

Mid Sweden University

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Mittuniversitetet

M I D S W E D E N U N I V E R S I T E T

Report

Sundsvall (SWEDEN)

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1 Sweden

1.1 Sundsvall

400 km from Stockholm, Sundsvall is a town with 90.000 inhabitants, with a harbour and between two small mountains. The climate is always dry, without wind. During the winter, the sun falls down at 2.30 pm, to wake up at 9 am, and during this period we can find a lot of snow, but the feeling is better than the north of France, because they do not have humidity or wind in Sundsvall. The city is very quiet, and clean. Here the environment is very important, we can find a lot of electric cars for instance, ecological products, and the water is the purest around the world.

You can find in Sundsvall, a library, a swimming pool, a lot of gyms, and some stores in downtown.

1.2 Language

It is not necessary to speak Swedish, because Swedish speak English easily, they are bilingual, and in this case, you will improve your English a lot, in any situations of your life, over there in Sweden.

1.3 Accommodation and costs

It is easy to find an accommodation, because the university provides some links to contact companies. It costs 300e per month for one bedroom with other parts shared with other students.

The cost of living is more important than France. In fact, products are imported from other countries, and the standard of living is quite higher than in France. Nevertheless, it is possible to keep money, avoiding buying extras and cooking cleverly, for several days with local products (salmon, potatoes, carrots...).

2 University

2.1 Presentation

Mid Sweden University has two campuses in Östersund and Sundsvall. The university looks really modern, there are a Learning Space, for students want to study quietly, or we can find some student rooms as well, a library, to find some books for studying, most of them are in English. The canteen is really expensive, but we can bring with us our launch box, in fact, there are a lot of fridges and micro-waves. The university in Sundsvall surrounds a river, it looks nice.

The university uses a portal to share data or lectures, submit documents and assignments. To follow a course, you have to register oneself on the portal, and to write an exam as well, if you do not do it, we cannot write it.

2.2 Courses, assignments, examinations

Courses are presented in English, we do not have a lot of courses during the week, maximum 10 hours per week. But we have to work a lot oneself. There are not a lot of lectures, and teachers recommend using a book, this book is really mandatory to understand the course. Therefore, mostly, to learn the course, we have to learn oneself by the book. The book is always huge, with at least 400 pages to know. Also, there are some practical parts.

You can find the books in PDF, otherwise it costs more than 80e.

Assignments are mostly after a practical part, with a weak coefficient.

Examinations arrive at the end of each course. Exams are challenging, and some of them are really difficult (I can judge just with my courses in Master). There is not indulgence if you are a foreign student; we follow the lectures with Swedish, for them English is like a mother language.

2.3 Students

Concerning Erasmus students, we were more or less 50; most of them were German and Dutch, and studied communication, teaching or media.

During the first week, there is the “introduction days” with some activities, to know each other, the university and the town, giving us several advices to live in Sundsvall.

2.4 Administration

The administration is really reactive, it is easy to figure out a problem with a document, or if you do not understand something about the university. They are very useful for students.

3 My experience

3.1 Why choose Sundsvall?

I chose Sundsvall, mostly, to improve my English to pass the TOEIC. It was the best destination to achieve my goal, in my opinion. In fact, in May 2016 I had 600 points, and I went to do my internship in Dublin during two months and half to improve my English and taking some English courses as well, in this case I improved a lot my English, I was really more confident in speaking and listening. Probably I had 700 points before going to Sweden

I can advise to go to Sweden with at least 700 points, the level could be really challenging otherwise.

3.2 Studies

I studied during one semester Real-Time, Embedded Systems, Software Advanced, Distributed Systems and Machine-to-Machine Communication. All of them are in Master. The two first courses were with a normal level, but the others were a struggle for me to follow them, especially Machine-to-Machine Communication, I can advise to avoid this one, because the success rate is low, and we have to need telecommunication skills before.

3.3 The life in Sundsvall

I lived in a building close to the university (10 min by walking), city centre (2 min by walking), so it was a nice localisation.

Each week-end I went out to run around the city, it was very nice to climb the mountains, with beautiful views. Moreover you can do a hiking tour during at least 6 hours in the mountain or the countryside from the city for free.

4 Conclusion

In my opinion, Sweden is one of the best options to improve its English every day. The culture stays close to French finally, the difference is not more important than between France and Ireland for instance.

In Sundsvall, you will work hard, but you will learn a lot about yourself, because most of the time, you will be alone.

It is always nice, to discover a new culture, to be more open mind, working and learning in a different way.

Appendix A: The university



Appendix B: Sundsvall



Appendix C: View from the mountain (Sundsvall)

