

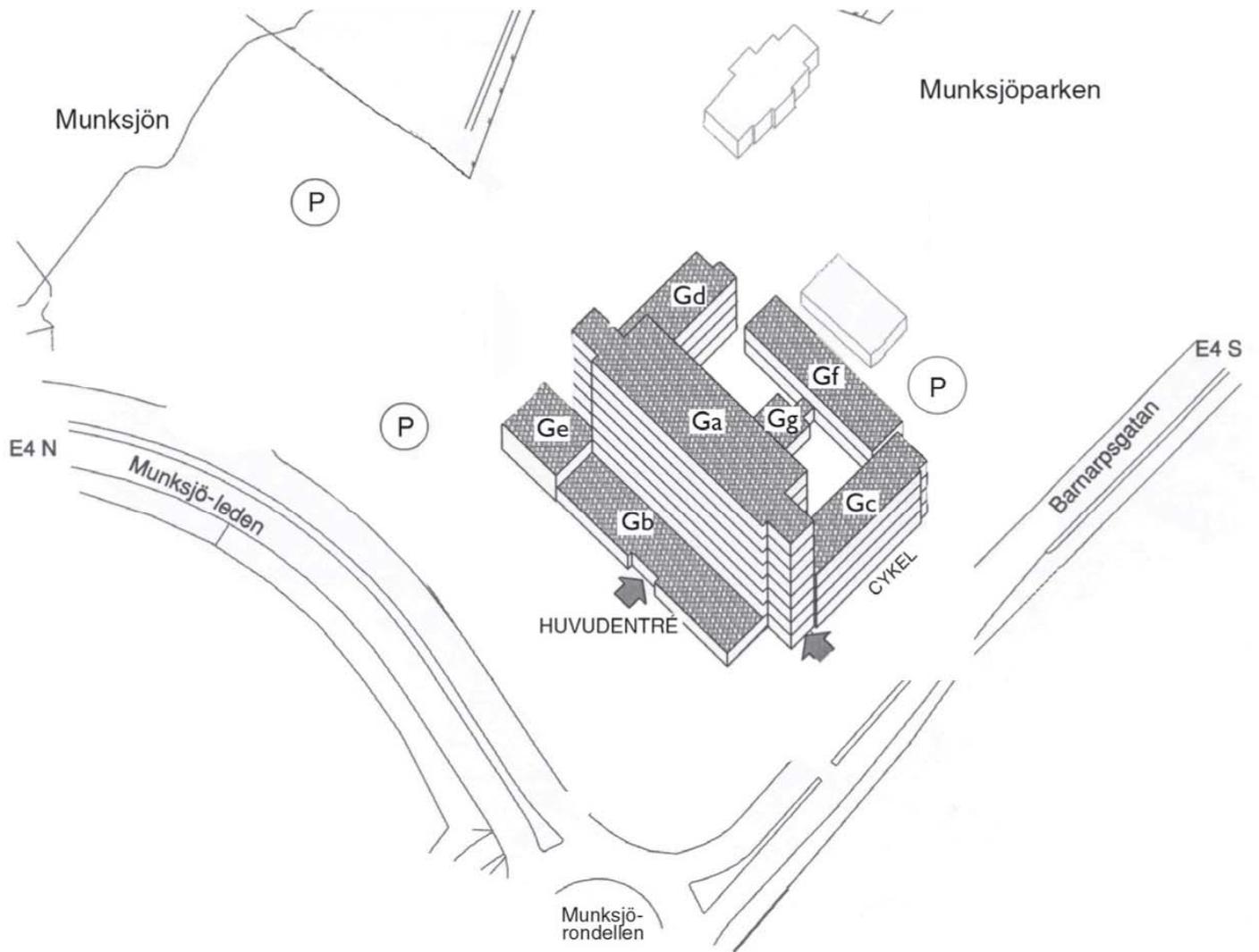
School of Health Sciences

International Student Guide



SCHOOL OF
HEALTH SCIENCES
JÖNKÖPING UNIVERSITY, SWEDEN

School of Health Sciences – “Hälsohögskolan” University building “G”



Ga Lecture rooms, Offices
 Gb Reception, Assembly hall and Cafeteria
 Gc Lecture rooms, Offices
 Gd Lecture rooms, Offices
 Ge Lecture hall, Gym and Sauna

Gf Administration, International Office and Dean's Office
 Gg Student Lounge and Change Rooms
 H Mariedal - Conference Center
 P Parking

Welcome!

Dear International Student,

Firstly, I wish to offer you a warm welcome to the School of Health Sciences of the Jönköping University. We are very happy that you have chosen to come to our School as part of your education. It is our wish that you will find your experiences here to be both enjoyable and academically challenging.

The aim of this guide is to give you an overview of what it is like to be a student in Jönköping and to answer any questions that may occur before and during your studies here. You may also contact the international office or the contact teacher, should you have any further questions.

Again, welcome to the School of Health Sciences and Jönköping!

Karl Hedman,

Director of International Relations

karl.hedman@hhj.hj.se, 036-10 11 85

School of Health Sciences - Hälsö högskolan

The School of Health Sciences has a wide selection of courses, programmes and research in the health and social sciences. There are seven undergraduate programmes at the School of Health Sciences:

- Biomedical Laboratory Science
- Dental Hygiene
- Medical Imaging
- Nursing
- Occupational Therapy
- Prosthetics and Orthotics
- Social Work

The programmes have many elective parts to allow students to create their own education

profile. The wide diversity of courses and the broad range of knowledge that our faculty represents also make it possible to adapt the education to swift changes in society. Research is also a fundamental part of our institution and students at the School of Health Sciences are in the center of the creation and distribution of new knowledge.

Studying in Jönköping

The Academic Year

In general the academic year runs from the end of August to end of January for the fall term and from end of January to the beginning of June for the spring term. The Christmas break is normally around two weeks. In the fall international students may be allowed to leave before Christmas and have their final examination at their home institution.

Dates of the academic year 2008/2009:

Fall: August 25 - January 16

Spring: January 19 - June 5

Accommodation

International students may either find accommodation on their own or apply through the university system. We strongly recommend that students apply through the university system to ensure that they secure accommodation. It can be difficult to find accommodation in Jönköping on one's own.

The university does not own housing facilities itself but has agreement regarding student housing with the city and private landlords.

The university guarantees accommodation to exchange students who have been accepted to the School of Health Sciences and have applied before the accommodation application deadline. Foreign

students shall apply for housing on-line through the university's central administration services. The on-line application can be found at the site: <http://www.hj.se/doc/372>. The current accommodation co-ordinator is Carina Hedfors, accommodation@hj.se. Rent ranges from 2.000 to 3.500 SEK per month depending on location, size, furniture, etc. The rent usually includes electricity, heating, and water. It is important to note that when you arrive you will be paying for the rent the month you arrive and for one month in advance. This equals 2 months of rent once you arrive. Please budget for this. Telephone installation is charged extra.

Computer support

If you need help with login, forgotten password to the network or to the mailsystem *Group Wise* or other computer problems contact helpdesk at University Services: Helpdesk 036-10 11 12, helpdesk@hj.se

Library

The University Library is located in the center of the University campus. The Library has excellent opportunities for searching Swedish and international databases on CD-ROM and on the Internet. Microfilm readers, copying facilities, fax machines and telephones are also available.

Group and reading rooms are open 24 Hours a day for students with access card.

The Journal library at the Students' House has over 1000 pressed journals and over 5500 electronic journals. For further information about the Library – www.bibl.hj.se.

The Library open hours

Mon – Thurs	08.00 - 20.00
Friday	08.00 - 18.00
Saturday	11.00 - 15.00

Register for a library card

To get a library card you can register at the Library or at the website www.bibl.hj.se/engl/.

Food and drinks

The School of Health Sciences' restaurant "Opponenten" is open:

Monday – Thursday	08.30-15.00
Friday	08.30-14.00
Lunch is served between 11.00-14.00	

Within the Campus you can also find the "Restaurant Studenternas" at Jönköping International Business School, "Café Traversen" at the Library and "Café Arken" at School of Education and Communication.

Preparations before travelling to Jönköping

Passports and residence permits

All students must have a valid passport for the period of their study in Jönköping and depending on the country you are from you may or may not need a residence permit in order to study in Sweden. This procedure must be completed and approved before you arrive to Sweden.

For current information about visa requirements: <http://www.migrationsverket.se/english.jsp>

Insurance

Make sure you have an insurance from your home country that covers illness and accidents BEFORE arriving to Jönköping. Sweden has insurance agreements with a number of countries, so please check with your national insurance authority in your country if there is an agreement, and, what it covers!

If the insurance does not cover dental care, you should go to your dentist and have a thorough check-up before leaving!

All citizens of the European Union have the same right to use the social benefits in Sweden as the Swedish residents, but you must have the form E-128 that is issued to your name and social security number in your home country.

Vaccinations

There are no special requirements for vaccinations for entry into Sweden. It is recommended, however, that you are vaccinated against tetanus, polio and diphtheria.

If your exchange studies will include clinical placements you need to be tested for MRSA (methicillin resistant staphylococcus aureus) before arrival.

Bank account

You are advised to bring either travelers' cheques or Euro-cheques, which can be exchanged at any bank or post office.

All the major Swedish banks have branches in Jönköping and it will be possible for you to open a bank account when you arrive although it may take some time. Many of the banks have special arrangements with banks in other countries.

Check this out with your own bank in your home country.

Credit Cards

All major credit cards are accepted in Sweden when supported with a pin code or a passport or other proof of identity. It is also possible to use your credit card at selected cash dispensers.

Traveling to Jönköping

Jönköping is situated at the southern shores of lake Vättern, Sweden's second largest lake. The city is about 320 km from Stockholm, 300 km from Malmö and 180 km from Gothenburg. Nowadays you can also cross the water between Denmark and Sweden by car or train on a bridge.

By car

Jönköping lies on the E4 motorway that runs from Malmö to the north of Sweden. When you arrive at the outskirts you will need to follow the signs to Centrum and then ask directions to the university.

By train

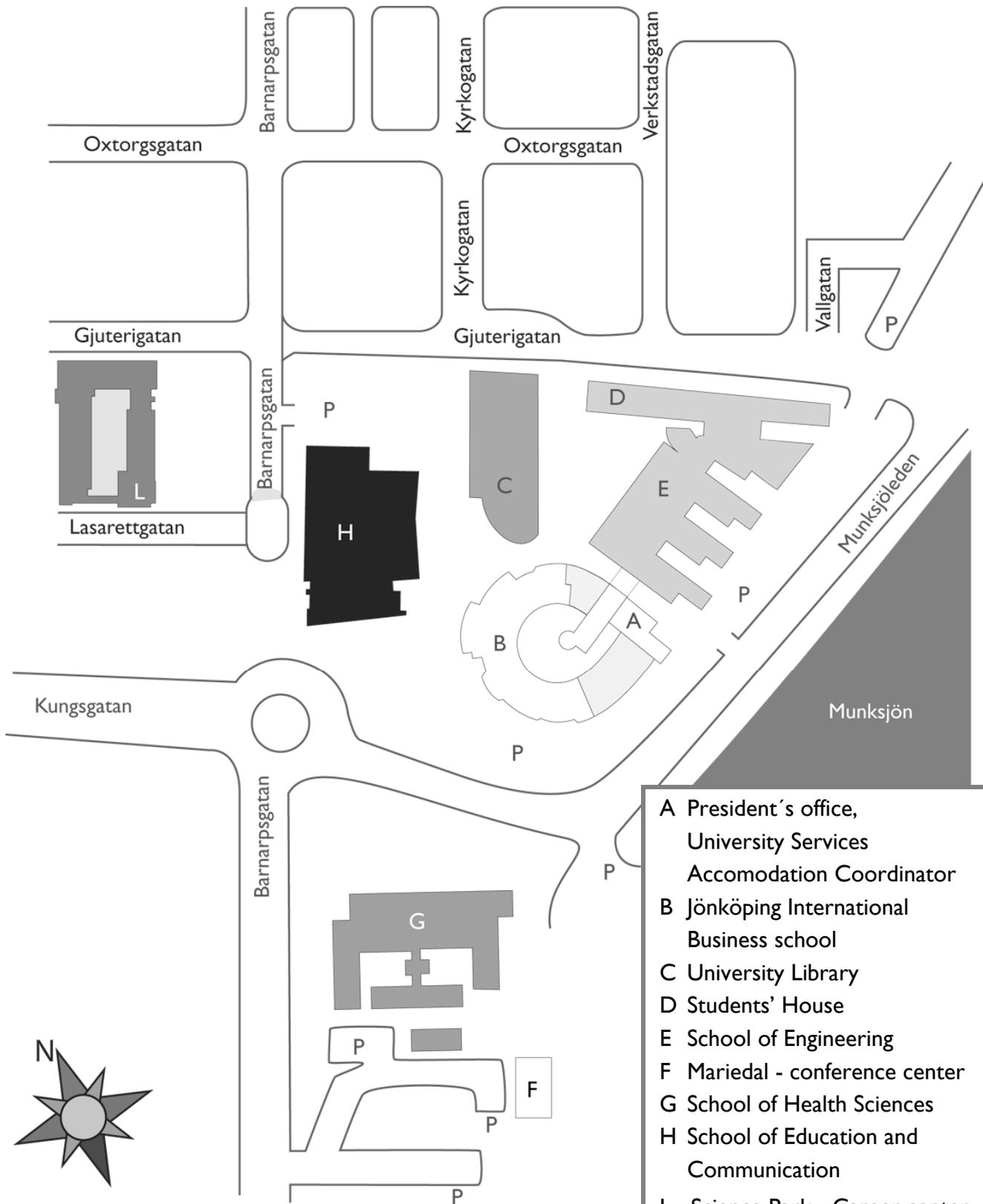
Jönköping has an excellent train service, linking it to the major cities such as Stockholm, Gothenburg and Malmö. However a change of trains may be required at Falköping or Nässjö, www.sj.se

By bus

There are many bus services to Jönköping from all parts of Sweden, which are reliable and cheap. The most common bus company is called Swebus Express, www.swebusexpress.se. You do not need to book a bus ticket in advance.

By plane

Arlanda (Stockholm) is the major airport in Sweden. It has several connecting flights per day to Jönköping. You can also fly to Jönköping via Copenhagen.



- A President's office,
University Services
Accommodation Coordinator
- B Jönköping International
Business school
- C University Library
- D Students' House
- E School of Engineering
- F Mariedal - conference center
- G School of Health Sciences
- H School of Education and
Communication
- L Science Park - Career center

What you need to know from A to Z

Access card

You need this card in order to after office hours enter the computer labs. You can pick up your access card in building A on the 1:st floor.

Airport

The airport in Jönköping is called Axamo and is situated 7 km west of the city. There are airport taxis that go to and from the airport. These taxis cost about 200 SEK from the airport to Jönköping center. From Axamo airport you can fly directly to Stockholm, Copenhagen (Denmark) and Riga (Latvia).

Alcohol

In Sweden you can only buy alcohol in a store called "Systembolaget". In order to buy alcohol in Systembolaget, you must be 20 years old and show an ID. You can also buy alcohol in the pubs. You must be at least 18 years old in order to buy alcohol in the pubs. Please visit www.systembolaget.se for more information.

Be aware that drinking and driving in Sweden is illegal.

ATM - Automatic Teller Machine

ATM - Automatic Teller Machine or Bankomat can be found in many places in the city. There is one ATM in the University Campus which accepts most of the international cards (VISA, Master Card, etc.)

Banks

Banks are open Monday to Friday 09.30 - 15.00. On Thursdays the banks are open until 18.00. All banks are closed on weekends and holidays.

Biking

Jönköping is an ideal city for biking since there are many bikepaths throughout the city and its suburbs. Round blue traffic signs with a white bicycle indicate the paths.

For information about renting bicycles, call the Tourist Information Office (Turistbyrå) at Juneporten, tel: 036 - 10 50 50.

Bookshops

The main bookshops in Jönköping:

- Akademibokhandeln, Smedjegatan 27, tel: 036 - 71 92 40. This bookshop sells all the study literature for university students.
- Nyströms, Klostergatan 38, tel: 036 - 71 25 06.

Buses

The local buses go regularly between most places in Jönköping. At present a single trip costs 20 SEK (approx.). A monthly card costs about 450 SEK. There is also a "clip card", värdekort, available, for which you pay 300 SEK and get a 20 % - 40 % discount.

The main bus stop in the city is called Juneporten, and it is situated next to the railway station.

You can buy a monthly bus card, Periodkort 30 dagar, in the following places:

- Students living at Råslätt: at the student reception, Sockertoppen.
- Träffpunkt Jönköping at Juneporten: V. Storgatan, next to the tourist information. Office hours: Monday to Friday from 07.30 to 19.00, Saturday from 09.00 to 13.00
- Pressbyrån: Järnvägstationen/Bus-train station
- Pressbyrån: A6/Shopping center
- Pressbyrån: Klostergatan

Car Rental

There are several car rental services in Jönköping. It costs roughly 500 sek per day to rent a small car.

Churches

Different churches are represented in Jönköping, such as the Roman-Catholic, Romanian Orthodox, Finish Lutheran, Estonian Lutheran, Syrian Orthodox, Methodist, Pentecostal, Islamic, Hindu and the Swedish church. Some of these churches offer masses in other languages than Swedish, such as English, Romanian, Finish, Croatian, Slovenian and Polish. If you have questions about other religious groups or traditions, do call the Chaplains at the Student Health Care:

<http://www.hs.hj.se/doc/1558>.

Cinemas

There are several cinemas in Jönköping, and the prices vary. The normal price for a ticket is 85 SEK. To find out which films are running, you can look in the local newspaper Jönköpings-Posten or look on the Internet at www.sf.se or www.sandrew.se.

Films are usually subtitled in Swedish.

The cinemas in Jönköping are:

- China, Östra Storgatan 21, tel: 036 - 12 02 00.
- Fokus, Dag Hammarskiolds Plats 1, in the library building. A ticket costs about 50 SEK.
- Folkets Bio, at Kulturhuset, Tändsticksområdet. Tel 036 - 19 05 69. A ticket costs about 50 SEK.
- Royal, Brunnsgatan 15, tel: 036 - 12 35 11.
- SF, Lantmätargränd, tel: 036 - 12 02 02.

Clothing

The weather in Jönköping is cold from October to April. From November to February you will need winter clothes (coat, gloves, etc.), during these

months the temperature varies between +10 to -10 degrees Celsius. The autumn, from August to October, may well seem like winter to students from more southern latitudes.

Common Access

Common Access: "the Right of Common Access" (in Swedish: "Allemansrätten")

Allemansrätten states that we can:

move around freely in forest and field; pick berries, mushrooms and unprotected flowers; camp one night without permission from landowner, not, however, too close to a populated area; bathe, row, sail, paddle and drive motorboats on the lakes and rivers and archipelagos; light a fire but only in certain prepared places. In windy or very dry weather the lightning of fires is absolutely forbidden, everywhere.

It also states that we can NOT:

damage growing trees or bushes; walk over fields in crop or through newly planted forest areas; take birds' eggs or birds' nests.

Computers

We have several computer labs at the School of Health Sciences and the library. You will receive a login and email account during the induction week, which will give you access to the computer labs 24 hours by using your access card.

Cost of Living

A student at Jönköping University will need approximately 6,300 - 7,500 SEK per month to live on (2,000 - 3,500SEK accommodation; 2,200 SEK Food; 400 SEK books and study materials; 200 SEK telephone, newspapers; 450 SEK local travel; 500 SEK for hobbies, leisure; 500 SEK miscellaneous.)

Currency

The local currency is the Swedish Krona (SEK). EUR 1 equals SEK 9,22 (August 2006). Please verify the exchange rate before you travel to Sweden.

Dates

Dates are often written in the following order: year, month, day e.g. October 12, 2000 is written 2000-10-12 (or just 001012) or 12/10 2000.

Dental Care

Before leaving for Sweden it might be wise to have a thorough check-up at your dentist's. Should you still need to go to a dentist during your stay in Jönköping, there are dental clinics called *Folktandvården* (see below):

- Jönköping Hälsan vårdcentrum, Lasarettsgatan, tel: 036 - 32 98 00.
- Jönköping Råslätt, Råslättscentrum, tel: 036 - 32 97 00.

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.

Driving in Sweden

If you are over 18 and have a driver's license from your home country, you can use it in Sweden for a maximum period of one year. Sweden has right-hand traffic, and all passengers in the car must wear seat belts. Drinking and driving in Sweden is illegal.

Drugs

The Police takes the consumption or possession of illegal drugs in Sweden very seriously. Some cultures may have a more lenient view to illegal drug use, but NOT Sweden!

The following section has been obtained from the Narcotic Drugs (Punishments) Act given at the Palace of Stockholm, March 8, 1968. :

“Section 1

Any person who unlawfully

1. transfers narcotic drugs,
2. manufactures narcotic drugs intended for misuse,
3. acquires narcotic drugs for the purpose of transfer,
4. procures, processes, packages, transports, keeps or in some other similar way handles narcotic drugs which are not intended for personal use,
5. offers narcotic drugs for sale, keeps or conveys payment for narcotic drugs, mediates contacts between seller and purchaser or takes any other such measure, if the procedure is designed to promote narcotic drugs traffic, or
6. possesses, uses or otherwise handles narcotic drugs shall, if he has acted willfully, be sentenced for a narcotic drugs offence to imprisonment for not more than three years. (SFS 1988:286)

Section 2

If, having regard to the nature and the quantity of narcotic drugs involved and other circumstances, an offence under Section 1 is judged to be petty, a fine or imprisonment for most six months shall be imposed. (SFS 1993:211)

Section 3

If the offence under Section 1 is judged to be grave, the sentence for a grave narcotic drugs offence shall be imprisonment for at least two and at most ten years.

In judging whether an offence is grave, particular consideration shall be given to whether it has been part of large-scale or professional activities, has involved especially large quantities of narcotic drugs or has in any other way been of a particularly dangerous or unscrupulous nature. The judgment shall be based on a joint consideration of the circumstances in the particular case. (SFS 1981:226)”

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 at all in the Swedish society, including the student life.

Electricity

Sweden uses 220 volts and 50 cycles (Hz). You might need a transformer and/or an adapter for your electrical appliances.

Embassies and Consulates

Please visit the *Yellow pages* (Gula sidorna) in the following web site: www.gulasidorna.se.

Emergency

In Sweden the emergency phone number is **112** for ambulance, police, fire department etc. If you call from a phone booth you can call free of charge.

Health Care and Centres

For urgent medical care you are advised to call the nearest medical center, vårdcentral, or hospital, sjukhus, before going there. When you go to see a doctor, always bring your passport and your insurance.

Medical Centres:

- Vårdcentralen Hälsan 1, Fabriksgatan 17, tel: 036 - 32 54 00
- Vårdcentralen Hälsan 2, Fabriksgatan 17, tel: 036 - 32 58 00
- Rosenlunds Vårdcentral, Hermansvägen 5, tel: 036 - 32 44 00
- Råslätts Vårdcentral, Tornfalksgatan 11, tel: 036 - 32 37 25 or 036 - 32 37 01.

In non emergency cases and for free advice please contact the Student Health Care:

- Student Health Care, Gjuterigatan 3 A, tel: 036 - 10 10 67.

Hospital

Länssjukhuset Ryhov, Ryhovsgatan,
tel: 036 - 32 10 00.

Emergency department

Akutmottagningen, Länssjukhuset Ryhov,
tel: 036 - 32 26 50.

Hälso

The School of Health Science's student section is Hälso. Hälso is the section for all students at the School of Health Sciences. In Hälso's shop can you as a member buy copy cards, writing materials and the student union's profilkläder and marks to a reduced price. Hälso's shop open hours:
Monday – Thursday 12.00 - 13.00.

Immigration office

(Swedish name: Migrationsverket)

Opening hours: Monday to Friday from 8.00 to 12.00 and from 13.00 to 16.00. Address: Östra Storgatan 7, Jönköping, tel: 036 - 34 57 20, fax: 036 - 17 85 77.

Internet access

You will have internet access 24 hours either at the computer labs or through the wireless network at the University campus.

Laundry

There are no laundrettes in Sweden since most houses have laundry facilities. Check in your house where they are located and ask the landlord for help 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.

The City Library is at Dag Hammarskiölds Plats 1. It has books, newspapers and magazines in foreign languages. In order to borrow books here you need a lending card, lånekort. To get one you should bring your passport with you the first time you borrow books.

Museums

There are many different museums in Jönköping that you should try to visit. For more information contact *the Tourist Information office*, Juneporten, tel: 036 - 10 50 50.

Newspapers

The local newspaper is called *Jönköpings-Posten*, published six days a week. National morning newspapers are *Dagens Nyheter* and *Svenska Dagbladet*. Evening papers, such as *Aftonbladet* and *Expressen*, are normally sold after 13.00.

For international newspapers you can look in both the university library and city libraries. The small shop *Pressbyrån* at the railway station also sells some of the major international newspapers and magazines.

Pharmacy

At the pharmacy, Apotek, you can buy aspirin, band-aids, toothpaste, etc. The staff can also give you general medical advice. Common telephone number: 0771-450 450.

The pharmacy's are:

- Apoteket Knekten, A6 shopping center.
- Apoteket Lejonet, Borgmästargränd 1 D.
- Rosenlunds Vårdcentral, Hermansvägen 1.
- Apoteket Tre Rosor, Hälsans vårdcentrum, Fabriksgatan 19.
- Sjukhusapoteket, Länssjukhuset Ryhov.
Open Mon - Fri. 08.30 - 20.00, Saturday 09.30 - 20.00 and Sunday 10.30 - 20.00.

Police

If you need to report a crime, have any questions about passports, etc., you can visit the local police station at *Polismyndigheten*, Vallgatan 3 - 5, tel: 036 - 30 90 00, open weekdays 09.00 - 15.00.

Thursdays open until 18.00. In case of emergency, call 112.

Post service

Post services for both letters and packages are located in shops and gasstations. You can also pick up and send ordinary letters, packages and registered letters there. You can also buy stamps, registered letters and express letters there.

The main Post Office in Jönköping is located on Barnarpsgatan 11, tel: 036 -19 51 38. Opening hours Monday-Friday, 07.00-19.00.

Public Holidays

New Year's Day (Nyårsdagen) January 1st

Epiphany (Trettondagen) January 6th

Good Friday (Långfredagen) in March or April

Easter Sunday (Påskdagen) in March or April

Easter Monday (Annandag Påsk) in March or April

Labour Day (Första Maj) May 1st

Ascension Day (Kristi Himmelfärdsdag) always on a Thursday in May

Whit Sunday (Pingstdagen) in May or June

Whit Monday (Annandag Pings) in May or June

Midsummer Day (Midsommardagen) always on Saturday towards the end of June

All Saints' Day (Allhelgonadag) always on a Saturday in early November

Christmas Day (Juldagen) December 25th

Boxing Day (Annandag jul) December 26th

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

Shopping

Most shops are open weekdays 10.00 - 18.00, on Saturdays 10.00 - 14.00. The last Saturday each month is a so-called "long Saturday", långlördag, and then most shops are open until 17.00. Post offices and pharmacies are open the same hours as most shops. Supermarkets generally have longer open hours.

A6 is the main indoor shopping mall. Opening hours are weekdays 10.00 - 20.00, weekends 11.00 - 17.00.

Smoking

It is not allowed to smoke inside any official building. This includes public buildings, companies, schools and your accommodation. If some buildings allow smoking, you will find signs indicating it. You should normally go outside if you want to smoke.

Sports

The Student Union of Jönköping University has a sports club called JSIF, <http://www.jsif.nu/> This club arranges many activities, such as volleyball, badminton, dancing lessons, courses in mountain climbing, and more.

There are also many other sports clubs and training facilities. The Jönköping area has four public golf courses.

Jönköping's hockey-team, HV 71, plays in Sweden's top league. Other popular team sports are soccer and handball. There is also an American football team.

Student union

The Student Union, *Studentkåren*, in Jönköping engages all students at Jönköping University (about 9000 students).

Membership in the student union is obligatory for both Swedish and international students and needs to be paid in order for you to receive your grades. The fee is 280 SEK per semester. You may need to

present your student identification when taking examinations.

Studentkåren arranges a number of activities and has many different services for students, i.e JSIF, the sports club, the students' magazine, *Kårsordet*, the culture club called *Qult*, and an organisation called *KUBB* that evaluates the quality of our education and much more. Studentkåren also has representatives on the university board and the four different academic boards.

Entré is the name of the international committee at the Student Union. This committee consists of both Swedish and foreign students, and they have many different activities, all of them with the same goal - to give foreign students a pleasant stay in Jönköping. During your first week someone from Entré will contact you, and invite you to take part in the activities they have arranged. <http://www.entre-international.com/>

Swimming

In winter there are two public swimming pool complexes. Rosenlundsbadet, Elmiavägen 4, tel: 036 -10 70 34, Stadsgårdsbadet, Råslätt, tel: 036 - 10 54 99.

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

Taxi

Taxi-Jönköping, tel: 036 - 34 40 00

Taxikurir, tel: 036 - 31 31 31

A taxi ride is quite expensive in Sweden. From the airport (Axamo) to downtown Jönköping cost 200 SEK approx. The ride takes about 10 minutes.

Telephones

If you use the public phones, you need to have a telephone card. This can be bought at any tobacconist.

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-programs in foreign languages are not dubbed, but have subtitles in Swedish. The most popular Swedish TV-channels are SVT 1, SVT2 and TV 4. Cable TV is installed in most apartment areas.

Theatres

The main theatre in Jönköping is called *Jönköpings Länsteater*, and it is situated in Tändsticksområdet, not far from the Student Union. Most plays are in Swedish.

Look in the local newspaper or call 036-17 15 00 if you want to know what plays are on. When you buy tickets, do not forget to mention that you are a student to obtain a discount.

Time

GMT +1. Daylight saving time is used from the last Sunday in March until the last Sunday in October, GMT+2. Time is written according to the 24 h system, e.g. 2 p.m. is written 14.00.

Tourist Information

The tourist information office has information about sights, concerts, theatres and other events in Jönköping and its surroundings. You find it at *Resecentrum*, between the railway station and the bus stops. The office is open weekdays 9.30 - 18.00 and Saturdays 9.30 - 14.00. The phone number is 036 - 10 50 50.

Trains

If you want information on national arrivals and departures you dial 0771-75 75 75. You can also visit www.sj.se.

Work in Sweden

You are allowed to work and do not need a work permit for this during your stay in Sweden as an international student with a student visa. For more information about the current regulations, contact the *Swedish Immigration Board*, address: Box 6113, SE 601 70 Norrköping, tel. + 46 (0) 11 19 44 00.

Useful web-sites:

- Visitors Guide to Sweden
www.visit-sweden.com
- The Swedish Institute
www.si.se
- The National Agency for Higher Education
www.hsv.se
- The Swedish Immigration Board
www.migrationsverket.se
- The county of Jönköping
www.jonkoping.se

Advice from an International Student

Stay in contact

Your friends and family will be keen to hear you have arrived safely and all about your exciting adventures whilst you are away. You should give them emergency contact numbers and keep them regularly informed of your movements while overseas. You may even want to keep a personal diary to keep track of all the exciting and strange occurrences during your stay and to write about all interesting people you have met. This is a great way to look back on all the amazing things that will happen to you while you are here.

Personal health and safety

Keep in mind that you may be living in a different environment from which you are used to at home. Take a common sense approach and behave sensibly.

Prepare well in advance and purchase any prescription drugs you may need in the time you are away from home. If you are taking medication on a regular basis, consult your doctor about taking adequate medication for your time overseas. If your medication is perishable in the time you are away please research that the medication is widely available in Sweden.

Monitor your health. Traveling into a foreign environment brings your body in contact with different bacteria that in themselves may not be harmful but may give you a cold or upset stomach. People who live locally in an environment may be immune to these local bacteria that you may have yet to come into contact with, also take into account your long flight here and the excitement of a new country may make you ill. Do not run yourself into the ground trying to do and see everything. Moderation pays off in the long run.

Eat well. Eating a well balanced diet will reduce the chances of becoming sick and therefore allow you to make the best use of your time whilst in Jönköping.

Life overseas

Life overseas, especially for the first time can be exciting and at times stressful. You may experience culture shock. This is a result from coming across many new things, customs and different understandings about the world. These changes may create uncertainty and confusion about how you are as a person, how you fit in and how you feel about yourself, Therefore it is important to consider your own motivations for going abroad. This could be improving your English or Swedish, an adventure or to get in touch with your cultural heritage. These motivations you may want to consider how you anticipate interacting with people you meet in Jönköping as how you act will give other people an impression of how all people may be in your own country, as you are an ambassador.

Managing culture shock

A sense of humor is necessary for working in cross-cultural environments. By laughing at yourself and being able to see the humor in these situations you will have an easier time adjusting. You should even have some humorous stories to tell your friends and family.



Julian Farrell

Australian exchange student

Useful phrases

Hello.	Hej.
Thank you.	Tack.
Ladies' room	Damtoalett
Men's room	Herrtoalett
Good-bye!	På återseende.
Thank you very much!	Tack så mycket.
Speak slowly, please!	Tala långsamt.
Do you speak English?	Talar ni engelska?
I'm sorry! It's quite all right!	Ursäkta mig! Ingen orsak.
I have no idea!	Det har jag ingen aning om
Where's the toilet?	Var finns det en toalett?
Where can I get a taxi?	Var kan jag finna en taxi?
Where can I make a phone call?	Var kan jag ringa?
Where's the tourist office?	Var ligger turistbyrån?
Where's the nearest hospital?	Var ligger närmaste sjukhus?
I'm sorry.	Jag ber om ursäkt.
I don't understand.	Jag förstår inte
Could you help me, please?	Kan ni hjälpa mig, tack?
That's good.	Det är bra.
Good day!	God dag!
Good evening!	God kväll!
Good morning!	God morgon!
Good night!	God natt!
What time is it?	Hur mycket är klockan?
How are you?	Hur mår ni?
Have you got any vacancies?	Har ni något ledigt rum?
How about a cup of coffee at my place ...	Vad sägs om en kopp kaffe, hemma hos mig...
My name is....	Mitt namn är...
Today	idag
Tomorrow	imorgon
Yesterday	igår
How much is it?	Vad kostar det?
I don't know	Jag vet inte

Useful contacts at the School of Health Sciences

International Office

Karl Hedman

Office: Ga 344

E-mail: karl.hedman@hhj.hj.se

Tel: 036 – 10 11 85

Fax: 036 – 10 11 80

S.U.S.H.I. – the International Section of the Hälso Student Union

Elouise Carlsson, Chair

sushi.halso@hhj.hj.se

Computer Help Desk

Office hours:

Monday to Friday from 09.00 to 15.00

Room: A3302 (between ING and IHH)

Tel: 036 – 10 11 12

For questions or to report error:

www.helpdesk.hj.se

The University Library

Office hours:

Monday to Thursday 08.00 to 20.00,

Friday 08.00 to 18.00,

Saturday 11.00 to 15.00,

Sunday closed.

E-mail: bibl@hj.se

Internet: www.bibl.hj.se/

Tel: 036 – 10 10 10

Fax: 036 - 10 03 59

Student Health Care

The Student Health Care has a counselling service, a nurse and a chaplain. Visits to the student health care are free of charge and completely confidential.

Office hours: Monday to Thursday from 09.00 to 11.00 or by special appointment

Visiting address: Studenternas hus

Tel: 036 – 10 10 65

N.B Information subject to change



SCHOOL OF
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JÖNKÖPING UNIVERSITY, SWEDEN