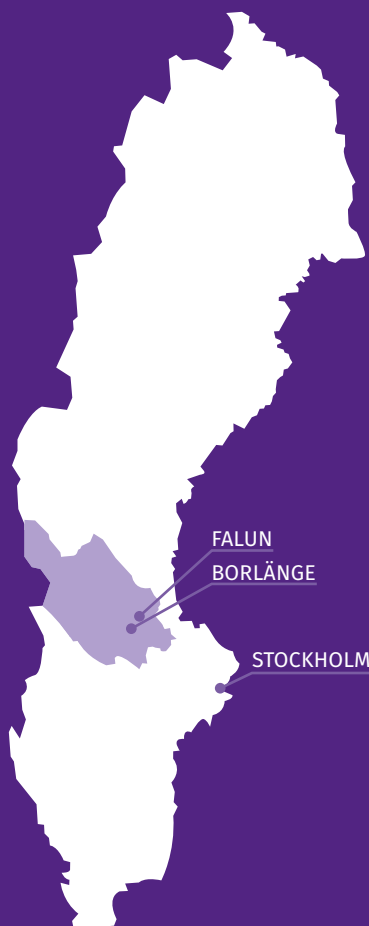




DALARNA
UNIVERSITY

Welcome to Dalarna University

Guide for
International
Students



A University That Makes a Difference
– Knowledge Makes a Difference

du.se/en



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Hej (Hello) and Välkommen (Welcome)!

We would like to offer you a warm welcome to the international community at Dalarna University. It is our sincere wish that you have a wonderful experience studying with us here in the beautiful province of Dalarna in central Sweden.

WE STAND FOR...

... openness, courage, and responsibility, and it is these three core values that form our vision as we aim to create open pathways to knowledge for a good society. Naturally, we also stand for equal rights for everyone, regardless of background, religion, ethnicity, disability, sexual orientation, or any other status, and we welcome you all.

WE ARE...

... a small, modern university located in central Sweden that together with our partners, local and global, works to create knowledge that makes a difference. Further, we are an international group of employees, from countries as far apart as New Zealand and Canada, China and Finland, Mexico and Bangladesh. When it comes to our approximately 17 000 students, about 4 000 study on campus – and we are delighted to say that you too are now one of them!

OUR RESEARCH AND EDUCATION...

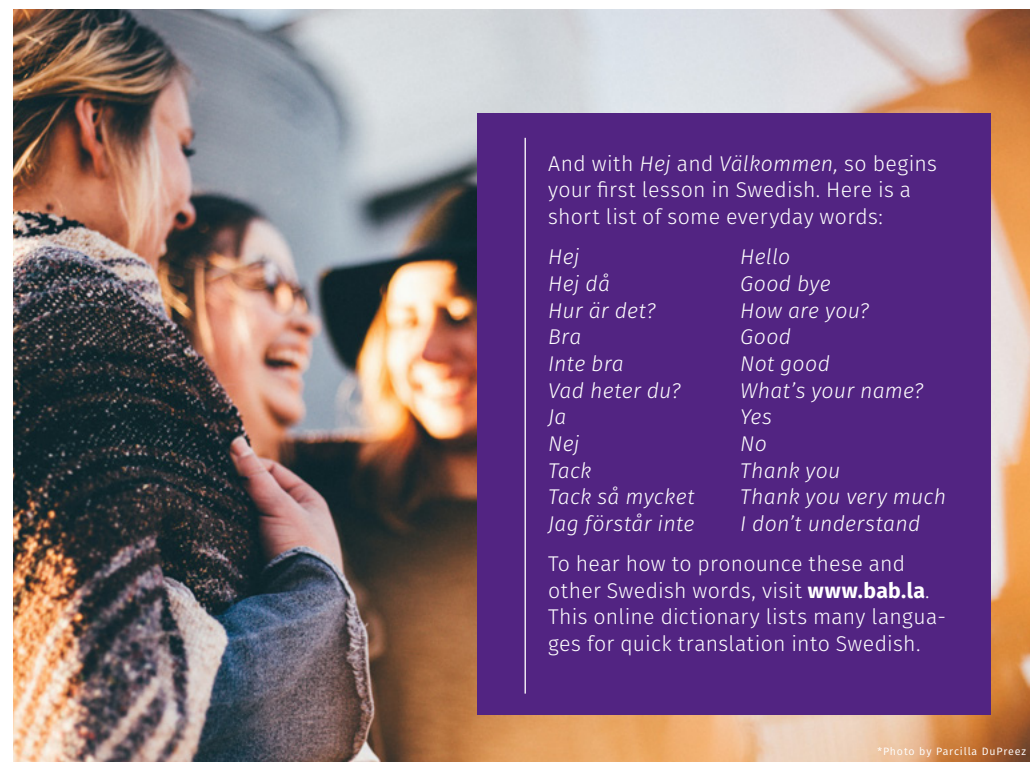
... are conducted in our four schools:
School of Culture and Society
School of Health and Welfare
School of Information and Engineering
School of Language, Literatures and Learning

... at our two campuses, Campus Borlänge and Campus Falun. We also deliver many of our courses online in real-time, Dalarna University being nationally recognised as a pioneer in this field, with its pedagogical support for interactive online education.

The Vice-Chancellor at Dalarna University is Jörgen Elbe. You will likely see him around campus and will certainly meet him at the start of the semester at the Welcome Ceremony.



Jörgen Elbe
Vice-Chancellor at Dalarna University



And with *Hej* and *Välkommen*, so begins your first lesson in Swedish. Here is a short list of some everyday words:

<i>Hej</i>	<i>Hello</i>
<i>Hej då</i>	<i>Good bye</i>
<i>Hur är det?</i>	<i>How are you?</i>
<i>Bra</i>	<i>Good</i>
<i>Inte bra</i>	<i>Not good</i>
<i>Vad heter du?</i>	<i>What's your name?</i>
<i>Ja</i>	<i>Yes</i>
<i>Nej</i>	<i>No</i>
<i>Tack</i>	<i>Thank you</i>
<i>Tack så mycket</i>	<i>Thank you very much</i>
<i>Jag förstår inte</i>	<i>I don't understand</i>

To hear how to pronounce these and other Swedish words, visit www.bab.la. This online dictionary lists many languages for quick translation into Swedish.

*Photo by Parcilla DuPreez

About This Guide

We want you to get off to a good start, which is why we put together this guide.

It provides practical information about your studies, university services, housing, living costs, insurance and student life. While it does not cover everything, we hope it answers many of your questions and is useful both before you begin your studies and throughout your time at Dalarna University.

You may still have questions, and we encourage you to contact us using the details on the back cover.

Let's start with a checklist on the next page to help you prepare to begin your studies.

The first part of the guide covers important information about studying and living in Dalarna. It concludes with an A–Z section that you can use as a quick reference during your studies.

Checklist

We don't want you to forget anything, so here are a few key questions to consider prior to starting your studies:

HAVE YOU...

- ☐ checked, if you are a **fee-paying student**, that you have paid your tuition fee?
- ☐ checked, if you are an exchange student, that you have been admitted to your courses on www.universityadmissions.se and have you prepared your learning agreement (see page 24)?
- ☐ checked if you need a **residence permit/visa** (EU/EEA students do not need one) (see page 26)?
- ☐ organised your **housing** and paid the necessary deposit (see page 16)?
- ☐ applied for your **European Health Insurance Card** (EU citizens) (see page 24)?
- ☐ read up about **insurance** issues (see page 24)?
- ☐ checked your courses/programme on our learning platform Canvas (see page 12)?
- ☐ checked your course schedules on the Student Web (see www.du.se/en/student-web)?
- ☐ created a user account and registered for your courses/programme? You can register for your courses two weeks ahead of the course start (see www.du.se/registration and page 11).
- ☐ booked our pick-up service for when you arrive (see www.du.se/pickup and page 14)?

TIPS

- Bring any medication you might need during your stay.
- Ensure your passport is valid for the duration of your stay.
- Inform your bank about your stay in Sweden to help avoid any banking issues.
- Pack a nice outfit for formal occasions.
- Also be sure to pack some warm clothes.
- Check to see if you need an adapter for your electrical appliances.
- Bring your driving licence if you plan to drive here.





One University – Two Campuses

Campus Borlänge and Campus Falun are located about 35 minutes by bus from each other. Both campuses aim to provide you with the best study environment that will help you excel in your studies. Each campus has a library, computer labs, wifi, student pentry, a café, meeting and study rooms. Your field of study will determine where – that is to say, which campus – your classes will be held. With the key card you receive upon arrival, you will be able to enter campus buildings outside regular opening hours.



Campus Borlänge

Campus Borlänge houses the School of Culture and Society and the School of Information and Engineering.

Campus Borlänge is located in the town centre, just a 5-minute walk from the train station. Ten minutes from campus is Kupolen, the largest indoor shopping centre in Dalarna, where you can find shops and restaurants. Also within walking distance are IKEA, supermarkets, gyms, and Norra Backa, which is a large outdoor shopping centre. The two main student housing areas, Kornstigen and Mångatan, are a 30-minute walk from campus.



Campus Falun

The School of Health and Welfare, and the School of Language, Literatures and Learning are located at Campus Falun.

Campus Falun is located about a 20-minute walk from central Falun. It is close to the popular Lugnet Nature Reserve as well as a wide range of sporting facilities including skiing and walking trails, outdoor and indoor swimming pools, and outdoor and indoor tennis facilities. There are a number of restaurants around campus, and an ICA Maxi supermarket is within close walking distance.

REGULAR OPENING HOURS

	BORLÄNGE	FALUN
Main entrance	08:00-16:00 (Mon-Fri)	07:30-17:00 (Mon-Fri)
Reception	08:00-16:00 (Mon-Thu) 08:00-14:00 (Fri)	08:00-16:00 (Mon-Thu) 08:00-14:00 (Fri)
Student keycard access	06:00-22:00	24 hours

For current opening hours and any temporary changes, see du.se/contact.

Study Information

Semester Start: Welcome Day for new international students

The Welcome Day for new international students marks the start of your studies at Dalarna University. We strongly encourage you to attend. You will learn more about the University, meet your future classmates, and find out about your new home in Dalarna.

Semester Dates

The autumn semester always begins in late August or early September and ends in mid-January; the spring semester always begins mid-January and ends in early June.

For other semester dates, see www.du.se/academicdates.

AUTUMN SEMESTER 2026

August 31, 2026 to January 17, 2027

Welcome Day for New International

Students: August 28

SPRING SEMESTER 2027

January 18, 2027 to June 6, 2027

Welcome Day for New International

Students: January 15

AUTUMN SEMESTER 2027

August 30, 2027 to January 16, 2028

Welcome Day for New International

Students: August 27

SPRING SEMESTER 2028

January 17, 2028 to June 4, 2028

Welcome Day for New International

Students: January 14

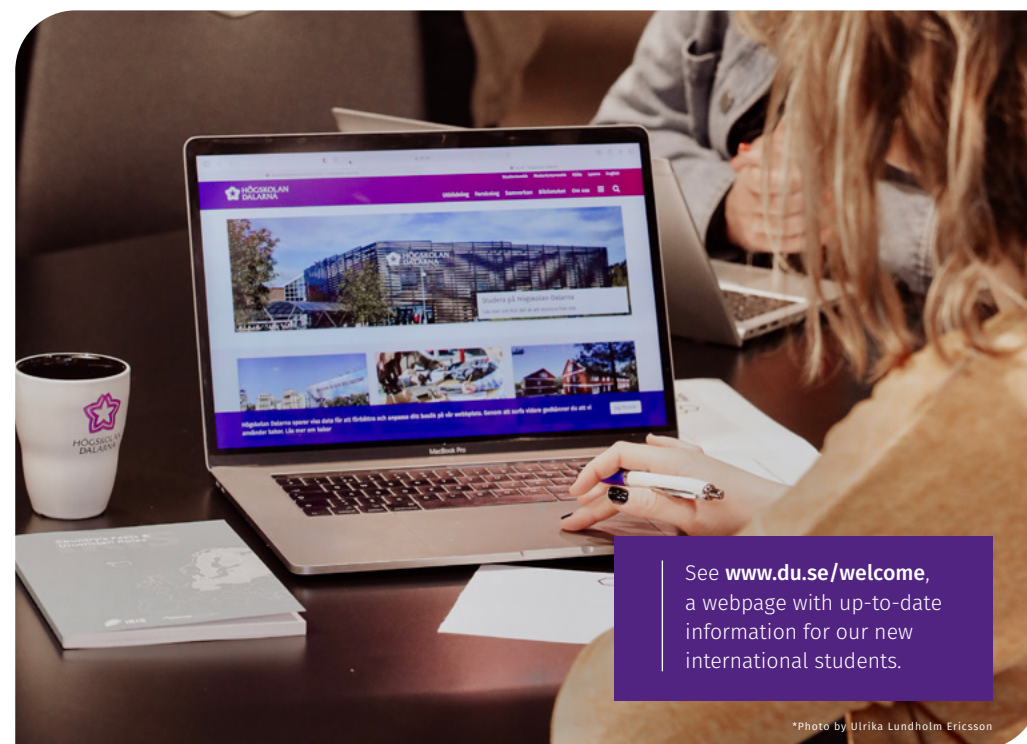
Did you know?

The Swedish word *termin* means semester (or term) in English.

Hösttermin (ht26) = autumn semester 2026

Vårtermin (vt27) = spring semester 2027

The Swedish word *semester* means holiday in English.



Course Registration

Before you can begin a course, you need to register online. Registration opens two weeks before the course starts. Since some courses begin later in the semester, you may not be able to register for all your courses at the same time. Remember to return and register when the remaining courses open for registration.

For more details about registration, see www.du.se/registration.

Student Ladok

On Student Ladok you register for your courses, access your Transcript of Records, see your study results, etc. You can access Student Ladok at student.ladok.se.

Student Web

The Student Web is your starting point for practical information about your studies. Here you can access your course information, schedules, examination services, study tools and other student services.

Access the student web by clicking on Student Web at the top of our www.du.se/en homepage



Support Services

We want to help make your study experience a positive one. You can access support in several ways:

- For technical or general questions, visit Reception on either campus or email support@du.se.
- Student Counselling Services can help with personal and study-related concerns. You can also contact the Office for Students with Disabilities, Language Support for help with written English and Swedish, and Repro for printing services. See www.du.se/student-services.
- Support Café (Zoom): Get online help with Canvas, digital study tools and other aspects of your study environment.
- The library provides services such as e-books, academic writing support, talking books and study rooms. See www.du.se/library.



Canvas – Learning Platform

Canvas is our web-based learning platform for teaching and course administration. Each course has its own Canvas room. Once you have registered and the room has been published, you can access course information, schedules, reading lists, teaching materials, assignments, announcements and teacher contact details. You also use Canvas to submit assignments, receive feedback and grades, and communicate with teachers and classmates.

Education System

When you study full-time in Sweden, you will take courses each semester that equal 30 credits – i.e., 4 x 7.5 credit courses.

Swedish universities use a credit system as follows:

- 1 Swedish credit = 1 ECTS credit
- 1.5 Swedish credits = one week's full-time studies (approx. 40 study hours)
- 1 academic year = two semesters (5 months each) or 60 credits
- Most courses are 7.5 credits

Courses can be taught consecutively – that is to say, one after another – while some are taught concurrently – that is to say, two or more at a time. Your overall expected workload, which includes class time, private study, and assessment, will be about 40 hours per week for full-time studies.

Final examinations are held after each course and not only at the end of the semester.

Teaching Formats

Here is a short list of a number of teaching formats that we use:

LABS:

Lab exercises in small groups that provide you with practice and hands-on experience in what is being taught in class.

LECTURES:

For large and small groups in our lecture halls that are equipped so that lectures can be streamed live to our online students. Lectures are also sometimes recorded so that you can replay them at your convenience.

ONLINE EDUCATION:

Dalarna University has invested greatly in online education and can offer students a complete online learning environment: see Canvas – Learning Platform on page 12.

SEMINARS:

For smaller groups so as to encourage and allow for quality interaction between students and teachers. These can take place online or in classrooms.

THESIS SUPERVISION:

Regular individual meetings between you and your teacher to discuss the progress of your thesis work. If you are registered in a course, you have the right to teaching and/or supervision during the time stated for the course. After that time, your right to teaching and/or supervision ends.

Plagiarism

Academic integrity means being honest in your academic work and giving proper credit to the ideas and work of others. It is a fundamental part of studying at Dalarna University.

Plagiarism is one form of academic misconduct. It occurs when you present someone else's work as your own. For example, you copy text from a book, website, or other source without giving proper credit, translate someone else's work without citing the original source, or submit all or part of another student's assignment as your own, even if they have given you permission.

The same principles apply when using generative AI tools, such as ChatGPT or similar services. Whether and how AI tools may be used depends on the course and assignment. Always follow your teacher's instructions and never submit AI-generated work as your own if this is not permitted.

Teachers use plagiarism detection software and other methods to identify academic misconduct. If there is reason to suspect academic misconduct, the matter may be referred to the University's Disciplinary Board. Sanctions can include a warning or suspension from your studies, which may affect your ability to complete your course. Students who receive a scholarship may also lose it.

If you are ever unsure about what is allowed, ask your teacher before submitting your work.

Travel To and Within Dalarna

The location of Dalarna makes for easy travel, with several trains leaving daily from Falun/Borlänge directly to Stockholm/Arlanda Airport and vice versa.

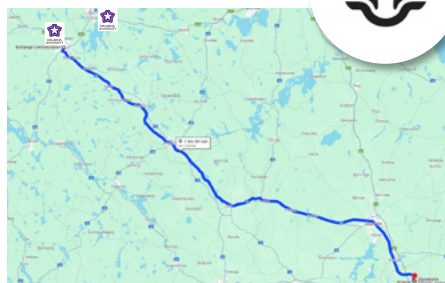
Arrival at Arlanda Airport

Most international students arrive at Stockholm Arlanda Airport and travel to Dalarna by train from Arlanda C, the railway station at the airport.

After landing, follow the signs to SkyCity, located between Terminals 4 and 5. You can buy SJ train tickets there, but we recommend booking in advance at www.sj.se. Because flights and baggage can be delayed, consider choosing a refundable ticket. Look for “Refundable” when purchasing online (*Kan återbetalas in Swedish*).

Lifts and escalators from SkyCity take you down to the railway platform. The journey takes approximately two hours to Borlänge and two hours and twenty minutes to Falun. Trains have toilets and free wifi; food and drink services vary.

For long-distance buses, see www.masexpressen.se and www.flixbus.se.



Arrival in Dalarna

PICK-UP SERVICE

At the start of the semester, we offer international students free pick-up from the Borlänge and Falun train stations and take you to the housing you have organised in advance. Book the pick-up service online at www.du.se/pickup.

TAXIS

If you don't or can't make use of the pick-up service, you may need to take a taxi:

Borlänge: Dala Taxi Borlänge 0243-179 00
TaxiKurir Borlänge 0243-170 70

Falun: Koppartaxi 023-630 00
TaxiKurir Falun 023-153 00

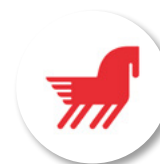
Bear in mind that taxi service in Sweden is expensive.

Travel in Dalarna

In Borlänge, buses and trains use the same station, Borlänge Resecentrum. In Falun, trains use Falun *Resecentrum*, while most buses depart from *Knutpunkten*. Some buses also depart from Falun *Resecentrum*.

BUSES – REGIONAL BUS COMPANY DALATRAFIK

Dalatrafik runs frequent buses between Borlänge and Falun and to other towns in Dalarna. To travel from campus to campus (a 30-minute trip), you can take bus 153 from Högskolan Svärdsjögatan in Falun to Borlänge Centrum. It's worth knowing how to use tickets in different zones and also the cost between zones. For this, see the Dalatrafik website, www.dalatrafik.se.



We recommend using the **Dalatrafik app**, available in English, to buy single or period tickets (1, 3 or 30 days). You can pay in the app or on board using a bank card or Swish (see page 19). If you need to pay with cash, tickets are available from Dalatrafik sales agents. Students with a Mecenat card are eligible for discounted fares (see *Mecenat Card* on page 25).

TRAINS – SJ (STATENS JÄRNVÄGAR)

For local train journeys within Dalarna, you can buy tickets in the Dalatrafik app. For longer journeys, buy your ticket in advance at www.sj.se or in the SJ app; tickets cannot normally be purchased on board.

CARS

You could also hire a car. Students often share the cost to visit places that are less accessible by public transport. Car rental companies in both Borlänge and Falun may offer student discounts.

If you plan to drive, remember to bring your driving licence that shows your photograph. If your licence is not in English, German, or French, you may need to get a certified translation. Note that non-EU driving licences are only valid for a limited time in Sweden.

Find more information on www.transportstyrelsen.se/en/road/Driving-licences (Swedish Transport Agency).

BICYCLES (SECOND-HAND)

Getting around Borlänge, Falun, and Dalarna by bike is easy. There are plenty of second-hand bikes for sale (see page 26). You can also borrow bikes and other sports equipment for short-term use from Fritidsbanken.

You can also search for bikes on Facebook Marketplace and www.blocket.se, which are two websites that list lots of second-hand items. Be sure to choose the province of Dalarna when searching for items to buy.

Housing /Accommodation

It is important that you organise your accommodation as early as possible to ensure you get your desired housing choice. Accommodation is guaranteed if you fulfil certain conditions.

The housing companies we collaborate with both have websites with information specifically for students:

- Tunabyggen (Borlänge)
student.tunabyggen.se
- Kopparstaden (Falun)
student.kopparstaden.se

FIND ACCOMMODATION: FIRST STEPS

- First, register online with Tunabyggen and/or Kopparstaden so that you are placed in their housing queue. Registration in their queue does not automatically assign you accommodation.
- After this, you can apply for specific housing (you will need to submit your admission document from www.universityadmissions.se as part of your housing application).

If nothing is available through Tunabyggen or Kopparstaden, contact the student union for help finding housing info@dalastudent.se.

MONTHLY RENT

Now to the cost of housing! The following are just to give you an idea. What you end up paying may vary:

- Tunabyggen in Borlänge: a furnished room with private bathroom 4 300 to 6 500 SEK. Rent includes the cost of broadband and utilities. June and July are rent-free months.
- Kopparstaden in Falun: an unfurnished room with private bathroom in the “Britsen” building 4 000 SEK.
- A room in somebody’s house: 3 000 to 5 000 SEK.
- Your own apartment: 4 500 to 8 000 SEK.
- Housing outside Falun and Borlänge may be cheaper, but consider the additional cost and time required for travel..

FURNITURE

Most Tunabyggen student rooms are furnished. Kopparstaden works with a company that rents furniture to tenants. If you need to buy furniture, second-hand shops offer affordable and environmentally friendly options. See Second-Hand Shops on page 26.



See our webpage for more information:
www.du.se/accommodation

LAUNDRY FACILITIES

Tvättstuga is a word you’ll soon recognise as it means “laundry facilities” (“wash cottage” is the literal translation). All student housing and apartment buildings have laundry facilities. As a tenant, you book time on the washing schedule, and it is common for the cost of laundry to be included in your rent. In a private household, you’ll likely just agree on a time when you can do your laundry.

COST OF LIVING

The following is an average monthly budget for a Dalarna student – but of course any such budget depends on a number of lifestyle factors:

Food: 2 200 SEK

Housing: 4 500 SEK

Local travel: 600 SEK (unlimited bus travel within one municipality zone for 30 days)

Phone and data plan: 300 SEK

Leisure and other expenses: 1 400 SEK

TOTAL: 9 000 SEK

Based on www.studyinsweden.se/plan-your-studies/fees-costs

If you live in Falun and study at Campus Falun or live in Borlänge and study at Campus Borlänge, then generally speaking you can walk from home to campus, meaning you can subtract the “Local Travel: 600 SEK” above from your budget.

Money Matters

If you are studying for longer than 12 months, you can apply to receive a *personnummer* (personal identity number): see page 25. Once you have this, you can open an account at any bank.

Without a *personnummer*, things become a bit trickier, as some banks may not let you open an account.

Our previous students who did not have a *personnummer* opened accounts with SEB, Nordea, or Danske Bank. SEB and Nordea have offices in Borlänge and Falun, while Danske Bank has an online form (www.danskebank.se/privat/bli-kund/forms/blikund/blikunden) that applicants who do not have a Swedish *personnummer* can complete and submit to request a bank account.

TAKE THE FOLLOWING WITH YOU WHEN YOU GO TO OPEN A BANK ACCOUNT:

- *Valid ID (passport)*
- *Proof of admission and course registration*
- *Residence permit card (if applicable)*
- *Your Swedish address*
- *Proof of your personnummer or coordination number (if you have one)*

When you leave Sweden, remember to close your bank account; if you don't, you may incur fees.

CURRENCY

Sweden uses *öre* and *krona* (singular)/*kronor* (plural), which can be written SEK, sek, or kr: for example, 200 SEK, 200 sek, or 200 kr. Every *krona* is worth 100 *öre*.



CASH

Sweden is largely cashless, and many businesses no longer accept cash. Don't be surprised to see the sign *kontantfri*, which means cash is not accepted. Most shops, restaurants, and other businesses accept Visa and Mastercard. ATMs, called *Bankomat*, are available but not very common. Most banks do not handle cash or accept cash deposits.

EXCHANGE

Currency exchange and other financial services are available through Changeloup, located in Kupolen in Borlänge and Falun Galleria in Falun. Transaction fees apply, so be sure to enquire how much an exchange will cost you.

CASH DISPENSERS (ATM)

Called *bankomat*, you will find these in downtown areas and, for example, shopping centres: to withdraw money from an ATM, you can use your Visa Card or Mastercard. Be aware that there may be a withdrawal fee.

SWISH

Swish is a popular mobile payment app that lets you pay people and businesses using a telephone number. To use Swish, you generally need a Swedish bank account and a Swedish personal identity number (*personnummer*), so many new international students cannot use it immediately after arriving in Sweden.



Some Social and Everyday Considerations in Sweden

- Punctuality is important: so try to arrive on time.
- Lunch is usually eaten between noon and 13.00.
- People normally remove their shoes when entering someone's home.
- Smoking is not allowed inside a building; nor is it allowed at outdoor restaurants or within 15 metres of an entrance way to a public building (the same rules apply for e-cigarettes).
- Swedes schedule their activities by week numbers – week one, week two, etc. – throughout the year rather than by dates.
- In, for example, banks and pharmacies, you will often see a ticket machine as you enter. Be sure to take a ticket as the number on it indicates your number in the queue.
- Cyclists aren't being rude when they ring their bells to let you know they want to pass: they just don't want to cycle into you!
- And on that subject, don't walk on cycle paths: be sure to keep to the ones for pedestrians.

The Fun Free-Time Stuff

We have a webpage specifically about events and activities that may inspire you to take a trip to a lake for a picnic or to attend a music festival or an autumn market in a neighbouring town. That webpage is **www.du.se/activities**.

There won't be time for you to do everything, but a good start is to check out Public Holidays section below and try to go to the various events organised to celebrate some of them in local communities – more often than not they are free of charge.

STUDENT UNION (STUDENTKÅR)

The Welcome Day and start of classes are followed by a range of activities put on by the Student Union. It's worth getting involved with the Student Union as it provides an easy way for you to meet other students and to sign up for activities and clubs. For a small fee, you can become a member and receive a Mecenat card, which will give you discounts on a number of products and services: see Mecenat Card on page 25.

The Student Union also has another important role, and that is to work to ensure the high quality of courses and programmes, and to advocate for students at meetings with university management: see **www.dalastudent.se**.

PUBLIC HOLIDAYS

It is good to know about Sweden's public holidays, as often they involve some kind of celebration that you really should experience while you are here. What is more, they will almost always mean a change to university

opening hours and telephone hours. Information about such changes can be found on our homepage **www.du.se/contact**.

January 1: New Year's Day (Nyårsdagen)

January 6: Epiphany (Trettondagen)

March/April: Good Friday (Långfredagen)

March/April: Easter Sunday (Påskdagen)

March/April: Easter Monday (Annandag påsk)

April 30: Walpurgis Night (Valborgsmässoafton)

April/May/June: Ascension Day (Kristihimmelfärdsdagen)

May 1: First of May (Första maj)

June 6: Swedish National Day (Nationaldagen)

June: Midsummer Eve (Midsommarafton)

June: Midsummer Day (Midsommardagen)

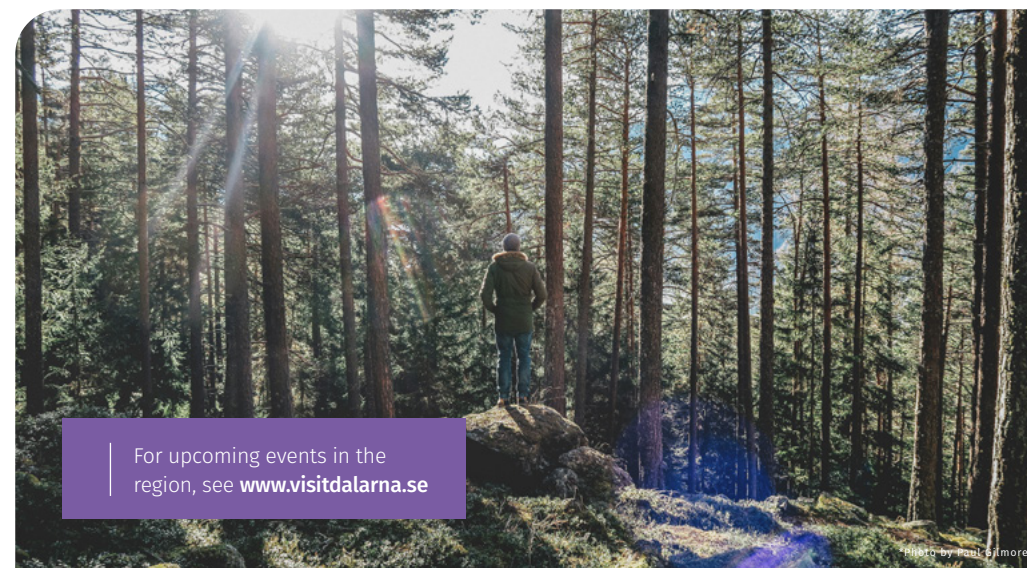
October/November: All Saints' Day (Alla helgons dag)

December 24: Christmas Eve (Julafton)

December 25: Christmas Day (Juldagen)

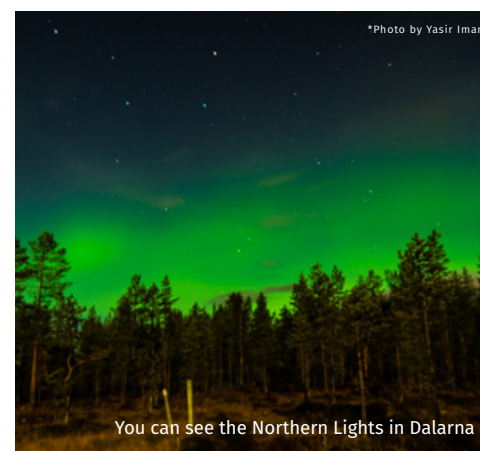
December 26: Boxing Day (Annandagen)

December 31: New Year's Eve (Nyårsafton)



For upcoming events in the region, see **www.visitdalarna.se**

Photo by Paul Gilmore



You can see the Northern Lights in Dalarna



Winter in Dalarna is a great time to be active outside

IMPORTANT DATES

The following days may not be public holidays, but they are still firm fixtures in the traditional Swedish calendar:

March 25: Våffeldagen

7 weeks before Easter: Fettisdagen (Semla Day)

In August: Kräftskiva

October 4: Kanelbullens dag

December 10: Nobeldagen

December 13: Luciadagen

dag/dagen = day

våffel = waffle

kanelbulle = cinnamon bun

kräftskiva = crayfish party

semmlor = cream and almond-paste filled buns

Nobeldagen = when the Nobel Prize is awarded

Study in Dalarna A–Z

Alcohol

You must be over 20 to buy alcohol in the only shop that is authorised to sell it, namely Systembolaget. Low-alcohol drinks – 3.5 % and less – are available in other shops. You may be asked to prove your age, so take ID with you, such as your passport. Of course, alcohol can be bought at restaurants and pubs, as well as at licensed events – just don't be too shocked at the prices that can be high because alcohol in, for example, restaurants is taxed at 25 percent.

Another thing: don't drink alcohol in public places, except on licensed premises, as this is against the law and can result in a fine.

Allemansrätt

Meaning “right of public access”, *Allemansrätt* is well-established and respected in Sweden, and grants you the right to use public/private land and waterways for activities like hiking or swimming as long as you do so in a respectful manner. There are some obvious limitations, such as do not walk on somebody's garden or swim in the lake close to somebody's house. See www.sweden.se.

Bicycles

There are a few rules to be aware of: give way to pedestrians on shared paths; if you want the right of way at a pedestrian crossing, dismount and walk your bicycle; and make sure your bicycle has a bell, lights, and reflectors.

Books (Course Literature)

Teachers provide information about course literature in the course's specific online Canvas room (see Canvas – Learning Platform on page 12). Look for the Course Information or Modules tab in the left-hand menu when you have entered the Canvas course room as that is where you will find information about books.

Much of your course literature is available free of charge as e-books or online journal articles. If you need to purchase printed books, popular retailers include Adlibris, Bokus, and Amazon.

Cinemas (Bio) – BioPalatset in Borlänge and Filmstaden in Falun

Both BioPalatset and Filmstaden are located downtown. You can see what's playing by visiting www.filmstaden.se or by downloading their app. Choose your town, and there you can book a seat. The price per ticket is about 150 SEK.

BioPalatset, Borlänge – Borganäsvägen 48
Filmstaden, Falun – Östra Hamngatan 16–18

Clothing

If you're from a warm climate, then our autumn may well feel like your winter and our summer like your autumn. What we're trying to say is that you might find it a bit cold here, and you'll need to consider your clothing accordingly: coat, umbrella, and waterproof footwear for autumn; thick coat, warm boots, scarf, and hat for winter. And don't forget a nice outfit for the special events you may attend while you're here!

A great, affordable, and sustainable way to add to your wardrobe while in Sweden is to buy at second-hand shops: see Second-Hand Shops in this list.

Computers, Internet, and Wifi

There are student computer labs (*datorsal*) on both campuses that you access with your keycard (see Keycard in this list). Eduroam is the wifi service available on both campuses (as well as in many public places, such as train stations and all other Swedish universities).

To access Eduroam, you first need to verify your DU user account at the reception on either campus. Bring your passport or other valid ID. Once your account has been verified, you can sign in using your university username and password and install the required certificate on your device.

Visit www.du.se/studytools for instructions or contact support@du.se if you need help.

Free Wi-Fi is available in many public places, including cafés, shopping centres, libraries, and some forms of public transport. Internet access is also included in all student accommodation.

Contact Information

See back cover.

Coordination Number (Samordningsnummer)

To be clear, a *samordningsnummer* does not serve the same function as a *personnummer*, and it has limited benefits. It is used to pay taxes if you have an income in Sweden.

If your study period in Sweden is less than 12 months, you may need a *samordningsnummer*, for example if you work and pay tax in Sweden. You must apply for it yourself through the Swedish Tax Agency's website or, if you are an EU citizen, using the Freja app..

Daycare (Dagis)

Also called *förskola* (preschool), *dagis* is a form of childcare for children aged 1 to 5. You apply for a place for your child by contacting your local municipality office: for example, Falu Kommun or Borlänge Kommun.

Dentists

Dental services are provided by Folktandvård: you can find your closest dental clinic on www.folktandvard.se. Where it says “Hitta din klinik” (Find Your Clinic), type in either Borlänge or Falun. You can pay for treatment with your credit card or bank card. Ask for a price before treatment, just so you know what to expect.

Drugs

There is no tolerance for drugs – use or possession – and that includes marijuana and cannabis. Penalties are severe: anyone found guilty of either using or possessing drugs may receive a fine or even a prison sentence.

Eduroam

See Computers, Internet, and Wifi in this list for information on Eduroam, the University's wifi service.

Electricity

Electrical outlets in Sweden use the “schuko” standard and adapters can be bought at local companies in Dalarna if necessary.

Emergency and Non-Emergency Numbers

There is one direct number for all emergency services – ambulance, police, fire department – and it is 112.

In non-emergency situations, such as a stolen bike or lost wallet, call the police on 114 14.

In non-emergency illness situations or for health advice, call 1177 to speak to a health specialist.

Examinations

Many courses include at least one written examination. If you are taking an invigilated exam, you must register in advance through Student Web. Registration opens one month before the exam and closes two weeks before the exam. Late registration is not permitted. Previous examinations are available online and are a useful way to prepare.

Most courses also include a variety of examination forms, such as presentations and group work. The information about what applies in your course can be found in the specific course syllabus.

Food (Mat)

If you're looking to taste something that is typically Swedish, then here are some ideas: *inlagd sill* (pickled fish), *knäckebröd* (crisp-bread), *köttbullar* (meatballs), *ärtsoppa* (pea soup), *pytt i panna* (small bits of fried potato and meat, often served with a fried egg), *ostkaka* (a sort of cheese-cake), and *prinsesstårter* (a sponge cake with cream and a thick marzipan overlay).

On the drinks front, Swedes often serve *påskmust* at Easter and *julmust* at Christmas: they are the same dark, malty soft drink that sells in millions of litres when it arrives in shops.

On weekdays at lunchtime, you'll see signs for *Dagens lunch*: this translates loosely as Dish of the Day and is often the best-priced alternative on the menu. There is often a meat option, a fish option, and a vegetarian option. Usually, a salad bar, bread, non-alcoholic drink, and coffee are included in the price of around 140 SEK. A vegan option may also be available.

Health Centres (Vårdcentral)

When you need to see a doctor, you first call a *vårdcentral* to book an appointment. There are a number of *vårdcentral* in Borlänge and Falun, and you can find the one closest to you on www.du.se/medical. You will often be able to choose an English message system alternative when you call, but if you cannot, call 1177 *Vårdguiden* (Health Guide): there you can receive advice from a healthcare professional. In the case of an emergency, you will need to go to the emergency ward (*Akuten*) at the hospital.

Hospitals (Sjukhus)

The regional hospital, Falu lasarett, is located in Falun, not far from Campus Falun. The Borlänge hospital, meanwhile, is located just outside town on Bergebyvägen 5, which you can get to on the number 2 bus from Borlänge town centre (about a 10-minute trip).

Insurance

PERSONAL INJURY INSURANCE

As a registered student at Dalarna University, you are covered by free Personal Injury Insurance provided by Kammarkollegiet while participating in university activities and when travelling to and from campus.

HEALTH INSURANCE

Our international students have certain health insurance coverage for during their studies. See www.du.se/insurance for more detailed information.

EUROPEAN HEALTH INSURANCE CARDHOLDERS

If you are from an EU country, apply for a European Health Insurance Card in your country before you depart for Sweden as you will need to present this when seeking medical care in Sweden.

Internet

See Computers, Internet, and Wifi in this list.

Keycards

To access and use university facilities, you need a keycard. Once you have registered for your courses, you can collect it from the reception on either campus.

You need your keycard to enter university buildings after regular hours and student areas at Campus Borlänge. It also gives you access to printing, library services, and booked rooms. Although the keycard shows your photo, it cannot be used as identification outside the University.

Laundry Facilities

See Housing/Accommodation on page 17.

Learning Agreements

Dalarna University uses the Online Learning Agreement (OLA) for Erasmus+ exchanges. If your home university requires paper forms instead, email them to support@du.se. After

you arrive, you can also have documents such as your Confirmation of Arrival or any required forms from your home university signed at the reception desk on either campus.

Libraries (Bibliotek)

Dalarna University has two well-equipped libraries where you can work, meet fellow students, and borrow study materials, as well as read newspapers and magazines: each library also has a small café either in it or right beside it. To access services, be sure to have with you your university keycard. On www.du.se/library, you can find information about our opening hours and services, as well as a calendar listing scheduled events and lectures that you are welcome to attend.

The towns of Borlänge and Falun have their own public libraries where you can find board games, books and newspapers. Look out for events and activities that they are hosting advertised on their notice boards and websites. They are also well supplied with books and media for learning Swedish if that is something you are interested in doing. They may well offer language cafés for informal conversation in Swedish as well: be sure to ask!

Find your closest library at www.dalabiblioteken.se/vara-bibliotek

Mecenat Card

The Mecenat card gives you access to student discounts and serves as proof of your student status. Once you have registered for your studies, you can receive a Mecenat card by becoming a member of the Student Union, or by creating an account and submitting your registration certificate at www.mecenat.com.

Newspapers

You can follow Swedish news through public service television and radio on SVT Play and Sveriges Radio Play, which offer news in easy Swedish and, in some cases, English. You can also read Swedish news in English at thelocal.se and in easy Swedish at 8sidor.se. Dalarna's local newspapers are Borlänge Tidning and Falu-Kuriren, while Dagens

Nyheter and Svenska Dagbladet are the largest national newspapers.

Parking on Campus

Free visitor parking is available in designated places in Campus Falun; be sure to write your car's registration number in the parking book at the reception. Students can obtain a free parking pass to display in the front windscreen for Campus Falun. Free parking is available by Folkets Park in Borlänge, a 7-minute walk to campus.

Personal Identity Number (Personnummer)

If you're going to be a student for longer than 12 months, then you can register in the Swedish Population Register at the Tax Agency (*Skatteverket*) and receive a *personnummer*. Having this number facilitates life in Sweden simply because you need it in so many everyday contexts: for example, even a shop discount card can require a *personnummer*. See also *Samordningsnummer*.

Pharmacies (Apotek)

An *apotek* is where you pick up prescriptions and other health-related products. Staff there can also provide basic medical advice (note that the University does not have its own medical staff). Apotek opening hours are generally 10:00 to 18:00 although the Apotek located inside ICA Maxi in Borlänge and Falun are open from 07:00 to 20:00.

Plagiarism

See page 13.

Police (Polisen)

See Emergency and Non-Emergency Numbers (page 23). In non-emergencies (such as theft), call 114 14.

Postal Services

You can buy stamps and send letters and parcels, as well as collect parcels, at PostNord service points located in many supermarkets, convenience stores, and petrol stations.

Primary School

Primary school in Sweden is free of charge and mandatory for children from the age of 6.

Most schools use Swedish as a language of instruction, and local municipalities normally offer assistance for children of immigrants to become integrated into a Swedish learning environment. For more information, visit the website of the municipality where you will be living.

Public Holidays

See page 20.

Residence Permits

If you are not a citizen of an EU/EEA/Nordic country, then you will need a residence permit to study in Sweden. You submit your application for a residence permit online to the Swedish Migration Agency (*Migrationsverket*), which evaluates your residence permit application in collaboration with the nearest Swedish embassy or consulate. You must be admitted to full-time studies on campus and have paid your tuition fee for your first semester (if applicable) before you can apply for a residence permit. See www.migrationsverket.se for detailed information on this subject.

Second-Hand Shops

There are a number of great local second-hand shops that sell furniture, clothes, footwear, household items, toys – the list is in fact almost endless. Some even have small cafés with well-priced drinks and simple food.

In Borlänge you can find the following second-hand shops: Ta Till Vara, Emmaus, Erikshjälpen, and Röda Korset (Red Cross); in Falun, you have PMU Second Hand Ingarvet, Ta Till Vara, and Röda Korset.

Facebook Marketplace is also a popular place to buy second hand goods.

Shopping

Popular among our money-smart students are the grocery chains Lidl and Willy's. ICA, Coop, and Hemköp are three alternatives. As for clothes, Kupolen, the largest regional indoor shopping centre, is close to Campus Borlänge. And don't forget all the second-hand shops!

REGULAR OPENING HOURS

Many shops close at 18:00 on weekdays and have limited opening hours on weekends. Grocery stores are often open later.

Smoking

You cannot smoke inside any public building, nor inside your student apartment. There are also rules for when you are outside: for instance, you cannot smoke within 15 metres of a building entrance nor at a restaurant that has outdoor seating, and this applies even in the case of e-cigarettes.

Sport Facilities

If you're the sporty type, then there are many options open to you.

Let's start with the two main gyms, Actic and Friskis&Svettis. These have student prices, and both have facilities in Borlänge and Falun.

In Borlänge, you have Maserhallen and Aqua Nova for swimming (*simhall*). In the winter, hit the slopes at the downhill skiing centre Romme Alpin. There are also running trails (*motionsspår*) in a number of areas, which become cross-country skiing trails in the winter. As well, there are badminton halls, curling halls, football pitches, tennis courts – the list is long. See www.borlange.se/uppleva-och-gora.

In Falun, there is the Lugnet sporting facility, with swimming pools (*simhall* – indoors and outdoors), gym (Actic), and halls for indoor games such as badminton and floor hockey. In the winter, you can access cross-country skiing trails; in the summer, these are walking trails through the Lugnet Nature Reserve. A tennis hall close to campus offers indoor courts as well as outside courts in the summer. In the winter, Lake Runn has kilometres of ploughed trails specifically for both cross-country skiing and ice-skating: a truly Scandinavian experience! See www.falun.se/gora--uppleva.html.

Swedish

Most Swedes speak English, but learning some Swedish is useful. You can take a Swedish course at the University or study Swedish for Immigrants (SFI) if you have a Swedish personal identity number.

Swish

See page 19.

Telephones

Most international students choose a Swedish mobile plan with a physical SIM card or eSIM, available online or from many supermarkets, convenience stores, and electronics shops. Swedish phone numbers begin with 0. When calling in the international format, replace the 0 with +46 (e.g. 0243 → +46 243).

Time Zone

Sweden has one time zone only and observes Central European Time (CET). It observes Daylight Saving Time (DST), which means setting the clocks one hour forward in spring and resetting them one hour back in autumn.

Tourist Information

Dalarna is one of Sweden's most popular tourist destinations. Visit Dalarna's website (www.visitdalarna.se/en) lists attractions, activities, and events throughout the year. You can also follow Visit Dalarna on Instagram, where posts are published in both Swedish and English. Whether you are interested in markets, concerts, hiking, skiing, cruises on Lake Runn, or local festivals, Visit Dalarna is an excellent place to find inspiration.

Travel

See page 14.

Water

Tap water is clear, ready, and safe to drink! Consider filling a reusable bottle: cheaper than buying bottles of water and definitely better for the planet!

Weather

Winter days in Sweden are short and some people find them rather dark. In this small part of Sweden, Dalarna, the sun doesn't rise until after 09:00 on the longest winter days, and it can be dark as early as 15:00. However, come the summer, it can be light until well past 22:00, with the sun rising at 03:00.

While the average winter temperature (Dec – Feb) is -7 C and the average summer temperature is +20 C, there can be extremes: +30 C can happen in the summer as can -30 C in the winter (even colder in the mountainous areas of the province).

Wifi

See Computers, Internet, and Wifi in this list.

Work in Sweden

Many of our international students want to find work in Sweden as a way to help finance their studies. You should be aware, however, that only a small number of our students find jobs that do not require Swedish.

If your residence permit was issued on or after 11 June 2026, you may work up to 15 hours per week during your studies.

You must also continue to make satisfactory academic progress. The Swedish Migration Agency normally expects you to complete at least 37.5 credits per academic year to qualify for a residence permit extension.

Visit studentblogsdu.wordpress.com for tips from current and former students.

For examples of available jobs:
www.academicwork.se/jobsokande
www.studentconsulting.com/en
www.platsbanken.se

A FINAL THOUGHT

We really hope that you found this information helpful and that it answered at least some of your questions. You would be doing us – and future students – a great favour if you could let us know how it can be improved. Please email us at studentguide@du.se with your thoughts.

Have a great time here in Sweden and especially here at Dalarna University!

Contact Information

Dalarna University: www.du.se/en
Dalarna University Student Union: www.dalastudent.se

UNIVERSITY SUPPORT SERVICES

With all questions – support@du.se and 023-77 80 00

EMERGENCY SERVICES

Police, ambulance, fire: **112** (24 hours)

Non-Emergency Services

Police: **114 14** (24 hours)

USEFUL LINKS

Housing:	student.kopparstaden.se (Falun) student.tunabyggen.se (Borlänge)
Swedish Migration Agency:	www.migrationsverket.se
Swedish Tax Agency:	www.skatteverket.se
Swedish Railway (national trains):	www.sj.se
Dalatrafik (local buses):	www.dalatrafik.se
Borlänge Municipality:	www.borlange.se
Falun Municipality:	www.falun.se
General Information about Sweden:	www.sweden.se
General Study Information:	www.studyinsweden.se
Visit Dalarna (tourist information):	www.visitdalarna.se

Telephone: +46 23-77 80 00 | du.se



facebook.com/dalarnauniversity



instagram.com/hogskolandalarna



youtube.com/dalarnauniversity