



Mittuniversitetet  
MID SWEDEN UNIVERSITY

# Mid Sweden University

Discover your opportunities



# Welcome to Mid Sweden University!

Would you like to study abroad? Welcome to Mid Sweden University – a vibrant place in the middle of Sweden, where you will find the perfect mix of nature and city life.



## Mid Sweden University – a great place to be a student

Mid Sweden University is a place where people meet, find inspiration and think innovatively. There are a range of international, first-class programmes to choose from in areas like technology, natural sciences and business. We offer programmes in close collaboration with research and business that are of benefit to society and give you a competitive edge on the global market.

## Committed teachers

One of the main characteristics of Mid Sweden University is its combination of the intimacy of a small college with the educational variety and resources of a

large university. There is close contact between students and teachers at Mid Sweden University

The teachers care about your individual development and they will support and coach you. Our students appreciate this informality in the contact with teachers and staff.





Henrik Trygg/imagebank.sweden.se.



Lola Akinmade/imagebank.sweden.se.



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# Living in Sweden

Sweden is one of the largest countries in Europe, with great diversity in its nature and climate. Environmental issues, equality and free school education are important in Sweden, and there is a long tradition of welcoming students from abroad.

## A tradition of innovation

Sweden has a proud tradition of innovation and entrepreneurship and it is the home of the Nobel Prize, IKEA, Skype and Spotify. Innovative research at universities and companies has resulted in many successful inventions, such as the pacemaker and the computer mouse. Mid Sweden University keeps that tradition alive through extensive research in a broad range of areas. One example is the Swedish Winter Sports Research Centre, SWSRC, a world leader in ski research that has fostered a series of talented skiers. SWSRC is also an Olympic test centre for winter sports that cooperates with leading companies in the sports and outdoor sector.

## Vast seasonal changes

In Sweden, the winters are cold, long and snowy. During the winter, the days are shorter and the sun sets early in the afternoon. In the summer, on the other hand, the days are very long and the nights are never dark. The temperature



can vary from about minus 20 degrees Celsius in the winter to about plus 25 degrees Celsius in the summer.

## Fika

Swedes are very fond of social gatherings. An important part of daily life is the social break, fika, which often includes a biscuit or a cinnamon roll.

## Great variety of activities

In the region where the university is located, the stunning nature is easily accessible. As a student of Mid Sweden University, you can choose from an abundance of fantastic outdoor experiences all year around, regardless of whether you are looking for peaceful moments or dramatic outdoor activities.

In our region, you will find slalom slopes in the middle of the city and skiing tracks more or less outside of your window. In Östersund, there is even a surf park in the bay where you can go wakeboarding and waterskiing.

## Facts about Sweden

**Area:** 450,000 km<sup>2</sup>  
(174,000 square miles)

**Capital:** Stockholm

**Population:** 10 million inhabitants

**National language:** Swedish

**Currency:** Swedish Krona (SEK)

**National day:** 6 June

**Form of government:**  
Constitutional monarchy,  
parliamentary democracy

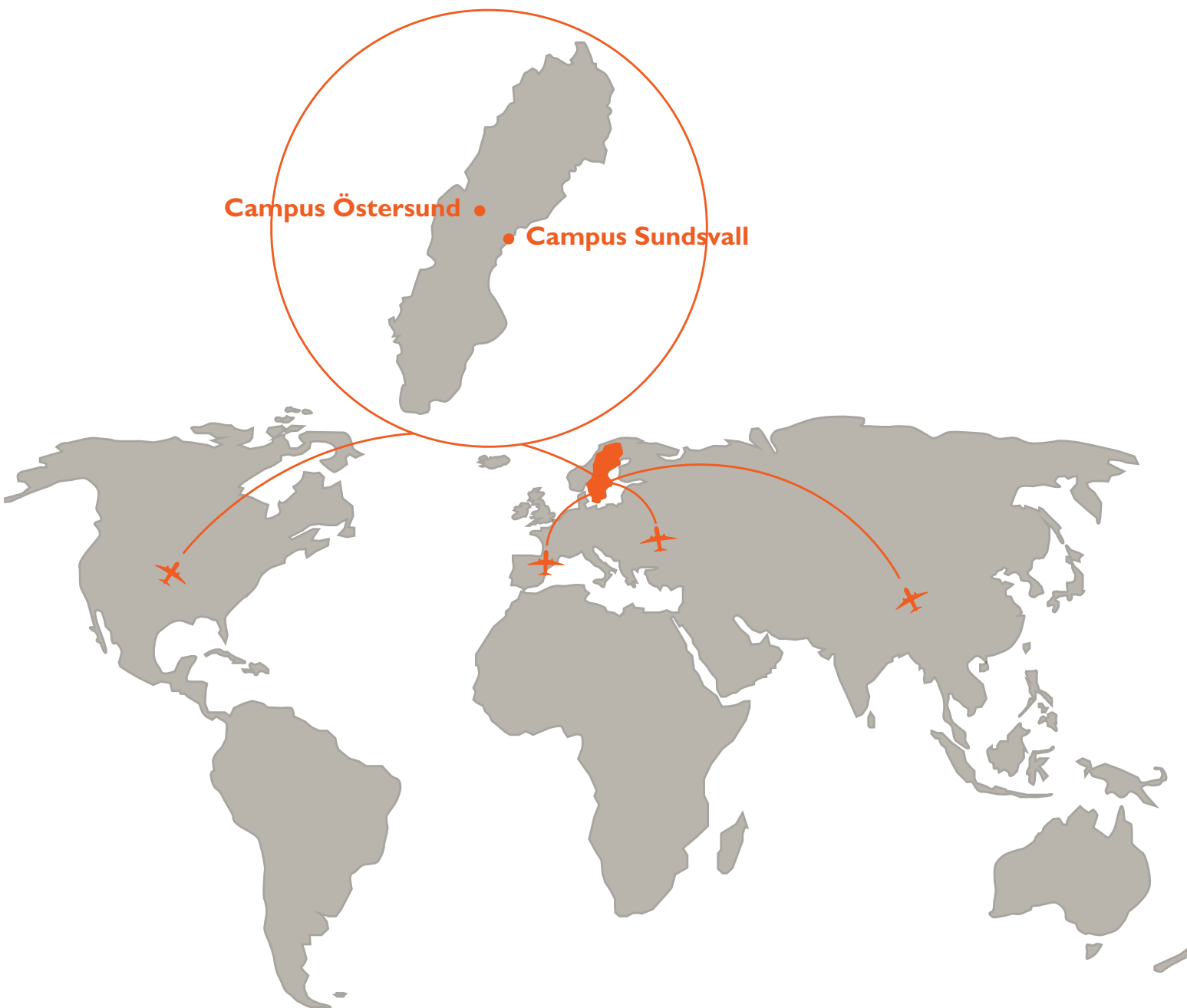
**Religion:** 80% belong to the  
Evangelical Lutheran Church of  
Sweden

# Far away, yet so close

Sweden is located in the far north of Europe but it is easy to get here.

Once in Stockholm, you can choose to go by plane or train to our university cities. By plane it takes about one hour, by train it takes between 3,5 and 5 hours. You can also go by bus,

which takes about 5 to 6 hours. The distance between our campuses in Sundsvall and Östersund is 180 kilometres.



# Campus locations

Mid Sweden University is a multi-campus network university with campuses in the cities of Sundsvall and Östersund. We are one of the ten largest institutions of higher education in Sweden. Although we have two campuses, all your courses will be offered at one and the same campus.



**Sundsvall** is one of the biggest cities in northern Sweden and popular among students. Several times, Sundsvall has been elected the most student-friendly municipality in Sweden. The city is situated by the coast, framed

by mountains both in the south and in the north. The city centre is called Stenstan (the stone city) and it is known for its beautiful late 19th century stone houses in Neo-Renaissance style.





Östersund



**Östersund** is the number one winter city, a Mecca for sports fans. Because of the short distance to the mountains and to the country's top downhill centre – Åre – a lot of students choose to study in Östersund. The city and its surroundings have plenty of recreational activities to offer all year around. Should you want to try long distance ice-skating and cross-country skiing, for instance, there are more than 10 km of ice-skating and skiing tracks on the lake Storsjön.



## Good to know

The study system in Sweden may be different from what you are used to. For instance you will often take one course at a time for a period of several weeks, after which an exam is given directly. After the exam, a new course begins.



### Higher education in Sweden

Full-time studies in Sweden correspond to 1,5 credits per week, in some subjects you may only have a few hours of lectures or seminars each week. The rest of your time is spent reading and working on group projects and other assignments. You'll often

take only one course at a time for a period of several weeks, after which an examination is given directly. After the examination, a new course begins.

### Levels and degrees

Higher education in Sweden is divided into three levels.

**1. The first level** - equivalent to the undergraduate level. It concludes with the award of a Bachelor's Degree.

**2. The second level** - equivalent to the Master's level. It concludes with the award of a Master's Degree.

**3. The third level** - equivalent to postgraduate studies. It concludes with the award of a Licentiate Degree or a PhD.

### Academic calendar

The academic year at Swedish universities usually consists of two semesters, each lasting 20 weeks. The autumn semester runs from the beginning of September to mid-January, and the spring semester runs from mid-January until the beginning of June.

There is no official break in the academic calendar for Christmas; however, there is usually no scheduled lectures/activities around the time of Christmas and New Year.

### Credit system

A full-time workload is 30 credits per semester and 60 credits per academic year. 60 credits at Mid Sweden University equal 60 ECTS credits.



# – You won't get such a unique student experience anywhere else in Sweden



**Name:** Lesya Pronoza  
**Programme:** International Masters Programme in Ecotechnology and Sustainable Development  
**Campus:** Östersund  
**Comes from:** Ukraine

## Why did you choose Mid Sweden University?

I was looking for an environmental Master's programme in Sweden that would fit my background and interests, and this programme at Mid Sweden University was the best one!

## What did you do before you came to Mid Sweden University?

I studied ecology for 5 years in Ukraine, did a bit of volunteer work and travelled.

## How would you describe Östersund to a new student?

Östersund seems like heaven for students. Despite the fact that it is a small town, you get everything here - wild nature, real friends and a close student community, genuine fun and shared culture outside the digital world of your smartphone screen. The possibilities for outdoor activities are endless around the year, and it is no wonder that many people choose to stay here after they have finished their studies.

## What does a normal day look like at the Masters Programme in Ecotechnology and Sustainable Development?

It depends on the course. Sometimes you will have some classes during the day, and then plenty of free time for your assignments or hobbies (depends on your priorities).

## What do you think about the campus and the university?

Everything is very new and cosy. The university is not too big so you have the opportunity to connect with all the students, and get personal help from the teachers if you need it. There are plenty of facilities on campus to study and hang out with other students, like study rooms, a library, lunch rooms, a canteen and even a student pub located right in the middle of the campus.

## Any advice for prospective students?

First, don't hesitate to come here! You won't get such a unique student experience anywhere else in Sweden. Second, get a bike – you don't have to use public transport much since everything is so close. And third – the winters are long, dark and full of snow here, so be prepared for a lot of skiing and northern lights!



WHY CHOOSE US?

# Expand your world



## 10 reasons to choose Mid Sweden University

1. High quality education and research
2. Student housing guarantee
3. Ideal campus locations close to city centres and nature
4. Research-oriented education
5. Small class sizes with accessible teachers and staff
6. First-class facilities and high tech equipment
7. Award-winning campus architecture
8. Personal and caring environment
9. 24 hours access to facilities
10. Breathtaking nature with unique seasonal changes





# Exchange studies

Exchange students are students coming to Mid Sweden University for one or two semesters within the framework of an exchange agreement. The length of the exchange period is determined by the agreement between Mid Sweden University and the students' home universities, but the maximum is always two semesters.



Students from partner universities can be nominated for exchange studies to Mid Sweden University. Nominated students will receive information about the application process from Mid Sweden University. Please contact your home university to find out how to be nominated.

### Our programmes and courses

As an exchange student, you may apply for courses at Bachelor's and Master's level in the fields of Social sciences, Engineering and Sustainable development, Science and Technology and Humanities.



**Please note** that the range of programmes and courses may have changed since this brochure was produced. You will find an updated list of our programmes and courses at [miun.se/exchangestudies](https://miun.se/exchangestudies)

## – The nice location of Mid Sweden University and the international courses in combination with small classes convinced me!



**Name:** Melina Krebsbach and Lea Schütz

**Study:** Tourism - ERASMUS exchange semester

**Campus:** Östersund

**Home university:** University of Applied Sciences, Worms, Germany

### Why did you choose Mid Sweden University?

**Melina:** Mid Sweden University is a partner of the Tourism and

Travel Management Department in Worms. For the simple reason that I spent most of my holidays at the beach I wanted to explore the north – living and learning the Swedish culture. The nice location of Mid Sweden University and the international courses in combination with small classes convinced me.

**Lea:** Two things convinced me to do my semester abroad here: Mid Sweden University offers a perfect tourism programme in English, and in addition, I like the small classes and the personal contact with the teachers.

### How would you describe Östersund to a new student?

**Melina:** Östersund is peaceful and vivid at the same time. While having some coffee in the shopping street you meet students, families and older people. Furthermore,

Östersund offers a number of activities and events: public ice skating, ice hockey games, night clubs and trotting races. Everything is surrounded by nature and you have the chance to see Northern Lights.

**Lea:** As a new and international student you feel really welcome in Östersund. Östersund is a beautiful city located at the lake Storsjön. It is a nice place for students with lots of events like the Biathlon event in the winter and the big festival in the summer, as well as many sport activities in the winter season.

### What does a normal day look like at the Tourism programme?

**Melina:** Usually we have lectures three times a week. The rest of the time we read the course literature and work on our group assignments. My friends and I often meet in the afternoon (Fika time) to discuss the activities of the up-coming weekend.

**Lea:** During the lectures, we talk about the course literature and discuss it critically. Of course there is still time to explore the surroundings of Östersund.

### What do you think about the campus and the university?

**Melina:** The campus area is beautiful and equipped with everything you need. I want to emphasize the introduction weeks for the international students - the start gets easier because of the fun activities and contact persons.

### Any advice for prospective students?

**Lea:** You will enjoy your stay in Östersund and if you are open-minded and join the Student Union's sports association, you can also meet a lot of Swedish students.

### Single courses in the fields of:

Biology	Mathematics
Business Administration	Mechanical Engineering
Business Management and Organization	Media and Communication Science
Chemical Engineering	Nursing
Computer Engineering	Pedagogics
Economics	Photography
Electrical Engineering	Political Science
Electronics	Psychology
English	Social Work
Environmental Engineering	Sociology
Environmental Science	Swedish Language (pre-university level)
Graphic Design	Tourism Studies
Industrial design	
Journalism	

# Bachelor's and Master's programmes

If you are interested in studying a full degree programme, Mid Sweden University offers a range of programmes taught in English. We offer programmes in the fields of Technology, Natural and environmental sciences, Media and design, Business, Social sciences, Tourism and Psychology.



## How to apply

You apply via the general online application service of all Swedish universities, [universityadmissions.se](http://universityadmissions.se). You will find more information about our programmes here: [miun.se/internationalprogrammes](http://miun.se/internationalprogrammes)

## Entry requirements

There are both general and specific entry requirements for our international Bachelor's and Master's programmes. Learn more about the entry requirements of our international programmes at [miun.se/entryrequirements](http://miun.se/entryrequirements)

## English language requirements

Applicants for all international programmes at Mid Sweden University must prove proficiency in English. Learn more at [www.universityadmissions.se](http://www.universityadmissions.se)

## Tuition fees and scholarships

If you are not a citizen of the European Union (EU), the European Economic Area (EEA) or Switzerland, you are required to pay application and tuition fees. You will find more information at [miun.se/programmes](http://miun.se/programmes). Applicants who are required to pay tuition fees can apply for a tuition fee scholarship. Please note that programmes eligible for the scholarship might vary. You will find more information at [miun.se/scholarship](http://miun.se/scholarship)



## Programmes

### Three year Bachelor programmes

Ecotechnology, 180 credits

### One year Master's programmes

Business Administration, Marketing and Management, 60 credits

Sport Science – Performance Optimization with Focus on Elite Sport, 60 credits

### Two year Master's programmes

Computer Engineering, 120 credits

Ecotechnology and Sustainable Development, 120 credits

Embedded Sensor Systems, 120 credits

Emotion Psychology, 120 credits

Tourism, 120 credits

# Service and support

Mid Sweden University offers students a range of services and support.

## Advice when you need it

The International Relations Office gives international students service and support and is usually the first point of contact for students requesting information about Mid Sweden University. In addition, there are Student Unions that cover students' interests in terms of education and the social aspects of student life.

## Visa and residence permit

Please note that you may have to apply for a visa, a residence permit or register the right of residence to be allowed to study in Sweden. As an EU/EEA citizen, you are allowed to stay in Sweden and study without a residence permit, but non-EU/EEA citizens must have been granted a student residence permit before entering Sweden. For more information, please visit the Swedish Migration Board at [migrationsverket.se](http://migrationsverket.se)

If you are a fee-paying student, Mid Sweden University will notify the Swedish Migration Board when the tuition fee payment is received and the Swedish Migration Board will then process the application.

## Insurance

EU citizens should bring the European health insurance card, filled out by the Social insurance office in their home country. The card states that you are entitled to health care on the



same terms and at the same price as Swedish citizens.

If you are an international student from outside the EU or EEA and have a valid residence permit for

more than 12 months, you can apply for a Swedish personal number issued by the Swedish national tax board. This entitles you to medical care at a standard patient fee.

## Service for international students

- International Relations Office works with internationalization aspects such as student mobility and provides service and support to prospective and current students at Mid Sweden University. Responsible for partnerships with other international universities and organizations.
- Student Health Centre provides preventative health care for students at Mid Sweden University
- IT Helpdesk solves computer related - or student portal account problems
- Service Centre is the starting point for new students and offers a wide range of services, by providing access cards, technical equipment, office material and branded products.
- Disability services provides support for students with documented functional diversity
- The Library at each campus provides course literature, e-books, e-journals, databases and access to group study rooms and computers.





**Fee-paying students**

All tuition fee paying students at Mid Sweden University are covered by a comprehensive insurance called FAS. The insurance also applies to fee paying students who have been awarded the Mid Sweden University tuition fee scholarships. The insurance does not include students who are SI scholarship holders. Read more here: [www.miun.se/insurance](http://www.miun.se/insurance)

**Accommodation**

The estimated cost of living per month in Sweden is a minimum of SEK 8,000. It includes accommodation, internet/telephone,

food and insurance. Mid Sweden University cooperates closely with student housing companies in each campus city and recommends five different housing companies in Sundsvall and Östersund. The choice of housing varies, but all types of student accommodation are generally of a high standard. Depending on the area and the type of room, the rent varies from approximately 2000–4000 SEK per month.

The housing companies offer a wide range of accommodation such as:

- student residence hall (dormitory rooms)
- student residence hall (student flats with single or double rooms)
- single apartments
- shared apartments
- cottage apartments

You will find more information about accommodation here: [miun.se/accommodation](http://miun.se/accommodation)



# Research at Mid Sweden University

At our university, there is a natural link between education and research. Not only students benefit from this collaboration, it also helps developing the university and our region. Much of Mid Sweden University's high quality research is performed within the framework of our research centres, which are also arenas for collaboration with financiers and other stakeholders. These are:



**CER** – The Centre for research on Economic Relations conducts industry-oriented research on economic relations of companies and individuals, preferably in the banking, insurance, pension, audit and property industries.



**DEMICOM** – Centre for Study of Democracy and Communication conducts research on democracy and communication in the digital community. The research is interdisciplinary and includes research groups and projects that integrate and deal with journalism, crisis communication, media development, organizational and political communication.



**ETOUR** – The European Tourism Research Institute develops and communicates scientific knowledge about tourism and travel. ETOUR works closely with entrepreneurs and industry, NGOs, and governmental entities. The Institute is Sweden's leading tourism research institute and offer the first PhD program in Tourism Studies.



**FGV** – Forum for Gender Studies is a multidisciplinary platform for initiating and coordinating Gender Studies at Mid Sweden University.

**FSCN – Fibre Science and Communication**

**Network** is a multi-disciplinary research centre at Mid Sweden University. FSCN develops research that improve forest industries profitability and create new applications and business opportunities based on sustainable bio-materials from cellulose and fibre materials.



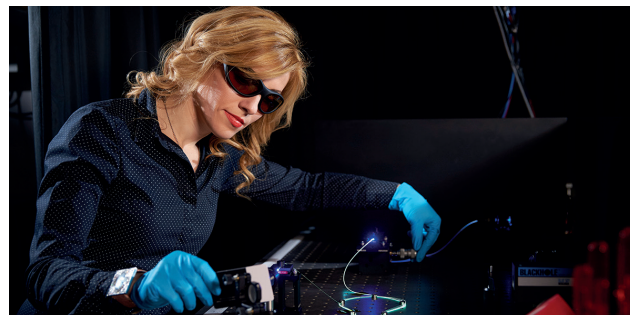
**RCR – Risk and Crisis Research Centre** develops and communicates knowledge about risk, crisis and security. Through RCR, you have a unique opportunity to access research results on how risk is perceived and assessed and how crises are managed, all for the benefit of society.



**SportsTech Research Centre** is a multidisciplinary research centre with a focus on applied science within the field of sports and product development. The centre works closely with partners in different fields, from hospitals and outdoor manufacturers to international engineering industries.

**STC – Sensible Things that Communicate**

develops sensor-based systems and services for use within Internet of Things. The research is conducted in the electronics and computer science with a focus on smart industries, next-generation measurement systems and functional surfaces.



**NVC – at the Swedish Winter Sports Research Centre** the idea of building a skills cluster for elite sports in Jämtland-Härjedalen arose in the 1990s, from the idea of being able to offer elite athletes at the region's "ski university" further support in the form of a range of supporting functions or activities. In this context, these activities came to be seen as an interesting opportunity and as providing conditions for regional development, not least via various international sports events that came to be held in Jämtland-Härjedalen.



# Master by Research

Are you motivated to specialize further in your field? Then our Master by Research Programme is something for you. This individualized programme targets those who are interested in developing skills and knowledge for a future career in academic research or in industrial or public R&D.

The Master by Research programme will take you deeper into the core of your subject of interest. It is a project-based programme that adjusts to your interests and abilities and lets you work independently in a research team.

From day one, you will start an individual project that will lead to your Master thesis after a period of two years. You will be a



member of a research group, carry out research together with PhD students and be supervised by the researchers in charge of the group.

Only few students will be admitted and the programme is

planned individually. If you have shown excellent results in your Bachelor studies and are self-motivated to specialize further in your field, you are the one we are looking for!



**Mid Sweden University offers Master by Research in these fields:**

- Archives and Information Science
- Biology
- Chemistry
- Chemical Engineering
- Computer Engineering
- Electronics
- Engineering Physics
- Environmental Science and Technology
- Informatics
- Mechanical Engineering - Sports Technology
- Media and Communication Science

## – You might be surprised by how much autonomous learning and research is asked of you at first, but this can be a great opportunity to grow!



**Name:** Guillaume Vermeulen  
**Programme:** International Master's Programme in Electronics Design  
**Campus:** Sundsvall  
**Comes from:** France

### Why did you choose Mid Sweden University?

I was looking for a university in Sweden (preferably the northern

part) that offered a Master's programme in the field of Electronics, possibly with a focus on embedded systems. The courses listed in this programme's syllabus were what I was seeking to broaden my knowledge in this field.

### What did you do before you came to Mid Sweden University?

Before coming here I graduated from an engineering school of Electronics in France. Prior to that I had studied two years in what we call "classes prépas" where I had studied theory of Math and Physics.

### How would you describe Sundsvall to a new student?

Sundsvall feels like an active, well maintained city. The selection of shops is good, and there is a great

shopping area accessible by bus in the outskirts of the city. It rarely feels crowded in the area, which I find relaxing.

### What does a normal day look like in this programme?

A day of study typically consists of a couple hours of lectures, and/or 4 hours at the lab. It happens quite often that some days in the week do not have anything scheduled. I learning at home or at the library is a significant part of the studies. That being said, there is still ample amounts of free time for doing anything you want.

### What do you think about the campus and the university?

The campus is well equipped with labs and study rooms which are open most of the time. The library is a nice place to study as well. It all feels like a good working environment. The Student Union organizes events often so there is almost always something going on.

### Any advice for prospective students?

Depending on your background, you might be surprised by how much autonomous learning and research is asked of you at first, but this can be a great opportunity to grow! The university staff, including the teachers, are very approachable and helpful so don't hesitate to contact them if you need help.

### International Student Barometer

- 98 % of the international student population at Mid Sweden University are pleased with the university buildings and safety of the campus environment.
- 96 % of the international student population at Mid Sweden University were pleased with the class sizes.
- 91 % of the international student population at Mid Sweden University are satisfied with the academics' English.
- 95 % of the international student population at Mid Sweden University were pleased with the university's learning spaces.
- 76% of the international student population at Mid Sweden University agree and strongly agree that, if asked, they would encourage people to apply to the university.

# Discover your opportunities with us

So Sweden is green, equal and open, and Mid Sweden University offers small class sizes, first-class facilities with 24 hour access and student housing guarantee. What else should you know before you decide to study here? We asked our students!



*"I have experienced a whole different way of life in a special climate with amazing people!"*  
– Robyn, England.

Our two campus locations in the northern part of Sweden offer natural and cultural experiences beyond the ordinary. Being next door to nature and enjoying the close and friendly atmosphere of our university is what our foreign students remember as unique and special about their experience abroad.

*"I really feel that I am building my future career here, it feels important and I get a chance to build a network as well."* – Meng Lie, China

We believe in education that apply to the demands of present-day life and societies. Thus, we collaborate closely with the local community, making our resources accessible and bringing

challenges from the private and public sectors into the sphere of the university. We are proud to play an important role in regional development while at the same time cultivating and maintaining strong links to international research and education.

Tuition is free for citizens of the EU/EEA, Switzerland and for

students coming from one of our many partner universities. The Swedish study system is generally characterized by informality in the contact between teachers and students, small classes with active participation and a high degree of independent reflection and accountability.

*"I really like the size of the University- it feels more familiar than my home university."* – Roberto, Italy

We offer a wide range of service and support for all our students. The introduction days will be your guide to the studies and to the social life of your campus community. By welcoming international students, teachers and scholars to our university we broaden our horizons and enable innovative thinking.

Ready to get started?  
We thought so.





## Contact

### International Relations Office

**Email:** [internationaloffice@miun.se](mailto:internationaloffice@miun.se)

**Phone:** +46(0)142 80 00 (Switchboard)

**Web:** [miun.se/en](http://miun.se/en)