

# Sophia University

Exchange semester	Autumn semester 2025
Study level	Graduate (Master)
Home faculty at GU	Sahlgrenska Academy
Studies at GU	Public Health Science

## Courses during exchange

- Urban Sustainability
- Basic Oceanography
- Waste Management in Asia
- Environment and Development in Developing Nations
- Digital Innovations for Sustainability
- Transdisciplinary Studies for Sustainability

## Studies

The teaching type: very frontal and lecture-based, less group work, more hierarchical campus university, all buildings in one place.

## Arrival, orientation and housing

I arrived 2 days before I could move into the dorm, so I stayed at a hotel. The first week was solely for orientation, we got much information, a lot of time to select courses. I got matched with a buddy that I liked a lot, she was very nice and I could ask her with any questions I might have. Good start in the city and at uni!

## Finances

The dorm was cheaper than what I spent on my dorm apartment in GBG, however it was not as nice. Generally you eat out more, but it is also cheaper in Japan than in Sweden. Mostly I spent more money because i was out more, traveling and exploring the city than in my daily life in GBG.

## Life in a new country/culture

Great! I went with a friends from my program and we had the best time. Much free time, great city, met cool people, saw a lot of Japan and even traveled over Christmas break. We also participated in some events offered by Sophia University. Twice we could go to a classical concert for free, and another time to a traditional story-telling event at uni. Very interesting. All free and well-advertised by uni in mails and easy to apply for.

## Overall exchange experience

great! can only recommend!