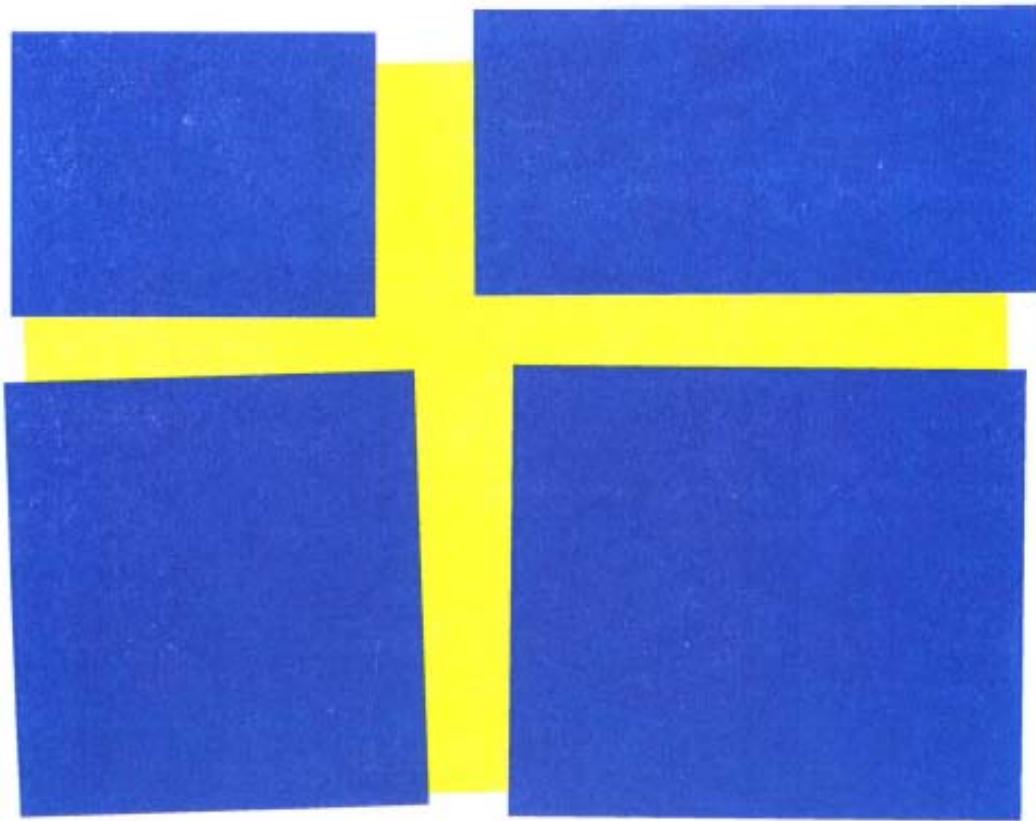


GUIDE TO

sweden

LIVING AND STUDYING IN SWEDEN



This guide is designed to assist you in planning your trip to Sweden and maximizing your experience upon arrival.

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BEFORE YOU GO

The Swedish tourist board's Web page is a great way to find information about Sweden before you go. Their Web site can be found at www.visit-sweden.com. Another useful Web page is www.sverigeturism.se. In addition to these sites there are many good travel guides available. Both The Rough Guide Sweden and Lonely Planet Sweden/Scandinavia and Baltic Europe are very informative. If planning to travel throughout Europe, either before or after the program, you may want to consider purchasing a travel guide that covers multiple countries. The Michelin Guide Main Cities of Europe or Lonely Planet Western Europe are two good guides. We strongly recommend that you read at least one travel guide about Sweden or Scandinavia before you go to make the most of your visit.

*Note: Lonely Planet website allows you to purchase and download a PDF of Southern Sweden/Skåne for \$4.50.

*TRAVELING TO LUND

There are a variety of discount plans for overseas air travel. Doing research can save you money. Using a travel agency makes searching easier, and sometimes they have better deals with the airlines. STA Travel has good student fares. The easiest way to reach Lund is to fly into Copenhagen airport (Kastrup, Denmark) and take the train over the bridge to Lund.

There are two possible trains from Copenhagen to Lund and both trains cross over the Oresund bridge. The preferable method is to get a ticket on the train that goes all the way to Lund from the airport—without the need to switch trains in Malmö. If you take the train which stops in Malmö, you will need to transfer to another train to get to Lund. From Malmö, you can take a taxi, train, or a direct bus to the train station in Lund just a few blocks from your housing.

Being flexible about the airport you depart from and at which you arrive can affect the cost of your ticket. Sometimes you can get cheap deals from New York City to Copenhagen or Stockholm if you want to go a couple of days earlier and visit Stockholm before taking the train to Lund. Sometimes flying into London is cheaper, and then you can choose to stay for a few days before you get a cheap flight from Gatwick to the Malmö airport Sturup (on Ryan Air). The rules and airfare change constantly, but in general the cheapest fares require advance booking and they usually sell out early. It is never too soon to start looking for travel arrangements and planning your trip.

Student travel agencies such as STA Travel (www.statravel.com) offer many student airfare bargains,

but be sure to contact them early for the best prices. You will need an International Student Identification Card (ISIC) to book through these agencies. The ISIC can be bought for \$22 and gives you discounts on travel, accommodations, museums, and more all over Europe and includes the ISIC Student Travel Handbook. The card is valid for a year. To obtain the card, apply online from either the STA Web site or call 1.800.781.4040 for the STA office near you. For Suffolk Law students, or others in the Boston area, there is an STA Travel Agency office located at 297 Newbury Street, Boston, MA; 617.266.6014. Other offices are located at MIT and Harvard Square, Cambridge. This travel card provides health insurance coverage as well as other services such as airline, train, car rental and hotel discounts.

*PASSPORT AND VISAS

BEFORE LEAVING THE UNITED STATES, you must have a current US passport, with at least three months of validity remaining beyond your intended stay in Sweden. If you already have a passport, *check its expiration date now* to make sure it meets this requirement. Detailed passport information and printable application forms are available at the US State Department Web site: http://travel.state.gov/passport_services.html. **Apply early since it may take weeks to process your passport. Do not postpone to the last minute!**

TRAVEL TIP: *Before you leave, make two copies of your passport identification page and every other important document that might need to be replaced quickly in an emergency, such as airline tickets, travel checks, and credit cards. Carry one copy with you and leave one with a friend or family member.*

*VISA REQUIREMENTS

An American citizen does not require a visa for Sweden or Denmark for stays less than 90 days. If you are traveling to other countries during your visit, or are not a citizen of the U.S., you should investigate visa requirements for your destination.

*MEDICAL CARE, MEDICATIONS AND INSURANCE

We hope you will not require any medical care while you are studying abroad. However, it is always better to be on the safe side. Therefore, as a condition of enrollment, **each student is required to have current health insurance.** The city of Lund has its own University Hospital located close to our residence facility. It has all the up-to-date equipment and facilities to treat sickness or injury, and all doctors and nurses speak English. Be aware that most health care providers, including major hospitals abroad, will not bill your insurance company. You must pay the provider and settle with your insurer. However, you will be pleasantly surprised by the low cost of medical services in comparison to U.S. costs. Also, save all receipts for medical care expenses as your health insurance provider will most likely reimburse you upon your return to the States.

Beware of dehydration—it makes jetlag worse and can result in hospitalization. On the flight you should drink lots of water or fluids, but skip the alcohol. After the flight drink a lot of water during the first 24 hours; this helps your body to cope with jetlag. The tap water in Scandinavia is drinkable, but if you prefer bottled water, you can buy it at retail stores.

Bring your own prescription medications in quantities sufficient for your stay and **in the original bottle** so that your possession cannot be questioned. Also, if possible bring a copy of your prescription. Medicines that are over-the-counter in the United States, for example eye drops, cannot be bought in Sweden without a prescription. Bring a supply of other over-the-counter medications you regularly need (e.g. ibuprofen).

Upon enrollment, please complete and return the **Health and Accident Insurance Certification form.** If you do not have insurance, or if your health insurance does not provide adequate coverage, a supplement policy may be available at a nominal cost through your law school insurance program.

The International Student Identification card also provides some health insurance coverage.

*SPECIAL PRE-EXISTING MEDICAL CONDITIONS

Suffolk University Law School respects the need for privacy, however, before leaving the United States, you should inform the Program Director (Professor Bernard M. Ortwein, bortwein@suffolk.edu) of any serious pre-existing medical conditions that might require attention. All information will remain confidential.

*VACCINATIONS

You don't need any particular vaccinations to go to Sweden or to re-enter the United States. If traveling to other countries, you should check the requirements with your local health office.

*DRIVING

Generally, a valid US driver's license and passport will be sufficient to rent a car and drive in most of Europe. However, some countries do require an International Driving Permit. You may obtain an International Driving Permit before leaving the United States. For more details, visit www.theaa.com/getaway/idp/.

*WHAT TO BRING

The climate in Lund, Sweden, throughout the period of the program is generally mild but can be warm with frequent showers. Students dress casually for classes, so bring jeans, t-shirts, shorts, and an extra sweater for any cool nights. Also bring comfortable shoes (Lund is all about walking) and a dress or skirt for dinners out and parties. Also, remember to bring rain gear of some type.

Pack light! Most airlines allow you to bring two bags and one carry-on. It's a five-minute walk from the train station to the housing, but with heavy bags that seems a lot longer. Lund is an old city with cobblestones rather than asphalt on most of the streets. A large backpack is not a bad option. If you plan to travel before or after, be aware that you will not be allowed to store items at the International Student Housing. In previous years, some Swedish students have helped their new friends out by offering storage at their homes, but this is, of course, left to the discretion of the participating students. Luggage storage is expensive and hard to find.

If you use an electric razor, hair dryer, etc., it may be necessary for you to purchase, **prior to departure**, the necessary transformer or conversion unit to adapt your electrical device to Sweden or other countries in Europe. Some electrical appliances, including laptop computers, have built in capacity to adapt to the European 220 volt system. If your appliance does not have this capacity you must purchase a converter in the U.S.

Regardless whether your appliance converts automatically you will also need to purchase electrical plug adaptors in order to plug your device into a Swedish electrical outlet.

If you want to learn more about this issue, check out: <http://www.enjoy-europe.com/hte/chap11/electric.htm>.

Towels and sheets are not included in the housing. A smart way to save room in an over-packed suitcase is to buy these items in Sweden. American sheets are sized differently than most European beds, so it can make sense to buy these in Sweden. Inexpensive sheets (\$30–\$40) and towels may be bought at *Hemtex*, located in the center of Lund.

Also, remember to bring your Suffolk student I.D. card.

***EMERGENCY CONTACT**

In an emergency, you may be reached in Lund by telephone from the United States at 011.46.708.737.525. This is the mobile phone number for the onsite program coordinator.

***TELEPHONES**

There are no public telephones in student rooms. However, there are public telephones located at the train station and other places convenient to student housing.

Students will need to purchase a Swedish telephone card in order to use public phones even if the call will be made via a US calling card. Swedish telephone cards may be purchased at any convenience store in Lund.

Note: Unless you have international calling capability, most American cell phones are unequipped to operate in Sweden. Check with your cell phone provider. You can purchase a mobile phone in Lund for about U.S. \$100. These phones will accommodate any amount of calling minutes you are willing to purchase for use while in country. You can add time whenever you wish. You can also receive calls while in Sweden on these phones from the U.S. or elsewhere with no charge to you. Outgoing calls to the U.S. or elsewhere will affect the minutes you purchase.

WHEN YOU ARRIVE

*DIRECTIONS FROM COPENHAGEN AIRPORT TO LUND TRAIN

Underneath Kastrup airport there is a train station. You should get on a train that goes to Lund or Malmö. Be aware, though, some trains do not stop in Lund and some trains only take you to Malmö. You must know before you board the train. People are friendly and helpful, but to be on the safe side, ask a train station employee when you buy your ticket.

*DIRECTIONS FROM TRAIN TO HOUSING

No matter how many bags you have, if it takes you more than 10 minutes to reach the dorm, you are lost. The dorm is only about a three-minute walk from the main entrance to the train station. After you disembark, make your way to the main entrance of the station. As you exit from this point, take a left down the street without crossing it. You will pass a parking lot on your left; at the end of this parking lot is the dorm. The dorm is at **Britta Holmströms Gata** and has two doors. The onsite liaison, Henrik Norinder, will be at the front to greet you and provide you with a key on June 16, 2009.

*ACCESS TO HOUSING

Access to program housing will not be available until Tuesday, June 16. You should plan your travel around this date. If by chance you arrive in Lund before June 16, there are a number of hotels in Lund near the law faculty. In addition, there is a youth hostel close to the train station. On June 16 the onsite liaison will be available at the entrance to the housing to provide you with access to your apartment on Britta Holmströms Gata. Please note carefully: Check-in times on **Tuesday, June 16:**

9am to 12noon and 3pm to 6pm

PLEASE MAKE EVERY EFFORT TO COMPLY WITH THIS SCHEDULE. If unable to comply please contact Program Director, Prof. Bernard Ortwein, bortwein@suffolk.edu, with your arrival plans as soon as possible.

Failure to comply with these instructions may delay access to housing.

*ACADEMIC MATTERS

As part of the summer program, we have arranged guest lectures by members of the Swedish and American Bar, and Judiciary as well as a trip to a Swedish court. All students are expected to participate in these official program activities when arranged. *A word of caution is in order.* There are many opportunities for

socializing and travel in Sweden. While you are encouraged to experience as much of the culture as possible, you must not lose sight of the fact that the summer program has academic content. Our program is conducted in accordance with American Bar Association (ABA) accreditation standards. **CLASS ATTENDANCE IS REQUIRED FOR ALL SWEDISH AND FOREIGN STUDENTS, AS WELL AS U.S. STUDENTS**, and you will be required to take an exam or submit a paper at the end of the coursework. Please check the program Web site at www.law.suffolk.edu/academic/sweden for up-to-date course information, including syllabi and required textbooks and course materials.

For Suffolk Law students, a summer grade report will be available online after completion of the program. For non-Suffolk Law students, an official transcript will be sent to your law school upon your written request; a minimum fee may be required. The transcript request should be addressed to Assistant-Dean Lorraine Cove, Law School Registrar, Suffolk University Law School, 120 Tremont Street, Boston, MA 02108-4977; or emailed to lcove@suffolk.edu.

*HOUSING IN LUND

Single-room accommodations are provided in the University of Lund International Graduate House of Masters (International Student House), a modern, state-of-the-art housing facility just a five-minute walk from the classrooms.

The rooms are fully furnished with bed, mattress, blanket, pillow, desk, chair, lighting fixtures, etc. All rooms have their own toilet, shower, and sink. The corridor kitchen has all the cooking facilities needed, and there is a television, microwave oven, toaster, etc. Rent also includes use of laundry facilities, electricity, and heating.

The following are not provided: sheets, pillowcases, towels, and shower curtain. However, these items are easily obtainable for a fee nearby.

The Swedish housing office has agreed to make an attempt to accommodate reasonable requests from students who wish to be housed within the same housing suite.

Any students wishing to be so housed must contact Prof. Bernard M. Ortwein with a list of all names as soon as possible but in no event later than **Friday, May 15th**.

Please note: Your housing facilities will be clean and free from debris when you arrive. You should inspect them and report any problems to the on-site liaison immediately. Upon

your departure you will be required to return your key and your housing unit must be in the same condition as it was when you entered. Any damages will be billed directly to the student.

***COMPUTERS AND EMAIL ACCESS**

You have access to the computers at the law school library. The library is open from 9am–4pm. **If you need Internet access beyond these hours, we advise you to bring your own computer if possible.** This will allow you to access the Internet from your housing and will make it easier for you to research and prepare for classes. All the rooms at the International Student House have Internet access.

Those students who own laptops ARE STRONGLY ENCOURAGED to bring them to Sweden. A few of the teachers will place their reading assignments and other materials on the school website. A personal computer will make access to these materials more readily available. PLEASE CHECK THE PROGRAM WEBSITE FOR MORE DETAILED INFORMATION IN THIS REGARD.

***FOOD AND STORES**

Stores are generally open Monday to Friday from 10am to 6pm and Saturdays from 10am to 1pm. Some supermarkets are open later.

Lund is known for its cafés and sandwich bars. Although some of the major restaurants close down in the summer, most of them are open until the middle of July. The city of Malmö has a large variety of restaurants easily reached by train.

Good sandwich bars:	Good restaurants:
Bonan	Wraphouse
Ebbas	& Bar (pronounced Awk Bar)
Espressohouse	Raurakel
	Lundia

Cooking facilities are available at the dorm, and the supermarket (Malmborgs) is located only five minutes away. If you have a craving for some special American food (like peanut butter), this may be found in the foreign food section at Malmborgs. American candy may be bought at *Ris och Curry* in the center of Lund. Also, note that the Swedish word for milk is “mjolk.” “Filmjolk” is traditional Swedish sour milk—well worth a try but is not recommended for coffee. Fresh vegetables may be bought at the local market.

TRAVEL TIP: *In general, students will find some differences in the nature of food and service in Sweden, and one should be tolerant of those differences. Remember that we are guests. Customs may be different and/or uncomfortable at first, but that is part of the international experience.*

***LAUNDRY**

There are good laundry facilities in the student housing, so one option is to bring less and wash in between, especially if you are

planning on traveling afterwards. Detergent is called “tvättmedel” and may be bought at the supermarket. Fabric softener is called “mjukmedel.” Dry-cleaning is not recommended in Sweden. It’s not very good and is very expensive. European washers are different since you choose the temperature together with the washing cycle.

Hot = 60 degrees Celsius (only recommended for sheets and towels)

Warm = 40 degrees Celsius

Cold = 30 degrees Celsius or “kallt”

***CURRENCY**

Sweden and Denmark have not adapted the Euro. The currency of Sweden is the Swedish krona, SEK (crown). The exchange rate varies. Check the internet before departing the U.S. The currency of Denmark is the Danish krone, DK.

Students should plan on carrying with them a small amount of foreign currency for use upon arrival in Wurope. Enough cash for small items such as taxi, train tickets, refreshments etc. is usually sufficient. You are discouraged from traveling with large amounts of cash.

Visa and MasterCard are widely accepted throughout Scandinavia. American Express is less popular. A word of caution is in order however. It has become standard practice in Europe, including Denmark and Sweden, to require a PIN number for security purposed every time you use your credit card. U.S. banks do not typically issue PIN numbers for use with credit cards. Check with your bank and see if you can acquire a PIN number. Without this number many merchants will not accept the credit card. Occasionally a merchant may accept either your passport or a U.S. driver’s license as an alternative. The PIN number will avoid this problem.

ATMs are available, and students may find ATM cards helpful while traveling and living overseas. The ATM charge is lower than the commission on traveler’s checks, and the exchange rate is often better than cash. In addition not all places will accept travelers checks. Currency may be exchanged quite conveniently at Forex Currency Exchanges located throughout Sweden. Please note that checks are not used in Sweden and will not be accepted.

Contact your bank and ask if you can use your ATM card abroad; cards without a PIN code or PIN codes with more than FOUR digits will not work. *Have some kind of backup if the machine eats your card or if you lose it.* There are ATMs located all over Lund and other major cities. Please note that ATM receipts do not provide an updated balance, so it’s impossible to precisely balance your account. Beware of overdrafts. Banks are only open from 10am to 3pm and closed on weekends.

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*SPORTS

There are sports facilities available all around Lund. The cheapest (\$30) is *Gerdahallen* with a well-equipped gym and aerobics classes. Located closer to the city and a little more expensive is *Forum Workhouse*. There is also a Nautilus gym in the Public Swimming pool building. Ask for special summer deals, which are usually cheaper.

Lund is a very good city for running/walking with lots of parks and trails. *Stadsparken* is the major one with running trails and a soccer field. The Botanical Garden is also good. Running in daytime is safe, although we do not recommend that women run alone late at night in the parks.

You can play tennis, badminton, and squash at *Victoria hallen* for a small fee. Swimming is possible in the Public Swimming pool building or in the ocean (in *Lomma* or *Bjerred*)—a 20-minute bus ride from the city.

*ENJOYING SCANDINAVIA

LUND is an old city with a lot of old buildings and museums. The cultural history museum *Kulturen* is well known for its buildings and cultural objects. There is also a history museum with exhibitions of the Viking age. The cathedral is well worth a visit, especially to see the astronomical clock. The Botanical Garden is where the world-famous botanist Carl von Linné did his research and work. The garden has a very large variety of plants and a museum located in the center of Lund. A lot of locals have picnics here to enjoy the great array of flowers in the summer.

MALMÖ is Sweden's third largest city, located only 15 minutes from Lund by train (*pagatag*). The city has a large variety of cafes, restaurants, and museums. The small square called *Lilla Torg* is surrounded by restaurants and bars located in old buildings and is very popular, especially in the summer. Malmö also has one of Sweden's few international casinos. One of the newly built areas of the city is BO01, an architecture exhibition built as a neighborhood with houses and apartments for the new millennium. Many locals come here in the summer to stroll the waterfront or have dinner at the local restaurants.

COPENHAGEN is Denmark's capital and is located only 30 to 40 minutes by train from Lund. The city has good shopping, great restaurants, and *Tivoli*, the 100-year-old amusement park with class and character. Even if you don't like amusement parks or only like the very scary rides, *Tivoli* is still worth a visit. *Tivoli's* atmosphere is one of a kind. The major shopping street is called *Strøget* and runs through the center of Copenhagen. *Nye havn* is a beautiful area by the water with lots of restaurants and bars, perfect for light summer evenings. The city also offers ballets, plays,

and operas for your enjoyment.

ORESUND is the sound between Sweden and Denmark, and special tours may be bought at the train station to visit highlights on the way. The tour begins in Malmö and goes to *Helsingborg city* and from there by boat over to Helsingør and Hamlet's castle (where the Shakespeare play is set). Then by train to *Louisianna*, the famous modern art gallery. The last stop before Malmö is Copenhagen, with an opportunity to spend the evening at *Tivoli*.

THE KINGDOM OF GLASS is located in Småland outside Växjö, about two hours by train from Lund. This is where the world-famous Swedish crystal is made. You can go on tours, blow your own glass and buy crystal at very cheap prices at the factory outlet. The most famous are *Orrefors* and *Kosta Boda*. The easiest way to go is to take the train to Växjö or rent a car and drive.

STOCKHOLM is Sweden's capital and located four hours by train from Lund. The city descends from the Stone Age and is well worth a visit. Check out travel guides for more information. Train tickets should be booked in advance for cheaper prices.

OSLO is Norway's capital and can easily be reached by boat from Copenhagen. The boats leave in mid-afternoon and arrive early morning. The city, surrounded by fjords, is small but very beautiful. It has a rich history and friendly people. Tickets should be booked in advance for cheaper prices.

*TRAVELING IN EUROPE

If you plan on traveling outside Sweden during the program, the first weekend, June 19, 20 and 21, might be your best choice, since it's Midsummer holiday and everything in Sweden is closed. Midsummer is usually celebrated among friends and family, so a lot of bars and restaurants close down as well.

It's very easy to travel in Europe from Lund because of its location. Inexpensive flights to London, Paris, and other major European cities may be found from Malmö airport (*Sturup*) depending on the season. Flights to all major European cities may be found from Copenhagen (*Kastrup*). A train may be a good choice if you are traveling to northern Germany, the Netherlands, Holland, or northern France. Tickets can be purchased at the Lund train station but have to be booked in advance. You can buy an inter-rail card (Eurail pass) that gives you access to trains all over Europe.

Lund is a very safe city, but just as in any US city, students should use common sense and caution while out and about.

***USEFUL WEBSITES**

<http://travel.state.gov>

US State Department Web site providing information for obtaining passports, travel warnings, and other useful information.

www.ricksteves.com

Rick Steve's Europe through the back door

www.studyabroad.com/handbook

A guide for going abroad

www.istc.org

International Student Travel Confederation

www.statravel.com

Worldwide travel agency

www.studentuniverse.com

Cheap airfares

www.letsgo.com

www.fodors.com

www.lonelyplanet.com

www.sas.se

Fly Stockholm-Lund

www.malmoaviation.se

Fly Stockholm-Lund

www.flyme.se

Fly Stockholm-Lund

www.sj.se

Train Stockholm-Lund