



Kristianstad
University
Sweden

Guide for international students

With this guide we provide some information that will be useful both before you arrive and during your academic studies.



2021/2022



Welcome!

We are happy to welcome you to Kristianstad University. With this guide we provide some useful and important information to you.

Please read everything carefully, as it might answer most of your questions and help you to avoid problems before and during your stay. Do not forget to take this guide with you when coming to Sweden. We hope that your time here in Sweden is going to be interesting and fruitful, concerning both academic studies as well as your personal development in a multicultural environment. You will certainly discover new things, open your mind and see the world differently.

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Arrival

You can reach Kristianstad easily by plane, train or car. Kristianstad University provides a pick-up service to all exchange students arriving during the arrival days.

By plane

Although Kristianstad has its own airport, the easiest way for you might be to fly to Copenhagen (Denmark). Malmö also has a small international airport. Växjö (Småland) has another small airport in the region that offers some international flights. We strongly recommend you to fly to Copenhagen airport as it has the best connection with Kristianstad.

From Copenhagen Airport (CPH)

From the train station at Copenhagen Airport (Kastrup), there are hourly trains to Kristianstad. (SEK 215). There are some direct trains, but be aware that there are also combinations in which you might have to change train in Malmö and/or Hässleholm. The train schedules can be found on this website: www.skandetrafiken.se.

From Malmö Sturup Airport (MMX)

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

From Småland Airport (VXO)

You should take Bus Number 4 to Växjö Main Station. From Växjö you

can travel to Kristianstad by train. Be aware that you have to change trains at least once. Usual changes are in Alvesta and Hässleholm.

By train

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

By car

In Sweden headlights must be switched on all the time, even during the day! There are three main options to reach Kristianstad:

Option 1: arriving via the Öresundsbridge: Road 'E22' direction Kalmar. After about 100 km, you will arrive to Kristianstad.

Option 2: taking the ferry to Helsingborg: Roads 'E4' and '21'

Option 3: taking the ferry to Trelleborg: Road '108' direction Lund and then 'E22' direction Kalmar/Kristianstad.

Way to Kristianstad University

In Kristianstad you follow the direction Sjukhus (hospital). After leaving the motorway, you'll pass a traffic light and you arrive at a big roundabout. Cross the roundabout, then go straight ahead (Snapphanevägen).

After ca. 2 km, you'll cross a bridge. Turn left at the traffic light, drive straight to the next roundabout and turn right there, direction Högsolan. You cross the next roundabout to arrive at the university.

Pick up service

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

The arrival days for the academic year 2021/2022 are:

Autumn semester 2021:

→ 21-23 August

Spring semester 2021:

→ 15-16 January

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

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

If you arrive before or after the arrival days you should take a taxi or bus to your accommodation. You can pay with your credit card (visa or master card) on all the buses in Kristianstad. Bus number 4 brings you from the central station to the university (stop Högsolan).

You should always inform the international relations when you are delayed during your trip; if you arrive later than filled in, you can call this number: +46(0) 44 2503633.

Introduction days

During the first class week of the semester there are some information sessions taking place to get to know the university and the other exchange students. You will receive a schedule for the introduction meetings when you arrive in Kristianstad.

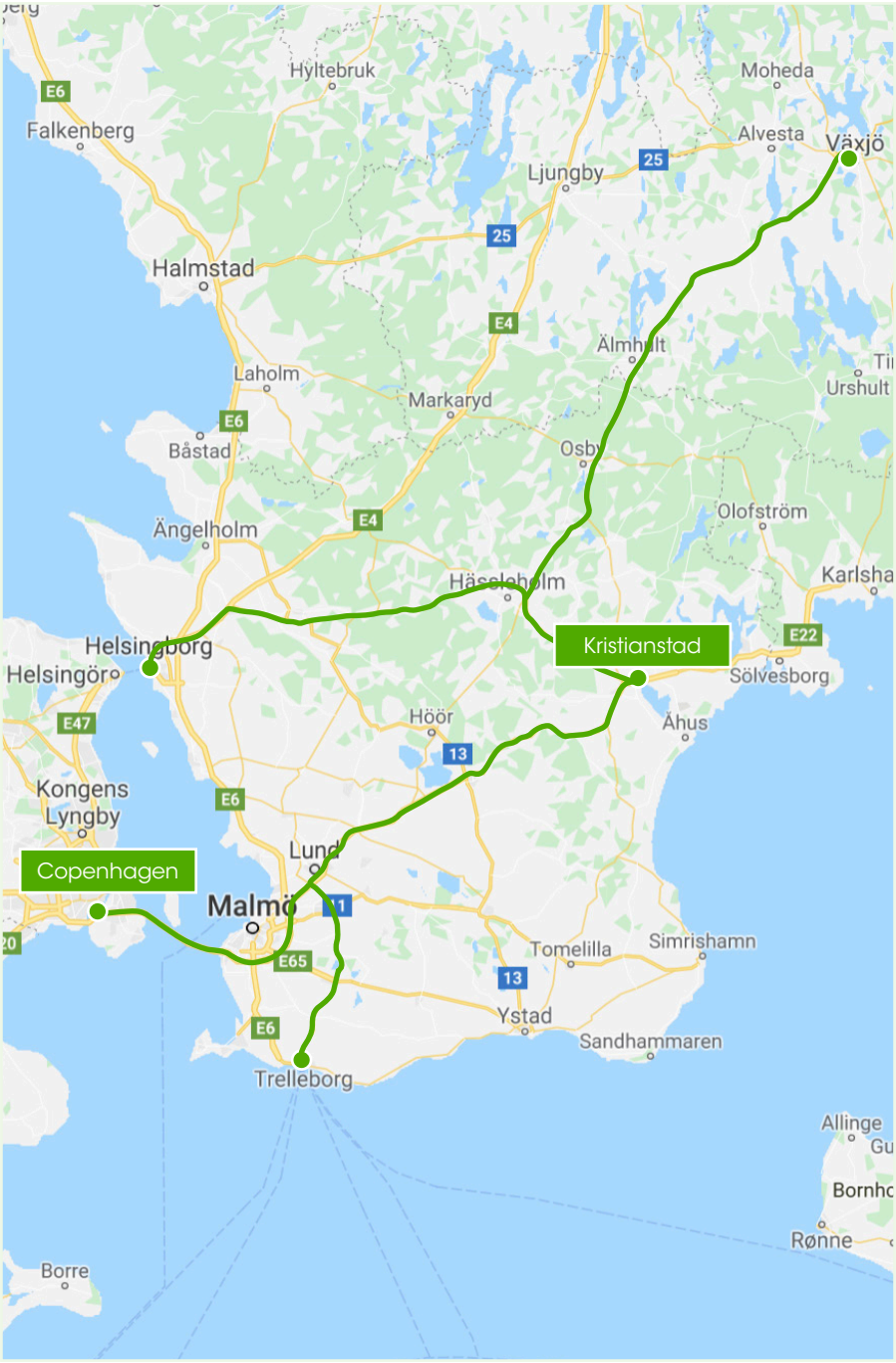
Please note that you need to register (online) for your courses before the semester starts.

Address

Kristianstad University
Elmetorpsvägen 15
S-291 88 Kristianstad
Sweden
+46 44 250 30 00

Location of international relations

15-131 (see map on page 31).





Accommodation

We recommend that you organise your accommodation before your arrival. You can apply for accommodation as soon as you are admitted.

Exchange students

Kristianstad University housing assistance can book accommodation to all exchange students. If you want us to book a room for you during the study period in Kristianstad you should fill in the Application for Accommodation in the online application as soon as possible. The information needs to be filled out by **25th of October 2021**. If you don't fill in the form, you have to arrange accommodation on your own.

If you prefer to book your accommodation by yourself, please fill this in Mobility Online as well (choose NO).

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

Non-exchange students

To apply for student accommodation, please send an e-mail to housing@hkr.se and we will send you a form to fill in together with some useful information. The form needs to be sent back on 25th of October 2021 at the latest.

You can also find a list of other housing companies here:

→ www.kristianstad.se/sv/Kristianstads-kommun/Bo-Bygga/Bostader/

Please note that accommodations on this list should **not** be applied for through Kristianstad University. The student needs to apply directly to the housing companies.

For general questions about housing please contact the housing assistance:

→ housing@hkr.se

For international, tuition fee-paying students, housing in one of the student dorms is guaranteed, provided you apply in time.

General information

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

Medical care

Although we hope that you will stay healthy during your time in Sweden, you still need to think about what will happen if you have an accident or get sick.

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

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

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

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

All exchange students are insured by the insurance of Kammarkollegiet.

For further information please see:

→ <https://www.kammarkollegiet.se/engelska/start/all-services/insurance-for-foreign-visitors/student-insurance/exchange-students-in-sweden/>

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

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

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

Student Health Service

The Student Health Service is here to help you with issues associated to life as a student, such as stress, worry, anxiety and depression. The Student Health Service can be found in house 13. You can always email them to make an appointment. Please use the following e-mail address:
→ studenthalsan@hkr.se

If you prefer to book an appointment online you can log on to the student portal and go to menu "Web service" and then choose "book counsellor".

All visits are free of charge for students from Kristianstad University. The counsellors are bound by professional secrecy. No information is released without your consent.

For more information you can visit:
→ www.hkr.se/studenthalsan

Contact information:

Johan Olsson
Counsellor
johan.olsson@hkr.se
+46 44 250 30 92

Anna Hammer
Counsellor
anna.hammer@hkr.se
+46 44 250 30 96

Visiting a health clinic or hospital

In case of emergency you should call: 112.

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

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

Contact information:

(Health Clinic)
Kristianstadkliniken
Döbelnsgatan 9
291 31 Kristianstad
+46 44 280 200

(Central Hospital)
Centralsjukhuset
J A Hedlunds Väg 5
291 33 Kristianstad
+46 44 309 10 00

(Health Clinic)
Vårdcentralen Åhus
Sandvaktaregatan 15
296 35 Åhus
+46 44 309 01 50

Pharmacies

You can find pharmacies (Apoteket) for example: next to the central hospital, in the city center (inside of the shopping mall Galleria Boulevard) and near the University next to ICA Kvantum supermarket.





Residence permit

If you plan to study in Sweden for a period longer than three months you must have a residence permit. Special rules apply for citizens of an EU/EEA country.

Non EU/EEA-students

If you are planning to study as an exchange student in Sweden for longer than three months, you must have a residence permit.

For further information you can visit the Swedish Migration Board:

→ www.migrationsverket.se/English/Private-individuals/Study-ing-in-Sweden/Universities-and-university-college.html

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

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

You can find the address of the Swedish embassy in your country on:

→ www.swedenabroad.se/en/about-sweden-non-swedish-citizens/

If you wish to work during your studies, you must have a student

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

EU/EEA-students

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

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

→ www.ec.europa.eu/youreurope/citizens/residence/student/index_en.htm



Kristianstad University

Kristianstad University is a small but at the same time large university in southern Sweden. The campus is situated just 10 minutes from the town Kristianstad.

Kristianstad University was founded in 1977, but we can trace our roots way back to teacher training (1835), nurses (1893) and engineers (1912).

Programs and courses are offered in Humanities, Social, Natural, Behavioral and Health Sciences, Business Administration, Computer Science and Engineering.

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

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

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

Orientation on campus

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

Students with special needs

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

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

of supportive measures, you should first of all contact the co-ordinator.

For more information please visit:
→ www.hkr.se/functional-disabilities

Facilities

Library & Learning Resource Centre

A light and spacious library is situated in house 7 in the center of the campus. You can borrow books free of charge with your own library card (Lånekort). It is possible for all students to borrow media equipment free of charge, such as video cameras, digital cameras, etc. Study rooms are available. During the Introduction Week you will be provided with information about how to use the library.

For more information please visit:
→ www.hkr.se/en/study-at-hkr/service-and-support/libraryandhighereducationdevelopment/

Eating facilities

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

- Restaurant Metropol offers lunch buffet. If you get a Metropol card you will have a small discount.
- The cafeteria in house 7 offers pasta, sandwiches, salads, etc. You can get 10% off food, coffee, candy if you get a Metropol card and charge it with money.
- Vending machines with drinks and snacks are available in most buildings.
- Food Trucks inside Campus
- Microwaves are available in house 7, 14, 15, 18, 21

Production Unit

The production unit is situated in House 117 on campus, which is the little red house just behind the glass building. You can visit the production unit for questions related to photocopying and access cards. The opening hours are: 07.30-9.00 9.30-12.00 13.00-15.30

Lost and found

If you lose or find something on campus, you can visit the desk at the entrance of house 7.

HKR-card (Access Card)

During your introduction week, you will need to order an access card from student portal and pick it up on campus. Access card allows you to enter some areas of the University, in the department where you study from 07:00 to 22:00 every day. Upon receiving your card, you have to choose a four-digit personal code that will be necessary when accessing those areas. The cards are personal and must not be given to a 3rd person. Lost cards must be reported to the production unit to be blocked without any delay. A new card can then be obtained for a fee of 85 SEK. While entering the buildings, the cardholder has to make sure that no unauthorized person enters the building at the same time. To exit, always use the release button for the doors. Do not open the emergency exit cap on the door; it is connected to the alarm system. If doors with the sign "Larmad dörr" are open for more than one minute, the alarm will go off, so please be careful with this.

Computer facilities

Each faculty has its own computer facilities (including laser printers) for students. These are generally accessible between 07:00 and 22:00, 7 days a week. Be prepared to show your ID card/passport to the security guards if you stay in the computer rooms during the evening, or at the weekends. Ask your department for detailed rules. You will have to pay for printouts via your print account. When you start using your computer account it will be charged with 25 credits. You can recharge your account at the reception in house 7. A4 black/white 0.70 credits; A4 color 1.10 credits; Duplex 1.8 times higher; A3 2 times higher. Computer rooms can be found in the following buildings: 7-323, 14-427, 15-223, 18-420 and 21-225.

Copy machines

You can get photocopy cards at a reasonable cost at the desk in the entrance of the library. There are two possibilities: You either buy a photocopy card or you borrow one and pay for each copy at the desk. If you make a lot of copies, it is cheaper to buy a copy card. You can also visit the Production Unit in House 117; they copy and bind material for a good price.

The university sport union

The university sport union is called HKIF. HKIF arranges various sports activities almost every evening of the week. Most activities take place in the sports hall on Campus. Examples of sports offered are: badminton, basketball, football, boxing-exercise and

volleyball. Swimming is offered twice a week in the swimming pool in Kristianstad. It costs 200 SEK per semester to be a member of HKIF and when you are a member you can join all activities free of charge. You can find HKIF in building number 15 on campus. For more information please visit:

→ www.facebook.com/HKIFatHKR

The student union

Student Union (KSK) is an independent organization, run by students for students. Their main purpose is to improve the quality of education and students' possibility to influence their own situation at the University. The chairman and vice-chairman are full-time employed and you can contact them for all your problems that concern the environment of your studies at Kristianstad University. If you want to become a member of the student union you have to pay a membership fee. The student union membership fee is approximately 50 SEK per semester.

For more information please visit:

→ <http://ksk.nu/english/>

Student union's social committee

The student union's social committee (SAUS) works to switch things up in daily life through organizing several events such as movie nights, language cafés and special parties for students.

For more information please visit:

→ <http://ksk.nu/english/saus-social-committee/>

Academic information

An academic year in Sweden is divided into two semesters, autumn and spring. Here you will find information that will be useful during your academic year.

Teaching methods

Education at Swedish universities is based on the principle that students take responsibility for their studies, with support from the teachers. Student responsibility and individual performance are stressed.

Teaching is carried out in different forms: lectures, seminars, group work, independent study etc. Students are expected to raise questions and to take part in discussions during lectures. In addition, they are required to write short essays, solve specific problems and describe the procedure applied. Examinations seldom require that students merely reproduce the material presented during lectures. A good level of English is necessary to be able to follow the courses.

Often you have only one of your "main" courses at a time, followed by the exam. That means that you can concentrate on one subject before the next course starts. It also means that exams take place during the semester, and not only

at the end of the semester. To many international students, the Swedish academic environment seems very informal. Teachers and other members of staff dress informally and speak in a familiar style to students.

Courses, schedules and registration

To keep a place in your courses that you are admitted to, you need to register for your courses in the week before the course starts. You can only register for courses you have been admitted to by the international coordinator of Kristianstad University.

You can register at:

→ www.student.ladok.se

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

- Register for the course one week before the course starts.
- Perform the 3 week control in the course platform Canvas in the 3rd week of the course.

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

To find the schedule of your courses please visit

→ www.hkr.se/schedule

Be aware that the schedule might not be published until shortly before the course starts. Changes can occur, so please check the schedule regularly. You can also see in which period the course is given. Note that in Sweden the academic schedule is often expressed in weeks (veckor). V3-V22, means that a course starts in week 3 and ends in week 22.

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

Learning agreement

Together with your home university you should select courses and afterwards you should fill in the learning agreement and let it be signed by the coordinator at your home university. Your home university coordinator certifies with his signature that the courses will be recognized after passing the exams during your time abroad. When the learning agreement is signed, you can send it to our international relations or take it with you to Kristianstad.

If you want to change your courses during your stay, you should always check with your home university if they agree with your change. You can visit Karen at the international relations to ask for a change of courses. After your courses are changed, you should fill in the changes in your learning agreement in the online application.

Examinations

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

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

Please note that you need to register for both ordinary and re-exams at least 14 days before the exam takes place! You can register at:

→ <https://studentportal.hkr.se/en/web-services/examinations/>

Examination Rules

On the following website you will find the examination rules. Please read them carefully! No exceptions will be made during exams!

You can also find a specific document regarding deception and how to handle disciplinary matters.

→ www.hkr.se/en/study-at-hkr/during-your-studies/examination

Canvas

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

→ www.hkr.se/en/study-at-hkr/service-and-support/learning-platform/

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

ECTS-credits

The European Community Credit Transfer System was developed by the Commission of the European Communities in order to provide common procedures to guarantee academic recognition of studies abroad. It provides a way of measuring and comparing learning achievements, and transferring these from one institution to another. 60 ECTS represent one full academic

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

Grades

Traditionally, three grades are awarded at Swedish universities: passed with distinction (VG) passed (G) and fail (U). Exceptions are sometimes made and in this case there are only two grades: passed (G) or fail (U), see the syllabus of your courses for more information. Engineering courses are usually graded from 5-3 (passed) and fail (U). Some courses use the grading scale A-F. The table on the next page shows the "equivalents" for ECTS grades.

Transcript of records

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

The transcript of records shows the courses you passed and the grades obtained, it enables you to get your courses accepted at your home university. You can also print a copy of transcript of records for yourself to keep.

ECTS grade	Swedish system		Definition
A	VG	5	Excellent: outstanding performance with only minor errors
B	VG	4	Very good: above the average standard but with some errors
C	G	4	Good: generally sound work with a number of notable errors
D	G	3	Satisfactory: fair but with significant shortcomings
E	G	3	Sufficient: performance meets the minimum criteria
F	U	U	Fail: considerable further work is required

The "equivalents" for ECTS grade.

The academic calendar

The academic year at all Swedish universities consist of two semesters, the autumn and the spring semester. There is usually a short break at Christmas, when there is no formal tuition. The academic year starts with the autumn semester in calendar week 36; the spring semester starts in calendar week 3 and ends in calendar week 22.

Academic Year 2021/2022

Autumn 29/08/2021 - 16/01/2022

Spring 17/01/2022- 05/06/2022

Official public holidays

Defined by law, full day off:

All Saint's Day: 6 November, 2021

Christmas Day: 25 December, 2021

Boxing Day: 26 December, 2021

New Year's Day: 1 January, 2022

Epiphany: 6 January, 2022

Good Friday: 15 April, 2022

Easter Sunday: 17 April, 2022

Easter Monday: 18 April 2022

International Worker's Day: 1 May, 2022

Ascension Day: 26 May, 2022

Whit Sunday: 5 June, 2022

National Day of Sweden: 6 June, 2022

Midsummer's Day: 25 June, 2022

De facto full holidays

In addition there are "de facto" holidays which are the days before an official holiday. De facto full holidays (treated as official holidays with a full day off)

Christmas Eve: 24 December, 2021

New Year's Eve: 31 December, 2021

Midsummer's Eve: 24 June, 2022



Sweden, Skåne and Kristianstad

There are 10 million people in Sweden, of whom about 2 million are under the age of 18. Eighty-five percent of them live in cities such as Kristianstad.

Sweden

Official name: Konungariket Sverige (Kingdom of Sweden)

Inhabitants: 10,2 Million

Capital: Stockholm

Form of government: Constitutional monarchy, parliamentary democracy

Currency: Svenska Kronor (SEK)

To check exchange rates visit:

→ www.xe.com

In area, Sweden is the fourth largest country in Europe. Half of its land area is covered with forest, and less than 10% is farmland. The distance from north to south is 1600 kilometers; the country incorporates a fairly wide spectrum of climatic zones.

More than a third of the population lives in the three largest cities – Stockholm, Göteborg and Malmö.

For more information about Sweden you can visit:

→ www.si.se/en

→ www.sweden.se

Skåne

Skåne (Scania) is the southernmost region of Sweden. Danish until 1658, it still keeps a bit of Denmark in its flag and in the "Skånska" the dialect spoken in the area. Together with the Danish Zealand, it belongs to the Øresund Region, one of the fastest expanding areas in northern Europe. It is the most populated area of Sweden but you can still find wild nature, lakes, forests and small villages along the coast.

The north-eastern part of Skåne (where Kristianstad is situated) is also called "The green part of Skåne". In the dark forests around the lakes you will find ancient strongholds of the "snapphanar" - the partisans who fought on the Danish side after the Swedish conquest of Skåne in the 17th century. Hovdala castle just outside Hässleholm for example. The coast-line is famous for its white sandy beaches and eel-fishing. The sculpture park surrounding Wanås castle is a must for every art-lover.



Kristianstad

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

In all parts of Kristianstad you can easily move by bike or on foot; there are plenty of trails that allow you to experience the beautiful landscape of the area. There are many opportunities to enjoy outdoor activities as canoeing, trekking and climbing; the area is well known also for the numerous beaches.

Today Kristianstad and its surroundings have 85 000 inhabitants (the town itself: ca. 40 000). It has the advantage of a town center concentrated within a small area. It provides all kinds of shops, banks, a variety of services, a modern cinema, a theatre, museums and entertainment, all within easy walking distance.

For information about museums, other amenities and attractions you can visit the local Tourist information office

→ www.kristianstad.se/en/culture-and-leisure/tourism/

Kristianstad Tourist Office
Västra Storgatan 14
291 32 Kristianstad
touristinfo@kristianstad.se
+46 44 13 50 00

Kristianstads Vattenrike Biosphere Reserve

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

For more information please visit:
→ www.vattenriket.kristianstad.se/other-languages/english/

Climate

The average temperature in Kristianstad in December is 1°C and 17°C in July. However, winter temperatures can drop to -15°C and the wind increases the chill factor. Therefore warm and windproof outdoor clothing is essential for the winter. In spring and summer the temperature can rise up to 30°C so light clothes will be needed as well.

Swedes have a saying: "There is no such thing as unsuitable weather, just unsuitable clothing!"



Other useful information

There is a lot to know before you arrive and during your stay. Here is some useful information for day-to-day life in Kristianstad and at Kristianstad University.

Books

Students are expected to use books during their studies. As the number of editions of books in the library is limited, you should buy your books in town or order them online.

For buying books online please visit:

- www.bokus.com
- www.akademibokhandeln.se
- www.adlibris.com

In addition you could ask students at your home university who already studied in Kristianstad if they would like to sell their books to you. It is very important that you have the books when your course starts. The student union also sells and buys second hand books in building 15 on campus.

Public transport

If you want to travel by bus and train in Kristianstad and the province of Skåne, you have three choices.

1. You can pay with credit card (visa or master card) on all the buses. You can buy a train ticket on the ticket

machine outside of the train station hall with your credit card.

2. You can download the app "Skånetrafiken" from Google Play or App Store. You need to register your credit card and pay on the app.

3. You can go to the train station hall to get a student monthly travel card from the reception.

As a student you can get discount for tickets if you apply for a Mecenat card. The student union in House 15 can help you with applying for Mecenat card.

Notice that you cannot pay with cash in the local buses or trains. At Skånetrafiken office in Kristianstad Central Station you can buy a card to use unlimited buses and trains inside Kristianstad or in Skåne.

Notice that you always need to buy a train ticket before entering the train. If you do not buy a ticket before entering the train you pay a fine.

For more information, departure and arrival times of buses and trains inside the province of Skåne please visit:

→ www.skaneltrafiken.se

If you want to travel by train outside Skåne please visit:

→ www.sj.se

Alcohol

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

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

Police

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

For more information please visit:

→ www.polisen.se/en

Drugs

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

Smoking

Smoking is not allowed in almost any public buildings or any restaurants. It is also prohibited to smoke on campus. You can be fined if you smoke in non-smoking areas, so please respect the rules!

Bicycles

Most students in Kristianstad use a bike to go around town. Be aware that you should have lights on your bike when you are riding while it is dark outside. You are not allowed to ride two persons on the same bike. You could get a fine from the police if you do.

Taxi

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

ÅK taxi Åhus-Kristianstad

+46 44 12 30 00

Sverige Taxi

+46 44 10 20 00

Voltage

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

Supermarkets

ICA Kvantum Kristianstad

Stridsvagnsvägen 1
Monday-Friday: 07:00 - 22:00
Saturday-Sunday: 08:00 - 22:00

ICA MAXI

Sjöcronas gata 7
Monday-Sunday: 07:00 - 22:00

ÖoB

Stridsvagnsvägen 14
Monday-Friday: 09:00 - 19:00
Saturday: 10:00 - 17:00
Sunday: 11:00 - 17:00

Netto

Näsbychaussen 70
Monday-Friday: 08:00 - 20:00
Saturday: 09:00 - 18:00
Sunday: 10:00 - 18:00

Coop City Kristianstad

Nya Boulevarden 18
Monday-Friday: 08:00 - 20:00
Saturday-Sunday: 09:00 - 19:00

Lidl

Fäladsatan 1
Monday-Friday: 08:00 - 21:00
Saturday: 08:00 - 19:00
Sunday: 10:00 - 19:00

Willy:s

Rörvägen 2
Monday-Friday: 07:00 - 21:00
Saturday: 08:00 - 21:00
Sunday: 09:00 - 21:00

Willy:s Hemma

Kanalgatan 50
Monday-Friday: 08:00 - 20:00
Saturday-Sunday: 09:00 - 20:00

Coop Åhus

Järnvägsgatan 5
Monday-Friday: 08:00 - 20:00
Saturday-Sunday: 08:00 - 19:00

ICA Kvantum Åhus

Vallgatan 30
Monday-Sunday: 07:00 - 22:00

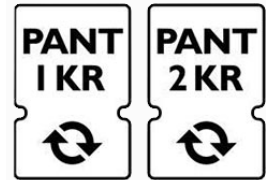
Willy:s Åhus

Sandvaktargatan 22a
Monday-Sunday 08:00 - 21:00

Some of the supermarkets have discount only for their members, which you need to apply in the stores in order to get a membership card.

Recycling

Sweden pays a lot of attention for recycling. That's why most of the pet-bottles



or pet-cans always have this logo. That means, when you are buying all kind of pet-products, they will always charge you 1 SEK or 2 SEK extra. Supermarket does this to encourage buyers to return recyclable bottles and cans. There is some recycling machines that allow you to receive the payment back when you return the bottles and cans. Most of them are allocated in the supermarket's entrance.

Checklists

Leave the toaster behind but don't forget to pack your passport. These are the essential checklists on what you must do and remember as an exchange student.

Before leaving home

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

Before going back home

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

After the first days in Kristianstad

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

Campus

Our campus is only a short walk from the city center and “Vattenriket”; a biosphere reserve with beautiful trails and home to a wide range of animals and plants.

Administration

Academic Skills Center	7
Administration & Services	4
Admission & Graduation	18
Auditorium	7A, 7E
Coordinator for students with disability	7
Dental care	18
Health Point	13
HKR Innovation	18
International Relations	15
IT-pedagogs/Media	7
IT-support	9
Library	7
Property & Services	117
Reception	7A
Sports Hall	7B
Student councillor	6, 21*
Student Health	13
Student Union	15
Uppdrag AB/Holding AB	18
Vice-Chancellor's Office	4

Laboratories

Laboratories	12, 20
Laboratory, Molecular Analysis	Krinova
Sensory Laboratory	Metropol A

Services

Café	7
Deliveries	117
Restaurant	Metropol B

Other

Defibrillators	6, 7, 13, 18
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No smoking campus

Please note that as of autumn 2020 Högskolan Kristianstad is a no smoking campus. Smoking is only allowed in marked areas outside campus.



Kristianstad University is an international, progressive and open-minded university.

We keep a close relationship between teaching staff and students and integrate studies with a large proportion of practical work. Studying in Kristianstad opens up a world of possibilities. Our campus is only a short walk from the city center and "Vattenriket"; a biosphere reserve with beautiful trails and home to a wide range of animals and plants.



Högskolan
Kristianstad

www.hkr.se