



UNIVERSITY
OF BORÅS

Welcome to the University of Borås





UNIVERSITY
OF BORÅS

The International Office

internationalstudent@hb.se

Exchange studies

Housing for international students

Support in practical matters related to living in Sweden

International Coordinators

- *Gustav Kibe* – Design & Textile Management
- *Johanna Edström* - Engineering
- *Camilla Carlsson* – Business & Textile Technology
- *Tove Pousette* – Librarianship, Information & IT
- *Yvonne Samuelsson* - Caring Science
- *Ashley Mansk* – Grant Programmes (outgoing)
- *Linn Hultgren* – back office

International Coordinator for Practical Matters

- *Natalia Vargas*



UNIVERSITY
OF BORÅS

Who to contact

Student reception

Access tags, basic certificates, documents,
exams: studentexpeditionen@hb.se

Campuservice IT

Student account, passwords, internet access
etc: campusservice@hb.se



UNIVERSITY
OF BORÅS

Programme

29 August 2024

- 09:30 – 10:30 Welcome to the University of Borås! All you need to know – part 1
- 10:30 – 11:00 Fika
- 11:00 – 11:30 Meet the Rescue Service (fire department)
- 11:30 – 12:15 Meet your fellow students
- 12:15 – 13:30 Lunch break
- 13:30 – 14:00 Meet our Library
- 14:00 – 14:30 Meet our Language Lab
- 14:30 – 14:45 Meet Drivhuset
- 14:45 – 15:00 Meet the Student Union



UNIVERSITY
OF BORÅS

All you need to know Part 1

Ashley & Natalia



UNIVERSITY
OF BORÅS

Welcome to Sweden



UNIVERSITY
OF BORÅS

Language Time! "Hello"

- Hej!
- Hej hej!
- ~~Hej hej hej!~~ 🚫
- *Lagom*



Quick Facts

- Currency: SEK/Swedish kronor (“crowns”)
- Capital: Stockholm
- Largest cities: Stockholm, Gothenburg, Malmö
- Official language: Swedish
- 5 national minority languages: Sami, Finnish, Meänkieli (Tornedalen Finnish), Yiddish, Romani Chib
- Population: around 10.5 million
- Land area: 407,000 km², the fifth largest country in Europe
- Form of government: Constitutional monarchy with parliamentary democracy



UNIVERSITY
OF BORÅS

End of Ice Age

- 8000-6000 BC
- Hunter-gatherers from mainland Europe in the south
- Indigenous Sami in the north

Viking age

- 800-1050 AD
- Plunder and trade
- Runes
- Merging of Pagan and Christian religions

Founding of the kingdom

- Circa 12th century
- Union of the two main tribes, the *Svear* and *Götar*

Hanseatic period

- 14th-16th century
- Trade and commerce

The Kalmar Union

- 1389 - 1523
- The three crowns: Denmark, Norway and Sweden

The Vasa Period

- 1523 - 1560
- Foundation of the modern Swedish state under King Gustav Vasa

The Swedish empire

- 1560s - 1814
- Military superpower
- By the end, lost large portions of territory, including Finland

18th-19th centuries

- Parliament
- Start of non-alignment and neutrality policies
- Emigration

20th-21st centuries

- Social democracy
- Immigration
- Prosperity
- EU since 1995



UNIVERSITY
OF BORÅS

Religion in Sweden

- Modern Swedish culture predominately secular
- Historically Evangelical Lutheran
- Many traditionally Christian holidays
- Other religions with notable representation:
 - Catholicism
 - Judaism
 - Islam



UNIVERSITY
OF BORÅS

Swedish Holidays and Celebrations

While you are here, don't miss:

- *Kräftskiva* ("crayfish party") - August-September
- *Kanelbullens dag* ("cinnamon roll day") - 4 October
- All Saints' Day - 2 November
- Saint Lucy's Day (*Lucia*) - 13 December
- Christmas Eve - 24 December

Swedish nature

- Nature is a big part of Swedes everyday life.
- No matter what time of the year most Swedes spend a good part of their free time in nature.
- Swedes often have nature related names, such as Björn (bear), Sten (stone), Stig (path), Lilja (lilly), Lo (lynx).
- Get some waterproof shoes to enjoy our nature and maybe an umbrella
- Allemansrätten – the right of public access
- Means that one can go hiking, fishing, and camping everywhere except on private land.



UNIVERSITY
OF BORÅS

Welcome to Borås



Borås – a history

- Founded in 1621
- Focal point for pedlars (traveling salespeople)
- Much of modern Borås built from 1800s and onwards
- Main local industries
 - textile industry
 - mail-order industry (including logistics)
- University of Borås founded 1977

Borås

Things to experience while being here:

Visit an art gallery @ Abecita Pop Art and Photography Museum

Grab a lunch, coffee or fika @ Sandwalls Plats

Go out and try to find all the graffiti art from *No Limit*

Play some pool, bowling, shuffleboard or sing karaoke @ Bowlers

Have a swim @Borås Arena or @Stadsparksbadet

Go ice-skating at @Borås Ishall during the winter

Walk/Run @kypesjön and then finish with a sauna

Nature in Borås

RYA ÅSAR



KRANSMOSSEN



KYPESJÖN



PICKESJÖN





UNIVERSITY
OF BORÅS

Discover more of Sweden

30 national parks from the south
to the north.

3 major cities on the west coast and
east coast of Sweden.



UNIVERSITY
OF BORÅS

Our nationalparks

A list of our 30 nationalparks:

<https://www.sverigesnationalparker.se/en/>

The closest to here:

Kinneulle

Tiveden

Åkulla Bokskogar

Stora Mosse



UNIVERSITY
OF BORÅS

Stockholm

A beautiful archipelago

The Royal Palace

The Vasa Museum

The Parliament



UNIVERSITY
OF BORÅS

Göteborg

A mayor seaport

Take a tour with Paddan

Go and ride rollercoasters or spend Halloween or at The
Christmas market @ Liseberg

Have a fika in the old town of Haga



UNIVERSITY
OF BORÅS

Malmö

Old town

Great international food

Have a fika in the old town or Davidshall

Turning Torso

Go over Öresundsbron and visit Copenhagen in Denmark



Borås - shopping

- Areas for shopping
 - Knalleland, about 15 min walk or 10 min by bus
 - City Center, about 5 min walk
 - Åhaga, about 25 min walk or 10 min by bus
 - Bergsäter, about 30 min walk or 20 min by bus
- Grocery stores in Borås
 - Ica
 - Willys
 - Orienta
 - Coop
- Good to know
 - Plan around limited opening hours
 - Sales tax is usually 25%, but some product categories are lower

Local Public Transportation

- Regional public transportation operated by **Västtrafik**
- **Västtrafik To Go app**
 - Journey planning
 - Purchase tickets
- **Zone-based pricing**
- **Helpful information on www.vasttrafik.se/en**





Other ways to get around

- Pedestrian-friendly
- Bike-friendly
- Electric scooters to rent
 - Tier
 - Voi
 - Might not be available during the winter months
 - Some areas of the city have lower speed limits
 - Use marked parking areas when in the city center
 - Follow rules for bicycles



UNIVERSITY
OF BORÅS

Long Distance Transportation





UNIVERSITY
OF BORÅS

Practical matters



UNIVERSITY
OF BORÅS

Swedish Personal Number

- The Swedish personal identity number (personnummer) are used everywhere in Sweden, everywhere from contact with authorities and health care to any sort of membership; gym, store or association will ask you for this number.
- Swedes are given this number when born or when immigrating to Sweden and it's with this number we identify ourselves at hospitals, schools, everywhere.
- Today most online services require identification with a Bank-ID, that only works if you have a Swedish personal number.
- The personal number can only be received by students staying in Sweden for more than 12 months and is applied for at the Swedish Tax Agency in person.



UNIVERSITY
OF BORÅS

Swedish Coordination Number

- If you are an exchange student you can apply for a coordination number which is similar to a personal number and can be used for example if you are planning on working extra besides your studies.
- The coordination number is applied for in person at the Swedish Tax Agency.
- Both the Swedish personal number and the Swedish coordination number should not be confused with your T-numbers. The T-number is only a number that is used within the university.



UNIVERSITY
OF BORÅS

Always bring ID

- Make a copy of your passport and have it saved electronically.
- IDs are a big thing in Sweden; most of us identify ourselves with Bank IDs on our phones, but for this you need to have a Swedish personal number.
- IDs can and mostly will be requested at bars, nightclubs, etc.
- You need to show your ID to prove that you are over 20 years old to buy alcohol at Systembolaget.
- In bars you need to show your ID to prove that you are over 18 years old to buy alcohol.



UNIVERSITY
OF BORÅS

EMERGENCIES

If it is an emergency which cannot wait, go to the hospital (Södra Älvsborgs sjukhus), or dial **112** – the emergency call number. 112 will connect you to the police, rescue services or ambulance.

This is only for real emergencies, not a cold or minor sickness!





UNIVERSITY
OF BORÅS

Finding healthcare

- If you are sick, call 1177 to get medical guidance before you seek healthcare in person. The calls are answered by medical nurses, the line is open 24/7, and they speak English.
- Use the phone number +46 771 1177 00 if you are calling from a mobile phone registered in a country other than Sweden.
- Go to a health care center (google nearest "vårdcentral" to you) and let them know that you are an international student without a Swedish personal number.
- Medicine can be purchased at pharmacies (Apoteket). Some prescription free drugs are also available in grocery stores.



UNIVERSITY
OF BORÅS

Health Insurance

- **Students from the EU/EEA** should bring an European Health Insurance Card from the Social Insurance office in their home country. The card gives you access to medically necessary, state-provided healthcare at the same cost as for Swedish citizens.
- **Exchange students from outside the EU/EAA** at the University of Borås are covered by a group insurance called Student IN. The insurance applies 24 hours a day in Sweden.
- **Fee-paying students from outside the EU/EAA** at the University of Borås are covered by a group insurance called Fas+. The insurance applies 24 hours in Sweden.

EUROPEAN HEALTH INSURANCE CARD

7 Name	
FORENAME EXAMPLE	
4 Given names	
SURNAME EXAMPLE	
5 Date of birth	6 Person
01/01/1993	
7 Identification n	
8 Identification number of the card	
1234 56789 01 3456 789	



UNIVERSITY
OF BORÅS

Health Insurance – after your medical visit

After your medical visit and purchase of medicines that you have paid in advance at the care centre/hospital:

Contact Natalia at the International Office for her to help you fill in the insurance claim and send to the insurance company.

ALL RECIEPTS MUST BE SAVED AND SHOWN IN ORIGINAL WHEN APPLYING FOR THE REIMBURSEMENT.

All reimbursements take minimum 4-6 weeks to process.



Practical Matters - Safety

- Sweden is considered a safe country
- High level of trust for public institutions and authority
- General safety rules apply
 - Watch your belongings
 - Lock your door
 - Stay aware of your surroundings
 - Be careful when alone or traveling after dark
 - Dress appropriately for the weather!



UNIVERSITY
OF BORÅS

Practical Matters – Food Finances

	Approximate cost
Making all meals at home	3600 kr per month (about 120 kr per day)
Typical restaurant lunch	100-180 kr
Typical restaurant dinner	150-250 kr

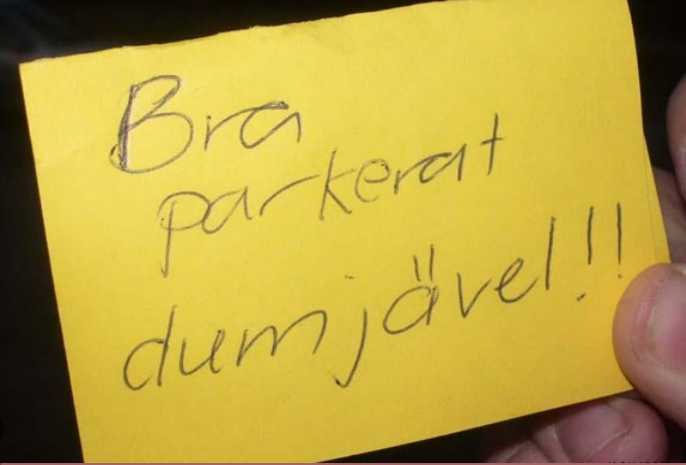
- Easy to compare prices in grocery stores
 - Look for the comparison price by weight (kr/kg) or per piece (kr/st)
- Save money by shopping climate-appropriate foods or buying in bulk with others



UNIVERSITY
OF BORÅS

"Typical" Sweden





UNIVERSITY
OF BORÅS



Swedish culture

- Go to an IKEA store
- What can be more Swedish than Ikea? The closest IKEA stores are located in Gothenburg and make a nice daytrip. Go there and have Swedish meatballs for lunch and buy something nice for your home.
- Fredagsmys
- A nice way to end the week with comfort food such as tacos or take away food followed by a movie and snacks together with family and friends.
- Swedish Modesty
- Swedes are very modest and not always so direct... Instead of confronting somebody directly don't be too surprised if you find an angry post-it note instead.





UNIVERSITY
OF BORÅS

Do's in Sweden

- Pay attention to personal space.
- Participate in Swedish Fika (Swedes love to fika both at the workplace and in their free time. Fika means a coffee or tea, some sweets and light conversations as a break from everything else.
- Be punctual for all appointments.



UNIVERSITY
OF BORÅS

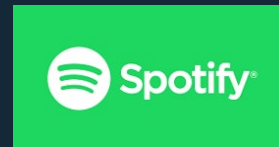
Don'ts in Sweden

- Don't litter. If you can't find a garbage can at the moment you need one, just hold on to your trash until you can dispose it properly.
- Don't shove to the front of the line. This is seen as very rude, just wait for your turn.
- Don't wear shoes inside a Swedish home.
- Smoking is forbidden in bars, restaurants (in and outside sections), at playgrounds, at railwaystations, bus stations, train stations. Smoke only in designated areas.

Innovation in Sweden



- Sweden is regularly ranked at or near the top of innovation indices.
- Home to Alfred Nobel and the Nobel prize
- Many notable inventions
 - Dynamite
 - Adjustable wrench
 - Ball bearing
 - Ship propeller
 - Zipper
 - Safety match
 - Side collision airbag sensor
 - Three-point seatbelt
 - Pacemaker
 - Ultrasound
 - Walking frame
 - Dialysis machine
 - Oat milk
 - Tetra Pak beverage packaging
 - ...and more!





UNIVERSITY
OF BORÅS

Equality

- Sweden is one of the world leaders when it comes to gender equality according to international rankings.
- The Equality Ombudsman is Sweden's government agency tasked with **protecting and promoting equality rights** on the basis of:
 - gender,
 - ethnic origin,
 - sexual orientation,
 - political and religious conviction and
 - physical, mental and intellectual disabilities.



Sustainability

- Sustainability is an important value in Sweden
 - Low-energy housing
 - Electric car charging stations
 - Buses running on renewable fuels
- While being here in Sweden make sure to:
 - sort your waste right,
 - recycle what you can,
 - and leave no footprints while being in nature.

How we sort waste in Borås



Black bags

Black bags may only hold food waste such as leftovers and fruit and vegetable scraps. We use food waste to produce biogas.



White bags

White bags may only hold combustible waste that cannot be recycled, such as envelopes, nappies, cat litter, clay balls and paper towels. We use combustible waste to generate district heating, district cooling and electricity.

Bags may never contain dangerous waste, electrical materials, metal or glass.

Seal the bags with a double knot to keep things sorted all the way!

Glass bottles and jars

Deposit the glass in the glass collection containers at the recycling station. Deposit clear glass in the white container, and coloured glass in the green one.



Paper packaging and boxes

Hand in paper packaging at the recycling station. Cardboard boxes should be handed in to one of our recycling centres. Flatten the boxes to make them easier to transport!

Metal packaging

Deposit food cans and metal lids in the container labelled "Metall" (metal) at the recycling station.



Light bulbs and batteries

Light bulbs should be handed in as electrical waste at a recycling centre. Batteries should be placed in battery bins at recycling centres and recycling stations.

Plastic packaging

Deposit hard or soft plastic packaging, e.g. shampoo bottles, ketchup bottles and plastic bags, in the container marked "Plastförpackningar" (plastic packaging) at the recycling station.

Dangerous waste

Glycol, biocides, mercury thermometers, electronics, glue and paint residuals, solvents, oils, fluorescent tubes and low-energy light bulbs are examples of dangerous waste.

A guide on how to sort waste in Borås

- Available in English as pdf download
- “Sortera med mera” app
 - Find nearest recycling stations
 - Find opening hours of larger recycling centers
 - Look up how to sort different types of waste
 - Currently only in Swedish



UNIVERSITY
OF BORÅS

Soon time for fika!

During the Fika break our communications department are going to film some content for the University's social media channels.

If you do not wish to be part of it please tell the cameraman Erik that.

Tags to enter all buildings at the University, and used for printing, can be retrieved at the Studentcenter (Balder building floor 3) during breaks/lunch these two days. and also next week.





Fika break

- Chat with other students
 - What are their names?
 - Where are they from?
 - What are they studying?
 - Why did they choose Borås?
 - What do they think of the fika?
 - What are their first impressions of Sweden?
 - Help, there are so many different waste bins! What do they think about how to sort the waste from fika?

