

# Exchange Report: Uppsala University, Sweden

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Hej Hej! I am a 4<sup>th</sup> year Bachelor of Science student majoring in Health Science. I went on exchange to Uppsala University because not only did the university sound reputable with a vibrant student life, Sweden has been on top of my go-to list.

I personally went on an exchange because I was getting bored of Vancouver and really wanted a temporary getaway, especially before I graduate. Furthermore, I wanted to improve my independence, meanwhile get to experience student life on residence.

Uppsala is a great place for students. The whole town is the University, that may sound strange but when your there you will see. There are 13 student nations, which you can choose from to join. In these nations you can participate in all sorts of activities, from choir to soccer, to work and partying. Only students are allowed to enter, which makes it even better, because you all have something in common. They are always open for lunch, brunch, dinner, party, study, Fika (coffee time) or just if you want a place to go with friends.

## Travel & Visas

The best way to get to Uppsala is to travel to Stockholm Airport and then take the train to Uppsala C or you can save money and take the bus, which takes 35minutes instead of 17, but at half the price of the train ride. Getting around is straight forward, especially because almost everyone is fluent in English. Make sure you arrive with a credit card that has a chip and pin; most places in Sweden accept credit cards, and some (like the bus) don't even accept cash.

Prior to my departure, I applied for a student visa online. It was not the most intuitive process, and for some reason my application got mixed up and the decision was sent to Sudan (instead of Canada). You get the actual visa when you arrive in Sweden at the Migration Verket. Make sure you line up at the Migrations Verket at least 1 hour before they open, or else you will commute all the way there and wait in a cue for 3-4 hours, and then realize they wont even get to half of the people waiting. Other than that, the process is free





### What you've learned and the challenges you faced

The biggest challenge was definitely the bike issue. When I got here, I tried to get a deal on a bike, which is impossible because I arrived 1 week after the semester had started. I was running out of time and decided to just purchase a new bike from Biltema. The reason I bought a bike was because I realized how unreliable the bus system in Uppsala was, and the last bus ran at 11:45pm. I bought a poncho, which I

**while you work and get free food and vip access to their events! [ISS Note: be sure to check the length duration of your ability to work on a study permit, if applicable - ]**

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**Do: travel! Flights are not very expensive in Europe (check Skyscanner and Eurobus). Get a couple friends, be spontaneous, and go on weekend trips to anywhere you desire!**

**Don't: travel too much, Uppsala has a lot of activities that you don't want to miss if you went travelling.**

**Don't: worry about costs. You'll wish you didn't try to save those extra few dollars and tried that amazing Swedish cake when you come home.**