

Exchange Report

Since I was in high school I have had a dream about going doing an exchange. An exchange means that you are leaving your comfort zone, experience a new culture and meet a lot of new people... Something that fit me perfectly. I am so grateful that I got this opportunity from Stockholm University and I really encourage everyone who has the opportunity to do an exchange.

I ended up in maybe the most beautiful city in Europe, *San Sebastián*.



Housing:

The school offers to help you with your accommodation and I would really recommend you to take this opportunity. It is hard to find housing by yourself in San Sebastián and everyone who used this help got really good flats.

Furthermore is the school offering you to take part in a Spanish intensive course before the school starts and I really recommend you to do that. Even though you can speak Spanish you should do this. It is a very good way of meeting all the people you are going to study with. The first two weeks will you be living all together in something similar to dorms. It is big hallways with small rooms (not the best standard but it is only for 2 weeks) and you all live close to each other. After this two weeks will they move you to your flats and the agency help you with transport, wifi and so on. I lived with three roomies in a big flat right on Boulevard (in the city center). A very good recommendation I got before I applied for accommodation was to wish for specific areas to live in. These would be; Parte Vieja, Centro or Gros. The rent is usually around €300-500 per month.

Quality of teaching:

The school system is very similar to our high school in Sweden. They require 100% attendance and if you are sick you need to go to the doctor to have paper signed and leave to the professor. They are pretty small classrooms and you have a closer relationship with the teachers.

They have a lot of different courses to choose between and you are the one who decide your own schedule. They had a lot of different subjects and the content; group work and exams was according to me easier compared to Sweden.

Orientation/welcome programme:

Erasmus is a huge organization and is well known in the whole Europe. Universidad de Deusto was incredible proud of having Erasmus students at their University. Therefore did they arrange welcome party, international dinners and other activities to make everyone feel welcomed.

Social activities for incoming exchange students

As written above, there were a lot of different activities arranged by the school some examples are: Salsa, Surfing, Kayaking, Paintball, Walking tours, Parties, Football matches and so on. These were very popular and many students signed up for the different activities.

To go abroad was definitely the best decision I have taken in my entire life, it was the best time of my life.

If you have other questions or want recommendations don't hesitate to contact me,
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