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<td>University of Michigan</td>
<td>9</td>
</tr>
<tr>
<td>Emergency</td>
<td>10</td>
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Congratulations on your acceptance to one of the Swedish universities that comprise the University of Michigan’s CGIS programs in Sweden, Stockholm University or Uppsala University. As an exchange student, you will be one of a very small group of U-M students spending a semester or year at the host university and your program will be a very independent one. This supplement is designed to provide you with information about your host university as well as specific details about support services and other local contacts.

This material will supplement the information contained on the CGIS website and the information you receive from your host university. It is important that you read these materials carefully as you prepare for your program in Sweden. You are responsible for knowing the information provided by the CGIS and your university abroad. We suggest taking all materials with you when you go and consult them as necessary. This program supplement will be available in electronic format in your MCompass “Documents” section.

**GENERAL FEATURES OF EXCHANGE PROGRAMS**

Exchange programs are different in design from other study abroad programs. Most importantly, they are reciprocal programs, designed to permit students to switch places for a semester or a year, with the incoming student taking the “spot” the outgoing student has vacated. As a general rule, academic fees, including tuition, are paid to the home university by the outgoing student on behalf of the incoming student; the host university in turn waives all tuition fees for the “guest” student. As an exchange student you will pay U-M in-state or out-of-state tuition as normal when you enroll in the program at either Uppsala University or Stockholm University. Students are responsible for additional expenses at the host university, such as transportation, housing, and meals, which are not included in tuition.

In contrast to other CGIS programs, exchange programs are small in size, and operate without the presence of a faculty director from the home school. Instead, local support services such as orientation, academic advising, and assistance in locating housing are provided by staff at the host school. Both Uppsala University and Stockholm University have International Offices whose principal function is to assist incoming exchange and other visiting students. Rely on them as much as possible. Patience, persistence and recognition of yet another area of cultural difference will be important in your dealings with international exchange staff at your host institution. Your contact person and address of the International Office is:

**Uppsala University**

Victoria Higuita Otero, International Officer
International Office
Uppsala University
The Segerstedt Building
Dag Hammarskjölds väg 7
**Phone:** +46 (0) 18-471-40 07
**Email:** victoria.higuita@uadm.uu.se
**Web:** [http://www.uu.se/en/admissions/exchange/contact/](http://www.uu.se/en/admissions/exchange/contact/)

And more information is available at:
- [Uppsala Exchange Page](http://www.uu.se/en/admissions/exchange)
- [Uppsala New Students Page](http://www.uu.se/en/admissions/exchange) (contains international student guide)
Stockholm University:
Åsa Landes, International Coordinator
International Office
SE - 106 91 Stockholm
Phone: + 46 8 16 21 29
Email: asa.landes@su.se
Web: http://www.su.se/english/study/student-services

And more information is available at:
Stockholm Exchange Page
Stockholm Exchange Handbook

If a problem persists after you have exhausted local resources or if you would like clarification, contact CGIS. We will do our best in such cases to assist you in resolving the situation. Please keep in mind that, since we do not have an official presence on campus, we may not be immediately aware of problems. We depend on you to inform us if you experience difficulties.

The independence that characterizes an exchange program mirrors that which is a general characteristic of most foreign universities. In comparison to American universities, universities abroad require a greater degree of self-reliance on the part of students. Most teaching takes place in large lectures, and final grades are likely to be based on a single exam or final paper. Students will not necessarily receive a syllabus that outlines lecture topics and required readings on a week-by-week basis. Rather, students may be given a lengthy bibliography from which they are expected to read on their own. You may want to think of programs in Sweden as being closer to Master’s than Bachelor programs.

A second characteristic of most foreign universities is the level of specialization of students. Few, if any, foreign universities require students to spend the first two years fulfilling distribution requirements. Students are expected to have acquired foreign language competency and other skills at the secondary level and are admitted to a university to study a single subject such as economics, engineering, or philosophy. Within these departments the program of study is highly structured, with a set curriculum for each year’s students, and with the current-year program drawing on what has been taught in the previous year. As a result, there is relatively little room in the program of study for electives or optional courses. (Most foreign universities, however, permit visiting American students to select courses in more than one discipline.)

To a far greater extent than at U-M, you will find your academic success is your responsibility. Professors may not take attendance in lecture classes or monitor your progress from week to week. If you are having problems with a class, or do not understand requirements, it is up to you to seek help—either from the professor, or from the office for visiting/exchange students. (Ask for help from your fellow students—they can be good resources and are likely to be very helpful.) Do this as soon as you realize the need for guidance—don’t wait until late in the term. In some instances, you may find that it is possible to arrange for extra tutoring in a class or classes.

ACADEMIC ARRANGEMENTS

At the same term you are participating in classes in Sweden, you will be registered at U-M as a full time student. Please register for 15 credits a term: Stockholm students register for STDABRD 462 while Uppsala students register for STDABRD 461.

Grades and credits will be converted from your Swedish transcript using the appropriate table found below and then listed on your U-M transcript. Grades received in Sweden will be calculated into the cumulative GPA of LSA students.

LSA students will earn in-residence credit for your work in the program.
Non-LSA students must check with their college or school to determine its policy on credits, grades and GPA.

Once you have completed your semester in Sweden, your host school will provide CGIS with a transcript of your work and CGIS in turn will submit your grades to the Office of the Registrar to update your U-M academic record. Please be aware that the process generally takes several months to complete after the completion of your program in Sweden.

GRADE CONVERSION

UPPSALA UNIVERSITY

Uppsala provides notes of 1, 2, or 3 for their grading system and there are therefore 3 options for how your grades will be converted. Please use the information below for each grading system. Keep in mind that which note number corresponds to which of the 3 grading systems may vary from department to department. The numbering below is the most common.

IF YOU NEED A GRADE FOR A COURSE, please ensure that the professor plans to give grades rather than a simple “Pass.” Pass-only courses will be translated as Pass/Fail on your UM transcript.

Note 1:

<table>
<thead>
<tr>
<th>Uppsala</th>
<th>U-M</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 (Pass with Distinction)</td>
<td>A</td>
</tr>
<tr>
<td>4 (Pass with Credit)</td>
<td>B+</td>
</tr>
<tr>
<td>3 (Pass)</td>
<td>B</td>
</tr>
</tbody>
</table>

Note 2:
Pass Course only, G=Pass (these classes will be treated as Pass/Fail, no letter grade provided).

Note 3:

<table>
<thead>
<tr>
<th>Uppsala</th>
<th>U-M</th>
</tr>
</thead>
<tbody>
<tr>
<td>VG</td>
<td>A</td>
</tr>
<tr>
<td>G</td>
<td>B+</td>
</tr>
</tbody>
</table>

STOCKHOLM UNIVERSITY

Grades from Stockholm are reported to the U-M with ECTS Credits and ECTS grades, different from the Uppsala grades. The system for Stockholm is as follows:

<table>
<thead>
<tr>
<th>ECTS</th>
<th>ECTS</th>
<th>U-M</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Excellent</td>
<td>A</td>
</tr>
<tr>
<td>B</td>
<td>Very Good</td>
<td>B+</td>
</tr>
<tr>
<td>C</td>
<td>Good</td>
<td>B</td>
</tr>
<tr>
<td>D</td>
<td>Satisfactory</td>
<td>C</td>
</tr>
<tr>
<td>E</td>
<td>Sufficient</td>
<td>C</td>
</tr>
<tr>
<td>FX</td>
<td>Fail-some more work required before the credit can be awarded</td>
<td>F</td>
</tr>
<tr>
<td>F</td>
<td>Fail—considerable work is required</td>
<td>F</td>
</tr>
</tbody>
</table>
CREDIT LOAD

The following table shows the conversion from ECTS credits to U-M credits for both Uppsala and Stockholm.

<table>
<thead>
<tr>
<th>ECTS credit</th>
<th>U-M credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>8</td>
</tr>
<tr>
<td>10</td>
<td>5</td>
</tr>
<tr>
<td>7.5</td>
<td>4</td>
</tr>
<tr>
<td>6</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>2</td>
</tr>
</tbody>
</table>

You are expected to enroll for a full course load while studying in Sweden. In the Swedish academic system, all courses are measured in a credit system of ‘higher-education credits’ (or HECs), called högskolepoäng (hp) in Swedish. As other western European countries, Swedish universities have moved to the European Credit Transfer System. ECTS was developed by the European Commission to provide common procedures that guarantee full transfer of credits for studies abroad toward the final qualification in the home country. ECTS credits are a value allocated to course units and they describe the workload required to complete the course/module. One (1) ECTS = 1 HEC and two (2) ECTS credits correspond to one U-M credit (rounded up). There is no necessary correspondence between the number of teaching hours per week and the number of credits earned.

There are 60 ECTS credits in a full academic year and 30 ECTS credits per semester. All U-M students on CGIS programs must carry a full-time course load, for these programs this means you need to enroll in 30 ETCS Credits per semester (15 U-M credits per semester) and/or 60 ETCS (HECs) for the entire academic year.

YOU ARE RESPONSIBLE FOR ENSURING YOU DO NOT TAKE OVER 18 UM CREDITS USING THE CHART ABOVE. Taking over 18 credits will result in an additional charge on your account upon return to the US.

Generally, you can choose one course of 30 HECs, two courses of 15 HECs each, four courses of 7.5 HECs each, or perhaps one of 15 and two of 7.5 HECs. Depending on departments, courses are studied one after another or in parallel. Subjects may also be integrated into themes or blocks.

ACADEMIC SYSTEM

Generally, the language of instruction at Uppsala and Stockholm is Swedish, but the Universities also offer undergraduate and graduate courses in English. Education in Sweden is based on the principle that students take responsibility for their studies with support from the teaching faculty. As a student, you are expected to raise questions and to take part in discussions during lectures. Teaching takes different forms: lectures, seminars, group work, laboratory work, independent study, etc.

Both the Stockholm and Uppsala Exchange or International Student Guides provide in-depth information about the educational system, how to register for classes on site, information on the Student Unions and Nations, and more. Please refer to those documents for more information; links were given in the beginning of this supplement.

ACADEMIC YEAR CALENDAR

At Uppsala and Stockholm University, the academic year is divided into two semesters, each lasting 20 weeks. Each department determines their own schedule. There are no official breaks/holidays and students on certain courses will be required to submit essays or take exams throughout the entire semester. There is usually a one or two-week teaching break at Christmas, but students must check their
department’s website for essay/exam timetables or contact the department directly, before making any travel plans.

UPPSALA UNIVERSITY

Please see Uppsala’s academic calendar website.

*Student Orientations are organized by the Student Union and are generally held one week before the term begins. Please see the UU fact sheet sent to your email during application for more information.

STOCKHOLM UNIVERSITY

Please see Stockholm’s academic calendar website.

Information on Orientation can be found on the following website: http://www.su.se/english/study/student-services/2.324

HOUSING ARRANGEMENTS

UPPSALA UNIVERSITY

Uppsala University is responsible for finding student rooms for exchange students. You have to fill out the Housing Application Form that you receive with your partner application documents and return it with the other documents. You will be able to state your preferred housing, but Uppsala University cannot guarantee your preferred housing due to the limited number of rooms. Due to the housing shortage, they also reserve the right, in a few cases, to place a student in temporary housing until a regular student room is available. Your address in Uppsala will be sent to you by email before your arrival to Uppsala.

Please see the Uppsala student housing page for more information.

STOCKHOLM UNIVERSITY

Stockholm University doesn’t own student dormitories and doesn’t normally organize students housing. A special exception is made for exchange students from universities, such as U-M, with which Stockholm University has signed an exchange agreement. Stockholm University can only guarantee that housing will be provided if the proper forms are filled out by Stockholm’s required deadlines. If you are told there is no more housing available, or if you did not fill out the paperwork in time, contact the Stockholm housing department immediately to determine if an exception can be made.

Here are some links that provide you with information about housing in Stockholm.

Housing for Exchange Students

Applying for Housing

In all housing units you should find a bed with a mattress, a desk, chair, and private toilet with shower. Depending on the location, you might also find additional furniture and utensils. Sheets, duvet and pillows are not provided.

Stockholm housing areas
FINDING ACCOMMODATION ON YOUR OWN

If you did not get accommodation from the Housing Office, you need to find your own accommodation. When finding accommodation on your own, it is important to start well in advance. It has proved quite difficult to find student housing in Stockholm and Uppsala, especially in the beginning of the semester when the Swedish students are also looking for accommodation.

Finding Housing on Your Own in Stockholm

LIVING THERE

Sweden is situated between the Baltic Sea and the North Sea and is the fifth largest country in Europe. In terms of area it can be compared to Spain, Thailand or the state of California. The distance between the northern and southern tip is nearly 1600km (1000 miles), which means its natural features are quite varied. Half of the land surface is covered with forest and less than 10% is farmland. Nearly 100,000 lakes are connected in a lacework of waterways, and many large rivers flow from the northwestern mountains through the forests to the sea. The mountains in the northwest reach heights of up to 2100 m (7000 ft). A long coastline with thousands of islands also contributes to the character of the country.

Sweden has a population of 9.5 million. About 80% of the inhabitants of Sweden live in cities and urban areas. About 20% of the labor force work in industries, more than 30% in the public sector, and only 4% in agriculture. The central and southern parts of Sweden are the most densely populated. However, as the area of Sweden is large, the overall density is only 54 inhabitants per square mile (20 per km\(^2\)). For many years, Sweden was ethnically very homogeneous. One special exception is an ethnic and linguistic minority in the north, 15,000 of the Sami people (Lapps), some of whom still make their living by herding reindeer. During the 1960’s and 1970’s more than half a million immigrants moved to Sweden to work, mostly from Finland but also from the Balkan countries, Greece and other countries. In addition, Sweden has received refugees from many troubled corners of the world and still receives refugees in acute need of protection.

Swedish belongs to the North Germanic branch of the Germanic languages, along with Danish, Norwegian, Icelandic, and Faroese, and is the largest of the Nordic languages. In addition to the people living in Sweden, about 300,000 Finns in Finland today speak Swedish. Some 300,000 Swedish immigrants in the United States and Canada can also speak Swedish. English is taught as a second language in Sweden and most people can speak and understand English. Quite a few Swedes can also get along well in German and some in French or Spanish.

ELECTRICITY

In Sweden, the current from wall outlets is 220, 50 cycles (Hz), rather than the 110 you may be familiar with at home. The outlets or plugs might also be different. Hence, in order to use electric razors, hair dryers, radio etc, you may have to use an adapter and/or converter or purchase these items when you are on-site.

UPPSALA


Uppsala, the fourth largest city in Sweden, has the charm of a small town as well as the opportunities of a big city. The population is about 190,000 people. Uppsala is located 70 km (45 miles) north of Stockholm, about 40 minutes by train. Please use the [International Student Guide](http://www.destinationuppsala.se/en/) as a reference for information about the University, the city of Uppsala and/or Sweden in general.
STOCKHOLM

Built on 14 islands around one of Europe's largest and best-preserved medieval city centers, the Swedish capital of Stockholm is superbly positioned where the lake Mälaren opens up into the Baltic Sea. Stockholm University (the largest university in Sweden with over 50,000 undergraduate and master's students and 1,800 doctoral students) offers unprecedented access to teaching and research facilities. Stockholm University Campus stretches from Sveaplan in the south to The Bergius Botanic Garden in the north. This area encompasses the majority of the University’s 80 or so departments as well as many other student facilities.

Stockholm is an expensive city to live in by Swedish standards. The University of Stockholm recommends budgeting approximately SEK 8,000–SEK 9,000 per month for the duration of your studies.

Visit the following website for more information: https://www.visitstockholm.com/

ON-SITE SUPPORT & STUDENT UNIONS

At both universities, you will have access to the full range of academic support services, including libraries and labs. You will not pay tuition, but will be required to pay a fee each semester to join the Student Union. Specific information on these resources is found in the Uppsala International Student Guide and the Stockholm Guide for Exchange Students.

Student Unions are a staple of Scandinavian academic systems. They are responsible for the welfare of students. They deal with educational, financial, health care, housing and recreational matters. Through the Student Union you can buy used books, borrow computers and copying machines and arrange for an email account. Joining a union can be an important source of help for foreign students.

BEFORE YOU GO: TRAVEL, MONEY, AND VISAS

TRAVEL

CGIS does not arrange travel for students participating in exchange programs. You are responsible for making your own travel arrangements to and from Sweden. You should make your travel arrangements so that you are able to attend the Orientation Program at the beginning of the semester. You may want to arrive in the host country a week or so before your orientation program is set to begin, to take care in advance of all practical matters, like finding housing, if not already arranged. If you arrive earlier than the start date given on MCompass, be sure to purchase additional travel health insurance through the link on MCompass.

TRAVEL FROM STOCKHOLM TO UPPSALA

Stockholm International Airport, Arlanda, is situated 35 kilometers south of Uppsala. Please see the Uppsala International Student Guide for specific information on how to get from the airport to Uppsala and cost involved.

MONEY

Swedish Currency

The krona (currency code is SEK) has been the currency of Sweden since 1873. It is locally abbreviated kr. The plural form is kronor and one krona is divided into 100 öre (singular and plural, if not preceded by a number the plural becomes ören). The currency is sometimes informally referred to as the “Swedish crown” in English.
Suggestions for handling money while studying in Sweden are available in both the *Exchange* and *International Student Guides* and on the CGIS website.

**RESIDENCE PERMIT OR VISA**

**IMPORTANT-PLEASE READ:** Obtaining a Residence Permit (and/or visa) and following the correct procedure is ultimately the responsibility of each student who is applying. The CGIS and your host university will try to provide assistance in the process, but the Swedish Consulates make the final decisions regarding the issuance of the permit and whether or not you have followed the proper procedure. You are encouraged to read the general guidelines that have been provided to you by CGIS and your host university and to carefully review the official Consulate website (relevant to you) to be certain you are following the procedures and requirements that the Swedish government has given to applicants. The CGIS is not responsible if the following information differs from the Swedish Consulate requirements.

U.S. students staying in Sweden for more than three months are required to get a Residence Permit (*uppehållstillstånd*). The responsible authority in Sweden is *Migrationsverket* – the Swedish Migration Board. Below are important websites to visit for information, forms, fees and instructions on obtaining a Residence Permit.

Both Uppsala and Stockholm University provide information on requirements and procedures for obtaining a Residence Permit in their respective *International or Exchange Student Guides*.

**The Swedish Migration Board** www.migrationsverket.se/ (click on “In English” at the top of the page, next to the search bar).

Students from outside the EU/EEA must apply for a residence permit for studies at the Swedish Embassy/Consulate in their country of residence, directly after receiving the headed admissions letter. Applications for a residence permit can under no circumstances be submitted after entering Sweden.

**CONTACT AND VISITING INFORMATION FOR AMERICAN CITIZENS**

**AMERICAN CITIZEN SERVICES**

When you arrive in your host country, register with the nearest American consulate or embassy. It is important they know where to reach you in the event of an emergency. Check the U.S. Embassy website in your host country to see if it is possible to register before you leave. It helps if you know where you will be living ahead of time, although it may be possible to update this information later. Here is a link to the main website: https://se.usembassy.gov/

Embassy of the United States of America

American Citizen Services-ACS
Dag Hammarskjölds Väg 31
SE-115 89 Stockholm, SWEDEN
Tel. +46 (0)8-783.5375; Fax +46 (0)8-783.5480
Web: http://sweden.usembassy.gov/service.html

Please see the following link for information on how to register with the Embassy online: https://se.usembassy.gov/u-s-citizen-services/emergency-contact/

ACS is closed on Swedish and American holidays.
Before going to the consulate or embassy, you may want to call ahead to check office hours devoted to providing services to U.S. citizens, usually limited to two or three hours a day. This information is often available from U.S. Embassy websites, which are accessible at [http://usembassy.state.gov](http://usembassy.state.gov), the State Department Embassy links page. Don’t forget to take your passport with you when you go.

**A FINAL WORD**

Enjoy your time abroad. You’ll find you have more independence than at Michigan, and this can enable you to pursue interests and take advantage of opportunities that might not present themselves here. If there is anything our office can do to make your stay easier, please let us know.

**CONTACT INFORMATION**

**UPPSALA UNIVERSITY**
Victoria Higuita Otero  
International Officer  
Uppsala University  
The Segerstedt Building  
Dag Hammarskjölds väg 7  
**Phone:** +46 (0) 18-471-40 07  
**Email:** victoria.higuita@uadm.uu.se  
**Web:** [http://www.uu.se/en/admissions/exchange/contact/](http://www.uu.se/en/admissions/exchange/contact/)

**STOCKHOLM UNIVERSITY:**
Asa Landes  
International Coordinator  
Stockholm University International Office  
SE -106 91 Stockholm  
**Phone:** + 46 8 16 21 29  
**Office Hours:** Mon-Tue: 10:00-12:30/ Wed-Th 1-3pm  
**Phone:** + 46 8 16 21 29  
**Fax:** +46 8 16 17 57  
**Email:** exchange@internat.su.se  
[http://www.su.se/english/study/student-services/admitted-students/contact-information/international-office](http://www.su.se/english/study/student-services/admitted-students/contact-information/international-office)

**UNIVERSITY OF MICHIGAN**
Center for Global and Intercultural Study  
University of Michigan  
Suite 200  
Weiser Hall  
500 Church St.  
Ann Arbor, MI 48109
Email: cgis@umich.edu
Web: www.lsa.umich.edu/cgis

Administrative matters and program advising:
Sarah Pauling, Senior Intercultural Programs Advisor
Phone: 734-764-4311
Email: spauling@umich.edu

EMERGENCY
In the event of an emergency on-site, immediately call local emergency services. You should know your local address and the 911 equivalent number in your host country and carry that number with you at all times.

Contact your local program director/on-site staff immediately if you are the victim of crime or need emergency assistance. Please also contact the University of Michigan Department of Public Safety, which has the following 24 hour number: (734) 763-1131. They will then contact the necessary on-campus offices, including the Center for Global and Intercultural Study, to respond to your situation. You may provide this same 24 hour number to your parents should they experience an emergency and need to get a hold of you while you are abroad and are unable to contact you directly.

To contact GeoBlue in the event of an emergency or regarding insurance questions call 1.800.257.4823 or collect +1.610.254.8771 or globalhealth@geo-blue.com