



ÖREBRO UNIVERSITY

INFORMATION FOR EXCHANGE STUDENTS



Örebro University is a modern, comprehensive university with an ambitious vision – to lead towards a knowledge-driven society. Based in internationally competitive research, the university provides 17,000 students with professional degree programmes and an extensive selection of courses. At every level, our students meet teachers who are also active researchers. Our students tell us that they particularly appreciate the informal relationship between teachers and students. This is all possible since we are large enough to be at the forefront of research, but small enough to create a personal atmosphere. We hope to see you in Örebro!

Åke Ingerman
Vice-Chancellor



A CAMPUS CLOSE TO BOTH TOWN AND NATURE

Our main campus offers everything you need within walking distance. In addition to plenty of study places and an extensive library, you will find cafés, restaurants, a student union pub, a running track, and a well-equipped gym and sports centre with a variety of classes. Next to campus, a beautiful nature reserve with running and bike trails will give you a relaxing – or intense – outdoor experience. Örebro town centre is only a bike ride away, offering a wide range of cultural activities, sports and events. There are also several bus routes that link the university and the town. The medical campus, Campus USÖ, three kilometers from the main campus and just outside Örebro town centre, is located next to the hospital and offers a modern study environment.



WHY ÖREBRO UNIVERSITY?

- Good academic performance and cultural diversity. For several consecutive years, Örebro University has come out strong in a number of Times Higher Education world rankings.
- Collected campus close to both nature and Örebro town centre.
- Informal contact with teachers and researchers.
- Dedicated housing support that offers student accommodation on campus.
- Orientation programme that will give you a great start to your exchange period.
- Sweden is one of the safest countries in the world and ranked as one of the best to live in.
- The majority of Swedes speak very good English, which makes your life as an exchange student fairly easy.

STUDENT LIFE

ORIENTATION PROGRAMME

Arriving at Örebro University as an exchange student, you are invited to take part in a one-of-a-kind – and by the students, very appreciated – three to five-week long orientation programme. The programme offers a variety of activities, all designed to make the adjustment to Örebro and Sweden as smooth as possible. The main focus is to integrate students practically, academically and socially.

With the so called fadder system, via the international student section Nexus, the idea of students helping students lays out the foundation of the whole programme. A fadder is a student who is currently studying at the university and who volunteers to welcome new students. The fadder system ensures that you always have someone to hang out with or turn to with questions during the first weeks of your stay.

Feedback from exchange students:

The integration worked really well and it was really fast. I met so many people from different countries. The experience was unbelievable!

Once the orientation programme is over, you will have:

- 1 Made new friends! You will have found people who will be your closest friends during your time abroad. The orientation programme also makes sure you get to know Swedish students.
- 2 Got to know the town of Örebro and our campus! You will find your way around, feeling safe and at ease.
- 3 Learnt about the academic system and Sweden in general! You will have knowledge of how things work at the university and in Sweden.

You are ready to start your life in Örebro, Sweden!

DURING THE SEMESTER

During the semester, both the university and Nexus arrange a variety of activities for the international students. These include trips to Norway, the Baltic countries and the beautiful northern region of Swedish Lapland. All trips are offered by Nexus at reduced student prices.

HOUSING

Housing is guaranteed for exchange students. We offer single-occupancy accommodation on campus which consists of one room with a private bathroom and either a kitchenette or a shared kitchen.





ÖREBRO [œ:rɛ'bru:]

Only two hours away from Stockholm, in the heart of Sweden, is Örebro: the 6th largest town in Sweden with a population of 150,000. It is rapidly growing, while still maintaining its small-town feeling. It is a town with a historic atmosphere that is enhanced by the winter darkness, and it stands out in a colourful bloom in the spring. Close to nature, bike-friendly and full of culture – Örebro possesses qualities of both a larger city and a classic Swedish small town, perfect for student life.

Feedback from exchange students:

The orientation programme was really nice and fun – perfect start! Örebro has a perfect location for travelling.







APPLYING TO ÖREBRO UNIVERSITY

Every year, we welcome around 250 exchange students. You apply online and the application window is open for four weeks each semester (mid-March to mid-April and mid-September to mid-October). Students must be officially nominated by their home university to be able to apply. The International Office at Örebro University will inform the coordinators at partner universities when the online nomination opens.

ENGLISH LANGUAGE REQUIREMENTS

Students who wish to study at Swedish universities need to have a knowledge of English corresponding to level B2 on the CEFR scale.

Feedback from exchange students:

Great to have small classes, motivated teachers and group work. I learned a lot!

PLANNING YOUR COURSES

At Swedish universities, most students study and complete one course at a time before starting the next one. Courses are given consecutively over the semester, normally in blocks of five weeks corresponding to 7.5 ECTS credits. A course may run over one or several blocks. Full-time studies are made up of 30 ECTS credits per semester. It is possible to combine courses in the same block as long as they are not both full-time courses. Courses are offered on both the bachelor's and master's level. Exchange students are required to be enrolled full-time, studying 30 credits per semester. Students are assessed through different methods, including oral exams, reports, group work and written exams.

THE ACADEMIC YEAR

- **Autumn semester:** Late August – mid-January
- **Spring semester:** Mid-January – first week of June

There are no official breaks during the semester or between the autumn and spring semester, however, classes are usually not scheduled between Christmas and the first week of January.

EXAMPLE OF HOW TO PLAN YOUR COURSES

	STUDY PERIOD 1	STUDY PERIOD 2	STUDY PERIOD 3	STUDY PERIOD 4
ACCEPTABLE	7.5 CREDITS EXAM	7.5 CREDITS EXAM	7.5 CREDITS EXAM	7.5 CREDITS EXAM
ACCEPTABLE	7.5 CREDITS EXAM	7.5 CREDITS EXAM	7.5 CREDITS HALF-TIME COURSE EXAM	7.5 CREDITS HALF-TIME COURSE EXAM
ACCEPTABLE (45 credits)	15 CREDITS PART-TIME COURSE			EXAM
	7.5 CREDITS EXAM	7.5 CREDITS EXAM	7.5 CREDITS EXAM	7.5 CREDITS EXAM
NOT ACCEPTABLE 200 % workload	7.5 CREDITS EXAM	7.5 CREDITS EXAM		
	7.5 CREDITS EXAM	7.5 CREDITS EXAM		

SWEDEN

IN NUMBERS

10
MILLION
PEOPLE

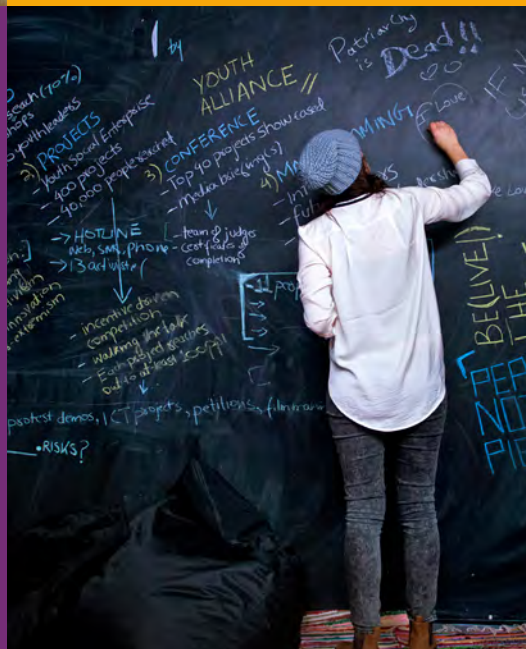
300,000
MOOSE IN SWEDISH WOODS



20%
OF SWEDISH MUSIC TURNOVER
IS FROM EXPORT



99%
OF SWEDEN'S WASTE
IS RECYCLED



95,700
LAKES IN SWEDEN

621

NOBEL PRIZES
AWARDED SINCE 1901



2

MILLION

IKEA MEATBALLS ARE EATEN
EVERY DAY WORLDWIDE

480

DAYS

OF PAID PARENTAL LEAVE



86%

OF THE POPULATION LIVE IN CITIES



690

OLYMPIC MEDALS FOR SWEDEN

GETTING TO ÖREBRO

It is easy to get to Örebro. Located in the heart of Sweden, it is a natural stop for many trains and buses. This means that it is also easy to explore the rest of Sweden from Örebro.



ORU = ÖREBRO UNIVERSITY (and student housing)

Ö = ÖREBRO TOWN

USÖ = CAMPUS USÖ

ORU → **Ö** = 11 min

USÖ → **Ö** = 5 min

ORU → **USÖ** = 11 min

CONTACT INFORMATION

International Office

exchange@oru.se

www.oru.se/english

www.oru.se/english/study/exchange-students

www.instagram.com/StudyInOrebro



Co-funded by
the European Union

