



JÖNKÖPING UNIVERSITY

SWEDEN

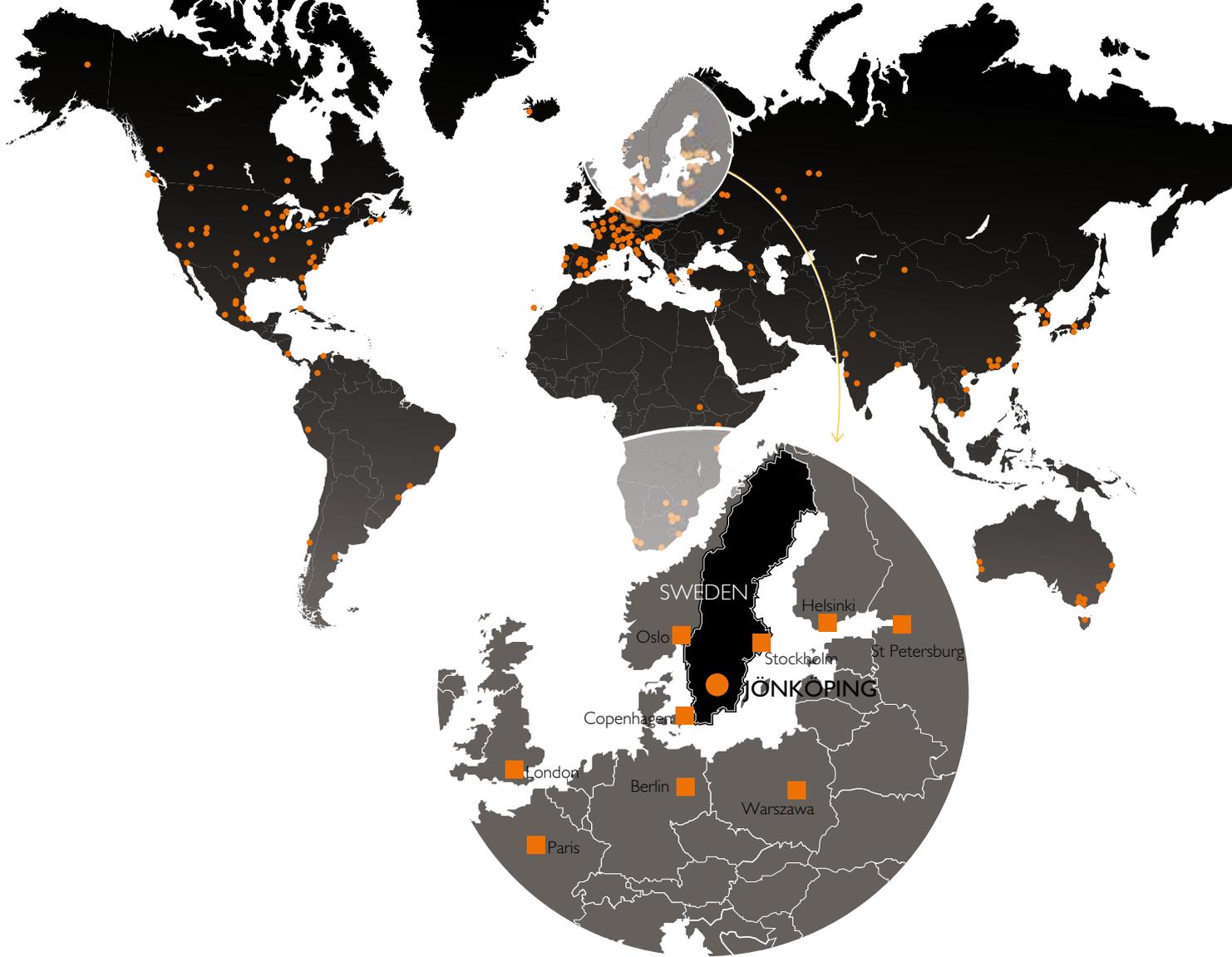
# Student guide

**For exchange students**

Dear Student,

We have designed this guide in order to answer most, if not all, of the questions that you might have before and during your studies at Jönköping University. Please read it carefully. We hope that the information will be useful to you.

[WWW.JU.SE](http://WWW.JU.SE)



# WELCOME TO JÖNKÖPING UNIVERSITY – TRULY INTERNATIONAL

Jönköping University is characterized by internationalization, an entrepreneurial spirit and collaboration with the surrounding society.

Research and education are carried out at:

- **Jönköping International Business School**
- **School of Education and Communication**
- **School of Engineering**
- **School of Health Sciences**

These four specialised and well-focused schools, each with a distinct profile, address a portfolio of exciting interlinked topics relating to some of the major issues of our time: in-

ternationalization, entrepreneurship, business renewal, innovative learning, a holistic approach to health throughout life, an interface between the economy and technology in the information society, and production systems for small- and medium-sized enterprises.

Jönköping University works to actively promote equal rights and opportunities to students participating in or applying for education, regardless of gender, ethnicity, religion or faith, disability or sexual orientation.

# TRAVELLING TO JÖNKÖPING

Jönköping is strategically located in southern Sweden and it is easy to get to Jönköping by plane, bus, car or train. Jönköping Airport has direct connections to Stockholm (Arlanda) in Sweden and Copenhagen (Kastrup) in Denmark. Rail and road connections provide fast access to Stockholm (330 km), Gothenburg (140 km) and Copenhagen (290 km). There are very simple train connections to Jönköping from Copenhagen airport (Kastrup) and Stockholm airport (Arlanda).

## By Air

There are a number of international airports with good connections to Jönköping. [Landvetter Airport](#) and [Göteborg City Airport](#) are two airports connected to Gothenburg on the west coast. Arlanda Airport, Stockholm Skavsta Airport, Stockholm Västerås Airport and Stockholm Bromma Airport are on the eastern side of Sweden. Malmö Airport is situated in the south of Sweden. All the airports are just a few hours away from Jönköping and they are connected to the main city in question via Airport Coaches.

Jönköping Airport is located 9 km from the city centre and has connections with Stockholm (Arlanda Airport) and Copenhagen (Kastrup Airport), Denmark. You can fly to Jönköping with Scandinavian Airlines or Flyglinjen.

To get to and from the airport there is a regular bus service (route 27) to Jönköping city centre. There are also airport taxis.

If you arrive at the airport during the pick-up weekend, you will be able to use our pick-up service. If you arrive at a different time, you can take a taxi to the university, which will cost approximately 200-220 SEK.

## By Bus

If you want to get to Jönköping by bus, Swebus has direct connections with several cities. If you travel to Jönköping with Swebus, the bus will stop at Jönköping Resecentrum where the university has a pick-up service. Resecentrum is located in the centre of Jönköping and is just a short walk away from the university. For more information and timetables visit Swebus' website. Bus4You also has routes to Jönköping from Stockholm and Gothenburg, with connections to Oslo and Malmö. A 20% discount applies to students holding a valid student card, CSN card, Mecenat card or SJ's student discount card. The same discounts apply to international students possessing a valid ISIC card. These reduced-rate tickets can only be purchased once you have the relevant card(s).

## By Train

You can also get to Jönköping by train. The railway station is located next to the bus station (Resecentrum) where the university has a pick-up service. For detailed information and routes please visit [www.sj.se](http://www.sj.se). Seat reservation is recommended. Student discounts are also available.

## By Taxi

The following taxi companies are available in Jönköping:

Taxikurir: +46 (0)36 31 31 31

Taxi Jönköping: +46 (0)36 34 40 00

## Visa/residence permit

Students from countries whose citizens require a visa/residence permit are advised to contact the Swedish embassy and/ or consulate to start their application for a student visa, which is a procedure that can take two months or more. Please contact the Swedish embassy or consulate in your home country for more information. Students are recommended to apply online. For more information visit [www.migrationsverket.se](http://www.migrationsverket.se)



# ARRIVAL IN JÖNKÖPING

## PICK-UP SERVICE AND ACCOMMODATION

All international students at Jönköping University are guaranteed accommodation and pick-up service, provided that the application for accommodation is completed on time, correctly and arrival information is announced before the deadline.

### Accommodation

The application for accommodation and arrival registration is done online at [www.ju.se/accommodation](http://www.ju.se/accommodation).

Rent can be in the range of 2,500 to 4,000 SEK per month depending on location, size, furniture, etc. The rent usually includes furniture, electricity, heating, and water. The rent must be paid in advance each month.

### Arrival and pick-up service

Please note that arrival information must be announced even if you do not arrive during the arrival dates and/or require the pick-up service.

Pick-up service is only offered during the dates and times mentioned below and according to the pre-decided “pick-up times” that were selected when announcing “arrival”. If you arrive before the “pick-up times” you should wait until pick-up service opens. If you arrive after 10 p.m. we recommend booking a hotel or hostel for the night.

During the pick-up service a driver will meet you at either Jönköping airport or Jönköping railway/bus station and take you to Jönköping University, where you will receive information about your accommodation and sign your tenancy contract. You will then receive the key to your apartment/room and be taken to your new accommodation. If you plan to arrive before or after the arrival dates you should send an email to [accommodation@hj.se](mailto:accommodation@hj.se).

More information about accommodation, the online application, arrival registration, pick-up service and deadlines is available at: [www.ju.se/accommodation](http://www.ju.se/accommodation).

### Introduction week

At the beginning of each semester there is a compulsory introduction week for new international students. A welcome letter from Jönköping University is sent to all new international students and includes information about the exact dates of the introduction activities.



### PICK-UP SERVICE AUTUMN SEMESTER 2014

14 August	2 p.m. - 10 p.m.
15 August	12 a.m. - 10 p.m.
16 August	2 noon - 10 p.m.
17 August	2 noon - 10 p.m.

# COST OF LIVING

## Monthly expenses

A typical monthly budget:

- Accommodation 2,500-4,000 SEK depending on location
- Food 2,000 SEK
- Telephone 300 SEK
- Monthly bus tickets: 480 SEK
- Laundry and hygiene: 250 SEK
- Clothing, hobbies, leisure: 750 SEK

## Food costs

In most restaurants, dinner starts at around 100-150 SEK - drinks not included. Eating out at lunchtime is cheaper. You can expect to pay around 55-85 SEK for a meal including a soft drink, salad and tea/coffee. Food is available at various cafés and restaurants on campus to student prices. Microwave ovens and refrigerators are available for all students.

## Money and credit cards

Be sure to have Swedish kronor (SEK) on hand when arriving in Sweden, to be able to pay for domestic travel expenses, food etc. Do not bring personal cheques. These will not be cashed by Swedish banks. Traveler's cheques, Visa and Master Card are recommended. A valid passport and a Letter of Admission are required to open an account at any of the banks in Jönköping. All major credit cards are accepted in Sweden when supported by a passport or other proof of identity. It is also possible to use cards at selected cash dispensers.



# ON CAMPUS AND STUDENT LIFE

## Student union

The Jönköping Student Union is run by students, for students. The union safeguards students' interests in many areas of student life and at the university. To guarantee an active student union, and to ensure student influence at Jönköping University, the university has decided that membership in Jönköping Student Union shall be mandatory for all students at the university. The membership fee varies and is determined by the form of study.

There are a number of student associations within Jönköping Student Union, including sports, a choir and a radio station. The Student Union also has its own night club, Akademien, open every Wednesday. The Student Union organizes events such as dinners and trips around Sweden and Scandinavia for both international and Swedish students.

## Student associations

Each school has its own student association which organizes activities related to the schools' main profiles.

- **JSA** (JIBS Student Association) JIBS
- **HI TECH** School of Engineering
- **Hälsosektionen** School of Health Sciences
- **LOK** School of Education and Communication



## International Week

Each semester all exchange students take part in International Week. This is a day when our many partner universities are presented on campus. International Week provides a great opportunity for students and staff to learn more about the universities, countries and cultures.

## International Relations Office

The International Relations Office (IRO) at Jönköping University IRO works with internationalization aspects such as student and teacher/staff mobility, as well as other kind of international cooperation. Staff of the IRO keep working close with each of the schools supporting them in the achievement of their goals within internationalization.

IRO gives also service to incoming and outgoing exchange students. Welcome to visit IRO during office hours:

Monday to Thursday 1 p.m. - 3 p.m at Studenternas Hus/ Students' House

E-mail: [Incoming.student@hj.se](mailto:Incoming.student@hj.se)

## The University Library

The University Library offers an inspiring environment. An old foundry from the beginning of the 20th century has been transformed into a modern research library. There is plenty of space for meetings and group studies. Group rooms and reading rooms are available 24 hours a day. In the library you will find literature within all subject fields related to the different study programmes at the university. Students have free access to all library services, though small fees are levied on photocopies and, of course, the use of telephones and faxes.

## Student Health Care

The Student Health Care is available free of charge to students during their entire period of study. At the Student Health Care you can meet a counsellor if you need someone to talk to. Visits to the Student Health Care are completely confidential.

If you need to see a doctor or get medical care, you are welcome to contact any of the local health care centres in Jönköping County.

Location: Studenternas Hus (Students' House), ground floor

Website: [www.ju.se/student/en/service/student-health-care](http://www.ju.se/student/en/service/student-health-care)

Phone: 036-10 10 00

## Health insurance

Exchange students admitted at Jönköping University receive a supplementary health insurance, which covers the students' medical treatment costs in Sweden. More information can be found in the Insurance terms and conditions. Please note: Regarding medical care and dental care cover, this insurance does not apply for: Citizens of a Nordic country, EU/EEA country, Switzerland, or other country with which a convention regarding medical benefits exists. In these instances the insured person must have an EU card or similar from their home country. Students will be expected to pay the same health care fees as Swedish residents. Since the insurance only applies in Sweden, students are recommended to have another insurance that covers their trip to and from Sweden as well as occasional stay outside Sweden. For more information about the insurance please visit: [www.ju.se](http://www.ju.se)

## Career Center

The Career Center aims to strengthen the opportunities of students to successfully find appropriate employment upon graduation through:

- Meetings with representatives from professional life
- Career guidance; including feedback on job applications and interview training
- Activities such as lectures, courses and projects
- Information about the labor market

Location: Building A, floor 1.

Website: [www.ju.se/student/en/career/career-center](http://www.ju.se/student/en/career/career-center)

E-mail: [careercenter@hj.se](mailto:careercenter@hj.se)

Phone: 036-10 10 64

## Opening hours, library and computer labs

Monday to Thursday 8 a.m. - 8 p.m.

Friday 8 a.m. - 6 p.m.

Saturday 11 a.m. - 3 p.m.

Sunday closed

Computer labs, reading and group rooms: 24 hours a day.  
Keycard access on evenings and weekends.

Website: [www.ju.se/bibl/en](http://www.ju.se/bibl/en)

E-mail: [bibl@hj.se](mailto:bibl@hj.se)

## Group rooms and computer rooms

For students at Jönköping University computer rooms, group study rooms and open study halls are available. It is everyone's responsibility to keep the rooms clean and tidy.



## IT Help Desk

Contact Help Desk if you have questions or problems regarding the university's computers, network, programmes or your personal account.

### Opening hours:

Monday to Friday 9 a.m. - 3 p.m.

Location: 3rd floor in building A

Website: [www.ju.se/it-helpdesk](http://www.ju.se/it-helpdesk)

Report an error/Chat: [helpdesk.hj.se/Customer](http://helpdesk.hj.se/Customer)

Phone: 036-10 11 12 (Mon-Fri 7:30 a.m. - 5:00 p.m.)

## JU Card

The JU Card is your access card to university premises and gives you access to all university buildings, including the computer labs, 24 hours a day, every day of the year. The JU Card also functions as your library card.

## Computer account

Each school has its own computer facilities for students, accessible 24 hours a day, seven days a week. In addition, wireless internet access is available throughout campus. Upon arrival, students receive an account with a credit of 100 pages for copying or printing. A refill costs 50 SEK for 100 pages.

## Campus Arena

On campus you will find Campus Arena, which is the University's own sports centre. The sports hall is used in the daytime for sports classes, large-scale lectures and events. In the evenings the Student Union's sports association JSIF organises sports activities for its members.

Campus Arena includes a gym, with Jönköping University students and staff as its primary target group. The gym is run by Nordic Wellness, which is today one of Sweden's largest exercise chains. Nordic Wellness offers exercise in a modern environment with a view over Lake Munksjön and the very latest in group training, gym and functional training.

## Jönköping University Alumni Network

Jönköping University Alumni Network is a gateway to an inspirational professional online community consisting of graduates from Jönköping International Business School and the School of Engineering. As a member of a rapidly expanding network, you can search for other alumni in the network (approximately 4 000 members) and see where they are and what they are doing today. The Alumni Network is a great opportunity for you to stay connected to your university and to expand your social and professional contacts. Career services, invitations to events and a common discussion platform are some of the services that are provided to you as a graduate of Jönköping University. You can register on the network at: [alumni.hj.se](http://alumni.hj.se).



# GOOD TO KNOW

## FROM A TO Z

### Academic calendar

The academic year consists of 40 weeks, divided into two semesters. Please find the academic calendar for each school at the student web, under "Studies".

### Alcohol

In Sweden you may only buy alcohol in a shop called Systembolaget, [www.systembolaget.se](http://www.systembolaget.se). You cannot buy alcohol in supermarkets or any other shop. The kinds of drinks you are able to purchase at normal shops contain very low percentages of alcohol. In order to buy alcohol at Systembolaget, you must be 20 years old and be able to verify your age by showing a valid ID. Non-European residents should note that only a valid passport counts as proof of ID. Ask your nearest Systembolaget shop about valid IDs within Europe.

Alcohol can also be purchased at restaurants and pubs. You must be at least 18 years of age in order to do this.

Note that there is zero tolerance towards drink-driving in Sweden.

If you are concerned about your drinking habits or have any questions, please contact the Student Health Care.

### Allemansrätten – "Right of Public Access"

Allemansrätten, or the right of public access, gives everybody the right to use private as well as public land and waterways for certain activities such as hiking, jogging or boating provided that no damage is caused to the land. You must also show consideration to other people and animals and respect the wishes of private landowners. This means that you cannot walk or sail too close to houses and private gardens. It is also a good idea to ask the landowner if you plan on pitching a tent for more than a short period of time.

Learn more about the Right of Public Access at [www.sweden.se](http://www.sweden.se)

### Banks

As an international student it is easy to open a bank account and handle all your payments. Visit SEB during Monday to Friday 10 a.m. - 6 p.m. Located along the main shopping street Östra Storgatan. All banks are closed on weekends and holidays. If you open a bank account you must bring

- Certificate from the school you are attending including the duration of your studies

- Residence permit
- Valid ID, please bring your passport

Make sure to close your bank account before you leave Sweden.

### Bookshops

Books are generally quite expensive in Sweden, paperbacks included. There are a few bookshops in Jönköping, however, it is also quite common to buy literature online, especially course books. Affordable books can be found on [Adlibris](http://Adlibris) and [Amazon](http://Amazon).

The Book Shop "Campusbokhandeln" is located in the Students' House on campus.

### Buses

The local buses regularly serve most places in Jönköping. A single trip costs approximately 25 SEK and a monthly card for students called "Period Student" costs 400 SEK. Remember to bring your student discount card when purchasing the bus pass.

The main bus stop in the city is Juneporten and is situated next to the railway station. When you arrive in Jönköping, you will receive information about buses to the university etc.

You can buy a monthly bus pass at the following places:

Råslätts spelbutik

Träffpunkt Jönköping at Juneporten

Pressbyrån at the railway station/bus station

Pressbyrån at A6 Shopping Centre

Pressbyrån on Klostergatan

### Cash Dispensers (ATMs)

Cash dispensers (ATMs or "Bankomat" in Swedish) can be found all around the city and they normally accept international cards (e.g. VISA, Mastercard). There is also a cash dispenser on the university campus.

### Cinemas

Jönköping has three cinemas. Filmstaden is the biggest and it shows most of the new releases. The price for a ticket is around 100 SEK. Biograf Fokus and Folkets Bio have smaller screens and the price for admission is normally less

than at Filmstaden. These two, however, have a narrower programme and fewer screenings. Movies are usually subtitled in Swedish.

Filmstaden, Juneporten, phone: 08-56 26 00 00

Biograf Fokus, Jönköping City Library,  
Dag Hammarskjölds plats 1, phone: 036-10 66 94/93

Folkets Bio, Kulturhuset, close to Akademien,  
phone: 036-19 05 69

## Climate

In winter, Sweden gets fewer hours of sunlight. During the shortest days the sun sets around 3 p.m. On the other hand, around the summer solstice the sun does not set until 10 p.m. and rises at 3 a.m. Average temperatures during the winter are  $-7^{\circ}\text{C}$  to  $+10^{\circ}\text{C}$  and in summer  $+20^{\circ}\text{C}$  to  $+25^{\circ}\text{C}$ .



## Clothing

Weather in the South of Sweden is cold from October to April. From November to February you will need winter clothes. During these months the temperature will often be below  $0^{\circ}\text{C}$ . Coat, gloves, waterproof boots or shoes are sometimes necessary as well. The autumn months, September to November, may seem like winter to those students who come from warmer countries. You can, of course, purchase clothes suitable for the Swedish winter when you arrive in Sweden.

For some student events and parties, the dress code can be quite formal; suits/ties and dresses are often worn.

## Contact person/contact family

For those interested there is a Contact Person Programme (Buddy Programme) as well as a Contact Family Programme arranged by the [Student Union](#).

## Computers

There are several computer labs on campus, in all the schools and the library. You will receive your login information during introduction week, which will allow you to

use all the computers as well as the programs on them. You can access to the computer labs 24 hours a day using your access card.

## Credit Cards

All major credit cards are accepted in Sweden when supported with a passport, other proof of identify or, if available, chip and pin. It is also possible to use them in selected cash dispensers.

## Culture

Spira is Jönköping's cultural arena, built in 2011. The new venue offers music, theater, performing arts and good food. A restaurant, café and bar can also be found in Spira. For more information visit [www.kulturhusetspira.se](http://www.kulturhusetspira.se).

## Currency

The Swedish currency is the Swedish krona (SEK). 1 Swedish krona equals 100 öre. The denominations for coins are 1, 5 and 10 kronor. Notes are 20, 50, 100, 500 and 1,000 kronor.

Exchange office in Jönköping: Forex Bank, Västra Storgatan 6, phone: 036-15 02 80. You can find the latest exchange rates at [www.forex.se](http://www.forex.se)

## Cycling

Jönköping is an ideal city for cycling since there are many cycle paths running through the city and its suburbs. Round, blue traffic signs with a white bicycle indicate the paths. If you cycle after dark you must have lights, both front and back, and also reflectors. If you don't, you could be fined 500 SEK by the police. Also remember that we drive on the right-hand side of the road.

If you want to buy a cheap second-hand bicycle, you can look in the small ads in the local papers. You can also rent a bike at a few places in the city.

## Dates

Dates are often written in the following order: year, month, day, e.g. 12 October 2000 is written 2000-10-12 (or just 001012); or day, month, year 12/10 2000. Dates are never written in the order of month, day, year as in the United States.

## Dental Care

Before leaving for Sweden it might be wise to have a thorough check-up at your dentist's. It can be both difficult and expensive to get an appointment with a dentist in Sweden. Should you still need to see a dentist during your stay in Jönköping, the public dental service is Folktandvården.

There are also private dental clinics. See the yellow pages of the telephone directory, under the title "Tandläkare".

If you need urgent dental treatment, call any dental clinic and ask for advice. Please note that dental care is not included in the social benefits.

## Diploma Supplement

The Diploma Supplement is a document attached to a higher education diploma aiming at improving international transparency and at facilitating the academic and professional recognition of qualifications such as diplomas, degrees and certificates. At Jönköping University, the Diploma Supplement is issued in English and given free of charge and without request to all graduating students.

## Doctoral Programmes

Jönköping University offers Doctoral Programmes in English, available for international students with the required qualifications. Doctoral education is conducted at all four schools and the university has some 220 doctoral students.

## Driving in Sweden

If you are over 18 and have a driving licence from your home country, you may use it in Sweden for a maximum period of one year. Note that EU and EEA driving licenses are valid in Sweden and you do not need to trade them for a Swedish license.

Switzerland and Japan are special cases as licenses from these countries can be exchanged for a Swedish one without taking a driving test. Read more about the Swedish driver's license on [www.transportstyrelsen.se](http://www.transportstyrelsen.se) (Swedish Transport Agency).

Sweden drives on the right side of the road, and all passengers in a vehicle must wear seat belts at all times. You must also use dipped headlights or special daylight driving lights at all times during daytime.

Sweden's drinking laws are strict. The police can at any time stop a vehicle and perform a breath test on the driver. Drinking and driving in Sweden is not tolerated. When driving in wooded areas, please look out for wildlife, such as reindeer and elk. From 1 December to 31 March it is a legal requirement to fit all vehicles with snow tires when the driving conditions call for it.

## Drugs

The Swedish police take the consumption and/or possession of illegal drugs in Sweden very seriously. The use and/or possession of narcotic drugs is regarded as a criminal offence according to Swedish law and is punishable by fine or imprisonment. Swedish culture does not tolerate the use of drugs, including marijuana, cannabis, and stronger drugs such as cocaine. The use of drugs is not tolerated in the Swedish society and this includes student life.

## Electricity

Sweden uses 220 volts and 50 cycles (Hz), which is the European standard. You may need a transformer and/or an adapter for your electrical appliances, since Swedish outlets differ from, for example, both American and British ones.

## Emergency

In Sweden the emergency phone number is 112 (no area code needed) for ambulance, police, fire department etc. If you use a telephone booth your call is free of charge when you press the emergency button and then dial 112.

## Event Tickets

Tickets for different theatre, concert and sporting events in Jönköping and Sweden can be found at [www.ticnet.se](http://www.ticnet.se).

## Examinations

Sing up for exams/re-exams 10 days before at Ladok Web Services [lpw.hj.se](http://lpw.hj.se)

## Health Care and the Hospital

Before seeing a doctor it is recommended that you know whether your country has a national insurance agreement with Sweden and, if so, what this insurance covers. If your country does not have an agreement with Sweden, you are advised to take out personal insurance that covers accidents and illness. When you see a doctor, always bring your passport with you and, if you are a European citizen, your European Health Insurance card.

For urgent medical care you are advised to call the nearest care centre, "vårdcentral", or hospital, "sjukhus", before going there to seek treatment. Phone numbers to healthcare centres (vårdcentraler) you find on [www.lj.se](http://www.lj.se) (Jönköping county Council website) or call 1177 to reach "vårdguiden" for medical advice.

Hospital and Emergency ward: Ryhov County Hospital.

For more advice please contact The Student Health Care. Website: [hj.se/student/en/service/student-health-care](http://hj.se/student/en/service/student-health-care)

## Insurance

Before arriving in Sweden, you need to ensure that you have adequate insurance coverage.

## Internet Access

Most student accommodation has access to the internet, however, this cannot be guaranteed. On campus, all computer labs have internet access and there is also a wireless internet connection.

## Jönköping

Jönköping is the tenth largest city in Sweden with some 129,000 inhabitants. The city is located in a region characterized by innovation and an entrepreneurial spirit. Jönköping is easily accessible by train, plane, bus or car. There are excellent links between Jönköping and the other major cities in Sweden as well as with the continent. For more information please visit [www.jonkoping.se](http://www.jonkoping.se).



## Laundry

There are few launderettes in Sweden as most private households and blocks of flats will have laundry facilities in the building. Check in your building where they are located and ask the landlord to help you if you do not understand how they work.

Dry cleaning is rather expensive in Sweden, so always check the prices first!

## Library

Jönköping University has its own library facility where you can find all the help you need such as course literature, foreign newspapers, computer databases etc.

There are also several city libraries, "bibliotek", where you can borrow books free of charge. In order to borrow books you will need a library card. The library staff will help you acquire one if you bring your passport with you the first time you borrow books. The main library is at Dag Hamarskjölds plats 1.

## Museums

There are many museums in Jönköping which you should try to visit. For more information contact the Tourist Information office, Juneporten, phone: 036 - 10 50 50 or visit Destination Jönköping at [www.jonkoping.se](http://www.jonkoping.se).

## Newspapers

Jönköpings-Posten is the local newspaper and it is published six days a week (Monday-Saturday). National morning newspapers are Dagens Nyheter and Svenska Dagbladet and evening papers are Aftonbladet and Expressen.

For international newspapers, visit the University Library or one of the city libraries. Pressbyrån, at the railway station, also sells some international newspapers and magazines.

Swedish news in English can be found on: [www.thelocal.se](http://www.thelocal.se)

## Opening Hours

Shops in the city centre are normally open weekdays 10 a.m. - 6 p.m./7 p.m., on Saturdays: 10 a.m. - 4 p.m. and some shops on Sundays 12 noon - 4 p.m.

A6 Shopping Centre is open weekdays 10 a.m. - 8 p.m., Saturdays 10 a.m. - 6 p.m., Sundays 11 a.m. - 5 p.m.

Banks are usually open weekdays 10 a.m. - 6 p.m.

Post offices and pharmacies are open the same hours as most shops.

## Pharmacy

At the pharmacies (apotek) you can buy prescription and non-prescription drugs as well as health-care products. The staff can also give you general medical advice. Some non-prescription drugs can also be bought at the supermarkets.

There are pharmacies at the health care centres, in the city centre and at the A6 Shopping Centre. They are usually opened on weekdays 10 a.m. - 6 p.m. and weekends 10 a.m. - 2 p.m.

The pharmacy at Ryhov County Hospital is open weekdays 08:30 a.m. - 8:00 p.m. and weekends 10 a.m. - 6 p.m.

## Police

In case of emergency, call 112.

If you want to report something stolen or found, have any questions about passports, etc., you can visit the local police station on Vallgatan 3-5 or phone: 036-114 14. Visit the Police website from more information, [www.polisen.se](http://www.polisen.se)

## Post Office

Sweden's Postal Service, [www.posten.se](http://www.posten.se), has pick-up and drop-off points in shops containing post offices ("kiosk"), shopping centres and petrol stations, as well as yellow mailboxes in many convenient locations. In the post office you can buy stamps and envelopes and also register your mail and send express mail. Post-services are normally available during the shops' opening hours.

## Public Holidays

**New Year's Day** (Nyårsdagen) 1 January

**Epiphany** (Trettondagen) 6 January

**Good Friday** (Långfredagen) in March or April

**Easter Sunday** (Påskdagen) in March or April

**Easter Monday** (Annandag Påsk) in March or April

**May Day** (Första maj) 1 May

**Ascension Day** (Kristi Himmelfärdsdag) a Thursday in May

**Whit Sunday** (Pingstdagen) 27 May

**Swedish National Day** (Nationaldagen) 6 June

**Midsummer's Day** (Midsommardagen) a Saturday towards the end of June

**All Saints' Day** (Alla helgons dag) a Saturday in early November

**Christmas Day** (Juldagen) 25 December

**Boxing Day** (Annandag jul) 26 December

In addition to these official holidays, Midsummer's Eve, Christmas Eve and New Year's Eve are holidays for most government employees and many others.

## Ski Slopes

There are several smaller ski slopes around Jönköping; Järabacken in Jönköping, Strutsabacken in Huskvarna, Knaggebo in Mullsjö, Isaberg in Hestra (45 minutes by bus) and the slopes in Ulricehamn (30 minutes by bus). The International Association arranges ski trips for students.

## Smoking

Smoking is not allowed inside buildings. This includes public buildings, companies, restaurants, pubs, schools and even your accommodation. If it is allowed to smoke in a building, you will find signs indicating it. You should normally go outside if you want to smoke.

## Sports

Jönköping Student Union has a sports club called [JSIF](#). This club arranges many activities, such as volleyball, soccer, badminton and floor ball in sport centre Campus Arena.

Jönköping has other sports centres and gyms in the city, and most offer a student discount:

- Friskis & Svettis
- Nordic Wellness
  - Atlantis spa
  - Jönköping City
  - Campus Arena

- Racketcentrum

Racketcentrum offers various activities like tennis, squash, a climbing wall and bowling arena.

HV 71 is the Swedish professional ice hockey club in Jönköping. The team, which remains in the top division has won the national hockey championship several years. Ice hockey in Jönköping is popular. If you want to attend a HV71 match you can buy tickets on [www.ticnet.se](http://www.ticnet.se) or by calling 0771-46 25 39.

## Student discounts

If you have joined the Students Union you will receive a student discount card. This card gives you discounts in certain shops, restaurants and on travel.

## Student Union and Associations

There are a number of student associations within [Jönköping Student Union](#), [www.jonkopingsstudentkar.se](http://www.jonkopingsstudentkar.se), including various sports associations, a choir and the International Association. The Student Union also has its own night club, Akademien, open every Wednesday.

Each school has its own student association which organises activities related to the schools' main profiles. At JIBS, JSA (JIBS Student Association) plays a central role, while at the School of Engineering, HI TECH represents students.

## Student Union Fee

The fee for the student union is obligatory for both Swedish and international students.

## Study Certificate

Students who need an official transcript of records are able to make their own printouts from Jönköping University website.

## Swimming

In summer, the beach of lake Vättern is a very popular place but there are countless other small lakes in and around Jönköping which are good for bathing and swimming.

Public indoor swimming pool complexes:

Rosenlundsbadet, Elmiavägen 4, phone: 036-10 70 34

[Stadsgårdsbadet](#), Råslätt, phone: 036-10 54 99.

## Taxi

A taxi ride is quite expensive in Sweden; a ride from Jönköping airport to Jönköping city centre costs 200-250 SEK and takes approximately 10 minutes.

## Telephones

Most international students in Sweden choose to use Skype and mobile telephones with pay-as-you-go SIM cards from Swedish companies, which can be topped up online or at a newsagent. If you don't want to buy a mobile phone in Sweden it is often possible to use a phone from your home country with a Swedish SIM card. Make sure that the phone is not locked to your previous operator. All international students receive a Swedish SIM card upon arrival.

If you want to call Sweden from abroad, the country code is +46. The area code to Jönköping is 036. If you dial from abroad, you exclude the zero, and just dial 36.

If you want to call abroad from Sweden, the code is 00 followed by the country code.

## Television

TV programmes in foreign languages are not dubbed, but have Swedish subtitles. The most popular Swedish TV-channels are SVT1, SVT2 and TV 4. Most apartment areas have several TV-channels.

## Time Zone

Sweden has Central European Time (CET), GMT +1. Daylight saving time (GMT +2) applies from the last Sunday in March until the last Sunday in October. Times are written according to the European system, e.g. 1 p.m. is written 13.00.

## Tourist Information

The [Tourist Information Office](#) has information about sights, concerts, theatres and other events in Jönköping and its surroundings. Their office is located at Resecentrum (by the railway station) and the telephone number is 036-10 50 50.

## Travel within Sweden

The railway station is located in the middle of Jönköping city centre. The train company SJ runs most of the railway lines in Sweden. For information about tickets or national arrivals and departures, please visit [www.sj.se](http://www.sj.se) or phone: 0771-75 75 75. Tickets can also be bought at the railway station and you are entitled to a youth discount until the day you turn 26.

There are a number of coach companies which connect most parts of Sweden. Here are links to a few of them:

[www.nettbus.se/bus4you](http://www.nettbus.se/bus4you)

[www.svenskabuss.se](http://www.svenskabuss.se)

[www.swebus.se](http://www.swebus.se)

## University Chaplaincy

There are many places of worship in Jönköping. Some conduct services in languages other than Swedish.

## Useful links

Schedule: [www.hj.se/schema](http://www.hj.se/schema)

E-mail: [webmail.hj.se](mailto:webmail.hj.se)

You can also find your schedule and other useful information in Jönköping University's mobile application, "JU mobile".

## Visa

Visas for Sweden are required for citizens of some countries, check with the nearest Swedish Embassy or consulate in your country of residence. The application must be done in your home country, before entering Sweden. The Swedish Migration Board, [www.migrationsverket.se](http://www.migrationsverket.se), is responsible for visas, residence permits and extensions of permits.

## Wireless Internet

Jönköping University has wireless internet available on campus. You will also find Wi-Fi access at several cafés in Jönköping.

## Water

Tap water in Sweden is of very good quality, tastes good and is safe to drink.

## Websites

[www.sweden.se](http://www.sweden.se)

[www.si.se](http://www.si.se)

[www.migrationsverket.se](http://www.migrationsverket.se)

[www.jonkoping.se](http://www.jonkoping.se).

[www.fk.se](http://www.fk.se)(The Swedish Social Insurance Agency)

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

## Working in Sweden

For information about working in Sweden please contact the Swedish Migration Board.

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|---|--|



# CONTACT

**Email for incoming exchange students:**

Incoming.student@hj.se

**Website:**

[www.ju.se](http://www.ju.se)

**Address:**

Jönköping University  
International Relations Office  
P.O. Box 1026  
551 11 Jönköping  
Sweden

**Visiting address:**

Studenternas Hus/Students' House  
Gjuterigatan 3, Campus

