



PRACTICAL MATTERS

For your day-to-day life at SSE and in Sweden

STAFF MEMBERS PRESENT:

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AGENDA

ABOUT THE STOCKHOLM SCHOOL OF ECONOMICS

Information at SSE | SSE Portal and Canvas | Academic guidance & Program managers | Student and Access cards | Language courses

UPON ARRIVAL

Personal number | ID card | Migration | Bank | Insurance

EVERYDAY LIFE

Health | Pharmacy | Groceries | Sports | Transportation | Literature

Q&A SESSION



Admitted vs. enrolled

You are now **admitted** or **conditionally admitted** to one of the BSc or MSc programs at SSE.

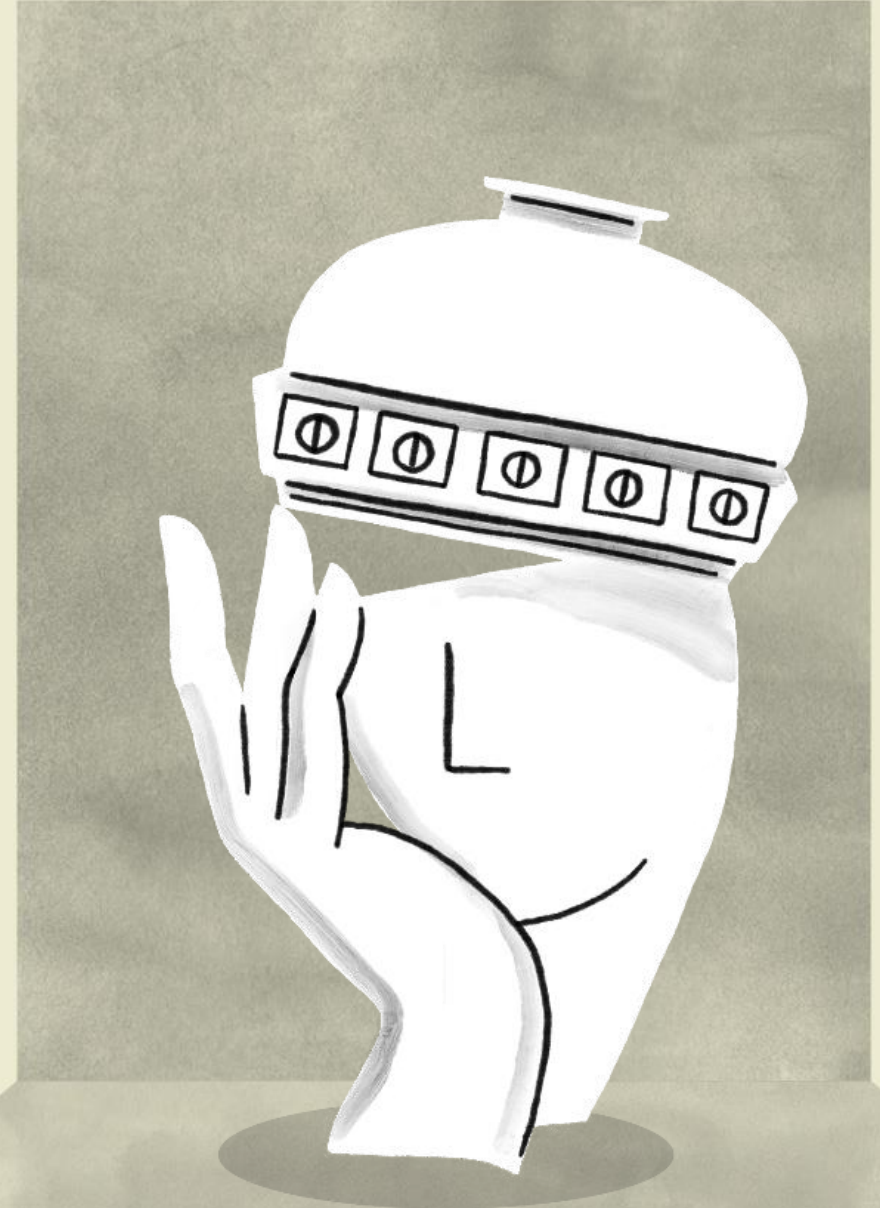
BSc: You will be **enrolled** either during summer math (August 10-21) or your first day of the introduction week (August 24th)

MSc: You will be **enrolled** during the introduction in August.

Conditionally admitted:

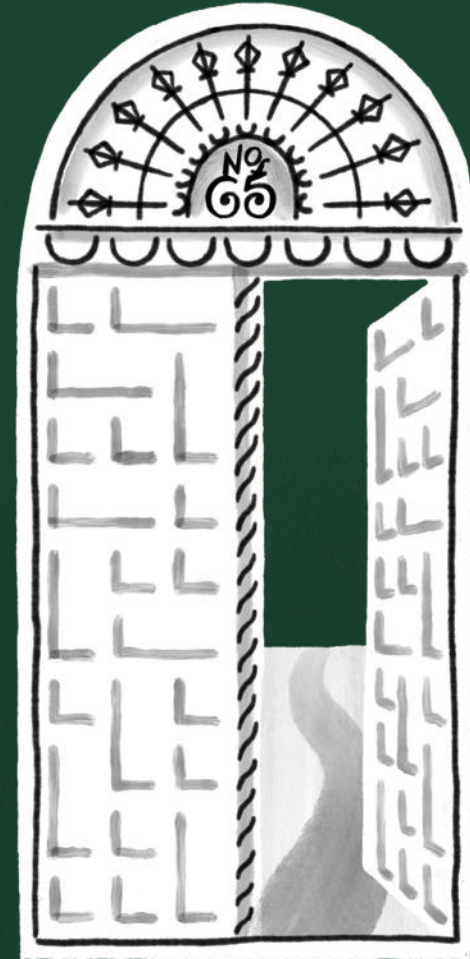
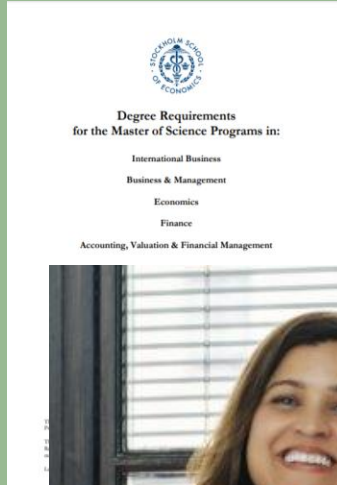
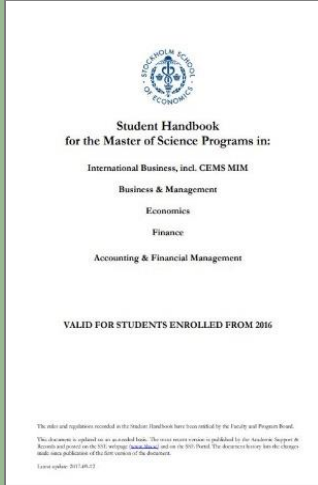
BSc: Those of you that have not yet graduated high school are conditionally admitted. Once you have submitted your final grades and they have been converted by the Swedish Council of Higher Education, we will fully admit you.

MSc: Those of you that have not yet finished their BSc are conditionally admitted. Once you have sent us a statement of graduation, we will fully admit you.



INFORMATION AT SSE

STUDENT HANDBOOK AND DEGREE REQUIREMENTS



SSE PORTAL

You will have access when enrolled

Letter of Enrollment & Transcripts

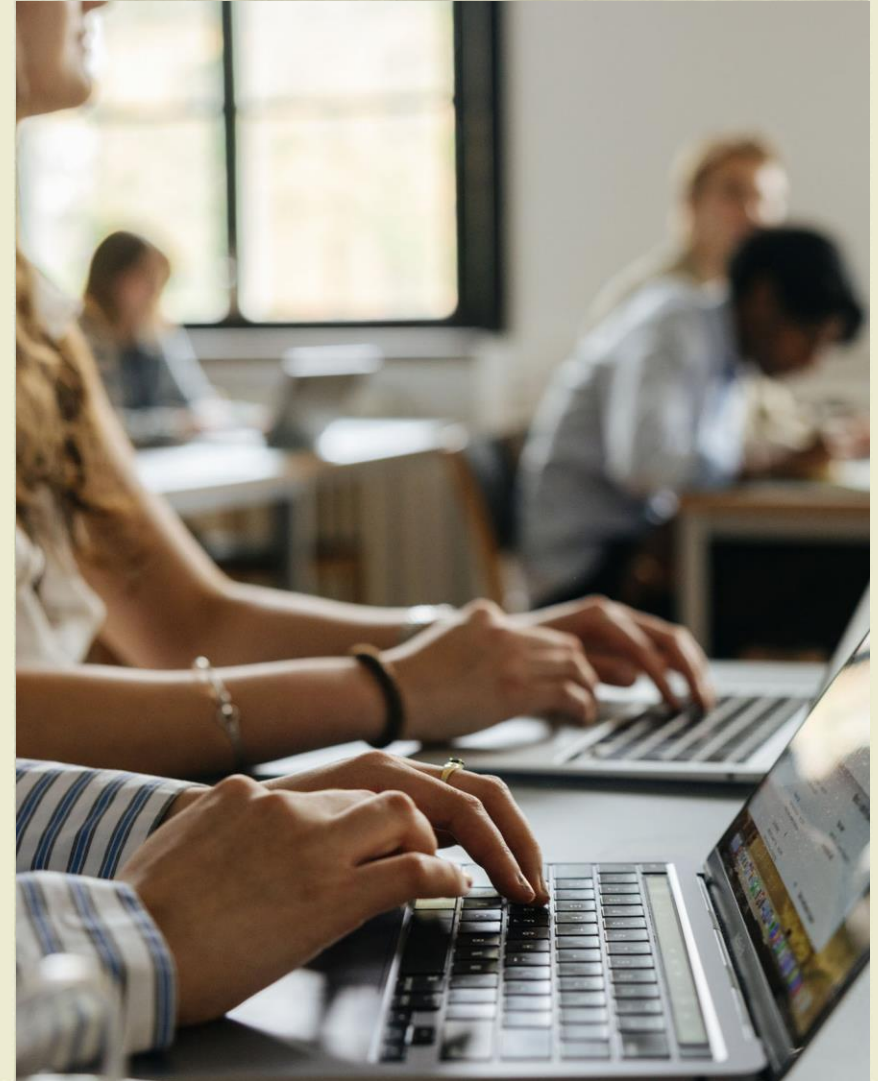
Courses & schedule (incl. course and exams registrations)

IT Support

Exchange & Global opportunities

Student handbook and Degree requirements for your
program

NEWS on SSE Portal



CANVAS

Courses and course homepages

Course Material

Schedule

Assessments and results on modules and final
course results

[HTTPS://SSE.INSTRUCTURE.COM/](https://sse.instructure.com/)

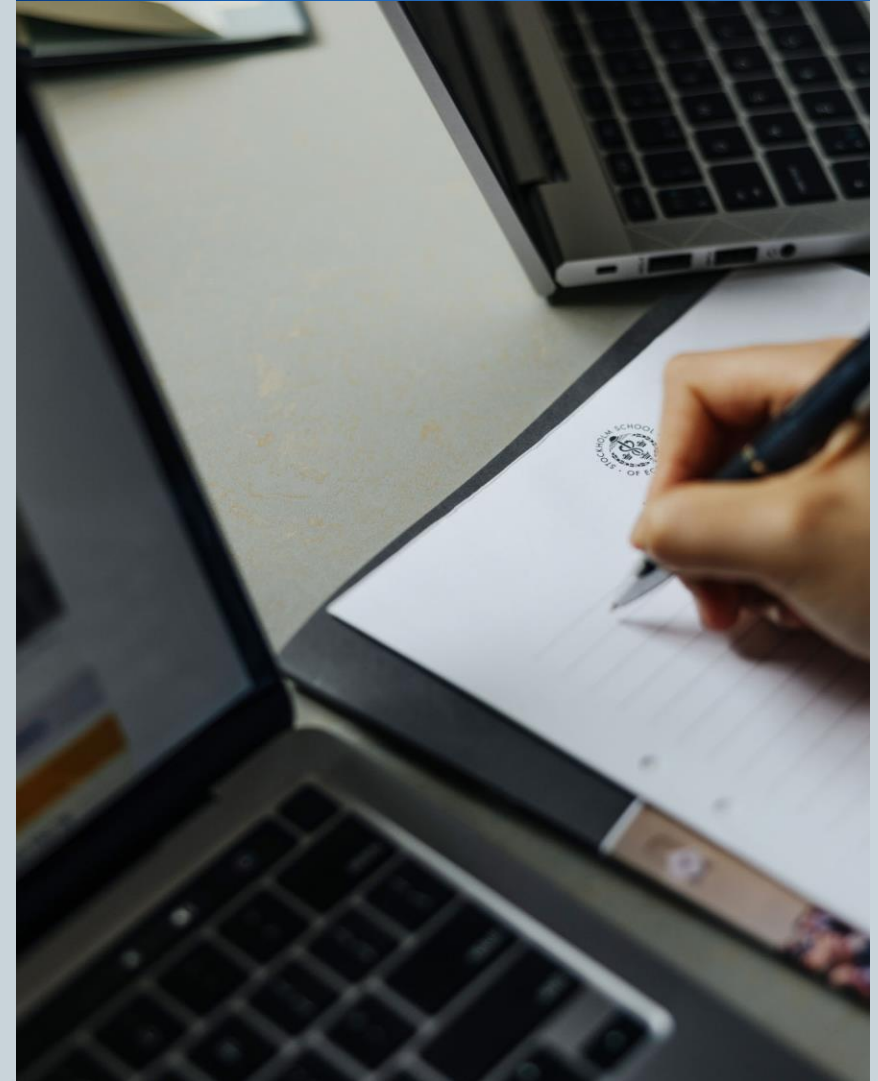


LETTER OF ENROLLMENT

Request your letter of enrollment in the Info Center or download via the SSE Portal.

How to download via the [SSE Portal](#):

- Log in at portal.hhs.se
- Go to Student Support
- Click on Certificates/Transcripts
- Follow the instructions. Download as a pdf or a printed version that you pick up at Info center.





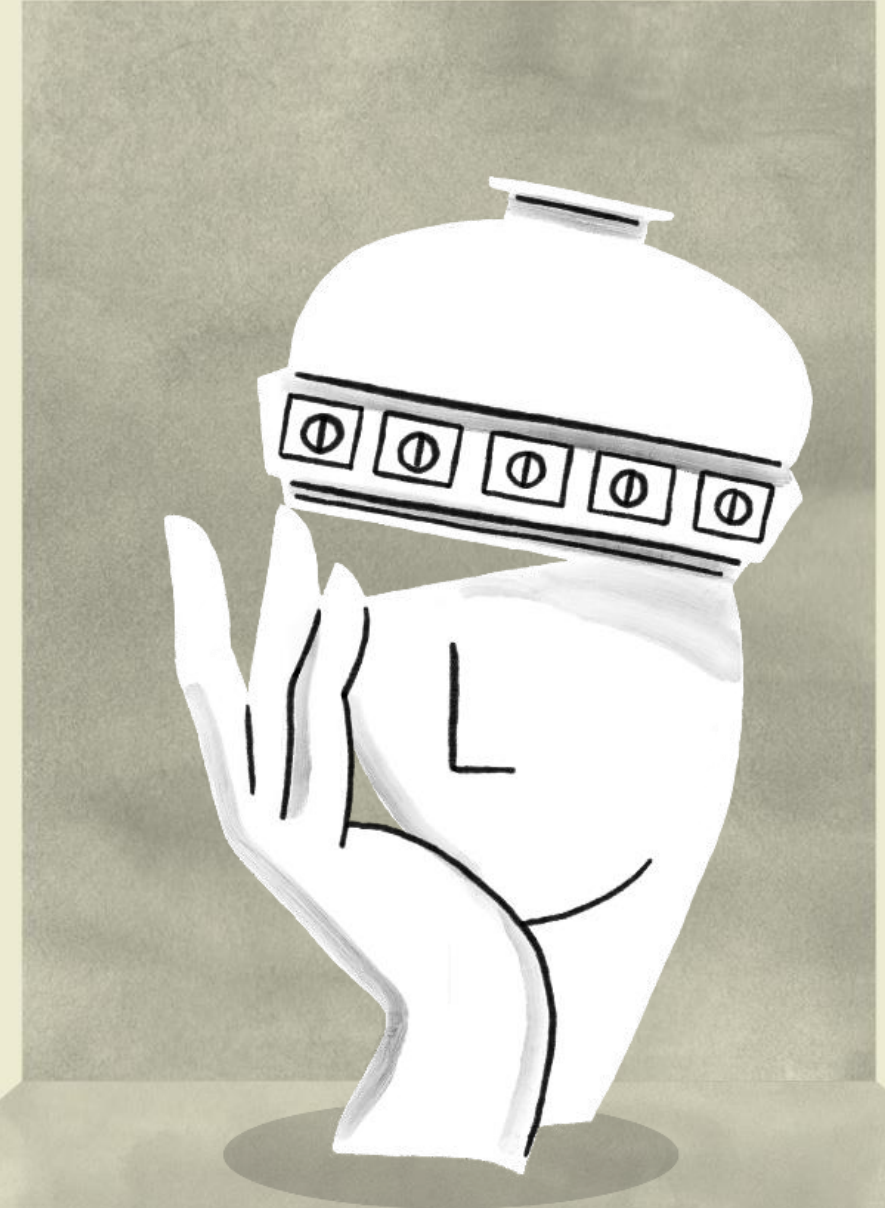
GUIDANCE AND WELLBEING OFFICE



HELP IS THERE FOR YOU WHEN YOU NEED

Core Support Areas:

- Help to structure your studies - a plan for your courses and exams
- Basic tips on study techniques and learning strategies
- Formal leave of absence
- Help with exemptions



APPLICATION FOR SPECIFIC EDUCATIONAL NEEDS

Book a meeting with one of our SEN Coordinators:

[Information to Students with Specific Educational Needs](#)

Nais If you have an account at antagning.se, universityadmissions.se, BANK ID or a Swedish personnummer.

Specific Educational Needs can be approved if you have a documented disability

Main support:

- Extended time on written exams
- Note taking assistance
- Recorded course literature:
[Reading & Writing Difficulties - hhs.se - Stockholm School of Economics](#)

Contact: specifiededucationalneeds@hhs.se



STAFF & CONTACT INFORMATION

Staff

- Joakim Blom
- Maja Linde
- Andrew Waters

E-mail

academic.advisor@hhs.se

specialneeds@hhs.se

counselling@hhs.se

Appointments

Time booking via the Student Portal



ESSENTIAL STUDENT INFORMATION TO REMEMBER

- Read the Student Handbook (can be found at the New Student-page). A compilation of information, regulations, and guidelines relevant for students
- Study at least 30 ECTS during your first year to keep your study spot at SSE.

Maximum period of study

- BSc programs 5 years
- MSc programs 3 years

Cheating and plagiarism. SSE takes these phenomena seriously and detection leads to suspension

PROGRAM MANAGERS

BACHELOR PROGRAMS

BSc Business and Economics: Sofia Eliason & Ebba Andersson

BSc Retail Management: Karl Strelis

MASTER PROGRAMS

MSc Finance: Carter Svensson

MSc Accounting, Valuation and Financial Management: Alexandra Butanescu

MSc Economics: Nikie Veld (from August Jennifer Linder)

MSc International Business: Staffan Alsparr

MSc Business Innovation: Diana Gonzalez Anaya (from August Andreas Dahlberg)

MSc Public Policy: TBA



ACCESS TO SSE

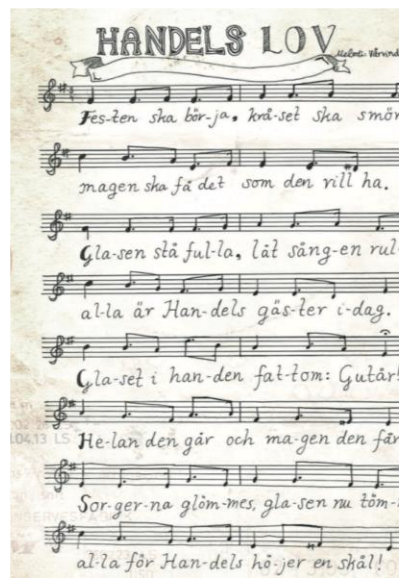
STUDENT CARD

You can obtain your Swedish student card, Mecenat (mecenat.se) once you are enrolled as a student.

Visit the Student Association's (SASSE) reception in the basement for more information or visit SASSE.se

ACCESS CARD

Access cards for the SSE premises can be picked up during introduction. The first card is free, if you lose your card, it is a 150SEK.





LANGUAGE COURSES

Learn Swedish if you would like to get a job here!

Swedish language courses

- Introductory Swedish I: 1006
- Introductory Swedish II: 1007
- Intermediate Swedish: 1012
- Professional Swedish: 1013

Other language courses examples for fall 2026 as electives for MSc and BSc BE:

- Business French: 111
- Business Spanish: 121
- Business German: 116

Courses can be electives or **not** within your degree. Check the individual course's page for this information.

Registration period 31/8 - 4/9,
email viktoriamarthin@hhs.se to register.



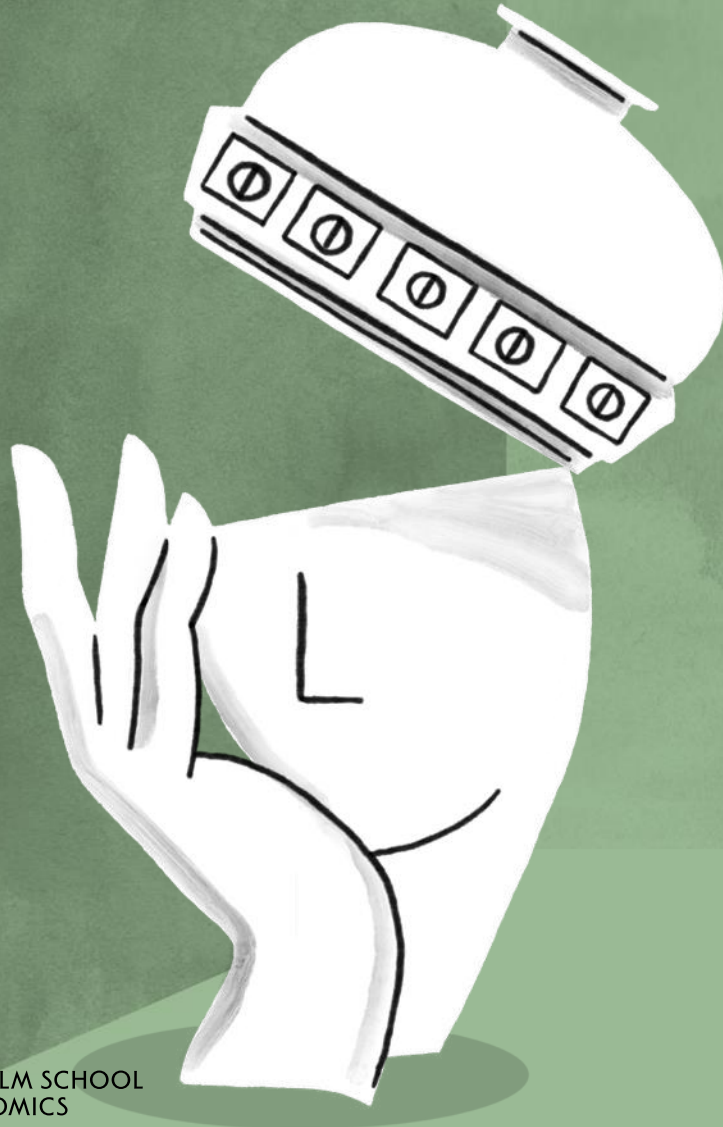
Upon arrival

Personal number | ID card | Migration | Bank | Insurance

SOCIAL SECURITY NUMBER (PERSONNUMMER) – WHY?

- You will be entitled to medical and hospital care on the same terms as any Swedish citizen
- You will be entitled to highly subsidized prescription medicine
- Your minor children will be entitled to medical and dental care for free
- Your minor children will be entitled to free prescription medicine
- You will be entitled to free Swedish lessons through Swedish for Immigrants (SFI)
- You may apply for a Swedish ID card
- Easier to open a bank account
- You may register for a mobile phone account
- You may register for membership cards in most retail chains (H&M, IKEA..)
- Employers normally would ask for the number as that is the easiest way for them to pay taxes on the salary and to do background check on you. If you do not have one – they will ask you to apply for it.
- Easier for all kind of government entities/businesses to communicate with you as they can retrieve some data on you having your number.

THE POPULATION REGISTER SOCIAL SECURITY NUMBER (PERSONNUMMER)



- The notification form "Moving to Sweden" must be sent online before a personal visit at the service center.
- Use the e-service Moving to Sweden
- Apply ASAP, processing times are long!
- You must have an address where you can receive mail (post) and you must be enrolled and have a letter of enrollment when visiting the service center.
- After approval, you will be given a Personal number (personnummer) that is 10 or 12 figures: year, month, day + 4 digits

Closest service center locations to SSE:

Odengatan 54

Lindhagensgatan 76

More information: skatteverket.se

SWEDISH IDENTITY CARD

- Needed to open a bank account and useful to carry around instead of your passport.
- You can order an ID card from the tax office (Skatteverket)
- Book a time [online](#)
- The application fee is 400SEK and must be paid in advance.

Closest locations: Book the appointment in advance
[Stockholm, Brommaplan](#)

[Stockholm, Globen](#)

[Stockholm, Hallunda](#)

[Stockholm, Kista](#)

[Stockholm, Liljeholmen](#)

More info: www.skatteverket.se



SWEDISH MIGRATION AGENCY

Migrationsverket in Swedish

Be aware of the rules that apply to your residence permit

From 11 June, the requirements for making acceptable progress during full-time studies, are tightened to 37.5 credits during the first year of study and 45 credits per year of study from the second year of study onwards.

You must finish your MSc degree within 3 years of enrollment, BSc within 5 years of enrollment.

[Extending your residence permit info](#)

More information: migrationsverket.se





OPEN A BANK ACCOUNT

Compare different banks and ask for student discounts

Some suggestions of banks to check out:

- Handelsbanken www.handelsbanken.se
- SEB www.seb.se
- Nordea www.nordea.se
- Skandiabanken www.skandiabanken.se
- Swedbank www.swedbank.se
- ICA banken www.icabanken.se
- Remember to close your account before leaving Sweden

PAYMENTS IN SWEDEN

A Swedish bank account number always comprises a **clearing number**(four to five digits) and an **account number**.

The number of digits in an account number varies from bank to bank.

Sweden is a cash-free society – use your card!

Activate your Bank-ID or Mobile Bank-ID connected to your account to get access to many more services (ask your bank)

Life is easier with Swish – the mobile payment system in Sweden



HOME INSURANCE

IT IS IMPORTANT TO HAVE A HOME INSURANCE
FOR YOUR APARTMENT AND YOUR BELONGINGS

Some suggestions (exclusive offers for students):

Folksam

Trygg-Hansa

IF

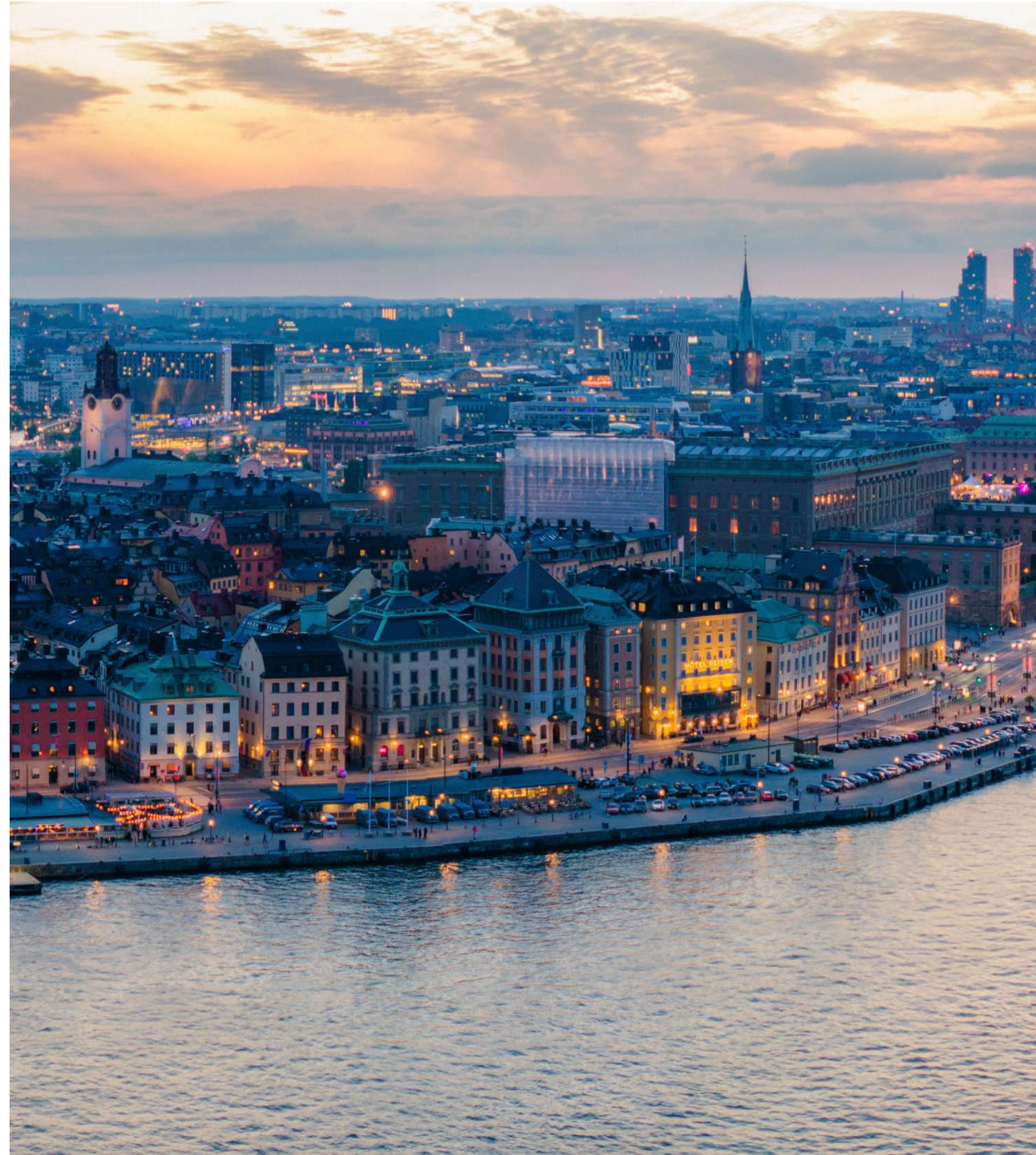
Moderna Försäkringar

Aon

Studentförsäkring

Länsförsäkringar i Stockholm

ICA banken





EVERYDAY LIFE

Health | Pharmacy | Groceries | Sports | Transportation | Literature

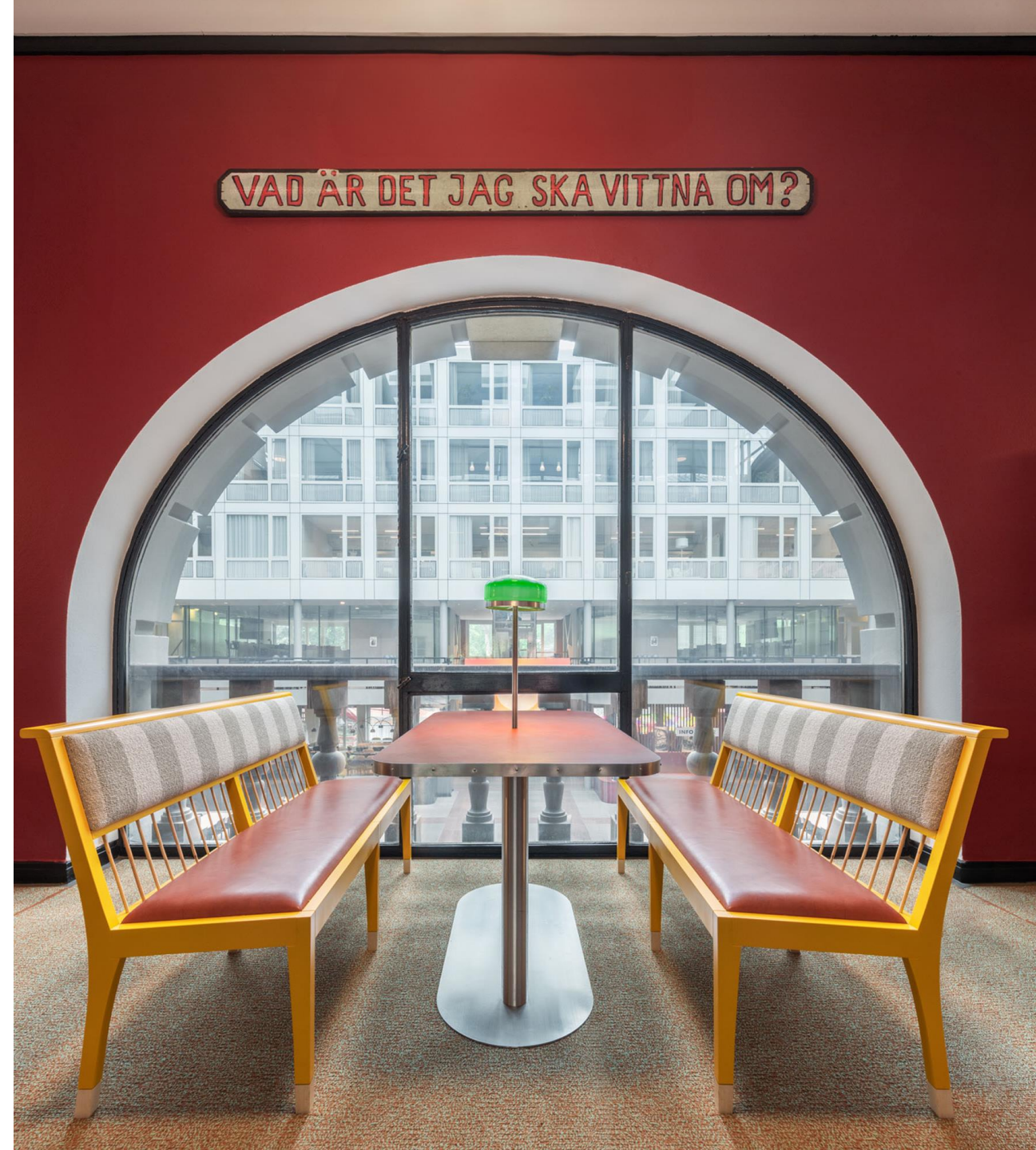
HEALTH CARE SYSTEM

There are no vaccination requirements for entering Sweden or travelling within the European Union.

Students with a Swedish personal number, are entitled to use public medical services on the same basis as Swedish citizens

Typical Fees:

- **Doctor's visit** at a healthcare center: SEK 250–400. Fees vary depending on the type of service and healthcare facility.
- **Emergency Care:** Emergency services are available by dialing 112, with costs typically dependent on urgency and type of treatment.



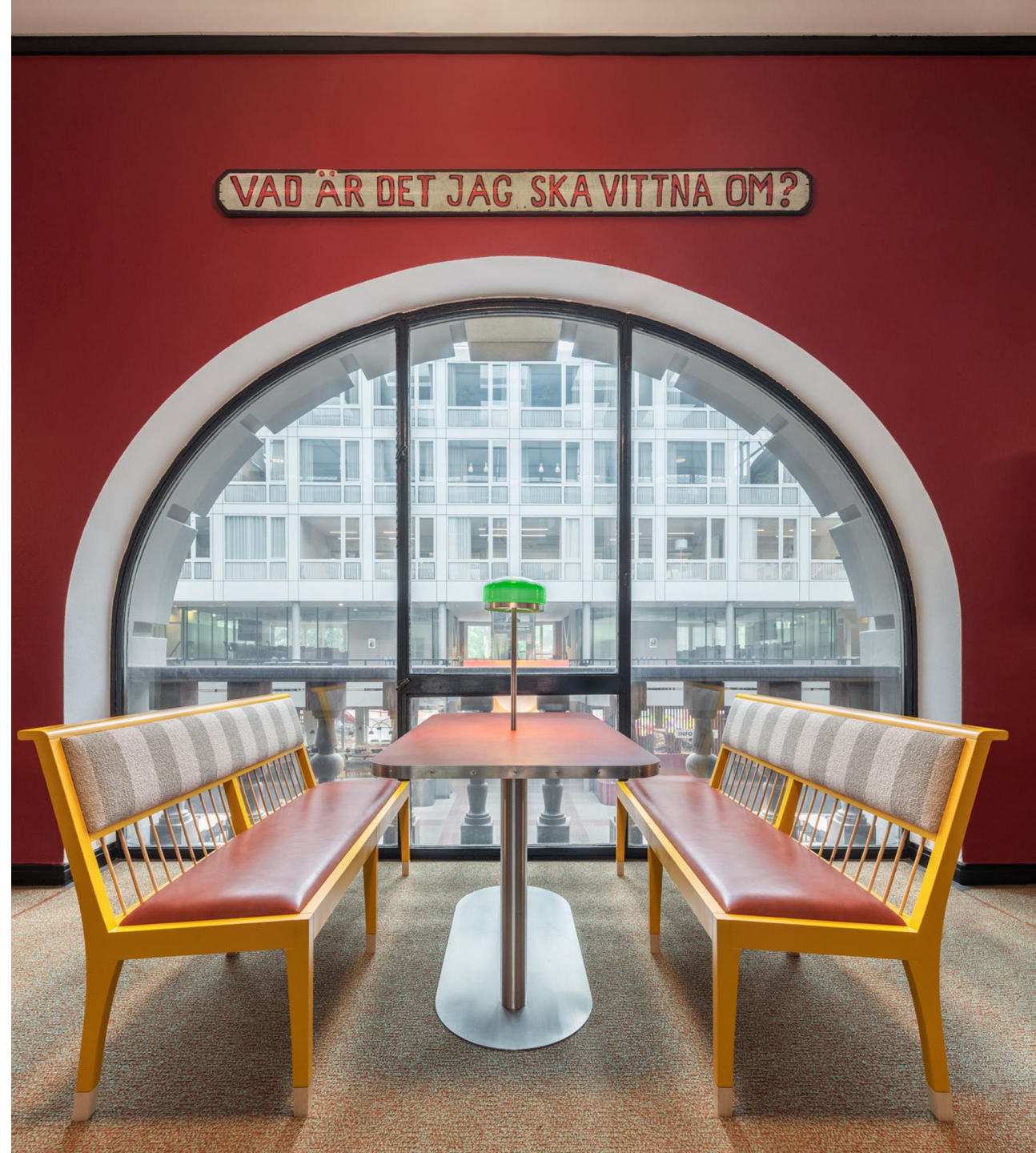
HEALTH CARE SYSTEM

Stockholm Healthcare guide [Vårdguiden 1177](#)

Information and advice on illness & health, treatment, and medication (website and calls).

Multiple apps available, where doctors speak English (for example [Mindler](#), or [Kry](#)).

Dental care is not included.





EMERGENCY

- Call **112** for life threatening situations
- Call **1177** to get advice from a nurse in non-life threatening situation
- Emergency care - if you suddenly become seriously ill or injured - go to the emergency clinic (akutmottagningen).

E.g: City Akuten; Apelbergsgatan 48, (close to Hötorget) offers specialized medical care in various areas without an appointment. Please note that you must bring ID.

PHARMACY & POST OFFICE

- Pharmacy is called Apotek in Swedish. The closest pharmacy to the school is on Sveavägen 43.
- At the pharmacy you can also ask for advice.
- You can buy certain non-prescription drugs at the grocery stores.
- Most medications require prescription
- Post office does not exist as such – normally there is a department in grocery or convenience stores
- Pick up or send parcels - local supermarket / petrol stations / delivery boxes, depending on the residence address. You will receive a notification with the address where you can pick up your parcel, alternatively you can download the Postnord app where you directly receive the notifications there.
- Buy stamps at 7eleven/Pressbyrån

BEING ACTIVE IN STOCKHOLM

- The SSE Student Association arranges several different sport activities that you are welcome to join. The Sports Committee will tell you more about this.
- There are several fitness centers close to SSE that offer a discount for students. Below you will find some suggestions:
- Friskis och Sveltis, located next to the school (Sveavägen 63)
- SATS - Sports Club, you will find it all over town, but the closest one is at Odengatan 65 or at Sveavägen 20.
- Nordic Wellness
- Fitness24Seven





TRANSPORTATION

- The transportation network (SL) provides bus, underground and commuter train services. There is a student travel card with a discount, valid for the whole semester.
- Reduced fare for university students
- Price: 650 SEK (30 days), 1880 SEK (90 days)
- You can buy a single ticket with your card (physical or digital) by tapping your card directly on one of SL's readers. You can also buy single tickets and period tickets in the app: "SL – Journey planner and tickets"
- You need to present your student Mecenat card with the SL logo if you are stopped by the SL controllers.

Failure to show on demand a valid ticket will render a penalty fare of SEK 1,850 plus a single ticket fare.

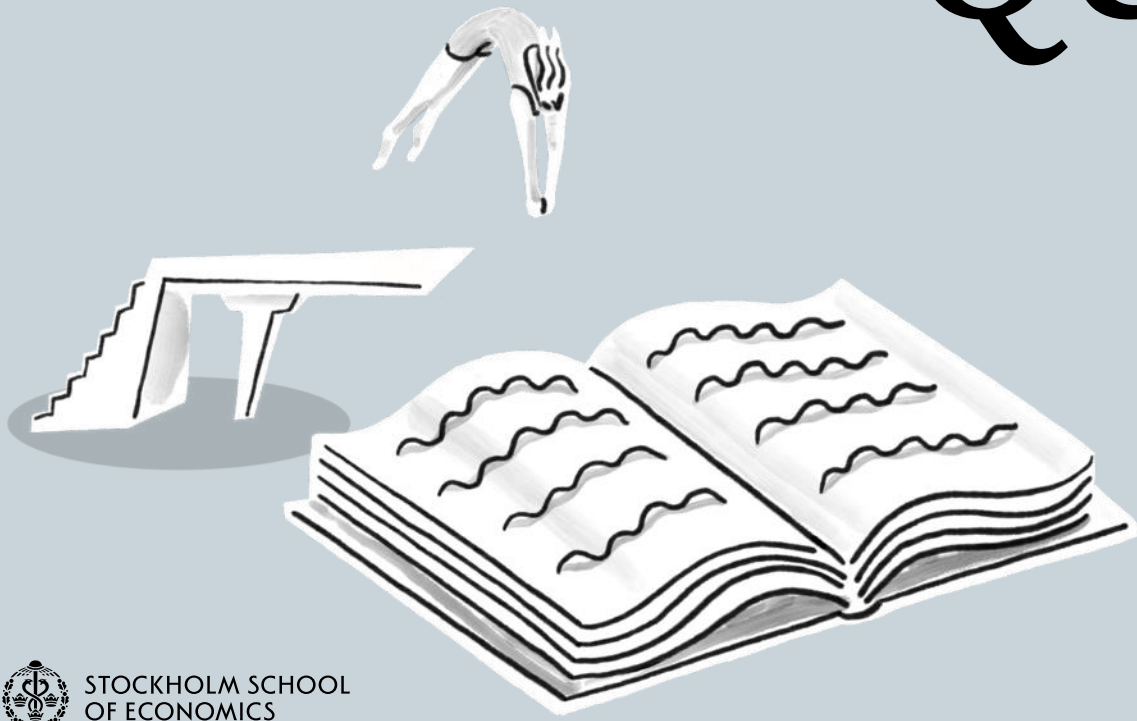




LITERATURE

- Academic Book Shop (Akademibokhandeln)
- Books online:
Adlibris
Bokus
Kurslitteratur
- Check out the SSE Library or another library in Stockholm
- Ask students from earlier years
- Campusbokhandeln (a bookstore for used books situated at Stockholm University)

Q&A



Stay in touch with us





THANK YOU!