



Mid Sweden University offers a wide range of courses in English, including courses in the Social Sciences, Business, and Engineering. The University has two campuses in the cities of Östersund and Sundsvall, located a few hours by train from the country's capital, Stockholm. Surrounded by mountains, both cities are centres for downhill skiing.

Website

<https://www.miun.se/en/>

Contact

For general inquiries - internationaloffice@miun.se

Application Deadlines

For both autumn (September - January) and spring (January - June) semesters, the application period is from **February 10th** to **May 10th**.

For more information on the application process, see:

<https://www.miun.se/en/education/exchangestudies/application-and-admission/>

Courses

To browse courses offered to exchange students, see:

<https://www.miun.se/en/education/exchangestudies/courses/>

The University uses the European Transfer Credit System (ECTS) where 6 ECTS is equivalent to 1 UPEI course. A full study load per semester is 30 ECTS.

Since Sundsvall and Östersund are located 180 km apart, it is important to select courses at one campus only.

Accommodation

Mid Sweden University does not provide on-campus accommodation, but cooperates with a number of housing companies that offer a range of options to exchange students, including student dormitories (with or without shared bathrooms and/or kitchens) and single/shared apartments. Most student accommodation is located within walking distance of the university. Rent varies from 2000 - 4000 SEK per month. For more information, see:

<https://portal.miun.se/web/international-student/accomodation>

Visa and Travel Information

Canadian citizens who will be staying in Sweden for more than 3 months must have a residence permit. For more information, see <https://studyinsweden.se/> and

<https://portal.miun.se/web/international-student/practical-guide1>

For Sweden travel advice and advisories, see: <https://travel.gc.ca/destinations/sweden>

Insurance

The Swedish government provides special insurance for exchange students (Student IN) for accidents, certain medical expenses, and liability cover. For more information, see: <https://portal.miun.se/web/international-student/accomodation1>

Cost of Living in Sweden (Swedish Krona)

Restaurants

Meal (inexpensive restaurant)	99 SEK
Meal for 2 (mid-range restaurant, three-course)	600 SEK
McDonalds combo	70 SEK

Markets

Milk (1 litre)	10 SEK
Loaf of bread (500g)	20 SEK
Rice (1kg)	24 SEK
Eggs (12)	25 SEK
Local cheese (1kg)	83 SEK
Chicken breasts (1kg)	86 SEK
Beef round (1kg)	144 SEK
Apples (1kg)	23 SEK
Tomato (1 kg)	26 SEK
Potato (1 kg)	9.40 SEK

Transportation

One-way ticket (local transport)	28 SEK
Monthly pass	750 SEK

Other

International student guide: <https://portal.miun.se/web/international-student/practical-guide1>