



STUDENT GUIDE

ÖSTERSUND

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ÖSTERSUND



STUDENTS

Jämtlandssången

– THE REGIONAL ANTHEM OF JÄMTLAND

A SONG WORTH KNOWING FOR MANY SPECIAL OCCASIONS, NOT LEAST STUDENT DINNERS WHERE IT IS BOUND TO BE ON THE SONG LIST

Så tåga vi tillsammans bort
mellan Jämtlands gröna ängar
bort mellan nyland, som prunka
fulla av bröllopsblomsters prakt.

Så skåda vi med gamman hän
emot berg i blåa fjärran
hän över sjöar, strömmar, skogar
jämt kring bygder på vakt.

|: Fagert är landet som blev
vår lott och arvedel
så firom dess fägring nu
med sång och stråkars spel.
Så tändom ånyo det hopp som våra fäder närt!
För slit och mödor av fröjd och sol
ett mått oss beskärt. :|

Text and music (to the music
of Jämtland brudmarsch):
Wilhelm Peterson-Berger

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This student guide has been produced by MittÖs, where Östersund Municipality, Mid Sweden University, the Student Union, Östersunds studenters idrottssällskap, Östersundshem, and regional businesses work together to develop Östersund as a student city. Student-related issues are the focus of this forum. Produced 2024.



WELCOME TO ÖSTERSUND

WHERE THE URBAN PULSE MEETS THE MOUNTAIN LANDSCAPE

We always enjoy welcoming new people, whether you are a student, or here for the day or even the rest of your life.

Östersund is a fantastic student city, and no other university in Sweden is located closer to mountains. It is a city alive with the pulse of student life, where it is easy to combine academic studies with active and invigorating outdoor experiences. It is a city for the adventurous as well as those who enjoy simple pastimes – in fact, it is a place for both! With everything you need close at hand, it promises you a rewarding student life.

According to a studentum.se survey, Östersund is one of the best student cities north of Stockholm. A few reasons for this high ranking are active student life; part-time work opportunities alongside studies; good career opportunities; vibrant city life; range of student activities; and good student housing.

This brochure contains useful information for new students at Mid Sweden University and Campus Östersund. It also contains information that will be helpful later on in your studies and also if you decide to stay here after your studies. We hope that you enjoy your time here and that your experiences as a student in Östersund are memorable.



» **CHECK OUT THIS FILM
ABOUT ÖSTERSUND**

HELPFUL INFORMATION FOR OUR NEW STUDENTS

HOUSING

When you first move to Östersund, you are going to need somewhere to live, so it is good to know that student housing is available for you to rent. Other options are also available. We have provided information about our student housing guarantee as well as about other ways of finding housing.

Student Housing Guarantee

Östersund has a housing guarantee for new students at Mid Sweden University. A company called Östersundshem organises housing, and the guarantee applies to students taking at least 15 credits per semester at Mid Sweden University's Campus Östersund. You apply for housing by the deadline of 10 August for the autumn semester and 31 December for the spring semester. If you apply after the deadline, you will be offered housing depending on availability.

- » **Östersundshem** (ostersundshem.se)
- » **Student union in Östersund** (studentostersund.se/en)
- » **Live in Östersund** (levaiostersund.se)

Tip: join the queue for non-student housing when you move here. This will increase your chances of securing housing at a later date should you choose to remain in Östersund after your studies.

MUNICIPAL REGISTRATION AND CHANGE OF ADDRESS

Have you registered as a resident in Östersund Municipality? When you move here, it is important that you register at the correct address – that is to say, at the address where you live. When you live in a municipality, you make use of its services such as healthcare, dental care, childcare, events, education, to name but a few. For the municipality to be able to finance these, it is important that you are registered (folkbokförd in Swedish) in the municipality where you live.

It is the Swedish Tax Agency that is responsible for the registration of residents. The main rule is that you are registered at the address you live. Read more about this and about how to change your address on the Swedish Tax Agency website.

- » **Swedish Tax Agency** (skatteverket.se)

HELP WITH YOUR MOVE

We want to make your move to Östersund as straightforward as possible. This is why there we have someone employed as an assistant, ready to help you with any questions and concerns you may have about moving here.

In Östersund, the municipality's assistant and university's coordinator have the same function, so whatever your question – be it about moving here or about the city itself – you are welcome to contact us:

flyttahit@ostersund.se, 063-14 35 95

LIVE IN ÖSTERSUND

So what is it really like to live in Östersund? Our webpage has lots of useful information for when you first move here. You can also read about other people who made the decision to make Östersund their home. It is also a webpage worth visiting throughout your time here since many employers use it to recruit employees.

- » **Live in Östersund** (levaiostersund.se)

ÖSTERSUND INCLUDED

Östersund Included aims to help newcomers get involved with fun social activities and help them have a good time in Östersund. Östersund Included is especially useful to newcomers – not just students – who want to try out a new activity or get to know other people. Our ambassadors will take you along on fun activities, which will help make it easier to make new friends.

- » **Östersund Included** (levaiostersund.se/ostersund-included)



GET ORGANISED FOR YOUR STUDIES

As a new university student, there is a lot you need to know, everything from finding the right building or classroom to knowing who to contact for help and support. We have provided some information about the services available at Mid Sweden University so that things go as smoothly as possible.

On miun.se/en/student/newstudent, you can, of course, find a whole lot more: for example, checklists to help you keep track of what you need to do before the semester begins.

Learn about life at university – take the self-study course in [MiunSkills](#). This has everything you need to know before your studies start.

THE LIBRARY – MORE THAN BOOKS

At the University Library, you can get help with so much more than just book loans. For example, there is the Academic Resource Centre should you need a bit of extra support during your studies.

At the Academic Resource Centre, you can of course borrow both regular books and e-books. You can also receive individual help that can prepare you for academic studies. You can book time with a writing tutor, who can help you with your academic writing, or a librarian, who can help you with your information search and referencing.

Gertrud Ivarsson is a librarian at the University Library in Östersund. “You are welcome to talk to me or my colleagues whenever you have a question. We have answers to most of them! You can also book an appointment with a tutor who can help you with such things as mathematics and study technique. Of course, we also offer support to anyone who has a form of reading impairment (such as dyslexia), ADHD, or vision impairment. We have talking books and braille, depending on your needs,” she says.



The library at Campus Östersund is located in House G. Read more about the library and its services on miun.se/en/UniversityLibrary



TIP: TAKE THE INTRODUCTION COURSE IN MIUNSKILLS

Do you think life at university sounds tricky and difficult? Don't worry! We have put together a digital introduction course to help you.

One hot tip that can facilitate your entry into the university world is to take the MiunSkills self-study course. The course has twelve lessons that will teach you about everything from support services and the student union to study technique; about how to work successfully in groups; and, not least, about how to manage stress.

In total, the course has about eight hours of material for use whenever and however you choose.

You can find MiunSkills on miun.se/miunskills

STUDY COUNSELLORS – NAVIGATE THE STUDY JUNGLE

Are you unsure about eligibility or which programme to take to match your career goals? If so, you can contact one of our study counsellors. They can help you with your specific questions.

Central study guidance can be about:

- Entry requirements (eligibility) for programmes
- Programmes and courses at Mid Sweden University
- Which programme is best for a specific field of employment
- Your study situation or your future plans for study and employment

You can find more information and book an appointment with a study counsellor on miun.se/en/utbildning/study-guidance

SPECIAL SUPPORT FOR STUDENTS WITH DISABILITIES

Everyone should be able to study on equal terms, regardless of whether they have a disability. This is why there are different types of support available, depending on a person's individual needs.

We offer support if you have reading and writing difficulties, a hearing impairment, a vision impairment, a physical disability, or a psychiatric and neurological disorder.

Here is a list of the most common types of support available to students with a disability. Remember, you need to apply to receive support.

- Help taking notes
- Adjusted course literature
- Mentor support
- Resource room
- Sign language interpreter/note taker
- Special arrangements in the context of an examination
- Adjustment of rooms

You can find more information about these and how to apply on miun.se/en/utbildning/disabilityservices

STUDENT HEALTH CENTRE – FOR YOUR WELLBEING



Do you suffer from presentation anxiety? Or do you feel stressed, have sleeping issues, or find it difficult talking in a group? If the answer is yes, then the Student Health Centre can help you. Helena Söderberg, Student Health Centre Coordinator, explains:

“The Student Health Centre can help with all aspects of your wellbeing. It is our job to promote wellbeing and to work in a preventative and supportive way. Issues could include presentation anxiety, stress, insomnia, low self-esteem, fear of public speaking, alcohol, or other such things that can complicate student life.”

Do I need to have issues or feel unwell to contact you?

“Students usually contact us when life has become complicated and they need lots of support. It's important to remember that the earlier you get in touch about a concern or problem, the easier it is to quickly get the support that can help you. No question or concern is ever too small for you to contact us.”

Who will I meet?

“At the Student Health Centre, we have counsellors, nurses, a work environment strategist, and health experts. We also work closely with the university church and our student chaplains.”

Do we meet online or in person?

“Both are possible. Choose which you would prefer when you make your appointment.”

STUDENT HEALTHCARE

We have a duty of confidentiality, and visits are free-of-charge. In Östersund, you can find us in House G. To get in contact and to book an appointment, email or call us.

You can find our email addresses/telephone numbers on miun.se/en/student/service-and-support/student-health-care



CHECKLISTS BEFORE THE SEMESTER START

There is lots to organise before the semester begins, everything from registration to finding accommodation. It is easy to feel overwhelmed. That is why we suggest you use the checklists to cross off what you have done and see what you still need to do.

We have a webpage that provides two checklists for admitted students: one for programme students, one for exchange students.

Find these on

miun.se/en/student/newstudent/practical-guide/checklists

DURING YOUR STUDIES

We hope you have a fantastic time studying in Östersund. We also hope you choose to stay long after you complete your studies. What follows is some useful information for during your studies.

LINKS TO THE WORLD OF WORK

Together, Östersund Municipality, Mid Sweden University, student unions, and businesses work to make Östersund a great student city. This collaboration goes under the name MittÖs. We want students to enjoy their time here and also to make professional contacts. We organise activities throughout the year that help students make valuable contacts that can lead to employment after they graduate. Be sure to get involved. It will enrich your time here and enhance your future opportunities.

» **CHECK OUT THE FILM
ABOUT OUR STRONG TIES
WITH WORKING LIFE**



PART-TIME WORK

Many students choose to work alongside their studies. Not only does this bring in a bit of extra money, but it also helps secure good contacts for the future. The possibilities are many. This is a great way to build valuable networks during your studies. In Östersund Municipality, there are about 5,000 employees with a range of professions. If you are interested in work, perhaps as a temp on an hourly basis, then submit your interest on the municipality's website.

» **Östersund Municipality (ostersund.se)**

STUDENTS' ANNUAL FAVOURITE

At the annual Guldgalan, a prize is awarded to an employer who has been a role model in their work with and for students. It is about daring to be innovative, working in a sustainable manner, and upholding good leadership. This can be worth keeping in mind when you are doing your student placement or writing your essays, or when you have contact with employers while a student. The prize is awarded by a jury as part of MittÖs collaboration. Nominations are made by students. More information can be found on the Student Union and Mid Sweden University websites.



HAVE A VOICE AND GET MORE FROM YOUR STUDIES

THE STUDENT UNION

Welcome to Mid Sweden University and the Student Union in Östersund! When you begin studying at a university, you are writing the next chapter in your life. Lots will feel very new and perhaps even a bit confusing – which is why it is good to know you have the Student Union there beside you. The student union in Östersund ensures the voice of students are heard when communicating with the University, and we work to ensure you get the necessary support when you need it. We also work, of course, with the social aspects of student life to make your time here as fun and rewarding as possible.

Of the 3,500 students at Campus Österlund, close to 1,000 are members. Together we go the extra mile so that your experience is the best it can be. This we do with Mid Sweden University, the Municipality, and businesses. We have been looking out for students' interests for over 50 years. As a student, you have every opportunity to influence the work we do so that attention is given to what you consider is important!

We often say that if you are a student in Östersund, then you get the best of two worlds. Although the city itself is not huge, it is alive with activity. There is always something happening, and nature is just outside your door, with its mountains and lakes. We hope you love being here as much as we do and that you become part of our community!

A worthwhile membership

Your membership in the Student Union quickly pays off! We have a unique role, bringing together people from throughout Sweden and the world in a way that benefits us all. The network this creates can prove itself to be invaluable in the future. As a student union member, you can take on positions of responsibility and represent not only yourself but also your fellow students. A position in the student union is both honourable and meritorious. When you get involved in organising events, such as lunches and meetings, you will be in close touch with other members. Since we are a relatively small campus, we really get to know our members, and you have the chance to influence what is going on both in the organisation and at Mid Sweden University.



Because of our close proximity to the city of Östersund, we have lots of contacts there. These offer our members various discounts and fun experiences, all within a student budget. Sounds good, doesn't it?! For more information, see our webpage:

» studentostersund.se/samverkan/samarbetspartners

The Student Union explained

The Student Union is made up of several sections (sektioner in Swedish) and committees. There is a Student Union Board that implements decisions made at members' meetings. The Board comprises a chairperson, a vice-chairperson, seven members, and three alternates. As a member, you are represented by your specific section, which works with issues – both political and social – that concern your specific study programme. For example, if you are taking the "Program of Risk and Crisis Management", then your section is Spark. Each section works actively to ensure your time as a student is the best it can be.

Student Union sections



Stek

For students in these fields: Tourism, Economics, Political Science, Law



SoaSek

For students in the Social Work Education Programme



Spark

For students in these fields: Risk and Crisis Management, Human Resources



SekSih

For students in these fields: Nursing, Sport Science, Preschool Teacher Education, Teacher Education



SmartSek

For students in these fields: Foundation Year, Building Engineering, Eco Entrepreneur, Eco Engineering, Ecotechnology, Informatics, Mechanical Engineering, Software Engineering, Sports Technology



Mittpsykologerna

For students in the Psychology Programme



Doktorandsektionen

For doctoral students

Members can also get involved in one of four committees. Their role is to organise activities, such as the introduction day, movie evenings, and formal dinners. The open activities are for all students. Involvement in the committees is a really worthwhile way to gain credentials, experience, and friends and memories for life.

Committees



Staben

Organises introduction activities



Jamt6

Organises parties, the student union's party committee



International Committee

For international students



SCS

Studenternas Cinematiska Societet

Each student union has its own building on campus. During the day, the most natural meeting place for students is Studenternas Hus, where you can study, meet others, and eat lunch. The student union office is also located here.

Each Thursday and Friday, the Jamt6 association runs the student pub, No4 Regemen-tet. There is no admission charge for members – and this is where it all happens! We have low prices on food and drink, and you are guaranteed to meet new friends while listening to music, performing a bit of karaoke, or playing billiards. Open to all student union members, it offers something for everyone.

The student union owns Restaurang Cultum on campus. You can get a good lunch there every day for member prices, as well as coffee and baked goods at member prices. Cultum is the place for most student dinners, and during the introduction offers especially good deals. Be sure to check it out!

Become a member

ALL OF THIS is yours for only 200 kronor per semester or 300 kronor for two semesters. You will make this back after – for example – just two lunches as a student union member at Restaurang Cultum or five visits to Puben.

We normally say that students who are not members experience only 50 per cent of their student life: members on the other hand experience 100 percent. Become a member, get involved – the fun is yours to be had!

» **Become a Student Union member**
(studentostersund.se/en/bli-medlem)



ÖSIS – ÖSTERSUND'S STUDENT SPORT SOCIETY

We are a non-profit sports association run by students with a mutual goal: to make student life in Östersund even more exciting and rewarding through sport, companionship, and the great outdoors.

We have five sections: Veckoaktiviteter, Snö & friluftsliv, Skiweek, Hyran and Event. Together, we offer a range of activities, such as outings, competitions, events, and regular sporting activities close to campus.

Whatever your interest – and regardless of whether you are a student or not – you are welcome to take part in our activities. Do you want to try out something new and exciting? Do you want to help organise a more serious event? Or do you simply want to get involved in sport with others who share the same interest? If the answer to any of these is yes, then ÖSIS is definitely for you!

Discover the fantastic natural surroundings of Jämtland together with us. We have all the equipment you will need in our rental service. This has all been made possible thanks to our dedicated members who work hard for all students in Östersund.

Interested in becoming a member of ÖSIS or getting actively involved in one of the sections? If you do, do not hesitate to contact us! You can find us on social media [@oesis](#) or you can email ordforande@oesis.se.

Get involved and create memories, challenge yourself, and enjoy everything that ÖSIS has to offer!

» [ÖSIS \(ösis.se\)](#)



GET INVOLVED WITH A LOCAL ASSOCIATION

Student life is a busy one, but you may still have time for other interests – see our register of associations.

» [Association register – Östersund Municipality](#)
(ibgo.ostersund.se/AssociationRegister)

DO YOU HAVE AN IDEA OR OPINION?

Östersund Municipality works together with Mid Sweden University, politicians, businesses, and student unions to ensure Östersund is a great student city. We are constantly working to develop things, and this is where you, as somebody who lives here, are important to our work. If you have ideas or opinions, we would love to hear from you.

Contact the student union or the municipal customer centre:

karen@sko.miun.se, 070 662 1795

kundcenter@ostersund.se, 063 143 000

STUDENT LIFE AND LEISURE

There is something just a bit special about Östersund. The contrast between the city and the mountains are two ingredients that add to its uniqueness. There is so much to discover – a rich mix of culture and pleasure year-round, which means you will enjoy fulfilling and active time off from your studies no matter the time of year. Check out visitostersund.se/en for general tips about what is going on in Östersund. Here are just some ideas:

CROSS-COUNTRY SKIING

In Östersund, you can find a range of ski trails – competition trails, lit trails, and training trails of various length and difficulty.

» **Ski trails in Östersund Municipality**
(ostersund.se/uppleva-och-gora/idrott-fritid-och-friluftsliv/skidspar)

CYCLING

Fast-paced downhill cycling or slow-paced tour through nature?

» **Map and cycle trails**
(ostersund.se/trafik-och-infrastruktur/cykeltrafik)
» **Downhill cycling, Frösön** (ostersund.se/uppleva-och-gora/idrott-fritid-och-friluftsliv/cykla/cykla-downhill-pa-frosen)
» **Brunflo Bikepark** (facebook.com/groups/1235445126482525)

CLIMBING

The climbing centre in Östersund (Östersunds klättercenter) is a fantastic modern facility with 850 m² of climbing space. Some evenings throughout the year are reserved for students.

» **Östersunds klättercenter** (ostersundsklatcenter.se)

EVENTS

There is a whole host of cultural and sporting events, from small to big. Find what's on via Visit Östersund's event calendar.

» **Events, Visit Östersund** (visitostersund.se/en)



GO ON AN OUTING

Bynäset, Tysjöarna – or why not a walk around Lillsjön nature reserve? Östersund has many places to visit and nature reserves for simple picnics or physical training.

» **Parks and places to visit** (ostersund.se/uppleva-och-gora/idrott-fritid-och-friluftsliv/parker-och-utflyktsmal)

OTHER ACTIVITIES FOR YOUR DAY OFF

Here you can find a range of activity ideas for a day off from studies.

» **Tips for free-time activities**
(ostersund.se/uppleva-och-gora/tips-pa-fritidsaktiviteter)

FRITIDSBANKEN – AN OUTDOOR/SPORTS EQUIPMENT LIBRARY

At Fritidsbanken, you can borrow outdoor and sports equipment completely free of charge for up to 14 days.

» **Fritidsbanken – Anyone can borrow and everything is free!**
(fritidsbanken.se)

THE FUTURE AND EXCITING CAREER OPPORTUNITIES

Fifty percent of all our students choose to remain here after they complete their studies, a fact that we view as high praise for Östersund and the local job market. We have many innovative businesses and research projects that have made their mark at the international level, as well as enthusiasts paving the way for development. Faith in the future is strong, and you can be part of it, both during and after your studies.

Östersund is a place of growth. Currently, the municipality has a population of 65,000; by 2040, we expect to have grown by at least 10,000 more. Not only is the population seeing positive growth, but both the number of new businesses and development of current businesses continue to grow as well. Here, you can find both development and a belief in the future. The job market is strong and offers solid career opportunities.

Östersund Municipality is home to about 6,000 businesses, many of which are in IT, manufacturing, hospitality and tourism, the service industry. The number of established companies is high, and many are expanding. Östersund is also home to several government authorities. Employment opportunities, basic and more qualified, are good in both the private and public sectors.

NETWORKING

Many businesses are involved in networks that organise meetings – and students can be involved.

- » **Nätverk** (levaiostersund.se/natverk)
- » **Northern Tech Republic. 12 IT companies working together in a collective forum** (northerntechrepublic.com)



Carine Simon-Bellamy, 28, knew exactly what she was looking for when it was time for her to begin a new chapter in her life: a small city in Sweden with a good university, cafés and restaurants – as well as beautiful natural surroundings close by.

**“Östersund is perfect for us,”
Carine laughs.**



CARINE FROM FINLAND MOVED TO ÖSTERSUND FOR HER STUDIES

Carine Simon-Bellamy is originally from Finland but has a French background, since both her parents are from France.

When Carine first came to live in Sweden, she took a bachelor's degree in Tourism in Borlänge, which is where she met her partner. After three years there, the couple moved to Carine's native country, Finland. However, Carine found herself missing Sweden, and the couple began dreaming about returning, this time to a new city.

High up on Carine's wish list was that wherever she returned to had to be a good city for students. She also wanted to be close to nature. If there were lots of great places to eat and drink – cafés and restaurants – well then she would have hit the jackpot. So her decision took her to Östersund – and she has no regrets. The plan was to stay one year: three years later, and they have yet to move.

“The plan was that I would take a one-year master's, but I changed this to two years because I liked it here so much,” says Carine.

What is it you like so much about Östersund and the surrounding area?

“The combination is really good for me. It's a cute city with nature right on your doorstep. During the initial period after we moved here, we lived in small cabins at the ski stadium. My partner and I enjoyed cross-country skiing, so it was truly wonderful.”

The couple now live in more long-term accommodation on the island of Frösön, but their life on skis and in the great outdoors continues.

“We're so close to the mountains, and we're often out in nature. Everything's just so beautiful,” says Carine.

What was the welcome like when you first moved to Östersund?

“Really, really good. People in general are so incredibly welcoming and nice, and if I were to compare it here with how it was in Helsinki, well it's much more personal and relaxed here in Östersund. I really feel so fortunate to be able to live here!”

The initial plan was to stay in Östersund for one year, which then became two and is now three. Do you think you'll keep extending your stay? What are your thoughts?

“Yes, we've already lived here longer than planned, but it just feels so right, not least the work-life balance. Time will tell how long we will stay in Östersund, but as things stand right now, we've no plans to leave this wonderful place.”