



About Sweden

Sweden is a medium sized country with a lovely nature. There are many large international companies from Sweden including IKEA and VOLVO. Sweden is a very elongated country with 1572 kilometers from the far north down to the south tip, and only 499 kilometers on the widest part. The Swedish weather is mild, temperatures vary from approximately -10 to +29 degrees Celsius throughout the year although there is quite a difference between the weather in the south and the north of Sweden. Sweden is a safe country and people are very trusting of each other. Sweden is known for their good public transport system, busses in most cities, but also underground in Stockholm and tram in Gothenburg.

Basic Country Information

- Population: 10,1 million
- Capital: Stockholm
- Language: Swedish

Why choose Sweden?

Sweden is a great country to experience firsthand as an exchange student, we have a rich culture with many sights to experience and the chance to learn a completely new language. Not to forget the chance to eat a lot of great food and go to "fika". Exchange students in Sweden will have a chance to make friends for life, be a part of a Swedish family and experience firsthand how Swedes go about their everyday life. Students in Sweden are often very independent and active with many social activities outside of school.

About the Language

In Sweden we have a couple of dialects. This is usually not something that affects the ability to learn Swedish. However, Swedish is a hard language to learn. We encourage students to take online Swedish lessons, alongside talking Swedish with their friends and host family. There are several language apps that we recommend the students to use prior to arrival.

National Traits

Swedes like outdoor activities all year round and as there is a lot of space being outside in a varied landscape. Activities can be very different depending on where you live and what season it is. Sport and music are also two major interests. Sweden has a long history of great authors. Many children

around the world have experienced the books of Astrid Lindgren and for the older generation many people have read books from Henning Mankell and Stieg Larsson. Sweden is also well known for the Nobel Prize.

Age and other eligibility requirements

- For august arrival, students need to turn at least 16 the calendar year of arrival, if they turn 19 in the calendar year of arrival they are too old.
- For January arrival, students need to turn at least 17 the calendar year of arrival, if they turn 20 in the calendar year of arrival they are too old.

Students who wish to attend the program must have a strong academic background with at least a level C average or higher. All students must also be at least on an intermediate level of English with a SLEP-test score of minimum 50 or an ELTiS score of minimum 215 to be accepted on the program. Students must be up for the challenge by being motivated, open-minded and ready to take part in the activities with their host families.

Program start and end dates

- Academic year: Mid-August till middle of June
- Semester: Mid-August till before Christmas or start January till middle of June
- Short term program available on request

Application deadline

- August start due April 1st
- January start due October 1st

Application Procedure

Online application system via Zapp including personal letter from student and parents, health report, teacher recommendation, photo album, interview report, signed ISSO rules.

Visa situation

Non-EU students must personally apply for a visa prior to arrival. ISSO will provide a guide and parts of the documentation along with a full placement. Non-EU student must personally contact the Swedish Embassy/Consulate in the home country for further instructions about the Visa procedure. More information about this is also to be found on www.swedenabroad.com. All costs are at the student's expense.

Soft Landing Camp

We offer a 4-day fall and spring Soft Landing Camp in Copenhagen, Denmark for all students on the Nordic programs. The Soft Landing Camp is not included in the price; however we strongly recommend the camp for all students. The Soft Landing Camp is a great start to a wonderful exchange experience and gives the best preparation for the students before arriving at their host family. The Soft Landing Camp includes orientation/workshop, sightseeing in Copenhagen and fun with other exchange students.

Host Family Information

Host families in Sweden have volunteered to host exchange students and they choose the students based on their description in the application and how well they think a student will fit into their family. The host families are therefore very motivated, and wish to learn a lot about their exchange student and where he/she is coming from.

Our host families are from all walks of life and come in all shapes and sizes in all parts of the country. All families are screened prior to placement, including submitting an online host family application, reference- and background checks and a personal visit with the host family in their home. We place students in single parent homes with or without children living in the host home.

Families in Sweden are usually small, with people valuing a close and stable family life. Swedes are known to be very openminded, happy to learn about other cultures and very active people. Housework and chores are divided equally among the family members and exchange students should be prepared to help around the house and are expected to clean their own room and help with dinner and dishes.

The host family is not necessarily a traditional family with a mother, father, and children. It can be a single person with no children, a single parent, or a family whose children have already moved out. The majority of families have children who have spent a year abroad or who are currently abroad and therefore have a vacant room for an exchange student. All host families share the same interest in young people and new experiences.

School Information

The school system in Sweden places a lot of responsibility in the hands of the students, and as such exchange students in Sweden will have a lot of freedom and independence, while having a relaxed relationship with teachers. Most schools expect the student to take on a full course load with around 5-7 different subjects, all students will have Swedish as a subject and all subjects are taught in Swedish. The subjects would vary

depending on the line of class that the student is attending e.g. language line, science line, social studies line.

Most students are placed in Swedish gymnasium, however sometimes we also place students in 9th grade depending on the students age. The student will normally attend school from 8 AM to 3 PM with a couple of short breaks and lunch around noon. School runs from August until the middle of June, students will not attend exams and no subjects can be guaranteed.

Student Support system

In Sweden we offer a great support system for the students. All students will have a local coordinator to support them and their host family. They will also arrange smaller events and gatherings for the student approximately once a month. Often the local coordinators become close with their exchange students throughout the stay because of the close distance. ISSO will provide monthly reports on the student's progress.

Free Time Activities



In Sweden, after school activities usually take place outside of the school setting, meaning exchange students will be able to sign up to many local clubs and teams and engage with all members of a community in this way.

Most teenagers in Sweden usually take part in sport or physical activity outside of school hours. The most popular sports in Sweden include soccer, team handball, basketball, and gym activities.

As Sweden is such an active country, students have very good opportunities to find an activity that suits them. These activities are not limited to sports, for those who like music and theatre there will be organizations outside of school available for the student to join.



Trips offered

Every year there are shorter excursions offered in the local area to an additional fee. If the students wish to attend other trips, we have cooperation in the Nordic countries with a company that annually arranges trips in Europe.