

STUDY SWEDISH IN SWEDEN

Summer 2025



**APPLY
NOW!**

<https://uiss.org/>

**UPPSALA
INTERNATIONAL
SUMMER
SESSION**



UISS staff 2024 at the Farewell dinner themed Celebration of Diversity from left: Linus, Leon, Elenor, Edvin, David, Nelleke



Midssommar celebration with the Swedes



The fiddler in the middle (teacher)



Class utlandssvenska ungdomar

Testimonials From Our Students



SOFIA RICCI, 21 - UISS 2024
STUDENT, 894171@STUD.UNIVE.IT

ITALY

UISS as a journey of discovery of others and of yourself. The morning and afternoon classes dive into the Swedish language and culture with the support of truly amazing teachers. We went from interventional morning language lessons to “meeting” firsthand culturally significant figures while walking around Uppsala with our teacher Lennart as guide during the “Svensk Kultur och Samhällsliv” class.

During the “Förbättra din svenska med hjälp av drama/musik/improvisation” class, we discovered our theatrical and musical hidden selves with the outstanding teachers Anna and Roel. The drama class especially has been life-changing for me. It was just what I needed. I became more daring, more open to try new things and I even ended up positively surprising myself, learning about a part of me I did not know was there. And in the process, I created meaningful bonds with friends from all over the world.

At UISS everyone is welcome to be themselves, kindness and unity blossoming between students, teachers and personnel. So I would say that UISS is not simply a school, but an accepting, welcoming family.



CYRUS HAMLIN, 19 - UISS 2024
HARVARD UNIVERSITY 1980HAMLIN@GMAIL.COM

USA

If you went to UISS solely to learn Swedish and only took the classes, you would have great success, but there is so much more to UISS than just the classes. There are numerous activities that greatly enhance the experience, such as potluck dinners, trips and guided tours to museums, movie nights, and bar crawls. They were all incredible and were great opportunities to both learn about Swedish culture as well as to socialize and meet tons of incredible people from all over the globe!

I am very glad to have participated in UISS. I now feel much more confident in my Swedish skills, had a fantastic summer, and made friends with many remarkable people. UISS is truly a special program, and if you have the ability to attend I highly recommend that you do.



AVERY GARETT, 23 - UISS 2024
STUDENT AT UNIVERSITY OF CONNECTICUT

USA

If you are reading this testimonial, you probably already know more about the program than I did when I arrived. I signed up on the whim of a recommendation, and other than the packing list for Lapland, I did little research and knew not what to expect. Despite that, the UISS team made everything incredibly easy. They outlined instructions and expectations clearly and explicitly; I never felt lost. Even our trips out of town were relaxing, interesting, and thoroughly enjoyable.

The most noteworthy of these trips I attended was the Lapland trip. This five-day trip, with three days of backpacking, above the Polar Circle was uniquely charming. UISS prepared us well through the online instructions and the information session a few days before departure. I had never been backpacking before but found the excursion a good balance between comfortable and challenging. Our guide, Matti, adjusted the course according to the weather predictions, accommodated dietary restrictions, and easily answered our never-ending questions. All in all, we were surely in good hands.

As great as the language and cultural lessons were, the friendships and social life elevated this experience to amazing. UISS attracts a lively, engaging, curious crowd, and I made many wonderful friends there. The numerous evening activities provided opportunities to bond and enjoy the community's company.

A Word From the Director

WELCOME TO THE UPPSALA INTERNATIONAL SUMMER SESSION

I am so happy that you are looking into what our program has to offer and I hope to be able to welcome you to the wonderful city of Uppsala and our program in 2025. Please read this brochure very carefully as it will provide you with all the information you'll need to fill out your application and to prepare for your studies with the UISS in Uppsala, Sweden.

The UISS is a non-profit organization and is completely self-supportive. We teach all classes at Vuxenskolan, a modern facility in the centre of Uppsala.

All teachers within the UISS are qualified to teach at an academic level. The newest teaching methods are applied resulting in an active, motivating and stimulating atmosphere in our classes. Our courses are intensive and are intended for the serious and motivated student.

When learning a language it is also very important to learn about the culture, history and society and we do offer quite a number of those classes.

Our experience is that it is a very good combination to focus on studying the Swedish language in the morning and to do something entirely different in the afternoon. For example the numerous courses we have in which music and/or theater are involved, will teach you much more than just a song or a scene. New horizons will open up and you will be surprised at how much your language skills have improved and you will not only have learned about the culture but sometimes also about yourself.

It is important to organize free time activities along with all the classroom hours, so that our students see something of the country. Equally important to us is to maintain the personal atmosphere that always has been a strength of this program.

Every year about 200 students and professionals from all over the world participate in the UISS. Spending a summer together with people from 40 different countries, ages 18 - 65, with different backgrounds, is a valuable and unforgettable experience.

The weekend trips to Helsinki and Lapland are great experiences, so make sure to take part in at least one of them. Two highlights during the summer are the potluck dinner, to which students bring food that is typical for their homelands, and the farewell banquet. Each three-week session ends with a 3-course dinner or buffet and dance, a so-called "student gasque", where students and teachers perform songs and sketches. The dinners will have a theme. On July 3 the theme will be personalities from the books of Astrid Lindgren. On July 24 the theme will be celebration of diversity. On August 14, we will have a more formal, three-course dinner. The theme is "Dress-up for a party!"

I think the UISS has a lot to offer and I can assure you that you will have a great summer in Uppsala, living as a Swede, as you combine your studies with interesting and fun experiences.

I personally love working with this program as no summer is the same and it is always exciting to meet so many people from all corners of the world with one thing in common: an interest in Sweden, its language and culture. I really love Sweden, so to be able to offer a program that is all about teaching Swedish and all aspects of Sweden is the best job for me.

Please don't ever hesitate to contact me directly if you have any questions. I hope to see you in Uppsala in the summer of 2025. Välkommen!

Nelleke Dorrestijn,
director@uiss.org





Välkommen hit, välkommen hem

'WELCOME TO UPPSALA, WELCOME HOME'

Uppsala is a beautiful and lively city during the summer. The frozen Swedes wake up from their hibernation and nature falls into bloom. Numerous events are arranged by cultural organizations, and several of Uppsala University's student organizations - the student nations - open their (outdoor) restaurants, clubs and pubs.

The lake is close by and one will often find our students there on the weekends. Gamla Uppsala offers a look into the history of not only Uppsala, but of Sweden, with remains from the Viking Era and mythical royal graves. And Stockholm with all the capital has to offer is only a 45-minute train ride away.

Uppsala International Summer Session

THE UISS PROGRAM

Uppsala International Summer Session is a non-profit foundation that offers summer courses in the Swedish language, culture, history and society annually for **two, three, six and nine weeks**.

Since the founding year of 1963 we have received thousands of students from across the globe. Their motives and backgrounds may vary, but they all have the same goal, to study Swedish. And after completing their studies at UISS they all have one thing in common: increased knowledge in the Swedish language and a deeper understanding of the Swedish culture, society and history. Each year approximately 40-50 former students return to study at UISS. Usually we welcome between 200 and 220 students from over 40 countries to the program.

The intensive UISS courses are taught at the facilities of Vuxenskolan in the center of Uppsala, and are intended for the serious and motivated student.

The teachers are all qualified to teach at an academic level. The teachers in Swedish have an academic degree specifically for teaching Swedish as a foreign language and also work at different universities during the academic year. This guarantees the academic and educational standards of the classes, which in addition to the application of the newest teaching methods, results in an active, motivating, and stimulating atmosphere in the classes.

Swedish is the primary language of instruction. After the first few days, most of the information given will be in Swedish.

Some afternoon classes are taught in English though. On excursions one may choose whether to go with English speaking or Swedish speaking guides.

WANT TO KNOW MORE ABOUT OUR LEISURE ACTIVITES? FIND OUR PRELIMINARY SCHEDULE ON OUR WEBSITE UNDER 'ACTIVITES AND TRIPS'!

THE AIM OF THE PROGRAM

- To give the participants a unique opportunity to learn Swedish in a Swedish environment.
- To inform the students about the cultural, political and social life in Sweden.
- To give the participants the opportunity to meet more than 200 students from 40 nations. This should increase understanding among people from all over the world.

THE DIRECTOR

Drs. Nelleke Dorrestijn. She has been the director of the program since 1990. Nelleke is in charge of the overall organization and the administration of the program. She is also chairman of the board of the UISS and responsible for all personnel matters. Nelleke works all year round for the UISS.

Nelleke Dorrestijn,
director@uiss.org

Course Information

Classes are scheduled 4 days a week, Monday through Thursday, with a minimum of 5 lesson hours a day in Swedish.

The morning classes are language studies, with a basic orientation into cultural and social patterns and characteristics, traditions and customs, integrated into the teaching material.

We offer 9 levels of Swedish language classes based on the six levels in the Common European Framework of Reference for languages, learning, teaching and assessment (CEF). Utlandssvenska ungdomar (18-26) can choose to take Svenska för utlandssvenska ungdomar, see description on the next page.

In the afternoon our students have the opportunity to learn more about Sweden and the Swedes through cultural, historical and social studies. These classes are often more interactive and while they teach different subjects, our students will, in most of these classes, also increase their vocabulary as well as improve their conversational abilities and pronunciation.

What classes you are eligible for depends on your level of Swedish. Please follow the instructions on page 9 and take the placement test before submitting your application.

COURSE SCHEDULES

08.30 - 12.30	SWEDISH ALL LEVELS
12.30 - 13.30	LUNCH
13.45 - 16.15	CULTURAL AND OTHER STUDIES

*** Pay attention to the title of the course. Is it in Swedish? Then the class will be taught in Swedish, too! Make sure you have the right level for it before you sign up**



Students performing on one of the Musical Evenings



Swedish language teachers

The Language Courses

BEGINNERS TO ADVANCED Levels A1-C2 (10 levels)

We offer all levels of Swedish during the entire 9 weeks of the summer sessions. The students are placed in classes based on their result on the online placement test and the name of the class corresponds to the level of Swedish obtained.

SVENSKA FÖR UTLANDSSVENSKA UNGDOMAR - AGE 18-26

Only for the 3, 6, and 9-week sessions, for those with demonstrated conversational skills of B1 and higher. Scholarships available, please see information on page 15.

The focus is on the continued development of written, oral and literary skills. The writing part includes spelling and general rules. Different aspects of grammar are being dealt with so that the student will be able to produce grammatically correct texts. Writing exercises are both free writing assignments as well as writing under strict directives. Vocabulary needs to be enhanced so that the student can express himself in a varied and precise manner. The student will learn this through discussions as well as individual presentations. Listening and reading comprehension are also part of this course.

MEDICAL SWEDISH Level C1

3-week course designed for people that aim to work in Sweden and who have a foreign education in health care with a medical certificate.

The aim of the course is to be able to pass the C1 level Swedish language test required by the National Board of Health (Socialstyrelsen) and to develop language skills in medical Swedish.

In this course, next to the regular Swedish language skills, the following will be addressed: vocabulary and terminology, symptom descriptions, patient reviews, patients anamneses, common Swedish pharmaceutical skills, language exercises, explanation of word formation and common abbreviations in the field of medical care.

DETERMINING YOUR LEVEL OF SWEDISH

The UISS teaches Swedish language courses in accordance with the Common European Framework of Reference (CEFR). CEFR consists of six levels, from A1 to C2, but we have created sublevels so the levels fit our 3-weeks courses. Students generally complete one level per 3 weeks. Levels are A1, A2 and A2+; B1, B1+; B2, B2+, C1, C1+ and C2.

The language levels describe a student's proficiency in the Swedish language after completion of that level. For example: as a complete beginner you would start in level A1 and before going into level A2, you must have attained the proficiency of A1 as described by the CEFR. A full description of these levels can be found on <http://bit.ly/32L00qe>

CEFR LEVELS:

- A1 - complete beginner
- A2 - beginner
- B1 - lower intermediate
- B2 - higher intermediate
- C1 - advanced
- C2 - very advanced

THE PLACEMENT TEST

To ensure that our students are placed in the correct level, we ask all applicants with some knowledge in the Swedish language to take an online placement test prior to submission of the application form. The test can be found at www.uiss.org > **Application** > **Placement Test**.

Please do not use any help from books or other people. Do not just guess. If you really have no idea what the answer should be, then leave it open. This is merely a tool for us to help you get the most out of your studies here at UISS. Once in Uppsala, a short assessment will take place in class, both in oral and writing skills. After the first day, a few students may be moved to a more suitable level.

If you have studied Swedish on your own, without any teacher guidance, then please inform the director of this when sending the test results.



Students with teacher at certificate ceremony



Students performing in the class Swedish Musical Theater and Pop Music

Cultural and Other Studies

1

June 15 – July 4

SVENSKA VISOR OCH
SVENSK FOLKMUSIK

ARTS IN SWEDEN

FÖRBÄTTRA DIN SVENSKA
MED HJÄLP AV DRAMA/
MUSIK/IMPROVISATION

MODERN SVENSK
LITTERATUR

SWEDEN: FROM THE CRADLE
TO THE GRAVE - A 21ST
CENTURY WELFARE STATE

2

July 6 – July 25

SVENSKA VISOR OCH
SVENSK FOLKMUSIK

HISTORY OF MODERN
SWEDEN

FÖRBÄTTRA DIN SVENSKA
MED HJÄLP AV DRAMA/
MUSIK/IMPROVISATION

GENDER AND SEXUALITY
IN SCANDINAVIA

SVENSK KULTUR-
OCH SAMHÄLLSLIV

3

July 27 – August 15

SWEDISH POP MUSIC
& MUSICAL THEATER

SWEDISH FILM

FÖRBÄTTRA DIN SVENSKA
MED HJÄLP AV DRAMA/
MUSIK/IMPROVISATION

NORDIC NOIR –
SCANDINAVIAN
CRIME FICTION

SVENSK KULTUR-
OCH SAMHÄLLSLIV

DEN SVENSKA
VÄLFÄRDSSTATEN
- SANNING ELLER MYT?

* [Title of the course in Swedish? Then the class will be taught in Swedish, too!](#)

COURSE DESCRIPTIONS

See the full course descriptions on our website under 'Courses' > 'Cultural and other studies'

Arts in Sweden

This course deals with the history of art, architecture and design in Sweden. Spanning the best part of the last millennium, it provides a comprehensive overview of the historical development of the art of the country from the Middle Ages to the present. Through visits to historically interesting sites and museums, the students get the chance to see the result of Swedish artistic production of different ages. These visits are complemented by lectures and seminars. The location of Uppsala is ideal: there are many historical sites and its proximity to Stockholm provides the possibility to numerous visits there.

Den svenska välfärdsstaten - sanning eller myt? Från nivå B1+

Kursen ger en överblick över välfärdssystemet samt en god inblick i centrala sociala frågor och begrepp. Översikten börjar med den rådande ekonomiska och politiska situationen i det svenska samhället. Tonvikten ligger på den svenska välfärdsstaten. Vi kommer att undersöka svensk arbetsmarknad, jämställdhetspolitik och de politiska partiernas syn på den offentliga sektorn och välfärdspolitik. Målet är att du efter avslutad kurs ska ha fått en god inblick i hur den svenska modellen fungerar, dess brister och fördelar, dess möjlighet att överföras till andra system samt hur framtiden för den svenska välfärdsstaten ser ut.

Förbättra din svenska med hjälp av drama/musik/improvisation - Från nivå B1

Vill du träna ditt uttal? Behöver du handledning i hur du enkelt hittar de ord du behöver? På den här kursen får du träna ditt svenska uttal och förbättra ditt språkliga flyt. Vi gör det genom många lustfyllda övningar i drama, musik, gestaltning och artikulation. Vi kommer att sjunga svenska sånger, läsa sagor och dikter, arbeta med sketcher och dramaövningar. Vi tränar på betoning, taltempo, frasering och den svenska språkmelodin. Mål för utbildningen är förstärka självförtroendet i språkinläringen, träna vardaglig kommunikation, öka ordförrådet och förbättra intonationen.

Gender and Sexuality in Scandinavia

In this course, we will begin with an exploration of Scandinavia's Modern Breakthrough, a literary movement that used social realism to critique, among other issues, gender inequality and sexual freedom. We will then trace the trajectory of Sweden's progressive attitudes toward gender equality and sexuality by looking at changes in the home, media, the arts and government. We will also question our perceptions of Scandinavia as a sexually progressive region and how this informs our own understanding of sexuality. The aims and objectives of this course are to gain factual knowledge about literary, historical and political events in Scandinavia that helped to shape today's ideas of gender and sexuality, and to gain a broader understanding and appreciation of issues affecting sex and gender equality.

History of Modern Sweden

This course will introduce students to Swedish history from a Swedish perspective. The constitution and development of Swedish identity and self-perception are topics incorporated into lectures. Lectures alternate with fieldtrips. The time span covered stretches from the end of the Scandinavian Ice Age (12 – 10 000 BC) to the foundation for the Swedish Welfare State. Nordic Mythology, Sweden's years as a great power and the Post-War era are all among the historic segments that are highlighted.

Modern svensk litteratur - från nivå B2

Kursen syftar till att ge deltagare en inblick i modern svensk litteratur från 1800-talets slut fram till idag och väcka intresse för den svenska litteraturen. En rad författare och texter kommer att presenteras kronologiskt utifrån teman. För att ge en bredare bild av den svenska litteraturen har författare valts utifrån olikheter i aspekter som perioden de var aktiva, deras kön, geografiska ursprung, sociala hemvist och genretillhörighet. Varje kursdeltagare läser en modern svensk roman, vilken presenteras vid sista seminarium.

Nordic Noir - Scandinavian Crime Fiction

Scandinavian crime fiction is widely popular throughout the world, and it is curious that the Nordic countries, which have relatively low-crime rates, produce such provocative page-turning material. Representations of crime, detective work, courtroom processes, and punishment in any given culture say a great deal about the values of the society portrayed. Indeed, with successful series like "The Girl with the Dragon Tattoo" trilogy and the Wallander mysteries, Scandinavian crime fiction is as suspenseful and thrilling as it is critical of society. How are issues related to politics, psychology, gender, economy, and class central in crime stories? Other topics, such as globalization, immigration, religion, and ethics will be addressed. This course will cover popular novels, short stories, films and TV-series.

Svensk kultur och samhällsliv - Från nivå B1+

Den här kursen är bokstavligen en promenad genom Sveriges historia, dess kultur och samhällsliv, ute på Uppsalas gator. Vi rör oss ute varje dag efter en förmiddag i klassrummet. Vi upptäcker platser som är förknippade med Uppsalas och Sveriges utveckling på olika områden. Det är lektioner med en guidad tur där ni studenter också kan delta aktivt på olika sätt. Varje tur har ett specifikt tema och alla promenadvägar är olika. Inför varje tur får ni förberedande texter att läsa. Vi går i ett lugnt tempo och gör flera stopp, men det är samtidigt viktigt att tänka på att vi går kanske 4000-6000 steg per dag. Tanken är att ge dig möjligheten att se mycket av Uppsala under din tid här, samtidigt som du lär dig mer om svensk kultur och samhällsliv och förbättrar din svenska. Eleverna går till fots i session 2, men kommer att cykla i session 3

Svenska visor och svensk folkmusik. Från nivå A2+.

Kursens syfte är att låta deltagarna komma i kontakt med olika former av svensk folkmusik.

Kursdeltagare som spelar ett instrument välkomnas att ta med dem. Visor har en prominent plats i folkmusiken och vi kommer att sjunga en hel del - dels folkmusik ur spelmanstraditionen och dels visor av kompositörer/diktare ur den svenska visskatten såsom Bellman, Taube, Ferlin, Dan Andersson. Korta föreläsningar om stilar och kompositörer.

Sweden: From the Cradle to the Grave - a 21st Century Welfare State

The aim of this course is to introduce students to Sweden, Swedes and living in Sweden.

Theoretical perspectives are combined with more hands-on information. The course will include classroom discussions, fieldtrips (various institutions) and guest lecturers. This course might also be useful for those who plan for an extended stay in Sweden.

Swedish Pop Music & Musical Theater

This course aims to improve the speaking and intonation of Swedish through singing and acting. Part of the course will be analysis of songs, correct pronunciation of the lyrics. Short lectures on the background of productions and artists will be given, but foremost you will be learning how to connect with the Swedish language, by singing and acting, exploring in a different way. This course is for everyone who likes to sing, act, or just likes to do something completely different. No experience in singing or acting required.

The Swedish Film

The course will provide concise and informative insights into Swedish film. We will look at the work of Ingmar Bergman, who was born in Uppsala, and also study the work of new directors such as Lasse Hallström, Colin Nutley, Lukas Moodysson and Josef Fares. Examples of popular film genres specific to Sweden will be studied as well as documentaries. The social and historical contexts to these films will be presented so the course can be considered as an historical overview of Sweden through moving images.



Two music teachers left and right of Mona, a 3 times student in the program, after they performed a song written by Mona during the last Farewell Dinner



Folkmusik och svenska visor class performing at the last farewell dinner 2024

MAKING YOUR CHOICE OF COURSES

Please choose one afternoon course per 3-week session you attend. Please make your choice of afternoon courses in correspondence with the overview on page 10. Do not choose the same course more than once. The afternoon courses take place every day and cannot be combined.

See <https://uiss.org> for more details.

Please note that some afternoon courses have a maximum of 16 students. On the rare occasion that an afternoon course does not have a minimum of 8 students, it will most likely be cancelled.

ASSESSMENT IN COURSES

The students' performance in courses is evaluated continually. It is based on assignments, presentations, class participation, and for Swedish studies (afternoon classes) on a written paper. The assessment will not count for more than 25% of the final grade, which will be received after the final exam at the end of a 3-week session.

CERTIFICATES AND CREDITS

The UISS will issue a certificate and offers the possibility of earning transfer credits to all who have satisfactorily completed a course. Students will have to contact their home university's study abroad office beforehand to gain approval of the UISS courses.

Four credits per 3 weeks can be earned for Swedish language classes. Three credits can be earned for afternoon classes that are taught for 36 hours.

COURSE MATERIAL

Textbooks can be bought at the UISS office at a reduced price. Costs for books range between 400 - 650 SEK per Swedish language course.

[Go to Application Procedure](#)

What is included in the program?

Go to Payment Procedure

*discount of 700 SEK per 3 weeks when you apply before February 15

Costs of the full program:	No Accomodation	Tuition only
9 week session	58 700 SEK	50 500 SEK
6 week session, 2 alternatives	40 200 SEK	33 500 SEK
3 week session, 3 alternatives	21 500 SEK	18 000 SEK
2 week session, only B&C levels	14 500 SEK	12 500 SEK

<ul style="list-style-type: none">• All tuition, 28-32 classroom hours per week• Housing in single dormitory rooms• A guided tour of Uppsala• Lunch on class days• Field trips on Fridays• Study visits• Student card, for university students only• Evenings with guest speakers• Film- and social evenings• Farewell Dinner with dancing afterwards	<ul style="list-style-type: none">• All tuition, 28-32 classroom hours per week• Study visits• A guided tour of Uppsala• Student card, for university students only• Social evenings at the school <p>Estimated additional costs per week: 2 000 SEK per week including books, leisure, meals, and incidentals. This, of course, depends on your own spending habits.</p>
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Scholarships

UISS SCHOLARSHIPS

A very limited number of scholarships are available for UISS 2025 to the maximum amount of 15 000 SEK. The value may vary according to need and can only be deducted from UISS fees. Only students who in no other way will be able to come to Sweden are eligible for a maximum value scholarship. Partial scholarships are available for those who lack the financial means to pay the total course fee.

Criteria for selection: Financial need, academic or professional qualifications, maturity, need for Swedish for study or profession, depth of interest in Sweden, its language & culture. Recipients must agree to full attendance in courses and to participate in all language exams.

SSU AWARDS SCHOLARSHIPS

Stiftelsen Stipendiefonden för svensk utlands-
ungdom:
Box 5501
SE-114 85 Stockholm
Sweden

E-mail maud.jansson@sau.st
Phone **+46 734345783**

SSU gives partial scholarships to young Swedish citizens (17-25) living abroad that participate in intensive Swedish language programs in Sweden, complementary to their schooling abroad. Applicants must have at least one Swedish parent.
Website: <https://stipfond.se/>



Lapland Trip - Photo: Max Kadunce

Activities, Trips & Excursions

[Full Activity Schedules here](#)

The UISS arranges events both during the school week and over the weekends. In the evenings guest speakers will talk about Swedish traditions and customs, minorities or pop music. You may also join us for Swedish films, music evenings, Swedish midsummer or crayfish dinner, international potluck dinners or pub crawls through the student nations.

FRIDAY EXCURSIONS

Each Friday, educational trips are arranged within the Uppsala - Stockholm area as well as to Dalarna. You will visit the 300-year old Vasa ship, the homes of Carl Milles and Carl Larsson, the World Heritage Museum of Falun Copper Mine, Skokloster castle and Drottningholm etc. Special study visits are also arranged within the different classes.

LAPLAND TRIP: JULY 4 - 9

Cost: 9 500 SEK

Includes all transportation, all meals from lunch day 2 to breakfast day 5, guide, use of tents and additional camping gear. This is a short backpacking trip, which will take you through a very diverse and beautiful part of Swedish Lapland, just above the Arctic Circle. You will hike through dense pine and spruce forests, open birch forest between mountain cascades and over the famous Swedish "fjäll". You will sleep in small tents. Cooking will be done over open fire.

ITINERARY:

Day 1: Travel to Jokkmokk.

Day 2: Upon arrival in Kvikkjokk we will distribute the equipment and gear. Following a boat trip we will start hiking towards Prinskullen and Vallevare.

Day 3: We continue with the climb into the mountains towards Vallespiken.

Day 4: We will hike over the fields, and down through the thick forest back to the Kvikkjokk delta.

Day 5: Visit to Jokkmokk and the museum about the Sámi. Travel back to Uppsala.

Please bring: Sleeping bag warm enough for temperatures around freezing point, pad, hiking clothing (shoes, rain gear) strong, real hiking backpack. If you cannot take a sleeping bag and pad, you'll be able to rent these for +/- 600 SEK.



Lapland Trip - Photo: Edvin Jämting



FINLAND TRIP: JULY 17 - 21

Cost: 4 200 SEK includes busses, boat, cabin, 4* hotel, breakfast and 2 dinners.

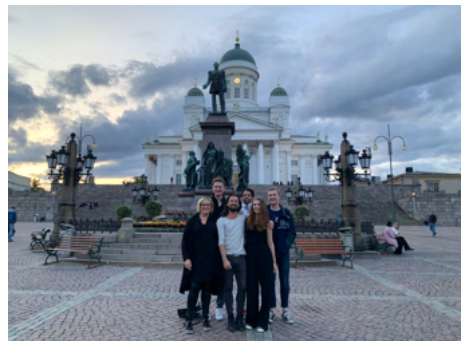
This is an amazing trip traveling by boat through the beautiful Swedish and Finnish archipelago, while enjoying typical Swedish food and listening or dancing to music on board.

We will take the night boat from Stockholm to Helsinki. In Helsinki we stay at a 4-star hotel with free time on Friday and Saturday. Helsinki is a beautiful city situated at the Baltic Sea.

Interesting architecture and museums, shops with the famous Finnish design in glass, textiles, jewelry and wood. Information on what to see and do in Helsinki will be provided.

On Sunday evening we will return to Stockholm, arriving in Stockholm early Monday morning.

In order to reserve a place on either one of these trips, please mark it down on the application form and pay the full costs of which 1500 SEK is a non-refundable deposit for Finland and for Lapland 2500 SEK.





Midsummer potluck dinner

Application Procedure

Please read the following information carefully before you fill out the application form. Give very thorough consideration to your choice of classes. See page 7 and 10.

1. Online application

Please fill out the online application form and pay the EUR 50 non-refundable application fee. Europeans should pay EUR 50 to the ING bank account in the Netherlands, accredited to:

N. Dorrestijn, UISS.

Swift: INGBNL2A

IBAN: NL97INGB0001811301

Non-Europeans may pay through Paypal, www.paypal.com, using the e-mail address director@uiss.org. Checks or money orders will not be accepted.

2. Additions

Please indicate on the application form the additions you would like and pay the extra cost with your first course fee payment.

3. Deadlines for applications

April 15 for courses starting June 15

May 14 for courses starting July 6

June 6 for courses starting July 27

4. Level of Swedish

If you have some knowledge of Swedish, please take the placement test. Write the number of right answers in the A, B or C level on the application form and choose the corresponding level on the same form. Please note that level A1 is only suitable for complete beginners of Swedish.

5. ID photo

Please attach a photo that is suitable for an ID card; good resolution, sharp, face only. Do not send a clipping from a holiday photo.

6. Letter of admission

Upon receipt of your application, we will send you a letter of admission by e-mail. Those who fulfill the requirements and who have sent their applications in time are usually accepted to the program. Sometimes courses fill up before the deadline, so please apply as early as possible.

7. Withdrawal

If you have applied to the program and cannot take part in the courses, please be so kind to inform us of your withdrawal.

Payment Procedure

Upon notification of acceptance students are required to send an advance payment of **6 000 SEK**. Course fees are paid to our bank account. Costs of the bank-to-bank transfer are borne by the applicant.

Deadlines for payment

The initial payment of **6 000 SEK** plus additions are due upon receipt of your letter of admission.

The remaining course fee should be paid by:

May 1 for courses starting June 15

May 22 for courses starting July 6

June 15 for courses starting July 27

Payment options

1. Payment to the UISS bank account

The account holder for the bank account is Uppsala International Summer Session, Box 15 100, 750 15 Uppsala, Sweden.

Svenska Handelsbanken

Dragarbrunnsgatan 40

751 03 Uppsala

Sweden

Swift/BIC address: HANDSESS

IBAN: SE09 6000 0000 000 143365118

Account number: 6501-143 365 118

2. Payment from a Swedish bank account

Please pay to our bankgiro 5952-0668

3. Payment for people outside of the EU

Wise.com is a fast, reliable and cheaper payment alternative from outside of the EU.

Early payments

Those who pay the total fee before Feb 15 will receive a reduction in the course fee.

Conditions of cancellation

If you cancel the course of your choice:

- Earlier than 8 weeks before course start, refund will be 100% minus 300 SEK admin costs
- Between 8 - 4 weeks before course start, refund will be 50%
- 4 weeks or less before course start, there will be no refund

Students who terminate their stay at the UISS before the end of the session or whose physical or mental health does not allow them to participate in the program, do not receive a refund other than within the above stated conditions of cancellation.

We recommend getting cancellation & travel insurance.

Costs of the full program when you apply before February 15:

9 week session	67 500 SEK
6 week session, 2 alternatives	46 000 SEK
3 week session, 3 alternatives	24 400 SEK
2 week session, only B&C levels	18 000 SEK

Tuition only before February 15

per 9 weeks	50 000 SEK
per 6 weeks	33 000 SEK
per 3 weeks	17 500 SEK
per 2 weeks	12 000 SEK

Click [here](#) to see what's included

Arrival Information

Arrival in Sweden by air

You will probably land at Arlanda Airport, halfway between Stockholm and Uppsala. Take the ARLANDA-UPPSALA bus or the train to Uppsala and get off at the trainstation.

Arrival in Uppsala and check-in

Upon arrival in Uppsala, take a short walk to Kungsgatan 27. There you will be requested to pay **1 000 SEK / 120 USD / € 100** in cash as a room deposit in order to get your room key. The room deposit will be reimbursed to you in cash on the day of your departure, provided your room is clean and has no damages. Rooms will be ready for occupancy after 09.30 hrs on arrival days only. Earlier check-in will not be possible at all.

Arrival times

Sundays **June 15, July 6 and July 27** between 09.30 and 16.00 hrs. It is important to arrive within the given hours, as an information meeting will take place at 16:30, followed by a welcome dinner at 18:30.

Late arrival

If you arrive at other times/dates, please e-mail in advance, specifying your date/time of arrival. You will then receive instructions on how to proceed. Students arriving after 18.30 hrs cannot check into their rooms, but should book a hotel room for the night. It is better to arrive a day early and stay at a hostel for one night than to arrive after 18.30 hrs.

Check-out times

Fridays **July 4, July 25 and August 15** between 09.30 and 12.00 hours.

Please book a flight that leaves after the check-out.



Practicalities

Accommodation

Single student room: Included in the course fee. All rooms have a private full bathroom, a fridge and a pantry, as well as internet connection via ethernet cable (bring your own).

Bed size is between 90 and 100 cm wide. Unfortunately, we won't be able to tell you the exact size beforehand. Laundry facilities, a small gym and fully equipped kitchens are available in the common areas.

Transportation in Uppsala

To walk from the student rooms to classes in downtown Uppsala will take 5 minutes. If you would like to explore Uppsala further, public transportation is excellent.

Electrical appliances & Internet access

Sweden uses 220-volt current. You will have Wi-Fi access at school and (bring your own) Ethernet cable access in your room.

Insurance

All participants should have health insurance. We recommend to also get a cancellation insurance.

Meals

During the week (Monday-Thursday) a hot lunch will be served. Friday through Sunday you will be responsible for your own meals.

Money

Take a credit card or ATM bank card. You will be able to pay in cash or with a credit card. Estimated costs for books **500-700 sek**.

Passport information

No visa for Sweden is necessary for citizens from most Western countries. A valid passport is required. Passport and/or visa information may be obtained at embassies.

Telephone

We recommend buying a Swedish SIM card for your mobile phone in Sweden.

Tourist information

Sweden: www.visitsweden.com

Uppsala: <https://destination uppsala.se/en>

Uppsala student card

To gain entrance to the student clubs, which offer food and drinks at very good prices as well as an opportunity to meet Swedish students, you'll need a special 'guest card'. Please bring your university student card.

The weather

The weather is unpredictable during the summer. It can be hot and dry, or cold and rainy. Be prepared for anything.

Contact Information

Until May 30, 2025

UISS Director Nelleke Dorrestijn will be in The Netherlands part of the year. Application forms can be found on our website and are submitted online.

Phone: +31-6-22439491 (all year)

Email: director@uiss.org

Website: <https://uiss.org/>

June 1 - August 15, 2025

Visiting address:
Kungshälsögatan 12, Uppsala

Mailing address:
Uppsala International Summer Session
Box 15 100
SE-750 15 Uppsala, Sweden





Students with teacher



Students at Drottningholms Castle



Students during afternoon class Svensk Folkmusik



Teachers and students from 37 different countries



Uppsala International
Summer Session



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UPPSALA INTERNATIONAL SUMMER SESSION

Nine, six, three and two weeks of international experience in Sweden
June 15 - August 15, 2025