has its own airport, the easiest way for you might be to fly to Copenhagen (Denmark). Malmö also has a small international airport for cheap flights from Germany, the UK and the Czech Republic. Växjö (Småland) has another small airport in the region that offers some international flights.

From Copenhagen Kastrup Airport (CPH)

From the train station at Copenhagen Airport (Kastrup), there are hourly trains to Kristianstad. (Price: ca. SEK 200). There are some direct trains, but be aware that there are also combinations in which you might have to change train in Malmö and/or Hässleholm. The train schedules can be found on this website: www.skanetrafiken.se.

From Malmö Sturup Airport (MMX)

Airport buses leave regularly taking you to Malmö train station where there are direct trains every hour to Kristianstad.

From Småland airport (VXO)

You should take a taxi from the airport to Växjö, as there are currently no airport buses. From Växjö you can travel to Kristianstad by train. Be aware that you have to change trains at least once. Usual changes are in Alvesta and Hässleholm.

By Train

The train station is situated in the center of Kristianstad (there is only one train station in town). For the train schedules please visit these websites:

<http://www.skanetrafiken.se> or <http://www.sj.se>

By car

In Sweden headlights must be switched on all the time, even during the day!

There are three main options to reach Kristianstad:

Option 1: arriving via the Öresundsbridge:

Road 'E22' direction Kalmar. After about 100 km, you will arrive to Kristianstad.

Option 2: taking the ferry to Helsingborg:

Roads 'E4' and '21'

Option 3: taking the ferry to Trelleborg:

Road '108' direction Lund and then 'E22' direction Kalmar/Kristianstad.



Way to Kristianstad University

In Kristianstad you follow the direction Sjukhus (hospital). After leaving the motorway, you'll pass a traffic light and you arrive at a big roundabout. Cross the roundabout, then go straight-ahead (Snapphanevägen). After ca. 2 km, you'll cross a bridge. Turn left at the traffic light, drive straight to the next roundabout and turn right there, direction Högskolan. You cross the next roundabout to arrive at the university.

Pick up service

Kristianstad University provides a pick-up service to all exchange students arriving during the **arrival days**.

The arrival days for the academic year 2016/2017 are:

- Autumn semester: 20-22 August
- Spring semester: 14-15 January

The staff of the international office will welcome you at the train station in Kristianstad and will bring you to your accommodation. If you arrive by car, we will meet you at the dorm to welcome you and to give you the keys of your room.

To make use of the pick-up service you should fill in the Information about Arrival in the online application as soon as possible, and minimum 2 weeks before you arrive.

If you arrive before or after the arrival days you should take a taxi or bus to your accommodation. You cannot pay with cash in the local buses, you need a "JoJo Card" (please find information about Public Transport on Page 31).

Bus number 4 brings you from the central station to the university (stop Högskolan).

You should always inform the international office when you are delayed during your trip and you arrive later than filled in, you can do that on this number: 0046706612243.

Introduction days

During the week after the arrival days there are several activities taking place to get to know the university and the other exchange students. You will receive a schedule for the introduction days when you arrive in Kristianstad. During the introduction week you may receive a Swedish sim card for your mobile phone. You will also get an access card, an email address from the university and a username to enter the buildings and to use the computers on campus. You can find more information about the access card in the chapter 'Kristianstad University'.



ACCOMMODATION

Kristianstad University housing assistance can book accommodation to all exchange students. If you want us to book a room for you during the study period in Kristianstad you should fill in the Application for Accommodation in the online application as soon as possible. The information needs to be filled out until 15 May. If you don't fill in the form, you have to arrange accommodation on your own.

If you prefer to book your accommodation by yourself, please fill this in Mobility Online as well (choose NO). You can find a list with housing companies here:

<http://www.kristianstad.se/sv/Kristianstads-kommun/Bo-Bygga/Bostader/>

Please note that Kristianstad University does not own accommodation, we can book a room for you at a private housing company. Therefore rules regarding payment, cleaning, etc. are decided by the housing company and not by Kristianstad University. Rooms can only be booked for a complete semester.

For any questions about housing please contact the housing assistance: studut@hkr.se.

MEDICAL CARE

It is of greatest importance that you have a valid health insurance while you are here!

If you are from the European Union, you should bring the European Health Insurance card. If you don't have the card with you, you might have to pay the whole treatment by yourself. In order to be able to claim the money back that you have paid, you should ALWAYS ask for a written diagnosis including stamp of the physician or hospital.



Students from the European Union can find more information on the following webpage:

http://ec.europa.eu/youreurope/citizens/health/index_en.htm

All exchange students are insured by the insurance of Kammarkollegiet.

For further information please visit:

http://www.kammarkollegiet.se/sites/default/files/student_in_2015-01-01_eng_0.pdf

Please notice that some parts of the insurance only apply for students that do not come from the European Union.

NB! Loss of property is not included in the insurance above. Please read the information carefully

Please pay attention that Kristianstad University does not cover any costs regarding medical treatment, dental care, loss of property etc. Please note that it can be extremely expensive if you need medical care and you do not have any insurance!

Student Health Service

If you are not feeling well, you can visit the Student Health Service. The Student Health Service consists of a nurse and one counsellor and can be found in house 13. You could always email them to make an appointment.

You can visit the Student Health Service for study related problems. All visits are free of charge for students from Kristianstad University.

For more information you can visit: <http://www.hkr.se/studenthalsan>

Contact information:

Name	E-mail	Telephone
Birgit Wigerup-Carlsson <i>Counsellor</i>	birgit.wigerup_carlsson@hkr.se	+46 44 250 30 93
Anders Gromer <i>Counsellor</i>	anders.gromer@hkr.se	+46 44 250 30 91

Visiting a health clinic or hospital

In case of emergency you should call: 112

If you need to visit a physician, you should always have your insurance card and identification with you. Be aware that you might be asked to pay directly at the clinic.

Contact information:

Name	Visiting address	Telephone
Vårdcentralen Näsby (Health clinic)	Tvedegårdsvägen 4 291 38 Kristianstad	+46 44 309 01 00
Central Hospital	J A Hedlunds Väg 5 291 33 Kristianstad	+46 44 309 10 00

The opening time of Vårdcentralen Näsby:

Monday to Thursday: 08:00-18:00

Friday: 08:00-17:00

You can call 1177 (open 24 hours) for medical advice. They can always advise you about which other health clinic to contact during daytime, evenings, and Saturdays/Sundays.

You could come to the international office if you need help to book an appointment to visit a doctor, or a dentist.

Pharmacies

You can find pharmacies (Apoteket) in the city center (close to the shopping center) and near the University, next to the ICA supermarket.

RESIDENCE PERMIT

Non EU/EEA students

If you are planning to study as an exchange student in Sweden for longer than three months, you must have a residence permit. For further information you can visit the website of the Swedish Migration Board:

http://www.migrationsverket.se/info/studera_en.html

Please take a very good look at the information on this website!

Citizens from certain countries must have an entry visa, also for studies that are shorter than three months. We advise you to check with the closest Swedish embassy or consulate to see which rules apply to you. Be aware that the application process for a visa takes several weeks! You can find the address of the Swedish embassy in your country on:

<http://www.swedenabroad.com>

If you wish to work during your studies, you must have a student residence permit and you must have completed at least 30 ECTS credits or one term of post-graduate education in Sweden. However, it is difficult to find a part-time job in Kristianstad, especially if you don't speak Swedish. In addition you have to find and organize a job on your own.

EU/EEA students

As an EU/EEA citizen you have the right of residence in Sweden and may study without a residence permit. You don't have to register with the Swedish Migration Board.

On the website of the European Union you can find more information about your rights and administrative formalities while staying in another EU country:

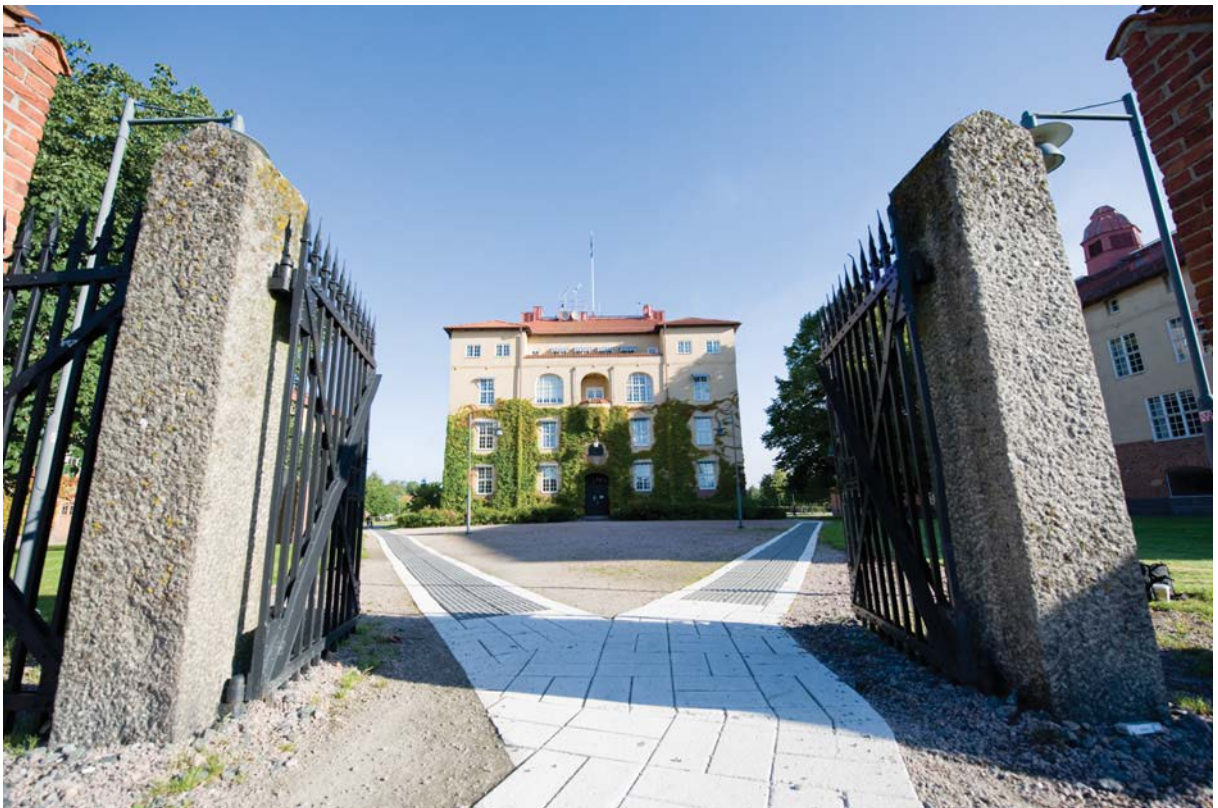
http://ec.europa.eu/youreurope/citizens/residence/student/index_en.htm

KRISTIANSTAD UNIVERSITY

Kristianstad University was founded in 1977, but we can trace our roots way back to teacher's training (1835), nurses (1893) and engineers (1912). Programs and courses are offered in Humanities, Social, Natural, Behavioral and Health Sciences, Business Administration, Computer Science and Engineering.

The campus of the university is situated in Kristianstad. It is created from the idea that you, as a student, shall have access to modern information technology, inspiring meeting places and good services. We offer a highly qualified faculty in a friendly atmosphere. Our new and former students are our most valuable resource.

Internationalization is an issue of importance at Kristianstad University, whether it involves Swedish students going abroad, or international students studying here.



We also provide all students with an international working perspective on Campus. We are linked with partner universities all over the world. At the same time we co-operate extensively with the local community.

Orientation on campus

Everything on campus is quite easy to find. The numeration systems functions as explained with the following example: Room 15-226 means: House 15, Room 226 on the second floor. Notice that in Sweden the ground floor is named first floor.

Students with special needs

Kristianstad University is dedicated to create equal opportunities in the academic environment also for students with special needs.

The concept 'functional disability' refers to physical or mental restrictions of a person's ability to function and to reading and writing difficulties/dyslexia. In order to get access to the supportive measures, you have to verify your functional disability with a testimonial.

If you are in need of supportive measures, you should first of all contact the coordinator. For more information please see:

<http://www.hkr.se/functional-disabilities>

Facilities

Library & Learning Resource Centre

A light and spacious library is situated in house 7 in the center of the campus. You can borrow books free of charge with your own library card (Lånekort). It is possible for all students to borrow media equipment free of charge, such as video cameras, digital cameras, etc.

Study rooms are available. During the Introduction Week you will be provided with the information about how to use the library. For more information please visit: <http://www.hkr.se/en/library>

Eating facilities

On campus, you find a few places where you can eat during the day:

- Restaurant Metropol offers a lunch buffet.
- The cafeteria in house 7 offers sandwiches, salads, etc.
- Vending machines with drinks and snacks are available in most buildings.

Production Unit

The production unit is situated in House 11 on campus, which is the little red house just behind the glass building. You can visit the production unit for questions related to photocopying and access cards.

The opening hours are: 07.30-09.00 09.30-12.00 13.00-15.30

Lost and found

If you lose something on campus, you can visit the desk at the entrance of house 7. Please, also bring found items to the same desk.

Access card

During your introduction week, you will receive an access card allowing you to enter some areas of the University, in the department where you study from 07:00 to 22:00 every day. Upon receiving your card, you have to choose a four-digit personal code that will be necessary when accessing those areas. The cards are personal and must not be given to a 3rd person and must be returned to the international office when you finish studying here. Lost cards must be reported to the production unit to be blocked without any delay. A new card can then be obtained for a fee of 50 SEK.

While entering the buildings, the cardholder has to make sure that no unauthorized person enters the building at the same time. To exit, always use the release button for the doors. Do not open the emergency exit cap on the door; it is connected to the alarm system. If doors with the sign "Larmad dörr" are open for more than one minute, the alarm will go off, so please be careful with this.

Computer facilities

Each department has its own computer facilities (including laser printers) for students. These are generally accessible between 07:00 and 22:00, 7 days a week. Be prepared to show your ID card/passport to the security guards if you stay in the computer rooms during the evening, or at the weekends. Ask your department for detailed rules. You will have to pay for printouts via your print account. When you start using your computer account it will be charged with 25 credits. You can recharge your account at the reception in house 7. A4 black/white 0.70 credits; A4 color 1.10 credits; Duplex 1.8 times higher; A3 2 times higher. Computer rooms can be found in the following buildings: 14-125, 14-427, 15-220, 12-223, 17-119, 20-117, 20-418 and 21.

Copy machines

You can get photocopy cards at a reasonable cost at the desk in the entrance of the library. There are two possibilities: You either buy a photocopy card or you borrow one and pay for each copy at the desk. If you make a lot of copies, it is cheaper to buy a copy card. You can also visit the Production Unit; they copy and bind material for a good price.

The university sport union

The university sport union is called HKIF. HKIF arranges various sports activities almost every evening of the week. Most activities take place in the sports hall on campus. Examples of sports offered are: badminton, basketball, floor-ball, football, box-exercise and volleyball. Twice a week swimming is offered in the swimming pool in Kristianstad. It costs about 200 SEK per semester to be a member of HKIF and when you are a member you can join all activities free of charge. You can find HKIF in the building number 13 on campus. For more information you can check: <http://www.hkif.se>

Tandem

Do you want to meet a Swedish person? If so, you can join the tandem project.

This project is created with integration as its main purpose. An international student will meet a Swedish person. Both of you can decide for yourself how often you want to see each other and what you want to do. We will help you with the first contact; everything else is up to you! You can just meet for a coffee, study together, meet for parties etc. If you get along well, you can keep in contact for more activities. If you don't get along, just part ways after the first meeting. Does this sound interesting? Just come to the International Office.

ACADEMIC INFORMATION

Teaching methods

Education at Swedish universities is based on the principle that students take responsibility for their studies, with support from the teachers. Student responsibility and individual performance are stressed. Teaching is carried out in different forms: lectures, seminars, group work, independent study etc. Students are expected to raise questions and to take part in discussions during lectures. In addition, they are required to write short essays, solve specific problems and describe the procedure applied. Examinations seldom require that students merely reproduce the material presented during lectures. Be aware that a good level of English is necessary to be able to follow the courses.

Often you have only one of your "main" courses at a time, followed by the exam. That means that you can concentrate on one subject before the next course starts. It also means that exams take place during the semester, and not only at the end of the semester. To many international students, the Swedish academic environment seems very informal. Teachers and other members of staff dress informally and speak in a familiar style to students.

Courses, schedules and registration

To keep a place in your courses that you are admitted to, you need to register for your courses in the week before the course starts. You can register at: www.hkr.se/en/study-at-hkr/my-pages.

You can only register for courses you have been admitted to by the international coordinator of Kristianstad University.

There are 3 administrative issues you need to complete for each course you are admitted to keep your place in the course and exam:

- Register for the course in the week before the course starts.
- Perform the 3 week control in the course platform It's learning in the 3d week of the course.

- Register for the exam (and if needed re-exam) at least 14 days before the exam takes place.

You can find all courses given in English at the following webpage:

<http://www.hkr.se/courses4exchange>

Two courses are specifically for international students:

- Sweden Culture and Society
- Swedish for International Students

If you click on a course name, you can find more information about the course. You will find the examiner of the course, a description of the course, contact information, etc. At www.hkr.se/schedule you can find the schedule of your courses. Be aware the schedule might not be published until shortly before the course starts. Changes can occur, so please check the schedule regularly. You can also see in which period the course is given. Note that in Sweden the academic schedule is often expressed in weeks (veckor). V35-V44, means that a course starts in week 35 and ends in week 44.

Under type of course you will find if a course is given full time (100 %) or part-time (25-50 %). If a course is given part-time, you can take another course in the same period. 'Web-based distance' means that a course is given over the internet, so there are no classroom lectures.

Learning agreement

Together with your home university you should select courses and afterwards you should fill in the learning agreement and let it be signed by the coordinator at your home university. Your home university certifies with his signature that the courses will be recognized after passing the exams during your time abroad.

When the learning agreement is signed, you can send it to our international office or take it with you to Kristianstad. If you want to change your courses during your stay, you should always check with your home university if they agree with your change. You can visit Karen at the international office to ask for a change of

courses. After your courses are changed, you should fill in the changes in your learning agreement in the online application.

Examinations

A course can be examined in various ways. A common method is a written or oral examination that includes the presentation of a paper. Group papers are normally discussed during seminars towards the end of a course. A written examination takes place at the very end of each course. Continuous assessment is used in some courses and is based on compulsory attendance as well as participation in seminars arranged throughout the course.

A student who fails an examination is entitled to re-sit the examination at pre-scheduled times until it has been passed. As exchange students stay for a limited period of time only, they are assured of at least one more chance to take the examination later. It might also be possible to do the re-exam at the home university when you are back in your country.

Note that you need to register for both ordinary and re-exams! You can register at: www.hkr.se/en/study-at-hkr/my-pages

For instructions: see the document 'signing up for written exams at Kristianstad University' in your welcome bag.

Note that you need to register yourself for an exam or re-exam at least 15 days before the re-exam takes place!

Examination Rules

On the following website you will find the examination rules. Please read them carefully! No exceptions will be made during exams! You can also find a specific document regarding deception and how to handle disciplinary matters.

<http://www.hkr.se/en/study-at-hkr/during-your-studies/examination/>

Itslearning

itslearning is a learning management system used in all courses and programs at Kristianstad University. itslearning is a web service, which allows you to log in from any computer. You can also log in from a smartphone or Tablet:

<http://www.hkr.se/en/study-at-hkr/service-and-support/itslearning/>

In almost all courses there is an activity control in the third week of the course; you have to confirm that you intend to continue the course. If you do not participate in this activity control you will lose access to the course.

ECTS-credits

The European Community Credit Transfer System was developed by the Commission of the European Communities in order to provide common procedures to guarantee academic recognition of studies abroad. It provides a way of measuring and comparing learning achievements, and transferring these from one institution to another.

The ECTS system is based on the principle of mutual trust and confidence between the participating institutions. To reinforce these principles a few rules have been established: the students have to be informed about available courses, an agreement has to be signed between the home and host institution and the grades have to be presented in ECTS credits to indicate a student's workload.

Each course offered needs to have a detailed description about its contents and the awarded ECTS credits

60 ECTS represent one full academic year, and 30 ECTS one full semester. One week's full-time studies correspond to 1,5 High Education Credits: a fulltime 7,5 ECTS course will thus normally be scheduled over a 5-week period. Included in the work load are lectures, practical works, seminars, private studies and examination or other assessment activities. ECTS credits thus express a relative value.

Grades

Traditionally, three grades are awarded at Swedish universities: passed with distinction (VG) passed (G) and fail (U). Exceptions are sometimes made and in this case there are only two grades: passed (G) or fail (U), see the syllabus of your courses for more information. Engineering courses are usually graded from 5-3 (passed) and fail (U).

The following table shows the "equivalents" for ECTS grades:

ECTS grade	Swedish system		Definition
A	VG	5	EXCELLENT: outstanding performance with only minor errors
B	VG	4	VERY GOOD: above the average standard but with some errors
C	G	4	GOOD: generally sound work with a number of notable errors
D	G	3	SATISFACTORY: fair but with significant shortcomings
E	G	3	SUFFICIENT: performance meets the minimum criteria
F	U	U	FAIL: considerable further work is required

Transcript of records

After finishing your courses a "Transcript of Records" will be sent to your home university. You can also get it in person before going back to your home country at the International Office (if all the results have already been published).

The transcript of records shows the courses you passed and the grades obtained, it enables you to get your courses accepted at your home university.

At www.hkr.se/en/study-at-hkr/my-pages you can also print a copy of transcript of records for yourself.

The academic calendar

The academic year at all Swedish universities consist of two semesters, the autumn and the spring semester. There is usually a short break at Christmas, when there is no formal tuition. Kristianstad University also offers some courses during the summer. The academic year starts with the autumn semester in calendar week 35; the spring semester starts in calendar week 4 and ends in calendar week 23. The exact semester dates are:

	2016/17
Autumn	from 29/08 until 15/01
Spring	from 16/01 until 04/06

Holidays:

Official public holidays (defined by law, full day off)

- All Saint's Day (alla helgons dag) 5 November 2016
- Christmas Day (juldagen) 25 December 2016
- Boxing Day (annandag jul) 26 December 2016
- New Year's Day (nyårsdagen) 1 January 2017
- Epiphany (trettondedag jul) 6 January 2017
- Good Friday (långfredagen) 14 April 2017
- Easter Sunday (påskdagen) 16 April 2017
- Easter Monday (annandag påsk) 17 April 2017
- International Worker's Day (första maj) 1 May 2017
- Ascension Day (Kristi Himmelfärdsdag) 25 May 2017
- Pentecost (pingstdagen) 4 June 2017
- National Day of Sweden 6 June 2017
- Midsummer's Day 24 June 2017

In addition there are "de facto" holidays which are the days before an official holiday.

De facto full holidays (treated as official holidays with a full day off)

- Christmas Eve (julafton) 24 December 2016
- New Year's Eve 31 December 2016
- Midsummer's Eve (midsommarafton) 23 June 2017

SWEDEN AND KRISTIANSTAD

Information about Sweden

Official name:	Konungariket Sverige (Kingdom of Sweden)
Inhabitants:	9,4 Million
Capital:	Stockholm
Form of government:	Constitutional monarchy, parliamentary democracy
Currency:	Svenska Kronor (SEK) *

* To check exchange rates, please visit: <http://www.xe.com>

In area, Sweden is the fourth largest country in Europe. Half of its land area is covered with forest, and less than 10% is farmland. The distance from north to south is 1600 kilometer; the country incorporates a fairly wide spectrum of climatic zones. More than a third of the population lives in the three largest cities – Stockholm, Göteborg and Malmö.

For more information about Sweden you can visit:
<http://www.si.se/English/> or <http://www.sweden.se/>



Information about Kristianstad

Kristianstad is situated in the south of Sweden in the province of Skåne (Scania). The city was founded in 1614 by the Danish king Christian IV to defend his kingdom against Swedish attacks. The town was built as a fortress in the Renaissance style. A beautiful Renaissance church finished in 1628 lies in the center of Kristianstad. In 1658, after many bitter conflicts between Denmark and Sweden, the city finally became a part of the Swedish kingdom. In the 19th century the ramparts were torn down and replaced by straight boulevards. The town started to expand, but the old renaissance square town plan was fortunately left intact.

Today Kristianstad and its surroundings have 77 000 inhabitants (the town itself: ca. 31 000). It has the advantage of a town center concentrated within a small area. It provides all kinds of shops, banks, a variety of services, a modern cinema, a theatre, museums and entertainment, all within easy walking distance.



The average temperature in Kristianstad in December is 1°C and 17°C in July. However, winter temperatures can drop to -15°C and the wind increases the chill factor. Therefore warm and windproof outdoor clothing is essential for the winter. In spring and summer the temperature can rise up to 30°C so light clothes will be needed as well. The Swedes have a saying: "There is no such thing as unsuitable weather, just unsuitable clothing!"

At the local Tourist Information Office you can find information about museums and other amenities and attractions. For more information you can visit their website:

<http://www.turism.kristianstad.se/en>

Kristianstad Tourist Office

Östra Storgatan 25

291 32 Kristianstad

touristinfo@kristianstad.se

Telephone: +46 44 13 53 35

Kristianstads Vattenrike Biosphere Reserve

Few places have as rich and varied nature as Kristianstads Vattenrike. There is something to experience for everyone. The area is designated a Biosphere Reserve by UNESCO. Biosphere Reserves are areas designed to promote and demonstrate a balanced relationship between people and nature. Visit Naturum Vattenriket visitor center and all the other special sites around Vattenriket. For more information you can take a look at:

<http://www.vattenriket.kristianstad.se/eng/index.php>

OTHER USEFUL INFORMATION

Books

Students are expected to use books during their studies. As the number of editions of books in the library is limited, you should buy your books in town or order them on the internet. For buying books on the internet you could check:

<http://www.bokus.com> or <http://www.akademibokhandeln.se>

In addition you could ask students at your home university who already studied in Kristianstad if they would like to sell their books to you. It is very important that you have the books when your course starts.

Public transport

If you want to travel by bus and train in Kristianstad and the province of Skåne, you can go to the train station to get a so called "jojo" card. With it you will get 10 percent discount on your travels inside Skåne and to Denmark. You cannot pay with cash in the local buses. For more information you can take a look at:

<http://www.skanetrafiken.se/templates/InformationPage.aspx?id=13848&epslanguage=EN>



Departure and arrival times of buses and trains inside the province of Skåne can be found on the following website:

<http://www.skanetrafiken.se/Templates/StartPage.aspx?id=16125&epslanguage=EN>

Be aware that you should buy a ticket before entering the train; if you buy a ticket in the train you pay a higher price.

If you want to travel by train outside Skåne, you can take a look at the following website, where you can also buy tickets:

<http://www.sj.se/start/startpage/index.form?l=en>

Alcohol

Alcohol that is stronger than 3.5% by volume is very expensive and can only be bought in special state-owned stores (Systembolaget). Don't forget to bring your ID since you have to be at least 20 years old to buy alcohol. The same age limit applies to the import of alcohol. Check the customs regulations for import rations.

Restaurants and bars with proper permission can serve alcohol to anyone who is at least 18 years old, though many nightclubs voluntarily require a minimum age above 18 years (normally 20 or 23). Take a photo ID with you when you are out at night.

Police

If general, police officers speak well English in Sweden. If you need to contact the police you can call: +46 77 114 14 00. If you have a Swedish sim card you can call: 11414. The visiting address of the police station in Kristianstad is: Östra Kaserngatan 1, Kristianstad. For more information you can visit:

<http://www.polisen.se/en/Languages/Startpage/>

Drugs

The transfer, use and possession of drugs (like marijuana, heroin, cocaine etc.) is strictly forbidden in Sweden! It can lead to a fine, imprisonment or deportation. As an exchange student you will be sent back to your home country immediately.

Smoking

Smoking is not allowed in almost any public buildings or any restaurants. On campus and on other public places there are some designated areas where you can smoke. You can be fined if you smoke in non-smoking areas, so please respect the rules!

Bank account

You can open a bank account in some banks in the city. For opening a bank account you need the following documents:

- A valid ID/Passport
- A residence permit (if you're from a country not belonging to the EU)
- An admission letter from Kristianstad University

Payments for rent etc. are made via bank transfer. If you don't have an account, you can pay in cash at the bank or at the post office. Be aware that you will have to pay a fee.

Bicycles

Most students in Kristianstad use a bike to go around town. Be aware that you should have lights on your bike when you are driving while it is dark outside.

There are a couple of bike shops in the center of the town, where you can sometimes find second hand bikes. However: the second hand bike shop has recently closed, so it might be hard to find a good bike. If you come in the spring semester you could try to buy a bike from the students that leave when you arrive. You will sometimes find announcements from them in the student dorms.

Taxi

Only official taxis (with the signs on top) guarantee fair prices and a safe ride. So-called "black taxis" might be a little cheaper, it is however NOT advisable to use them. Those drivers DO NOT have a taxi license and they might charge much higher prices in the end.

ÅK taxi Åhus-Kristianstad: +46 44 12 30 00

Sverige Taxi +46 44 10 20 00

Voltage

230 V/50 Hz (Sockets are European standard).

Supermarkets

Name	Address	Opening times	
ICA	Stridsvagnsvägen 1	Monday-Sunday:	08:00 - 22:00
		Monday-Friday:	09:00 - 19:00
ÖoB	Stridsvagnsvägen 14	Saturday:	10:00 - 17:00
		Sunday:	11:00 - 17:00
		Monday-Friday:	08:00 - 20:00
NETTO	Näsbychaussen 70	Saturday:	09:00 - 18:00
		Sunday:	10:00 - 18:00
		Monday-Friday:	07:00 - 21:00
COOP	Nya Boulevarden 18	Saturday-Sunday:	08:00 - 20:00
		Monday-Friday:	09:00 - 20:00
LIDL	Fäladsgatan 1	Saturday:	09:00 - 18:00
		Sunday:	10:00 - 18:00
		Monday-Friday:	07:00 - 21:00
WILLYS	Rörvägen 2	Saturday:	08:00 - 21:00
		Sunday:	09:00 - 21:00
MAXI ICA	Sjöcronas Gata 7	Monday-Sunday:	08:00 - 22:00

CHECKLISTS

Before leaving home

- Did you read this "Guide"?
- Accommodation information completed?
- Arrival information completed?
- Learning Agreement?
- National ID card (or passport) still valid?
- Did you arrange your health insurance?
- Driving license valid in Sweden (EU licenses are valid)?

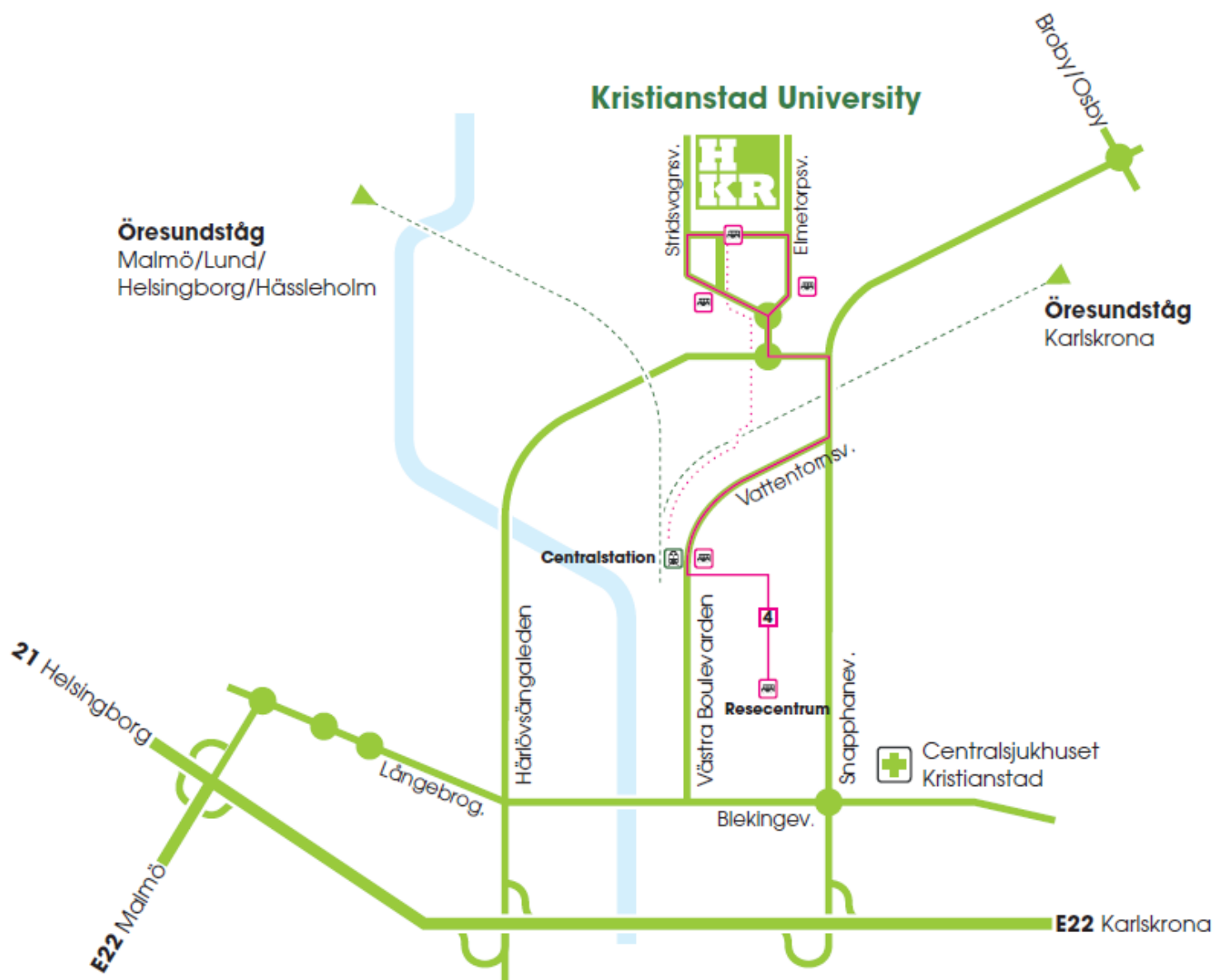
After the first days in Kristianstad

- Did you sign the contract for your accommodation with your landlord?
- Have you paid the rent and deposit to your landlord?
- Have you been to the International Office to receive a signature on the document proving that you have arrived (only if requested by the home university)?
- In case you want to change courses: Have you changed your Learning Agreement?

Before going back home

- Have you returned the keys of your room to your landlord?
- Have you returned the access card?
- Have you been to International Office to receive a signature on the Erasmus form that you've completed the semester successfully (only if requested by the home university)?

Map of Kristianstad



Kristianstad University Campus

Common resources Building

Reception	7A
Admission & Graduation	4
Assembly hall	7A/7E
Administration & services	4
Coordinator for students with disabilities	7
Dental care	18
External relations	15
Gymnasium	7B
International Office	15
IT support	9
Learning Resource Centre	7
Learning Resource Centre, Media	7
Learning Support Centre	7
Library	7
Property and Procurement office	11/117
Vice-Chancellor's office	4
Student health	13
Student union	13
Student counsellor	6,18
Uppdrag AB/Holding AB	21

Education & Research

School of Health and Society	
Information Office	18
School of Education and Environment	
Information Office	6
Laboratories	12, 20
Sensory Laboratory	Metropol

Services

Deliveries	117
Chaplaincy service	13
Restaurant	Metropol
Café	7



Own notes

Own notes