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**Travel report**

**Instructions**

Please describe your study abroad experiences, 1-3 pages.

You are welcome to include your own photos, but there cannot be people in the pictures as this requires written permission from the person in the photograph.

Please email your report to [maria.fredlund@miun.se](mailto:maria.fredlund@miun.se) and [InternationalOffice@miun.se](mailto:InternationalOffice@miun.se).

**Basic information:**

Your name:

Country:

Host university:

Programme/Subject:

Semester:

**Preparation:**

**Please describe the application process to the partner university.**

**Travel:**

**Please describe the travel process. How did you travel (plane/train/airports/transfers) and any travel advice.**

**Host country and city/town:**

**Please describe the location, population, climate, food, clothing, transport, etc)**

**The host university:**

**Please describe the host university. Introcution dats, teachers and teaching methods, courses you took, the study system, exams, and grading, support services, etc.**

**Student accommodation and student life:**

**Please describe your accommodation and social activities available (student associations, sports, culture, entertainment).**

**Good to know:**

**I really appreciated that….**

**The most challenging was..**

**I was happy/surprised to find out that…**

**What did it cost?**

1. **Air tickets:**
2. **Vaccinations:**
3. **Visa:**
4. **Public Transportation:**
5. **Accommodation (student room/apartment):**
6. **Recommended housing areas for students:**
7. **Student lunch:**
8. **Restaurant meal (lunch/dinner):**
9. **Entertainment (cinema, entrance to clubs):**
10. **Course literature: (approximately per course/semester)**
11. **Student union or university association fees: (mandatory fee?)**
12. **Grocery shopping costs compared to Sweden:**
13. **Gym membership:**
14. **Other fees?**

e.g. banking fees for transferring money or opening a bank account

1. **What I wish I had known before I went/What do you think an exchange student needs to know?**

**Contact information:**

**May other students contact you? Please include your contact information.**

Email:

Phone:

**I agree that Mid Sweden University publishes my travel report on the home page visible to other students:** (Yes/No)