Linnaeus University
Sweden

Exchange studies at Linnaeus University
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Welcome to Linnaeus University

Linnaeus University has taken its name from Carl Linnaeus (1707–1778), the world-renowned Swedish scientist. Carl Linnaeus was intrepid, curious and innovative. This is the key to inspiration at Linnaeus University. While the university is firmly rooted in the Småland region of southern Sweden, where Linnaeus was born, our activities, like his, have no boundaries. We offer you a modern university, combining the highest possible quality in education and research with the demands and needs of both the surrounding community and our students. We strongly believe in linking education with research, as well as linking academic curiosity with applied knowledge. At our university, you will find a rich academic offer: cultural and social activities and many interesting programmes and courses to choose from. I am convinced that in coming here, your knowledge will grow and you will grow as a person. You will learn about Swedish culture and society and increase your skills, which will make you appealing to future employers.

Welcome to Linnaeus University – to take part of the friendly atmosphere and active student life, together with more than 2,000 international students!

Peter Aronsson
Vice-chancellor
Linnaeus University in south-eastern Sweden is a modern university with 32,000 students.

We currently offer some 150 degree programmes and 1,300 single-subject courses in a wide variety of academic and vocational disciplines. Around 40 degree programmes and 500 single-subject courses are given in English.

Linnaeus University is one of the larger higher education institutions in Sweden. But as we are located in two cities – Kalmar and Växjö – we have retained the original intimate feeling of the institutions.

At Linnaeus University we want to enable you to grow as a person. The learning environment is characterized by an active student life with teaching and research staff in close proximity to students. Many of our international students mention the informal relationships with the teachers as one of the things they appreciate most as a student at Linnaeus University.

Other aspects that receive praise are the modern and environmentally-friendly buildings, easy and widespread access to computers and other equipment, good connections with businesses and organisations in the area, and the reality-based case studies which add a real-life dimension to the studies.

Linnaeus University is known for its strong international profile, with partner universities in more than 60 countries. The first programme offered in English was established more than two decades ago. Every year more than 1,600 international students from all over the world come here to study.

“Teachers here encourage students to exchange their thoughts and ideas in class, and they also stimulate students to look at issues with critical thinking.”

DANDAN SHEN, CHINA

Open your mind to new opportunities
Did you know that Linnaeus University has the world’s first IKEA professor? Linnaeus University has a unique and close collaboration with IKEA, the largest furniture company in the world, founded in Älmhult in Småland.

For further information, visit the website www.Lnu.se
Växjö
A living Campus

Campus Växjö is modelled along the lines of an American campus university and the natural meeting place for students in Växjö. You find everything in one place while at the same time never being far away from the centre of town.

Växjö has a long tradition of education, and despite its campus location, the university is a natural part of the town of Växjö. Linnaeus University has close ties with the local business sector and is a major player in the development of the town. The business enterprise spirit in Växjö is well known.

Everything on campus is within five minutes’ walking distance – student accommodation, classrooms, the library, restaurants and pubs, lakes and other leisure facilities. The campus is full of life and energy and is a natural meeting place for all students and interests.

The city of Växjö
Växjö is the “capital” of Kronoberg County in southeastern Sweden and a modern city with more than 90,000 inhabitants. If you are staying in Växjö, you will also stay in a city which has been declared “the Greenest City in Europe” because of its focus on environmentally sound solutions and the environmental programmes implemented.

There are abundant opportunities in Växjö for leisure activities. The town is surrounded by countryside, forests and water. The Växjö lake, close to both campus and the town centre, is a natural place for walking and jogging.

“I love the quaintness of Kalmar and the European atmosphere of the city.”

MICHAEL HALAK, CANADA
The city of Kalmar is situated on the southeast coast of Sweden. In Kalmar the university buildings and student accommodation are spread throughout the town and are well integrated with the historical surroundings – making students feel part of the town.

Locating the university in the centre of Kalmar was a conscious move. Students go about their daily business in the town centre, filling it with the buzz of activity, and many students live in close proximity to university buildings.

In Kalmar, everything is close at hand. Within a five to ten minutes’ walk, you will find just about everything you need – your school, your friends, the sea, the gym, or the town centre, Kvarnholmen.

The close proximity to the coast and the sea leaves its impression on life in Kalmar. Smaller beaches and places to swim are dotted around the town centre, and the nearby island of Öland offers top class beaches with miles of white sand. Kalmar is a town with 70,000 inhabitants and a long history dating back to the Middle Ages. Kalmar Castle and the town park are favourite haunts of many students. When the sun shines, the castle’s moat and grounds are filled with students studying and soaking up the sun. Many people jog or walk in the area surrounding the castle, alongside the Kalmarsund.

Kalmar alone holds some 6,000 companies, most of them dominated within retail, manufacturing and service sectors – many with a close collaboration to Linnaeus University.

“Studying in Växjö means you are surrounded by fantastic nature and water.”

Elvedina Sarajlic-Basic, Austria
Student life

University life has much to offer, from meeting up with friends at the student pub to attending events and cultural activities. The student union and the student associations are doing their best to make you feel at home.

Quality leisure time is important when you are a student. If you find joy and fulfilment in your student life, you will gain extra energy for your studies. There is a number of student organisations and clubs at the university that offer a wide range of leisure activities for students – student choirs, student radio, student sports club, student orchestra to mention a few.

The student union at Linnaeus University – Linnéstudenterna – works to ensure that you receive the best possible education, but also aims to offer enjoyable activities besides your studies.

ESN (Erasmus Student Network) is a network of sections organizing events for international students going abroad to study. In Kalmar the section is called ESN Kalmar and in Växjö they are called VIS, Växjö International Students. Both sections organize local events such as barbecues, sports activities and theme nights with typical Swedish traditions represented, as well as trips within and outside Sweden.

The buddy program/mentor program
The buddy program matches international students with (mostly Swedish) students. The buddies help the international students with day to day questions, introducing them to Swedish culture and way of life as well as what it is like being a student at Linnaeus University.

“When the students arrive, there is an introduction week, with both practical information and social activities. I also have a Swedish “buddy”, Amanda, who is my student mentor. She has helped me with all sorts of things.”

JUDITH MERK, GERMANY
“Don’t forget to participate in extracurricular activities as much as possible, making friends and building social networks. You will notice it all pays off at the end.”

YING CHEN, CHINA
Living as a student

Before coming to Sweden and Linnaeus University, these are some practical issues to be aware of.

Accommodation

Exchange students
Exchange students should contact International Office for further information about accommodation.

Kalmar
The majority of students in Kalmar live near or within biking distance to the centre of town. There are both student dorms, halls of residence, student apartments and private lodgings.

Växjö
In Växjö there are approximately 3,000 student apartments on campus. This accommodation is in close proximity to student activities; the university itself, friends, pubs and meeting places are all within walking distance. There are also student dorms and student apartments within biking distance to campus.

Residence permit

Non-EU/EEA citizens must have been granted a student residence permit (uppehållstillstånd för studier) before entering Sweden. You should apply for your permit at the Migration agency website www.migrationsverket.se/English/Contact-us, 2–3 months before departure. Don’t leave for Sweden without your student residence permit! A tourist visa is not sufficient as it is only valid for three months.

EU/EEA citizens are allowed to stay in Sweden without a residence permit. If you are staying in Sweden for longer than a year, you are required to register at the Swedish Tax Office.
Sweden is rather expensive in terms of accommodation and food compared to other countries. To give you an idea of the cost of living in Sweden the following example of a budget might be of help:

<table>
<thead>
<tr>
<th>Item</th>
<th>1 month</th>
<th>1 term/5 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food</td>
<td>2,300</td>
<td>11,500</td>
</tr>
<tr>
<td>Accommodation</td>
<td>3,700</td>
<td>18,500</td>
</tr>
<tr>
<td>Course literature</td>
<td>750</td>
<td>3,750</td>
</tr>
<tr>
<td>Phone/internet</td>
<td>300</td>
<td>1,500</td>
</tr>
<tr>
<td>Local travel</td>
<td>540</td>
<td>2,700</td>
</tr>
<tr>
<td>Medical and personal care</td>
<td>250</td>
<td>1,250</td>
</tr>
<tr>
<td>Clothes, hobbies, amusements</td>
<td>500</td>
<td>2,500</td>
</tr>
<tr>
<td>Total SEK</td>
<td>8,340</td>
<td>41,700</td>
</tr>
</tbody>
</table>
Applying to Linnaeus University

Exchange students

Your home university coordinator will nominate you for an exchange period at Linnaeus University. Once your home university coordinator has nominated you, you will receive an e-mail with instructions on how to complete the online application. The online application should be submitted no later than 15 April for exchange students commencing their exchange in the autumn semester and 15 October for students commencing their exchange in the spring semester.

Contacts

Exchange students
International Office
E-mail: inexchange@lnu.se

Linnaeus University on Social media
www.facebook.com/linnaeusuniversity
www.instagram.com/linneuniversitetet

International Office own Instagram
www.instagram.com/lnuabroad

Exchange or non-exchange, what’s the difference?

Exchange students are students who take part in an exchange programme.

Non-exchange students, so-called free mover students, are students who are not taking part in an exchange programme.
In order to be qualified for the courses and programmes you apply for, you must meet certain general and specific entry requirements. It is very important that you check what is required for the courses and programmes you are interested in, before you submit your application.

**Bachelor level requirements**
In order to meet the general entry requirements for bachelor level (first cycle or undergraduate level) studies, all students must have successfully completed their upper secondary (high school) education (post-16) and meet the requirement of English 6. All programmes and courses also have specific entry requirements which need to be fulfilled.

**Master level requirements**
To meet the general entry requirements for master level (second cycle or graduate level) studies, a student must have been awarded a Bachelor degree (equivalent to a Swedish Kandidatexamen 180 credits) from an internationally recognised university. All programmes and courses also have specific entry requirements which need to be fulfilled.

**English language requirements:**
In order to be eligible for university studies in Sweden, a student must demonstrate that they meet the English requirements for the course or programme they wish to apply for. For information about which level of English requirements (IELTS, TOEFL, CEFR* etc.) needed to meet the requirements of English 5 and English 6, see the table below or visit the website www.universityadmissions.se.

<table>
<thead>
<tr>
<th>Upper Secondary School (Sweden)</th>
<th>IELTS* score (Academic)</th>
<th>TOEFL* score (Internetbased)</th>
<th>CEFR*</th>
</tr>
</thead>
<tbody>
<tr>
<td>English 5 (previously A)</td>
<td>5.5 (and no section below 5.0)</td>
<td>72 (17 in written test)</td>
<td>B1/B2</td>
</tr>
<tr>
<td>English 6 (previously B)</td>
<td>6.5 (and no section below 5.5)</td>
<td>90 (20 in written test)</td>
<td>B2</td>
</tr>
</tbody>
</table>

*CEFR stands for Common European Framework of Reference for Languages: Learning, Teaching, Assessment and is European standard guideline (scale) for grading an individual’s language proficiency.
The duration and extent of programmes and courses are expressed through the credit system used. One semester (20 weeks) of full-time studies corresponds to 30 credits or 30 ECTS/approximately 15 US semester credits. Freestanding courses and modules are generally 7.5 credits each and usually run for five weeks. Full-time studies requires 40 hours of studies (including class time and own studies) per week.

Programmes and courses

All international students are required to be full-time students (enrolled in at least 30 credits per semester) during their stay at Linnaeus University, in order to get residence permit. Choose between applying for one full-semester 30-credit course or combine several freestanding courses. A full-semester course consists of one semester (20 weeks) of full-time studies, divided into several modules. If you choose a full-semester course, you are required to follow the course and the modules exactly as listed in the course outline. Individual modules from different full-semester courses or programmes cannot be combined.

Programmes and courses are offered at both undergraduate and graduate level.

Academic Calendar

The Academic year is divided into two semesters:

**Autumn**

The Autumn semester runs from late August - middle of January. Classes commence the first day of the semester. There is no break between the Autumn and the Spring Semesters. There is no official Christmas break, but classes are usually not scheduled Christmas – first week of January.

**Spring**

The Spring semester runs from the middle of January – first week of June. Classes commence the first day of the semester. There is no official spring break.
### Planning your studies

#### Full-time studies

- **One semester:** 20 weeks.
- **Credits per semester:** 30 credits (1 credit equals 1 ECTS or approximately 0.75 US credits).
- **Credits per week:** 1 week of full-time studies equals 1.5 credits.
- **Work load:** 40 hours per week including lectures, group work, seminars and independent studies.

#### Part-time studies

Some courses are offered as part-time courses. A full-time, 7.5-credit course takes 5 weeks to complete, while a part-time course might instead run over 10 weeks.

#### Overlapping classes

Classes might overlap for those students who make up their curriculum by freestanding courses. However, in most cases it is possible to take two part-time courses concurrently. You should compare the schedules of each course you are taking at the beginning of the semester to determine whether classes overlap.

### Freestanding course

Courses which can be combined to make up a full-time study load of 30 credits. Freestanding courses are usually 7.5 credits, but a small number of courses are 5 or 15 credits.

<table>
<thead>
<tr>
<th>Module</th>
<th>Credits per course</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module 1: Perspectives on Globalization</td>
<td>7.5 credits</td>
</tr>
<tr>
<td>Module 2: Democratization in the World</td>
<td>7.5 credits</td>
</tr>
<tr>
<td>Module 3: International Law</td>
<td>7.5 credits</td>
</tr>
<tr>
<td>Module 4: Transformations of the world economy</td>
<td>7.5 credits</td>
</tr>
</tbody>
</table>

#### Introductory Swedish for International Students (non-credit course)

- **Full-semester 30 credit course:** several modules combined making up 30 credits per semester.

#### Example: A full-semester course combined with the non-credit Swedish course

The example above is the full-semester course 1SH150 Global Issues I.

<table>
<thead>
<tr>
<th>Module</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module 1</td>
<td>7.5 credits</td>
</tr>
<tr>
<td>Module 2</td>
<td>7.5 credits</td>
</tr>
<tr>
<td>Module 3</td>
<td>7.5 credits</td>
</tr>
<tr>
<td>Module 4</td>
<td>7.5 credits</td>
</tr>
</tbody>
</table>

#### Introductory Swedish for International Students (non-credit course)

- **Beginners’ Swedish, part 1:** 7.5 credits, part-time

#### Example: Combining freestanding courses can look like the example above. The first three (full-time) courses run over 5 weeks, while the (part-time) course runs over 15 weeks.

<table>
<thead>
<tr>
<th>Module</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module 1</td>
<td>7.5 credits</td>
</tr>
<tr>
<td>Module 2</td>
<td>7.5 credits</td>
</tr>
<tr>
<td>Module 3</td>
<td>7.5 credits</td>
</tr>
<tr>
<td>Module 4</td>
<td>7.5 credits</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Freestanding course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>iVA210</td>
<td>Socio-Economics</td>
</tr>
<tr>
<td>iNA065</td>
<td>European Union Politics</td>
</tr>
<tr>
<td>iVÅ202, Perspectives on Contemporary Illnesses</td>
<td>7.5 credits</td>
</tr>
<tr>
<td>iSV731</td>
<td>Beginners’ Swedish, part 1</td>
</tr>
</tbody>
</table>

#### Example: A full-semester course combined with the non-credit Swedish course

The example above is the full-semester course 1SH150 Global Issues I.
## Courses and programmes

**Linnaeus University offers courses and programmes in English in the following disciplines. Please visit the website for detailed information on the courses and programmes offered for exchange students and non-exchange students respectively, www.Lnu.se**

<table>
<thead>
<tr>
<th>Disciplines</th>
<th>Disciplines</th>
<th>Disciplines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Archaeology</td>
<td>French</td>
<td>Mechanical Engineering</td>
</tr>
<tr>
<td>Art</td>
<td>General Linguistics</td>
<td>Media</td>
</tr>
<tr>
<td>Art education</td>
<td>German</td>
<td>Media and Communication studies</td>
</tr>
<tr>
<td>Biology</td>
<td>Gerontology</td>
<td>Media Production</td>
</tr>
<tr>
<td>Biomedicine</td>
<td>Glass Design</td>
<td>Media Technology</td>
</tr>
<tr>
<td>Biotechnology</td>
<td>Global Health</td>
<td>Media Technology</td>
</tr>
<tr>
<td>Building Technology</td>
<td>Global Studies</td>
<td>Music</td>
</tr>
<tr>
<td>Business Administration</td>
<td>Global Studies</td>
<td>Musicology</td>
</tr>
<tr>
<td>Chemical Engineering</td>
<td>Health and Society</td>
<td>Natural Sciences</td>
</tr>
<tr>
<td>Commercial law</td>
<td>Health Care Science</td>
<td>Nursing Science</td>
</tr>
<tr>
<td>Communication</td>
<td>Health Sciences</td>
<td>Organisation and Management Studies</td>
</tr>
<tr>
<td>Communication Science</td>
<td>History</td>
<td>Peace and Development Studies</td>
</tr>
<tr>
<td>Comparative Literature</td>
<td>History of ideas and learning</td>
<td>Photography</td>
</tr>
<tr>
<td>Computer and Systems Sciences</td>
<td>Humanities</td>
<td>Physical Education</td>
</tr>
<tr>
<td>Computer Engineering</td>
<td>Industrial Design</td>
<td>Physics</td>
</tr>
<tr>
<td>Computer Science</td>
<td>Industrial Economics</td>
<td>Political Science</td>
</tr>
<tr>
<td>Conflict Solving</td>
<td>Industrial Management</td>
<td>Product Design</td>
</tr>
<tr>
<td>Construction Engineering</td>
<td>Industrial Management and Organization</td>
<td>Product development</td>
</tr>
<tr>
<td>Cultural Studies</td>
<td>Informatics</td>
<td>Psychology</td>
</tr>
<tr>
<td>Design and Styling</td>
<td>Information Technology</td>
<td>Quality Assurance Control</td>
</tr>
<tr>
<td>Development Studies</td>
<td>Innovation Technology</td>
<td>Quality Technology</td>
</tr>
<tr>
<td>Ecology</td>
<td>Interior Design</td>
<td>Religious Studies</td>
</tr>
<tr>
<td>Economics</td>
<td>International Business</td>
<td>Social Psychology</td>
</tr>
<tr>
<td>Economics/Administration</td>
<td>International Health</td>
<td>Social Sciences</td>
</tr>
<tr>
<td>Education</td>
<td>International Relations</td>
<td>Social Work</td>
</tr>
<tr>
<td>Electrical Engineering</td>
<td>Japanese</td>
<td>Sociology</td>
</tr>
<tr>
<td>Energy Systems</td>
<td>Journalism</td>
<td>Solid Mechanics</td>
</tr>
<tr>
<td>Energy Technology</td>
<td>Languages</td>
<td>Spanish</td>
</tr>
<tr>
<td>English</td>
<td>Law</td>
<td>Sport Science</td>
</tr>
<tr>
<td>Entrepreneurship</td>
<td>Leadership and Organization</td>
<td>Sustainable Development</td>
</tr>
<tr>
<td>Environmental Techniques and Energy</td>
<td>Legal Studies</td>
<td>Swedish Language</td>
</tr>
<tr>
<td>Technology</td>
<td>Linguistics</td>
<td>Systems Economics</td>
</tr>
<tr>
<td>Environmental Science</td>
<td>Logistics</td>
<td>Technology</td>
</tr>
<tr>
<td>Environmental Technology</td>
<td>Marketing</td>
<td>Technology Management</td>
</tr>
<tr>
<td>Forest and Wood Technology</td>
<td>Mathematical Statistics</td>
<td>The Humanities</td>
</tr>
<tr>
<td>French</td>
<td>Mathematics</td>
<td>Tourism Studies</td>
</tr>
<tr>
<td>General Linguistics</td>
<td>Mechanical Engineering</td>
<td>Wood Technology</td>
</tr>
<tr>
<td>German</td>
<td>Media</td>
<td>Woodwork</td>
</tr>
</tbody>
</table>
Exams and grades

Exams take place after each freestanding course or module. If taking a full-semester course, you will receive a cumulative grade for the course as well as individual grades for each module.

If you fail an exam, it is possible to re-sit the exam later in the semester, without penalty. Only successfully completed courses or modules are recorded on your transcript. This means your transcript will not show if you have failed an exam or course.

Four different grading scales are used at Linnaeus University. Which of the grading scales that is to be used is decided by the faculty responsible for each respective course. A list of a student's completed courses may, therefore, contain a number of different grading scales.

All grades at Linnaeus University are goal-related; that is to say, a student's performance is assessed based on the objectives stated in the course syllabus. A goal-related grade does not indicate how well a student has performed in relation to other students, but instead to what extent he/she has fulfilled the course objectives. Please visit our website for more information: lnu.se/en/education/Before-your-studies/plan-your-studies

Degrees

As an international student, you can obtain a degree from Linnaeus University. To be able to get a degree at Linnaeus University you need to fulfill the Local System of Qualification at Linnaeus University. Please see details below.

First cycle, Degree of Bachelor (180 credits)
A degree of Bachelor requires studies of at least 180 credits at first cycle, of which 90 credits must be in the main field of study. The main field of study must include an independent project of at least 15 credits.

Second cycle, Degree of Master (60 credits)
A degree of Master (60 credits) is awarded after completing 60 credits at Second cycle, of which 30 credits must be in the main field of study. The main field of study must include an independent project of at least 15 credits. A degree of Bachelor or the equivalent is required for admission to the Master programme.

Second cycle, Degree of Master (120 credits)
A degree of Master (120 credits) is awarded after completing 120 credits at Second cycle, of which 60 credits must be in the main field of study. The main field of study must also include one independent project of at least 30 credits, or two independent projects of at least 15 credits each. A degree of Bachelor or the equivalent is required for admission to a Master programme.

Third cycle, Doctoral (240 credits)
A degree of doctor is awarded after completing 240 credits at third cycle, of which a minimum of 120 credits consists of a research thesis. A doctoral programme usually lasts for four years. It is also possible to enrol in a two-year degree of licentiate programme. A degree of licentiate is awarded after completing 120 credits at third cycle, of which a minimum of 60 credits consists of an independent project. All doctoral level programmes include course work, an independent project and research collaboration with supervisors.
Research training is pursued at all five faculties at Linnaeus University and leads to a licentiate or PhD degree. Doctoral studies are free of fees in Sweden. PhD-studies are usually funded through employment as a doctoral student (studentship). You apply directly by looking at vacant jobs on the website of each university. It is also possible to be admitted through other means of funding, for example stipends.

Requirements for admittance to doctoral studies
These are the basic areas of requirements for admission to doctoral studies:
• Eligibility requirements and applicant’s ability
• Funding
• Resources

Eligibility requirements and applicant’s ability
The requirements for admission to third-cycle courses and study programmes are that the applicant:
• meets the general entry requirements (second-cycle degree or completed studies comprising at least 240 higher education credits) and specific entry requirements (listed in the subject area’s general syllabus) that the higher education institution have laid down, and
• is considered in other respects to have the ability required to benefit from the course or study programme.

Funding
The following forms of funding may apply to third-cycle education at Linnaeus University: appointment as a doctoral student (with internal/external funding); secondment from an employer other than Linnaeus University; research scholarship/stipend; dedicated resources for lecturers; and self-funding. If an applicant wishes to be admitted with another form of funding than an internally funded doctoral studentship, the feasibility of the funding plan must be assessed.

Resources
Provided that the school has supervisors, examiners, work space and other necessary resources at hand, an applicant can be admitted to doctoral students. To get an idea of what resources are available, you should contact the school in charge of the third-cycle subject area.

Job ads
en.academicpositions.se
www.ec.europa.eu/euraxess/
www.universitypositions.eu/

Available doctoral studentships at Linnaeus University:
www.Lnu.se under Jobs and vacancies
As a student at Linnaeus University you have access to a lot of different services. We are actively working with students and their best in focus and below you’ll find information about some of the services available for students.

**Student Lounge**
In the Student Lounge you can meet representatives from the International Office and get help with any kind of questions you might have related to your studies at Linnaeus University. You can also meet the admissions office and get help with questions related to your admission to courses and your application etc. Other services available at the Office of Student Affairs and in the Student Lounge are:

**Career counselling**
The career counselling service at Linnaeus University, Lnu Career, will offer you support when you try to figure out how your education, your experience and your personal qualifications are best summarized into a powerful job application. You will get help to take stock of your skills and experience. You will also receive tips and guidance on how to find your labor market and how to best design your CV/Resume and cover letter. Lnu Career is available for all students at Linnaeus University.

**Pedagogical support**
If you are a student and have some form of disability, it is possible for you to get pedagogical support during your studies. Examples of such help are; help taking notes, sign language interpreter or extended time at examination sittings. In case you need other forms of support or means of assistance in your home or personal assistance, it is the municipality and/or the county council that you should contact. It is important that you contact a coordinator for students with disabilities well in advance, to be able to plan your support as well as possible. Visit Lnu.se/en/education/during-your-studies/studying-with-a-disability/ for more information and contact.

**Student Welfare Office**
The Student Welfare Office work to promote physical and mental health for our students. We offer free individual counselling to aid you with any problem that may make your studying or student life difficult.

Common problems students contact us for are anxiety, stress, sleeping difficulties, crisis, relationship problems, difficulties in concentrating or completing assignments, loss of energy, homesickness or difficulties in adjusting to life in Sweden. Talking to us a few times is sometimes enough but in some cases, you can make up to a total of five appointments to see us. Appointments with us are free of charge and we treat all matters confidentially. In Kalmar you find the Student Welfare Office in building Falken, Nygatan 18. In Växjö you find us in the main building, building H.
Kalmar and Växjö are easily reached by car, bus, train or plane, and it is possible to fly directly from Stockholm to both Kalmar and Växjö.

There are direct train connections with Stockholm and Copenhagen several times a day.

Estimated travel time (by train):
- Copenhagen – Växjö 2.5 hrs / Kalmar 3.5 hrs
- Stockholm – Växjö 3.5 hrs / Kalmar 4.5 hrs
- Malmö – Växjö 2 hrs / Kalmar 3 hrs
- Gothenburg – Växjö 3 hrs / Kalmar 4 hrs