

Environment and Justice Program Handbook



2016-17

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1. WELCOME

Welcome to a study abroad experience through the Newman Institute in Sweden! We are happy to welcome you, and we look forward to offering you a great experience with us. Our goal is to show you that environmental change is possible!

In order to help you prepare for a successful experience abroad, we have put together this informational handbook. You will find answers to questions you might have before you leave as well as during your stay abroad. Please notice that you will have access to this handbook on the Newman website during your entire stay in Sweden.

Summary

Below you will find a list of things we think are especially important that you know coming into the program. Every bullet point is expanded upon later on in this document, we just want to highlight them here at the beginning.

- Because Sweden is so much farther north, winter days are short, with many more hours of darkness (up to 18!), while summer days are long and have many more hours of light (up to 19!)
- However, Uppsala winter weather is similar to Midwest winters. You can expect below freezing temperatures in the winter, but Uppsala is not in the arctic!
- Swedes speak excellent English and love to speak it with native English speakers! This might make learning or practicing Swedish hard.
- You might find that Swedish people are more reserved and harder to get to know than Americans, but if you reach out, they are usually quite friendly.
- The academic schedule will be much less rigid at the Newman Institute than it is at your American university. The schedule will often vary from week to week.
- Syllabi for Swedish classes are not as robust as those you might be used to. Be prepared to ask your instructor for clarification.
- You will have to put in a bit more work if you want to earn a Swedish "A".
- Getting a Swedish "A" might also require more independent study than you are used to.
- Exams will be the primary factor in your final grade at the Newman Institute, while homework and participation may not weigh heavily or at all.
- Course literature will be available at the Newman Institute library; however you can't check the material out of the library.
- So, you can choose to purchase some or all of the course literature. Your instructors can help you figure out where to purchase material.





2. PLANNING FOR YOUR TRIP

Program Dates

Departure from the U.S.: 15th of January

Arrival in Uppsala: 16th of January

Start of Classes: 23rd of January

Spring/Easter Break: 10th - 14th of April

End of Semester: 2nd of June

Departure from Uppsala: 4th of June

Visa

You will be required to obtain a Swedish student visa and residence permit to study abroad in Sweden. Four different forms have been sent to your school's international office, which you will need for your visa application. Your school's international office may reach out to you, but you also might have to take the initiative and contact them first. Regardless, please make sure that you apply for your visa as soon as possible! If needed, ask your international office for assistance. When you arrive in Sweden, someone from the Newman Institute will take you to the migration office in Uppsala to be fingerprinted and photographed so you can receive your residence permit card. You will need this card to go on excursions and trips outside of Sweden.

Packing Suggestions and Weather

Sweden is known for its distinct seasons with rather dramatic variations in weather between summer and winter. It is also notably difficult to predict the weather, and when one season ends and another begins. (Last year the first snow came to Uppsala in January, while a few years before there was a lot of snow already in October!) Therefore, we recommend you to bring clothes for the changing seasons and to be prepared to dress in layers.

Packing Necessities

- Good quality, water resistant boots, suitable for forest excursions and hiking, as well as snowy conditions
- Rain coat and rain pants
- 1-3 pair of wool socks
- Base-layer top and bottom in wool or synthetic (NOT cotton), this could be some kind of long underwear or athletic wear
- A laptop or tablet for use in your classes

Packing suggestions

- A pair of slippers
- A fleece or wool jacket/sweater (NOT cotton)
- A plug adapter (these are easy to find in Uppsala too)

Since you will spend a lot of time outdoors, we strongly recommend you to follow this packing advice and to use proper gear during outdoor activities. Also, be sure you bring what you need to be successful in your academics!

The Newman Institute will provide you with bed linens, blankets, a pillow, and bath towels. You will also be provided with a fully equipped kitchen.

Even though you will spend five months in Sweden, make sure that you pack only what you will need and that you comply with the maximum weight limit of your airline. It is typically rather expensive if your luggage exceeds the weight limit.

Arrival Information

In order to stay on schedule with the rest of the students, we request that you arrive in Uppsala on January 16th. We would like to suggest that you take the group flight we will recommend, as that is the one most of your fellow students will be taking, and will set you up to be on track with our welcome week schedule. Additionally, if you choose the group flight, staff from the Newman Institute will pick you up at the airport. If you choose to book a different flight, you will need to find your own transportation from the airport to Uppsala. Transportation options from the airport to Uppsala are many, and Newman Institute staff can help you figure this out before you depart the US. You should still arrive on the 16th if you choose to book a different flight.

Information about the group flight will be sent separately. Please send us a confirmation when you have booked your flight. Also, feel free to reach out with any questions.

Orientation

Introduction week begins on Monday, January 16th. Newman Institute staff will be available to help you settle into your new housing as well as to show you around the Newman Institute and the city. We will keep you busy during the day to help fight off jet lag, but don't worry, there will be plenty of time built in for rest!

Examples of Introduction Week Activities

- City sightseeing in Uppsala
- Introductory meeting with staff from the Newman Institute
- Picnic in a park
- BBQ dinner at the Länna house
- Visit to Erikshjälpen Second Hand shop
- Outdoor activities at a local recreation area



3. HEALTH AND SAFETY MATTERS

Disclosure of Medical and Disability Needs

We encourage you to inform us if you need to see a health professional on a regular basis or if you have a condition or disability that could require treatment while you are in Sweden or that would be helpful for staff to know. Please also let us know if you have any allergies or dietary restrictions. All such information will be treated confidentially and only shared with staff as needed.

Vaccinations and Health Exams

No special vaccinations are required for US residents traveling to Sweden. We do recommend however that you get a vaccination against tick-borne Lyme's Disease because of our planned forest excursions (this vaccination is readily available in Sweden). Also, we recommend that you make sure your routine immunizations are up-to-date (like polio, measles, and rubella) and that you see your dentist before your trip. Feel free to check with your physician if there are any additional preparations he/she would recommend.

Accident and Health Insurance

Make sure that you fully understand what your insurance covers while you are abroad. You should have accident and health insurance that covers your stay in Sweden. Usually insurance companies offer a special travel insurance, which covers expenses if you are sick and/or need transportation back to the US. If your insurance will not cover you abroad or has inadequate coverage, consider signing up for CISI travel insurance (some schools will require you to do this anyways). If you need to see a doctor while in Sweden, you usually have to pay for the visit up front (\$100 or 1000 kr) and will then be reimbursed by your insurance company. Bring a printed copy of your insurance policy with you.

In Sweden you will have a contact person who will help you make doctor appointments if needed, and assist you if something urgent occurs.

Prescriptions

If you are taking some kind of prescription medication, you should try to bring all that you will need for the duration of your stay in Sweden, since that is the easiest and surest way for you to have access to your medication. If this is not possible, be sure to bring a printed prescription from your doctor. Be sure also to bring medications in their original containers. If you need a refill of your medication during your stay in Sweden, please contact us, and we will help you with the process. Please note that some prescriptions that are available/legal in the US may not be so in Sweden. For example, if you require medication for ADD/ADHD, depression, or anxiety, these medications may not be available in Sweden. Contact SOS international (www.sos.eu/en/private) for information about this.

Special Safety Precautions

Uppsala and Sweden have fairly low crime rates, but you should know that your safety is not guaranteed anywhere. Do not walk home alone at night, never hitchhike, and be aware of pickpockets, especially in Stockholm and other large cities. Try to avoid carrying large amounts of cash. Be aware of how much alcohol you drink, and never take drugs; that is illegal in Sweden.

The study abroad programs offer some activities near and in the water, so please let us know if you are an insecure swimmer.

Emergency Card

When you arrive in Sweden you will receive a card with contact information in the event you have an emergency. You will also be asked to provide information about your primary contact persons in the US. You should program these numbers in your cell phone and carry your emergency card everywhere. On your cell phone, name your top three emergency contacts with "ICE" (In Case of Emergency) in front of their names so that staff can get in contact with the right people if needed.

Driving and Transportation

During the semester you will be provided with a bus card which will give you access to the public transportation system in Uppsala. For some occasions and excursions staff members from The Newman Institute will drive you. When needed, you will also go by train or boat; this cost is also included in your tuition.

A lot of students in Uppsala buy their own bikes to get around the city. If you are interested in buying a bike for the semester, it is very easy to find relatively inexpensive used bicycles. The quality and cost can vary a lot (from \$60 and up), but for the short term a used bike might make the most sense. According to Swedish law your bike must be equipped with a bell, reflectors, and lights.

Your American driver's license is valid in Sweden if you are at least 18 years old. If you do plan to drive while in Sweden, be sure to learn and follow the Swedish traffic

rules. Speeding and/or driving under the influence are illegal and are fined heavily in Sweden. During your semester at the Newman Institute we will not provide you with a car to drive, so if this interests you, you would need to rent a car on your own.

General Health and Safety Advice

It is a good idea to make two copies of important documents and keep them safe during your stay abroad. For example, make copies of your passport, visa, and medical papers. Also, you should have a contact number for your bank and insurance company.

If you plan to travel out of Sweden, you will need to bring your residence permit card to ensure that you are readmitted.

Tap water is clean and drinkable in Sweden and food quality standards are high.





4. PRACTICAL INFORMATION ABOUT SWEDEN

About Sweden

As you already have heard, Sweden is a great place to study environmental issues and policies. Both government and society embraced the concept of sustainability very early on. During your stay in Sweden, you will have the opportunity to explore different parts of Sweden and see for yourself some things that make Sweden a role model for environmental change. You will have the chance to explore clean water, the forest industry, and recycling programs, to mention just a few.

What many visitors find especially attractive about Sweden is the beautiful nature and rich wildlife. The landscape varies from green flatlands to hilly forests to treeless tundra. In the north of Sweden the summer days are very long, and the sun does not set. In the winter, on the other hand, the sunlight is limited and it can be really cold, sometimes as low as -35 degrees C (-30 degrees F). In the southern part of Sweden the weather is quite different and the change in hours of daylight between seasons is more comparable to the Midwest of the US. Uppsala is located in the central part of Sweden, so you can expect weather somewhat in the middle of the two extremes.

As previously mentioned, variety describes the Swedish landscape. Variety is also a good way to describe different cities in Sweden. The bigger cities in Sweden (Uppsala counts as fourth largest) offer a lot of cultural attractions as well as unique nature areas. Smaller towns tend to have a rural, agricultural feel.

How do typical Swedish people act? In Sweden there is a special word for it, “lagom”, or “just the right amount”. This term characterizes typical Swedish behaviour. Swedes are not too loud and not too quiet, not too classy and not too tacky, not too ambitious but not too lazy, and so on. Also, consensus is important, and sticking out too much in lifestyle or opinion is avoided. Swedes in general like to stay active in some way. A lot of Swedes are involved in sports, enjoy biking as a way of commuting, and spend much time outdoors. Many are interested in culture and the arts. Singing in choirs is especially popular for Swedes of all ages.

At first, as an American, you might find Swedes to be more reserved and difficult to talk with. However, Swedish people tend to be warm and friendly once you get to know them a bit better. Making Swedish friends might take you some time, but don't be afraid to reach out!

The Newman Institute

The Newman Institute is a small Jesuit college located in the heart of Uppsala, Sweden's oldest college town. Surrounded by historic university buildings and the impressive Uppsala cathedral, the Institute offers a culturally rich and exciting milieu for students. It was founded in 2001, and offers academic programs in theology, philosophy and cultural studies taught from a Catholic perspective. Currently there are around 200 students studying at the Institute, some locally and many others remotely, via internet.

Class sizes and the school as a whole will be much smaller than you are used to at an American university, which creates a much more accessible and intimate learning experience. Studying at a Catholic college in the secular Swedish context provides students the opportunity to encounter issues like ecumenism, secularism, the relevance of religion in a prospering society, the relationship between science and religion, and the relationship between Church and state. At the same time, the diverse cultures and nationalities represented in the faculty and students at the Institute create a stimulating international learning environment.





Housing

There are two housing options available to you as an American student. You can choose to stay outside of Uppsala in the historic milieu in Länna, or at the newly-renovated, conveniently located dorms in the central part of Uppsala. Both housing options have fully equipped kitchens, complete with a stove, microwave, and the like. You will need to do your own cooking and grocery shopping. Washing machines are available at both residences as well. Since you will live in a community with other students, it is important that you respect the others you are living with and keep the common areas clean and tidy. When you arrive in Sweden you will receive more information on the specifics of your new residence.

For more information about each residence, including pictures, consider visiting <http://newman.se/eng/ies/student-life/> or send us an email (contact info is at the end of this handbook). Once you have made a choice, please fill in the separate document to inform us of your housing choice.

Communication

Usually it is quite expensive to use your American cell phone plan in Sweden, so you should be sure to contact your cell phone provider to find out what policies apply to international usage. Some cell phone providers allow you to pause your plan without expenses and others not. You should also check that your phone itself is opened to use overseas.

It is our recommendation that you buy a Swedish SIM card for your stay here so that you can easily get in contact with people in Sweden. There is a cell phone provider called "Comviq" that offers great student deals, but we will help you pick the right plan once here. For communication with the US we recommend you to use an Internet based program like Skype, WhatsApp, or Viber.

WIFI

You will be able to connect to free WIFI at the Newman Institute, in student rooms, as well as in Länna. Coffee shops and restaurants also usually offer free WIFI.

Time Difference

From Chicago to Sweden there is usually a time difference of seven hours, and from Cincinnati to Sweden six hours. Sweden shifts to and from Daylight Savings Time one week after/before the US, so during these weeks the time difference would be one hour more or less.



The Nations

One unique aspect of Uppsala student life is the so-called nations. Originally the nations were named after each region in Sweden. The students would become a member of the nation that represented the region from which they came, but nowadays there is no requirement for being a member, nor restriction on which nation you can join.

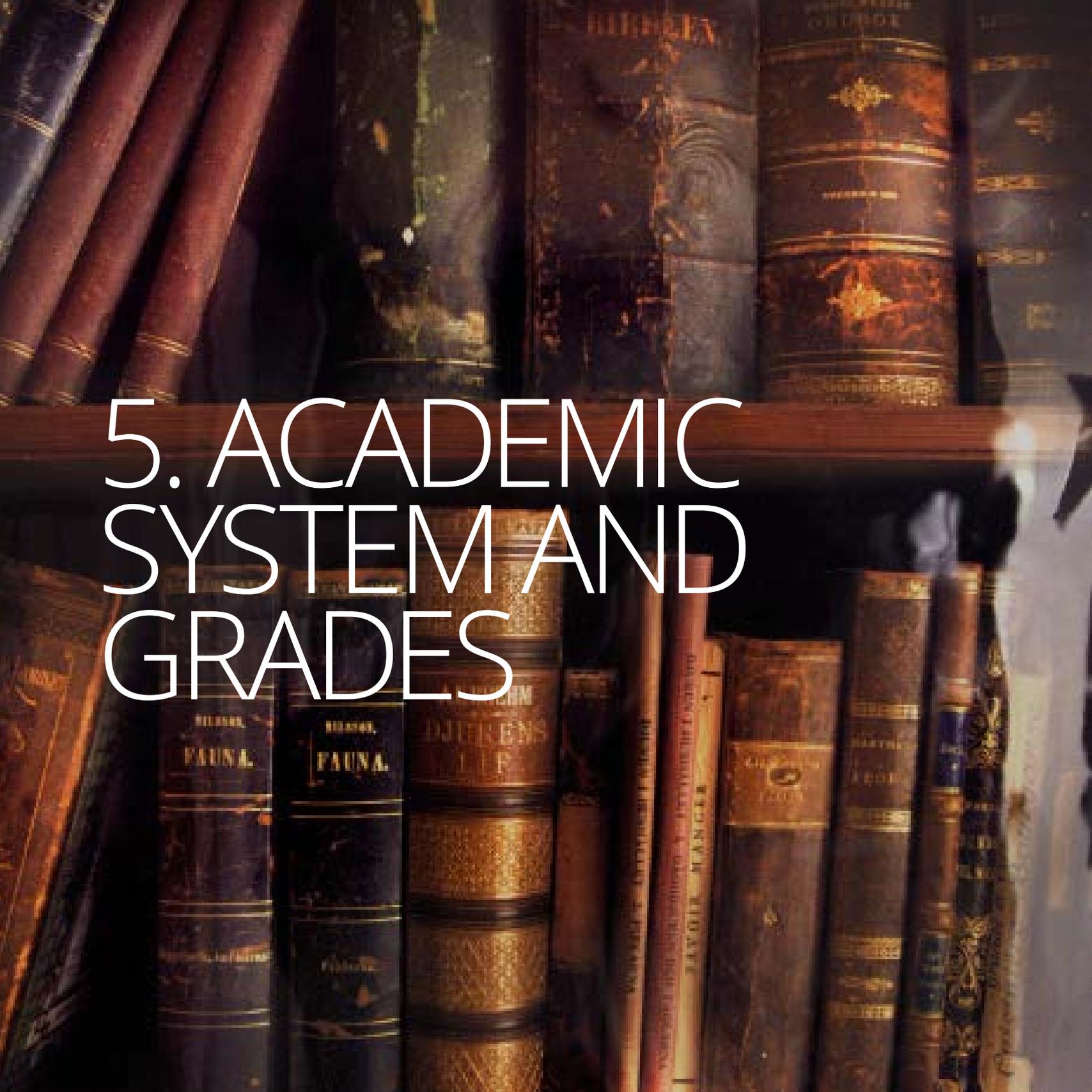
While you are a student at the Newman Institute, you have the right to be a member of a nation, and upon your arrival you will receive a certificate that allows you to apply for membership to the nation of your choosing. The membership fee for any nation is 250 krona (approximately 30 dollars) and is not included in your fee to the Newman Institute.

Joining a nation is the key to enjoying the student life in Uppsala. When you are a member of one nation you have access to all other nations and their activities. Every nation has a profile of what kinds of student activities they prioritize, even though they all offer almost the same

things. Different profiles are: nightclubs, sports activities, housing, balls, and restaurants. All nations offer food and activities at student-friendly prices. Below is a list of all the nations in Uppsala, so feel free to search for them online and read about each one!

- Gotlands nation
- Gästrik-Hälsinge nation
- Göteborgs nation
- Kalmar nation
- Norrlands nation
- Smålands nation
- Stockholms nation
- Södermanlands-Nerikes nation
- Uplands nation
- Värmlands nation
- Västgöta nation
- Västmanlands-Dala nation
- Östgöta nation

If you are feeling unsure or overwhelmed about all the choices, do not worry! Someone at the Newman Institute can help you make a good choice, and ultimately all nations give you access to essentially the same things.



5. ACADEMIC SYSTEM AND GRADES

Studying in Sweden is a bit different than studying in the US. Swedish students are expected to do a lot of independent studying. Professors often build in “self-study” days, which they expect that you will actually use to study. To get a Swedish “A” you might have to put in a little more work than you are used to, as an “A” in Sweden is typically harder to achieve than it is in the US.

Despite their expectation that students are independent, professors at the Newman Institute will be happy to help you plan your studies and give additional instruction when necessary.

Offered Courses

There are five courses available for students in the study abroad program which amount to 15 credit hours. All five courses are somewhat interrelated and designed to fit in with the other study abroad programming, so it is encouraged that you take all five classes. The courses are listed below, and more information about each will follow.

- Swedish Environmental Policy and Praxis (taught by Andreas Carlgren)
- International Climate Change Negotiations (taught by Andreas Carlgren)
- Human and Social Development within Planetary Boundaries (taught by Andreas Carlgren)
- What is Nature (taught by Philip Geister)
- Courage That Changes the World (taught by Brian Palmer)

Registration for Courses

Undergraduates will be automatically registered for the above classes unless something else is specifically arranged. Masters students will inform us which classes they choose in a separate document.

Required Books

For each course you take you will have a list of required books. During your stay at the Newman Institute you will have access to all course literature in the library during its open hours, but you are not allowed to check the books out of the library. If you would like to purchase any of the course literature so that you can use it at your leisure, you will be able to do that easily once in Sweden.

Exam Policies

Each class will have a final exam of some kind. Swedish classes tend to put much more weight on a final exam and/or essay than you might be used to. Being present at lectures and doing your homework or quizzes are seen as part of passing the class, but may not necessarily weigh heavily on your final grade. If you fail your exams for any reason, you and your teacher will discuss what you need to do to pass the course.

Grades

Initially you will be graded in the Swedish grading system. At the end of the semester your grades will be transferred to your home school, where the grade will shift (usually up) to reflect your grade in the American grading system.





6. EXCURSIONS AND ACTIVITIES

Excursions

During your stay, three main trips will be included in your tuition. A trip to Berlin, a hiking trip in the Swedish mountains, and a trip to Marieudd, a beautiful lake-side house outside of Stockholm. All these excursions complement your lectures in terms of how European countries address climate change questions, and also give you a chance to sightsee and have fun. In Berlin you will visit the German Bundestag (parliament) and tour the historic city. The hiking trip will bring you out into nature and allow you to take advantage of the wonderful policies Sweden has protecting its natural spaces. At Marieudd you will also spend time enjoying nature, as well as learning and reflecting.

In addition to these three larger trips, there will also be small excursions that are also included in your tuition. You will explore Uppsala, Stockholm, and the wider surroundings.

Forest Activities

Understanding the forest industry is a big part of understanding how Sweden has been so successful in climate change work. During your time in Sweden you will take part in activities in and about the forest to better understand this essential industry. The Newman Institute owns forest property that you will learn about and work on, directly impacting the health and future of this particular forest.

The Great Outdoors

In Sweden there is something called “the right of public access”, which allows people to use land for camping, picking berries, or hiking, whether it is privately or publicly owned. Nature is a huge part of Swedish culture, and a lot of Swedes like to spend time outdoors during all seasons. We want you to be able to enjoy the wonderful Swedish nature too, so during your time with us you will have the opportunity to go hiking, canoeing, kayaking, biking, or learning wilderness skills.

Work at Erikshjälpen Second Hand

Sweden has been very successful in managing waste, with extensive recycling programs in most communities and a clear shift away from landfills nationwide. One aspect of successful recycling that has become increasingly popular throughout the country is the development of second-hand stores. The Newman Institute is a cooperating partner with one such second-hand establishment: Erikshjälpen Second Hand. You will have the opportunity to get involved in the work at the store during your semester in Uppsala. You will hopefully find Erikshjälpen a place where you will be able to witness Swedish culture, meet people of all ages and backgrounds, and practice the Swedish language! seen as a part of the program. Besides this, there will also be some arranged activities that will be optional for you.

Other Activities

Since we want to provide you with as many experiences as possible during your time in Sweden, your schedule will be quite full. Upon arrival you will receive a schedule for classes and planned activities, which are Travel outside the program is of course allowed, but it is your responsibility to plan any trips or activities so they do not interfere with the scheduled activities or your studies. You will have a fall break, which is typically a good time for traveling or receiving visitors.

In the past, students in the program spent a lot of their free time going to the gym, hanging out at nations, and preparing meals together at Länna. If you are interested in playing sports, joining clubs, or finding a religious group, student groups and activities are available and accessible through the nations or directly through any of the universities in Uppsala.

If you are interested in learning Swedish, there are coffee shops in the city center where language groups meet, as well as adult language classes that are available if your schedule allows.

Recommended gym: Campus 1477 (<http://campus1477.se/en/>)



7. FINANCES

Banking and Transfer of Funds

In Sweden you can pay with a credit or debit card almost everywhere, and cash is usually reserved for small amounts. However, cash is generally accepted everywhere too, so if you prefer that method, that is perfectly manageable. We recommend that you check with your bank to find out what the fees are for paying with your card and for cash withdrawals at ATMs. Swedish credit cards have a chip, so if you do not have a chip you will need to know your four-number pin code. Also, sometimes you need to show an ID to pay with card (ideally something other than your passport so you do not have to carry it everywhere with you).

We do not recommend that you open a Swedish bank account as you only will be in Sweden for five months, but if you would like to, we will help you with that.

The Swedish currency is the “Krona”, and in Germany the currency is the “Euro”.

Cost of Living in Sweden

Housing, excursions, and a bus card are all included in your tuition fee. That means that most of your expenses are covered for your stay in Sweden, but not all of them. It is difficult to estimate how much extra money you will need for your stay, since that depends on your personal spending habits. If you travel a lot, eat out often, and shop a lot, your expenses will of course be considerably higher than for a frugal student. We recommend that you create a budget for your expenses.

Remember that you need to pay for your own food. You will find that some food prices in Sweden are comparable to US prices, while some might be quite a bit more expensive. Just as in the US,

meat and fish are more expensive, while potatoes and pasta are fairly cheap. If you are staying at Länna you will have the opportunity to harvest some of your own vegetables and eggs! If you like to eat out, it is much less expensive to eat at the nations compared to regular restaurants in Uppsala. A normal cost for food prepared at home amounts to approximately 270 dollars a month.

Working

If you will be taking part in all of the planned excursions organized by the Newman Institute, your schedule will be quite busy. Therefore we do not recommend you to get a job in Sweden to earn extra money. If you do plan to try to work, be sure to check that your student visa allows for part-time work.



8. SUGGESTED WEBSITES

The Newman Institute

www.newman.se/eng

Information about Sweden

www.visitsweden.com/sweden

www.youtube.com/watch?v=gYFZnVikqog

www.youtube.com/watch?v=mLAMPEFuE-E

Tourist guides

www.destination uppsala.se/en

www.visitstockholm.com/en

Erikshjälpen Second hand

www.erikshjalpen.se/english/about-us

Public transportation

www.ul.se/en

Currency exchange rates

www.xe.com



9. CONTACT

Please send any questions or comments to:
semester.sweden@newman.se

We'll make sure the right person gets your email and answers it.

The staff people involved in the Environment and Justice program are: Malin Åhrlin, Tanja Åkerblom, Conner Keeffe and Andreas Carlgren.