

GREENHEART TRAVEL High School Abroad

Sweden

Curriculum Guidelines



greenheart[®]
travel



OVERVIEW OF THE SWEDISH SCHOOL SYSTEM

The school year begins at the end of August and ends at the beginning of June the following year. It is divided into two semesters. The fall semester begins in August and ends in December. The spring semester begins in January and ends in June. School breaks during the year include: fall break in November for one week, Christmas and New Year's for about 10 days, winter break for one week in February, Easter break for one week in March/April, and summer break for about 10 weeks (June – August).

Subjects in Sweden

It varies from school to school what optional classes the students can take. Some schools offer music, theater, computer science, marketing, or extra Swedish lessons.

Math, English, Swedish, History, and Social Science are compulsory subjects. Then it depends on what program you are placed in at school. There are Natural Sciences, Social Science, Business/Economics programs, and more. Most exchange students are placed in the Natural Sciences or Social Science programs. Most of the time, the principal decides in what program you will be placed. The principal will assess what subjects you have studied and consider your grades as well.

Schedule

Students go to school five days a week -- from Monday to Friday. Typically, students take different classes every day.

The average school day in Sweden begins at 8:40 am and ends at 4:00 pm. Schedules can be very different though depending on the track and the subjects. Typically, students take different classes every day.

School Logistics

Schools normally offer lunch for exchange students. If the school does not pay, then the cost would be 200-500 SEK.

Transportation to school varies. If you have to go by bus, there is a good chance the school will pay for this. If the school does not pay, students must cover this expense and the prices vary.

Extra-curricular Activities

Schools normally offer a weekly schedule of physical education. Other sport activities may be available in your town and must be organized outside of school.

Transcripts

An exchange will be able to get a transcript for this program, but they are in charge of talking to the local school about the transcript before leaving the program.

What Should I Do Next?

The best next step would be to meet with your high school guidance counselor or administration to discuss your interest in going abroad. Every school handles exchange students, transfer credits and going abroad differently so there isn't an "average" process that you can be guided through.

You should bring this document with you to the meeting with you counselor so they can get a better idea of what types of classes you would be taking abroad. This helps create a plan for possible transfer credits. During your meeting, you should ask about what credits you need to graduate and if any of those can be fulfilled from transfer credit abroad.



Application Process with Greenheart Travel

We don't usually recommend starting the application process before meeting with your guidance counselor because we want to ensure that you receive sufficient credit from your time abroad. After you meet with them or have a better idea of your school's process, let us know! Our [application process is online](#) and happens in several steps, so it is pretty straightforward and we can help you start whenever you're ready.

In addition to completing an application, you will also be required to submit documents. You can be collecting the documents during the application process, but all documents will be due 14 days after you submit your deposit. The following documents will be required for all destinations:

- Letter of Recommendation (from a teacher, coach or guidance counselor)
- Transcript
- Dear Family Letter (one written by student, one by a parent)
- Parent Questionnaire
- Medical Form
- Copy of your passport

There may be additional paperwork required for specific destinations. Your program manager will inform you of what those documents are during the application process.