



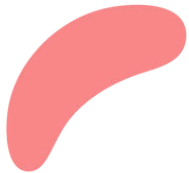
RETOUR D'EXPÉRIENCE

Södertörn, Suède



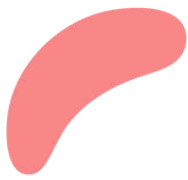
UNIVERSITÉ DE
MONTPELLIER

MONTELLIER
MA NAGEMENT



Going abroad can be scary, especially if you are the only one of the promotion to go to this destination, but it's a wonderful experience and the perfect moment to go out of your comfort zone. And don't worry, you'll make friends easily, I arrived two weeks after the beginning of the semester and was really stressed because I thought that all the groups were already formed, but I met wonderful people and made really good friends.

Regarding the weather, the winter can be a little bit depressing since the sun sets quite early and it can be really cold. Try to plan things to avoid staying in your room every day (since you won't have to go to the university every day). I advise you to take some vitamins otherwise you'll be tired due to the lack of sun. But as soon as spring begins, you will enjoy even more the sunny days!



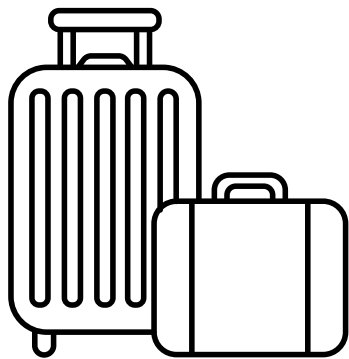
Informations pratiques



You don't need a visa to study in Sweden if you have a passport/ID from one of the countries of the European Union.



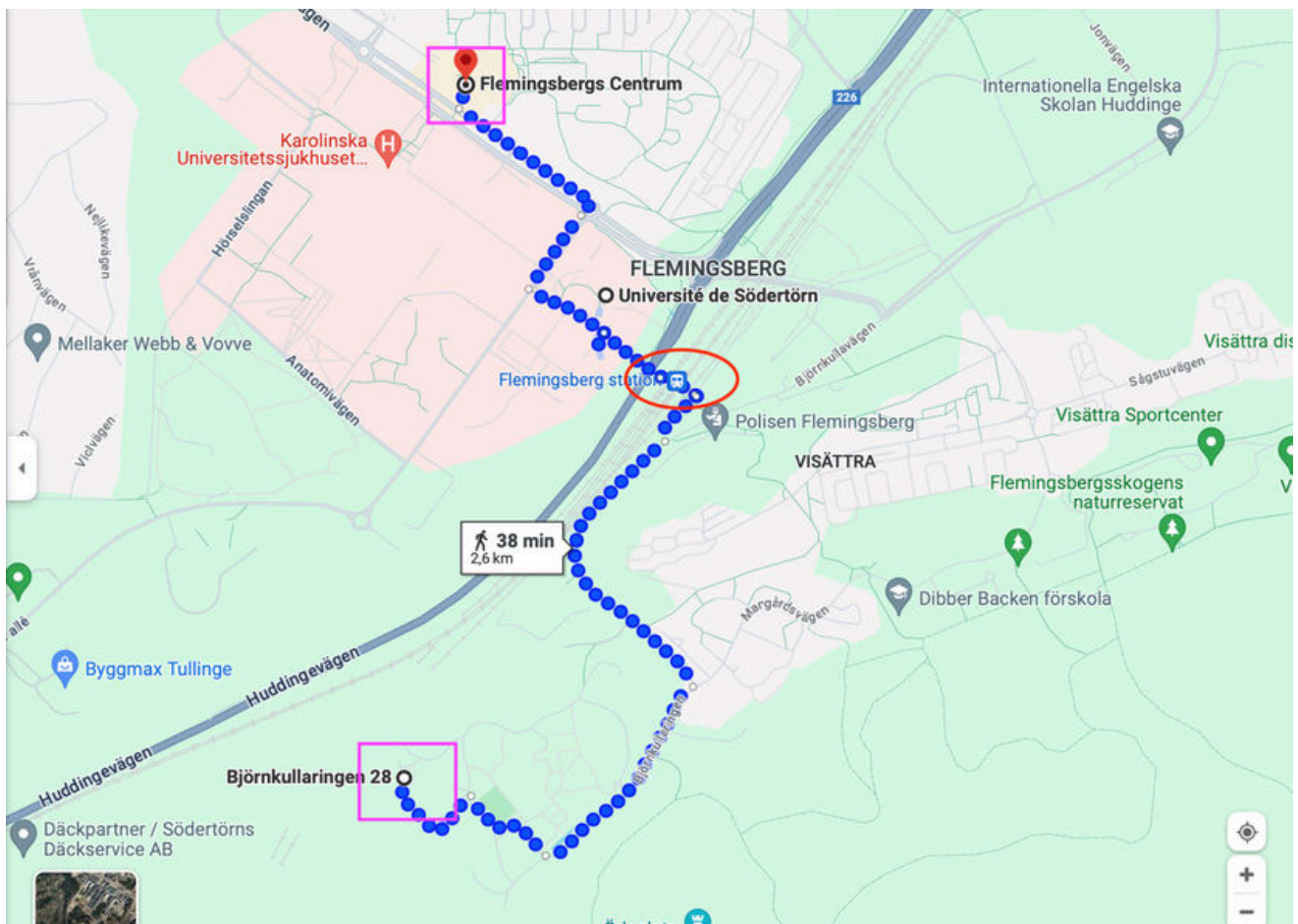
It was supposed to go to Stockholm from Marseille with Lufthansa with a layover in Germany. These plane tickets were really cheap, less than 200€ round trip with a checkin suitcase. I booked them in advance, around November for January. In the end, I had to change my flights because I postponed my arrival due to medical issue. Thus, I took a direct flight from Lyon to Stockholm with Transavia. I had 50kg of luggage. For the return, I found a direct flight from Stockholm to Marseille. I paid around 300€ in total.



The most important is to have warm clothes. If you have ski equipment (jacket, boots, gloves, thermal clothing, socks, hat, scarf...), I advise you to bring it with you, especially if you are planning to go to Lapland (that's why I had 2 big suitcases!).

But summer clothes can also be useful since in May the weather is really good or if you want to travel to the south of Europe. Don't forget to bring your swimsuit to go to a sauna, a typical Scandinavian activity!





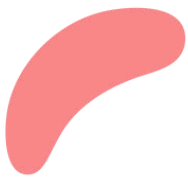
There are two residences proposed by the university: Flemingsberg centrum which is in the center of the little town you reside in, and Björnkulla. I stayed at Björnkulla and did not regret my choice. While Flemingsberg centrum is more practical to go to the supermarket and walk to the university or the train station, there is no shared common area, like there is in Björnkulla. You are sharing the kitchen with a maximum of 8 other students and have your own bathroom in your room (with a small kitchenette too but I didn't use mine). A lot of parties happen in these common kitchens. Also, there is a really nice courtyard in Björnkulla where you can enjoy the sun, eat, or even have a barbecue.

To go to Björnkulla from the train station, you can walk (around 15 min) or take a bus. The bus stop is less than 5 min walk from Björnkulla. To go to Stockholm, you have to take the commuter train (Pendeltåg in Swedish) at Flemingsberg station for 20 minutes.

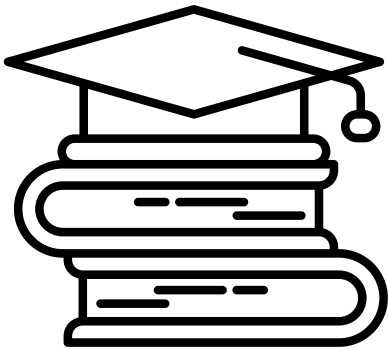


27 000 SEK = 2400 euros to pay before the arrival

The agreement was from the 15th of January to the 15th of June for everyone.



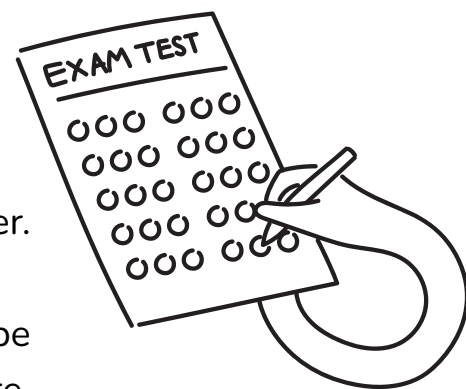
The University



The Swedish system is really different than the French one. You will have only one course each month. At the end of the period, you will have an exam (the form of the exam is different depending on the course) and then move on to the next course. There are very few classes compared to French universities, a maximum of 10 hours per week.

Depending on the course, each class is between 2 and 3 hours and the schedule can be different each week. There are two kinds of classes: the lectures (similar to our Cours Magistraux) and the seminars (similar to our Travaux Dirigés). Only the seminars are compulsory, you can only miss one during the period but the teachers are usually comprehensive (they know that we are traveling), but they can give you other work to do to compensate your absence. They also know that we're not used to the Swedish system so if you fail one of your assignments, they will give you the opportunity to improve it. There is a lot of reading to be done compared to France, with the books being found online or at the library. The volume of work wasn't big in the courses I took, but I know that some of my friends had more work to do.

The type of examination varies from one course to another. Usually when you are choosing your course on the website of the university the type of examination is mentioned in the syllabus. As I said before, when it's a sit-exam (partiel), you won't have a second chance before the next semester, but if it's a home exam or a group work you will have the opportunity to improve it if the teacher thinks it wasn't satisfactory.



Courses selection

International management :



The teacher is very nice (he speaks fifteen languages including French). For this course, we had 2 lectures per week and 1 seminar. During each seminar, we had a group presentation and a paper to submit answering the same questions as the oral presentation. The teacher decides on the groups and mixes the nationalities, since it's the first course of the semester it's a good way to meet people. These presentations required work but didn't take too much time to complete if you are well organized, we had the subject of the presentation a few days in advance. The exam was a "take-home exam" with 5 questions on the various subjects we had covered (2 pages per answer).

Social psychology



The subject is super interesting as is the teacher. The lectures are clear and fun. During the seminars, we had to do a group work about a social experiment. There were 4 groups of seminars, 3 taught in Swedish and 1 in English, thus we were only between international students and didn't get the opportunity to work with Swedish students which was a little bit disappointing. If you are interested in psychology and human behavior I recommend this course, even if it requires more work since it's not our field of study. The exam was a "sit exam" (equivalent à nos partiels) with multiple-choice questions, and 4 questions requiring more detail, if you fail this exam you have to come back the next semester to retake it.

Social economy and social entrepreneurship



The easiest and also less interesting course. The lectures and seminars weren't that necessary as we just had a report to do in group about the social company of our choice. The teacher was very nice and comprehensive (a lot of people were traveling during this period, so we had a few lectures on Zoom). I would recommend this course if you want to deep dive into a company that you like but I didn't learn that much, except for the company we chose.

The tourist company



This course was a little bit disappointing since it was more about marketing than tourism. We had a group work to conduct as well as a sit exam at the end of the period. The main teacher wasn't really helpful for the group work, and we had different teachers during the lectures, so it was a little bit confusing. I wouldn't recommend this course, except if you want to deep dive into a tourist company that you like

Sweeden

TO DO LIST

- ☐ Follow Erasmus Student Network Stockholm on Instagram to know where parties and other events are happening around the city
- ☐ Go to an ice hockey game
- ☐ Taste a traditionnal dish at Slingerbulten in Gamla Stan
- ☐ Visit different cities : Helsinka, Kiruna (the Swedish lapland), Lund or Göteborg
- ☐ Plan many travels : Tallinn, Riga, Budapest or Copenhagen
- ☐ Take time to think about the future : plan your applications for Masters

