



Kristianstad
University
Sweden



Exchange Studies at HKR



Kristianstad University, or HKR for short, is beautifully situated in southern Sweden. The distances are short here, between students and staff and between the university and the working life. Students are our most valuable resource.

Kristianstad University

Our vision is to be the best university in Sweden in training and educating students for their future careers. Our students acquire not only the knowledge and skills that are most in demand on the labour market but also those that fulfil the needs and requirements of a modern scientific community.

We pride ourselves on close contact with our immediate environment and also between students and staff. Focusing on training and education, we have established an excellent reputation for a range of programmes and courses that satisfy the needs of the labour market.

Campus

Kristianstad University was founded in 1977. Today we have about 14,000 students. The Campus is just 10 minutes from the town centre. On campus you have access to inspiring meeting places and a wide range of services.

At the Campus you can find everything you need within a short walking distance. There is a library, a restaurant, a café, a sports hall, the student union, health centre and student dormitories all in one place.

In the middle of the campus there is a spacious library with study rooms, computer rooms and open spaces where you can read or just relax. See hkr.se/abouthkr

"I like the campus, it is well organised, it is small so you can reach everything easily and have access to computer rooms, the internet and the library. The library is really good."

Bastien Coignon, France





Student health

All students have access to a health centre on campus, where there is a nurse and a counsellor.

Students with disabilities

We strive to provide easy access for students with disabilities. We offer assistance with note taking, mentor support, assistants, sign language interpreters, resource rooms, and various technical aids. We also make special teaching and examination provisions. Find out more at hkr.se/service-and-support

Student Union

The Student Union (Studentkåren) works with education monitoring and issues regarding student welfare. As a student, you can become a member and benefit from all the services provided by the Union as well as receive special discounts on specified services and products. Find out more at ksk.nu

Sport Union

The Sport Union organises sport activities for members seven days a week, including badminton, soccer, swimming, volleyball and a lot more. Find out more at hkif.se

"I really enjoyed the time at HKR. What impressed me deeply is the kindness of the Swedish teachers and the students. The teaching methods are characterized by cooperation and interaction. I liked to work with international and Swedish students, we can learn so much from each other."

Zhang Hongxia, China
English education



Courses

Kristianstad University offers a wide range of courses taught in English within different fields of study. We also offer a number of web based courses. However, 75% of the courses should be campus located in order to provide a meaningful exchange period. Please note that the courses offered vary from semester to semester. You can find the updated list of courses together with all the necessary information at hkr.se/courses4exchange

The academic year

The duration of a semester is 20 weeks.
Autumn semester: End of August to mid January
Spring semester: Mid January to beginning of June



Examples of courses

Business Administration and HRM

Management Control and Control Systems 7.5 credits
International Business and Multinational Enterprises 7.5 credits
International Marketing and Retail Management 7.5 credits
Global Business Social Responsibility 7.5 credits
Business English 7.5 credits

Engineering and Computer Science

Development for Mobile Platforms 7.5 credits
Embedded Systems 1 7.5 credits
Software Engineering 7.5 credits
Operating Systems 7.5 credits
Discrete Mathematics and Statistics 7.5 credits

Food and Meal Science/Biology

Sensory Evaluation of Food 7.5 credits
Biodiversity and Ecosystem services 7.5 credits
Dimensions of sustainable food consumption 7.5 credits
Communication of food and meal 7.5 credits

Health and Nursing

Global Health 7.5 credits

English literature /other

Intercultural Communication 15 credits
Sweden: Culture and Society 7.5 credits
International Rhetoric 7.5 credits

Teacher Education - course packages

Option 1 - Childrens Early Years Education

Pedagogical Diversity, Natural Science and Aesthetics in the Meeting with Children in Early Years 15 credits
In Between Teaching and Learning 7.5 credits
Choose between: Core Education Course for Primary Teachers 7.5 credits or
Free choice of course 7.5 credits

Option 2 - Primary Education

Teaching English to Young Learners 15 credits
Teacher-supervised Placement for Primary Teachers 6 credits
Core Education Course for Primary Teachers. 9 credits

Option 3 - Primary Education

Teaching English to Young Learners 15 credits
In Between Teaching and Learning 7.5 credits
Choose between: Core Education Course for Primary Teachers 7.5 credits or
Free choice of course 7.5 credits



hkr.se/courses4exchange

Services for Exchange students

Arrival days and Introductory week

To welcome you in Kristianstad and to make your arrival and first days here comfortable we are pleased to offer the following services: Pick-up service, Introductory Week, Welcome Party.

During the first week the International office organises different activities that will give you the opportunity to meet the other exchange students and that will help you to get to know the town and campus.

Accommodation

Accommodation is guaranteed to all the exchange students. The University offers a possibility of accommodation in single rooms in student dormitories. All rooms are furnished with basic equipment and Internet connection. If you have specific requirements that we can't meet, you may have to arrange for a room on your own. For more information about accommodation and the application procedure, please consult the Survival Guide (see below) or contact the International Office.



Survival Guide

In the Survival Guide, you can find all the information you need about moving to Kristianstad, studying at our University and living in Sweden. The guide is available at: www.hkr.se/survivalguide. For any other questions concerning your studies at Kristianstad University, please contact intrel@hkr.se.

During the semester

Throughout the semester the International Office organises social activities, including parties and trips. Every semester we arrange at least one trip outside the region/country, e.g. to Stockholm as well as trips to local destinations.

Our trips are meant to create connections between the students and to offer them the opportunity to share unforgettable experiences.

"Arriving at the Högskolan was really nice. Karen from the International Office welcomed us and we felt home from the first moment. The university is much bigger than my home university but much more friendly with all the trees and all the nice buildings. The people are all very nice, both the teachers and the students. You can find help even for the most stupid questions"

Carmen Winter, Germany
Health promotion



"I have new friends from all over the world. Through them I learn about different cultures. My teachers and the people in Sweden are very friendly. They make me feel like I was back home with my family. It will be the most precious memory of my life,"
Deng Ting, China



"I enjoyed my stay in Sweden and Kristianstad. It was nice to meet students from other countries and interact with everyone, it was such a nice time. It would be very nice for me to have an opportunity to come back to Sweden and Kristianstad again. I thank everyone who made it possible for me, I love you all. Thank you"

Brian Siamani, Livingstone, Zambia,
Nursing





Sweden

Sweden is one of the largest countries in Europe, with varied scenery and climate. From north to south you can find extensive forests, numerous lakes and a long coastline.

The landscape as well as the climate changes a lot, from the wild and colder regions of the north to the milder and flatter landscape of the south.

Sweden is not only forests and lakes but a modern and fast developing country. In a nutshell, "Sweden is a country of opportunities offering a high quality of life with the human and nature in mind. (Swedish Institute)".



Skåne

Skåne is the southernmost region of Sweden. Danish until 1658, it still keeps a bit of Denmark in its flag and in the "Skånska" the dialect spoken in the area. Together with the Danish Zealand, it belongs to the Øresund Region, one of the fastest expanding areas in northern Europe. It is the most populated area of Sweden but you can still find wild nature, lakes, forests and small villages along the coast.

Malmö, the third largest city in Sweden, is the main centre of Skåne. Thanks to its connection to Copenhagen through the Øresund bridge, the city is quickly developing and is becoming an important centre for all the Scandinavian countries. Modern and old at the same time, Malmö offers a great variety of activities for all tastes.

"Before studying in Sweden, my impression about Sweden is that it has a prosperous economy, advanced techniques in ecological environmental protection, a perfect welfare system and cold weather. Now, during my 6 months of living here, studying and travelling around Sweden, I have seen all its magic and I really appreciate the friendship and kindness of the Swedish people"

Zhang Hongxia, China
English education

"The whole Skåne region is really nice and you can find a lot of small idyllic villages at the sea. I loved to make bike trips to various places"

Carmen Winter, Germany
Health promotion



“I stayed the best semester in my life at Kristianstad University. I was supposed to stay only 1 semester, but decide to stay 1 year. Kristianstad is a small city that you can do whatever you want - by foot or by bike. There are a lot of beautiful nature and landscape surrounding the city. You can find whatever you want in the center - restaurants, shops, pubs and clubs.” Julian Soncin, Brazil **Business**



Kristianstad

Situated in the north eastern part of Skåne, Kristianstad is the main centre of the region. The town combines the modern and the old and is situated in an area of great natural beauty. Kristianstad is also known for its cosy cafés, restaurants and shops.

Kristianstad municipality has a wonderful Biosphere Reserve known as Vattenriket, the Kingdom of water. Naturum, a newly-built nature centre, is situated close to the town centre and provides a number of displays illustrating the great biodiversity of the region. Here you can also enjoy beautiful views over a cup of coffee.

Within Easy Reach

Kristianstad is situated within an easy reach of Europe by air, train or ferry. High-speed trains connect Kristianstad to Kastrup Airport, Copenhagen and Malmö. You can reach Malmö by train in one hour and Copenhagen within one and a half hours. You can thus enjoy the vibrant life of Malmö and Copenhagen whenever you want. Kristianstad airport offers direct flights to Stockholm, and other cities.

In the whole municipality of Kristianstad you can easily move by bike or on foot; there are plenty of trails that allow you to experience the beautiful landscape of the area. Some of the trails are designed for easy access by wheelchair or with a pushchair.

There are many opportunities to enjoy outdoor activities as canoeing, trekking and climbing; the area is well known also for the numerous of bathing spots.

See hkr.se/about-kristianstad



“just take your bike and go to a lake or to the sea or a nature reserve. There are so many things to do”

Bastien Coignon, France

Admission requirements

Your home university has approved your chosen course(s). Please note that some of the courses may have specific requirements. It is not compulsory to provide a certificate of competence in the English language but it is really important that your English speaking and writing skills are sufficiently good to allow you to follow your chosen course(s).

Application procedure

If you wish to apply to Kristianstad University as an exchange student, you should contact the international office at your home university. Once you have been nominated and selected by your university, you need to fill in our application form online.

Please, note our deadlines:

Autumn Semester: April 15

Spring Semester: October 15

For more information, visit our website:

hkr.se/exchange-student

Links

Study in Sweden

www.studyinsweden.se

Transport

www.skaneltrafiken.se

www.sj.se

Sweden and Kristianstad

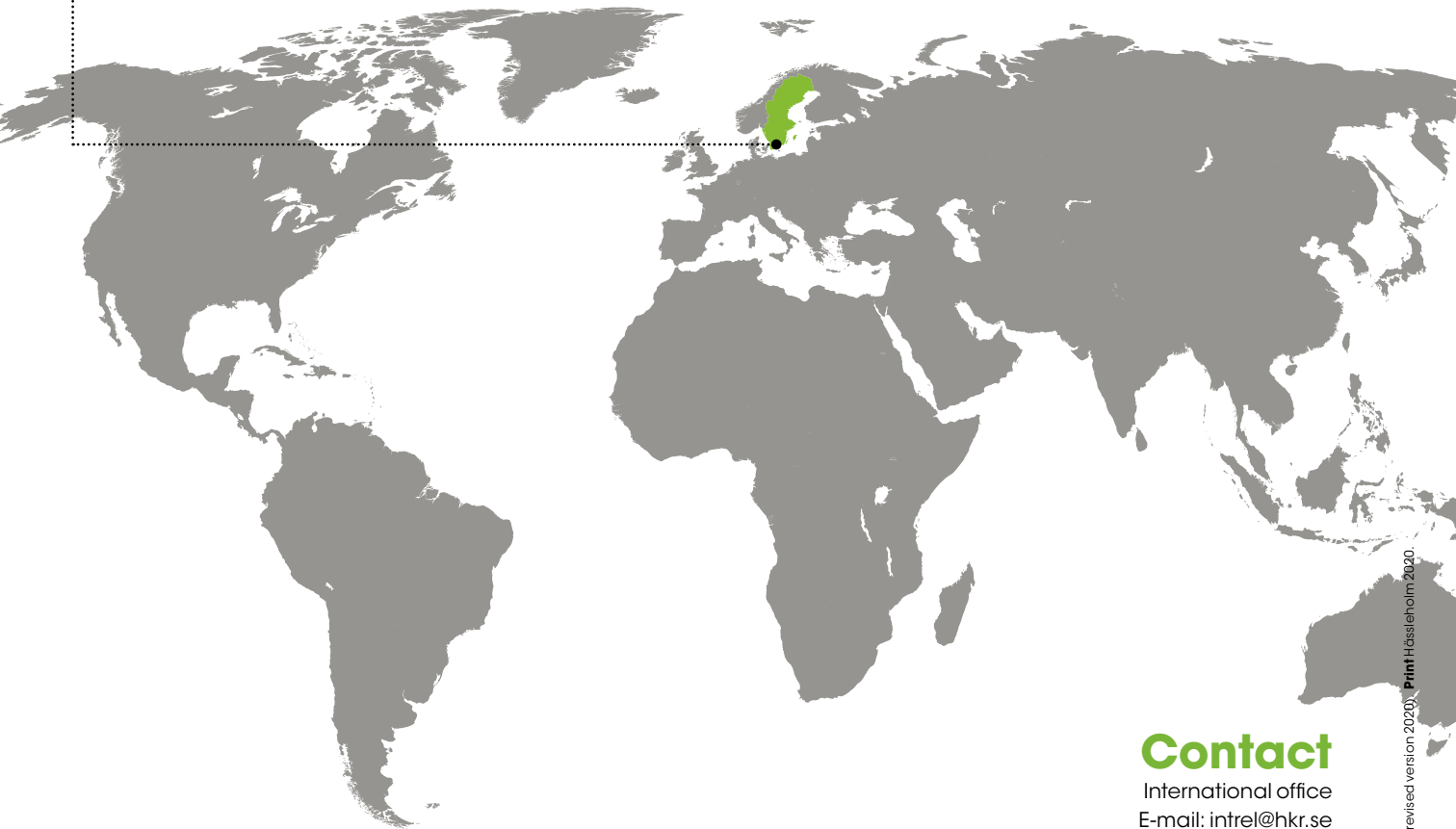
www.sweden.se

www.visitsweden.com

www.skane.com/en

www.kristianstad.se/en

Kristianstad University | Sweden | Europe



Contact

International office

E-mail: intrel@hkr.se

Telephone: +46 44 250 30 16

facebook.com/KristianstadUniversity

Instagram.com/kristianstaduniversity

hkr.se/exchange-student



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HKR Fact Sheet Exchange Studies 2023/24

General Information		
Address	International Relations, House15- 131 Kristianstad University Elmetorpsvägen 15 SE-291 88, Kristianstad Sweden	
Telephone	+46 (0)442503000	
Email	intstud@hkr.se	
Website	University	http://www.hkr.se/
	Facebook Page	https://www.facebook.com/Kristians-tadUniversity/
International office	International Coordinator for incoming students Karen den Boer E-mail: karen.den_boer@hkr.se Telephone: +46 (0)44 250 3016 International Administrator Mei-Yu Chen General Email: intstud@hkr.se Housing Email: housing@hkr.se Telephone: +46 (0)44 250 3633	

Academic Calender		
	Fall Semester 2023	Spring Semester 2024
Beginning of Semester	28 th Aug 2023	15 th Jan 2024
End of Semester	14 th Jan 2024	2 nd June 2024
Application Deadline	15 th April 2023	15 th Oct 2023

Academic Information	
Courses Available to Exchange Students	https://www.hkr.se/en/study-at-hkr/programmes-and-courses/courses-in-english---exchange-students/
Course Entry Requirements	https://www.hkr.se/en/study-at-hkr/programmes-and-courses/courses-in-english---exchange-students/
Couse Application	Online application through Mobility-Online
Course Registration	1 week before course starts on Student Ladok (student receive a login after being accepted as exchange students).
Transcripts	Transcripts are generally available about 1-2 month(s) after the semester is finished. The International office will send it to the partner universities.

Nomination and Application Process	
<p>1: The home institution will nominate students to HKR in accordance with the mutually agreed number of exchange places.</p> <p>2: HKR sends link & instruction to in-coming students to apply.</p> <p>3: Incoming student creates account on "Mobility-Online" to begin online application.</p> <p>4: Students upload passport photo.</p> <p>5: Students choose courses and print the application form.</p> <p>6: Students upload the signed application form and transcript of record.</p> <p>7: Students print the signed admission letter.</p> <p>8: Students fill in online accommodation application form.</p> <p>9: Students fill in arrival time.</p>	

Visa Application	
Student Visa Application	.Guideline for applying study permit in Sweden: https://www.migrationsverket.se/English/Private-individuals/Studying-in-Sweden/Universities-and-university-college.html
Supporting Documents for Visa application	<ul style="list-style-type: none"> copies of the pages in your passport which show your personal details, the period of validity and whether you have

	<p>permission to live in countries other than your country of origin</p> <ul style="list-style-type: none"> • admission decision or letter of acceptance showing that you have been admitted to study a program or courses full-time • the decision on admission as a doctoral student with information about the time of admission (if you are a doctoral student) • copy of document proving that you have comprehensive medical insurance coverage in Sweden (if you have been admitted to studies that last less than one year). If you are insured through the university or university college, enclose a certificate to prove this • bank statement showing that you have the means to support yourself. This bank statement, which you are to enclose to your application, should be dated in connection with the time of application and be translated into English <i>or</i> • documents issued in your name, showing that you have received a scholarship or similar (e.g. student aid), including information about the monthly amount and the period during which you will receive such funds <i>or</i> • documents proving that you have been awarded an educational grant (only applies to doctoral students) or have been employed as a doctoral student, with information regarding the amount and the period during which you will receive such funds.
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Accommodation		
Application Period	Semester 1 (Fall 2023)	15 th – 30 th April 2023
	Semester 2 (Spring 2024)	15 th – 30 th Oct 2023
University Housing	<p>Åhus Resort AB Located in Åhus, a town next to Kristianstad, near the beach, 45 minutes by bus from campus. One house is 68 m² and shared by four students: 2 single rooms (7m²) and 1 double room (12m²).</p> <p>Fängelse Located in downtown Kristianstad, 10 minutes by bike from campus. There are 3 floors. Each floor has 3 corridors. Each corridor has 12 rooms. The room size varies from 6 m² to 13 m².</p>	
Duration of Stay	Autumn semester 2022	19 th Aug 2023 – 12 th Jan 2024
	Spring semester 2023	13 th Jan 2024 – 2 nd Jun 2024
	* <i>Please note that Kristianstad University does not own the accommodations. We only help to book the room for you at the private housing companies. Therefore, rules regarding payment, cleaning, etc. are decided by the housing companies and not by Kristianstad University.</i>	
Other Possible Accommodation	ABK: http://www.abk.se/	

Insurance	
Insurance	<p>Exchange students at Kristianstad University are insured during the semester(s) they are registered. The insurance applies during the education period in accordance with the actual semester dates they are registered as well as two weeks prior to the start of studies and two weeks after the end of studies. However the insurance does not cover third-party liability or property loss. It is also not effective when the accident happens outside Sweden.</p> <p>Please read the detailed content carefully at : https://www.hkr.se/en/study-at-hkr/exchange-student/group-insurance-for-exchange-students/</p>

Arrival Day and Introduction Week		
Arrival Day (Pick Up Service)	Fall Semester 2023	19 th —21 st Aug 2023
	Spring Semester 2024	13 th —14 th Jan 2024
Introduction Week (non-compulsory but strongly recommended)	Fall Semester 2023	22 nd —25 th Aug 2023
	Spring Semester 2024	15 th —18 th Jan 2024
Pick up service	By filling out the mobility online system, student can book pick up service provided by the International Office during the arrival days.	

Living Costs		
Estimated Monthly Expenses	Food	2200 SEK
	Accommodation	Varies between 3000 to 4500 SEK depending on room sizes
	Transportation	400 to 600 SEK
	Miscellaneous	2000 SEK
	Total	Approximately 8500 SEK