

EXCHANGE STUDIES



– your path to new experiences



UMEÅ UNIVERSITY

Take the chance to become an exchange student!

Do you want to challenge yourself and gain invaluable experience? Experience a new culture and make new friends for life while boosting your CV with international experience? Then take the opportunity to study abroad.

Going on an exchange is about so much more than just studying! Living in another country with another culture broadens horizons, builds confidence and increases tolerance and understanding. Moreover, exchange studies are in themselves an asset for the future. It's an experience you don't want to miss out on!

Exchange studies

Umeå University has agreements with universities all over the world in several different exchange programmes. Being an exchange student means that you study part of your education at a partner university in another country without paying tuition fees. When you return home, you can apply to earn credits for studies abroad as part of your education at Umeå University. You can go on an exchange whether you are studying in a programme or independent courses. The countries and universities you can go to depend on what you are studying here in Umeå. In most cases, you must have studied at least one year at Umeå University before you can go on an exchange.

More information about exchange study opportunities can be found on the student website: www.umu.se/en/exchange-studies/

Studies abroad on your own

If you want to go to a country or university with which Umeå University does not have an agreement, you can organise your studies abroad on your own, as a so-called freemover. You will then contact the foreign university to find out how the application procedure works.

Be a buddy!

When applying for exchange studies, it may be an advantage if you have been involved in Umeå University's buddy programme. As a buddy, you help international students settle in Umeå. The programme is also a unique opportunity for you to prepare for your exchange studies by improving your language skills and meeting new cultures.

More information about the buddy programme can be found on the student website: www.umu.se/en/be-abuddy



Jean-Philippe Zirignon

Studied at Umeå University: Business Administration and Economics

Host University:
University of Minnesota Duluth, USA



What attracted you to apply for exchange studies and why the United States?

Since I was about 10 years old, I have always wanted to travel to the United States. I think it was the culture that attracted me the most, as well as the fact that English is the language they speak there. When I found out that I could easily fit in studying abroad into my study programme, I didn't hesitate for a second, and selected the US as my first choice. I also knew that this would make me more attractive in the job market with international companies, which proved to be true when I spent the second tour at Adidas headquarters in Germany.

What was it like to study in another country?

It was incredibly rewarding and without a doubt, the most fun part of my education. I learned so much which was invaluable later when I moved abroad for work. It was also interesting to experience student life in the US.

What are the benefits of studying abroad?

I learned more abroad than I did at home in Sweden, both academically and culturally. You develop a lot, which is incredibly beneficial later on when you finish your studies. This is especially true if you plan to work abroad after your studies, or travel.

What is the best memory from your exchange studies?

My best memories are from a field trip we went on during the Sports Marketing course, where we got a tour of the Minnesota Vikings training facility and arena (NFL). We also went on a few other field trips with the school, and you get an insight into other aspects of American society that way. These types of trips are something you can usually only get abroad.

What is your advice to someone who wants to go on exchange?

My only advice is: Go! Don't hesitate, as it will be the most fun and educational experience of your studies, whether you want to live abroad after your studies or not. My advice is also not only to socialise with people from your own country or from the same school, but also to get to know people from other cultures. As a result, I was able to experience the traditional American holiday of Thanksgiving.

Amalia Winberg

Studied at Umeå University:
Digital Media Production

Host University:
University of Iceland



What attracted you to apply for exchange studies and why Iceland?

I'm sure it sounds cliché, but I've known that I wanted to study abroad since I was 12 years old. I chose to go to Iceland because I have always wanted to go there and explore the island, since not that many people have been to Iceland and even fewer have actually lived or studied there. I've heard that Iceland is one of the happiest countries in the world and since I'm also interested in languages, it was really an obvious choice!

What was it like to study in another country?

As Iceland is a Nordic country, the atmosphere was similar to Sweden. However, the courses were taken in parallel as in high school, which was both familiar and stressful when you get used to one course at a time and find that the concept works. Otherwise, I didn't notice much difference. There were other things, like the fact that the courses were in English, that made the difference, but since I studied English in high school, I got used to it quickly. But I certainly wouldn't say it's a barrier if you're not used to instruction language in English.

What are the benefits of studying abroad?

The experiences! And the trips! And the friends! What I will never regret about Iceland is what I experienced outside of school. Other benefits are that you grow so much as a person!

I have noticed that I am much more confident in myself because I have been able to do this on my own and have taken myself out of my comfort zone.

What is your best memory from your exchange studies?

It was when I was visiting Akureyri and my family came to visit. I was in Akureyri with my water polo team for the weekend. We also visited Jóláhúsið (the Christmas house)! They have a lot of Christmas decorations up all year round and it's the coziest place in the world to visit for Christmas! When I got home from Akureyri, my family was in Reykjavík, and I got to spend some time with them. We rode Icelandic horses, visited the blue lagoon, and ate in great restaurants. It was a great weekend with lots of excursions!

What is your advice to someone who wants to go on exchange?

Plan ahead! I was lucky to find a good place to stay when I applied too late for student housing through the school. Not everyone is that lucky, but it always works out, if you're just prepared to be flexible it's easily arranged. So make sure you have backup plans! Check out the course offerings carefully so you can choose fun and interesting courses for you! It won't be fun if you take boring courses that take longer than necessary because they are uninteresting to you. You want to have as much time as you can to experience the country and culture!

Exchange programmes and agreements

Which countries and universities you can go to depends on what you are studying at Umeå University. Departments and faculties have their own agreements, but there are also university-wide agreements that are open to all students. If you want to know what opportunities are available to you, contact the international contact person at your department.

NORDPLUS HIGHER EDUCATION is an exchange programme for students at universities and colleges in the Nordic and Baltic countries. Under Nordplus, you can receive a grant for studies or internship for one month up to one year. For students who can only study abroad for a short period of time, there are opportunities for shorter exchanges, known as express mobility, from one week up to one month

NORTH2NORTH is an exchange programme for universities in the Arctic regions of the USA, Canada, the UK and the Nordic countries. Scholarship opportunities are available.

ERASMUS+ is an exchange programme that offers scholarships for exchange studies for three months up to one year at a university or college in another European country.

UNIVERSITY-WIDE AGREEMENTS are mainly signed with universities outside Europe, but there are also university-wide agreements with a few European universities.

FACULTY AND DEPARTMENT AGREEMENTS exist with universities within and outside Europe. These agreements are only open to students studying at the specific faculty/department.

www.umu.se/en/exchange-studies





JEAN-PHILIPPE ZIRIGNON Studied at Umeå University:
Business Administration and Economics.
Host University: University of Minnesota Duluth, USA.

Jean-Philippe's best tips for exchange studies

1.

Live on campus – this is where you meet your closest friends!

2.

Travel – go on road trips or travel to bigger cities.

3.

Don't overpack. You will most likely buy some souvenirs
or do some general shopping. Leave some space in your bag!

4.

Be sure to pass by an ATM every now and then.
Many other countries rely more on cash than cards – always carry both!

5.

Become friends with your professors – other countries may be more focused on relationships than Sweden, and professors usually love talking to exchange students!

6.

Go abroad more than once – if you can go on several exchange semesters or go abroad
for an internship after your exchange semester, do it! Preferably to different countries.

www.umu.se/en/study-abroad

CONTACT US

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