Welcome to Lund University!

GENERAL INFORMATION MEETING FOR EXCHANGE STUDENTS AUTUMN 2017
• Kristen Clarberg

• Sara Westman

International coordinators
Division of External Relations
International Desk
Agenda

- Getting started at LU
- Health care and insurances
- Student health care
- Student Chaplaincy
- Studentlund
- Fire Department
- Swedish Police
Welcome all new students starting autumn 2017!
Check the 20 top tasks to help you settle in.

Find researchers and publications in our research portal
Alumni Homecoming Weekend in Lund - October 2017
Apply now for spring 2018 studies
Deadline to apply – 15 August
Arrival Day and Orientation Weeks
Find out what to expect!
How to find practical information

- Webpages for current students [www.lunduniversity.lu.se/current-students](http://www.lunduniversity.lu.se/current-students)
- The Student Guide (in your Welcome Pack)
- The International Desk Facebook Page
- Visit the International Desk
- For academic matters: your coordinator and faculty at Lund University
Orientation Programme

• Welcome reception tonight 18:30-20:00
• Pre-registration day tomorrow
• Student Association Fair, Friday 10:00-16:00
• Excursions
• Welcome Party Technology Student Union, Saturday
• IKEA shopping trip
• Basketball at EOS, Sunday
Orientation Programme next week

• 350 Jubilee Concert
• Taste of Sweden
• Treasure Hunt Challenge
• Sports and Games Day
Eos is the basketball club in Lund. “Eos Cares” is our Community Programme for students and newly arrived, where we arrange:

• Language Cafés
• Basketball
• Cooking
• Seminars
• Etc

Programme for Sunday afternoon

15.00-16.00 Eos Language Café
FREE FIKA for everyone!

16.15-17.45 Basketball Game
Eos-Helsingborg Men A team
Swedish 2nd division

17.45 Light Dinner
Be among the first 300 arriving!

17.45-19.00 Court available for playing
Bring your shoes & gear!
(Balls provided)
International Mentor Programme

- Welcomes you to Lund student life
- Mentors are volunteering Swedish and international students
- Questions? fadderi@er.lu.se
  mentor coordinator: Freja Rahm
International Desk

• Opening hours: 16-25 August
  Mon-Fri 10-15

• Regular opening hours (from 28 August):
  Mon-Fri 10-13

• studentreception@lu.se

• Stora Algatan 4
International Desk

- International Desk Newsletter every other week
- Activities during the semester:
  - Play board games at our Game Nights every Monday
  - Practice your Swedish language skills at the Swedish Lounge every Tuesday
  - Seminars, fika, company visits, guided tours, crafts and more...
Academic matters
Introduction Meetings

- Go to the Pre-registration meeting

- It is important to attend the first day of the courses. Information on registration

- Schedules often in Time Edit

- If you can’t find your schedule: contact the department or your coordinator
Presence in the classroom

• Don’t miss classes! Many of the lectures and tasks are mandatory

• If you are not sure about the participation requirement, ask the tutor before deciding any activities that might coincide with the course.

• Session on Swedish Academic Study Skills
  – Wednesday 23 August
Academic conduct

• Cheating and plagiarism is FORBIDDEN!
• “Urkund” - Advanced software testing all assignments for plagiarism
• Cheating is a serious offence with the strict penalties, such as suspension and report to the home University.
• Suspension may result in the offender getting prohibited from taking exams at Lund University.
• Serious cases of plagiarism will be punished according to Swedish law.
• If in doubt about what is considered cheating/plagiarism ask your professor BEFORE you take your exam/write your assignment.
Student accounts

STUDENT COMPUTER SUPPORT, STUDENT EMAIL, INTERNET
Student account gives you:

- Access to the Student Portal [www.student.lu.se](http://www.student.lu.se)
- Wireless Network (eduroam)
- Access to student computers
- Access to different resources at your faculty
- LUBsearch the electronic library
- Student e-mail 25GB/storage 5 GB
- A number of free programs including Windows 8 and other Microsoft programs
- You need to activate your student account!
Computer safety

Keep your computer healthy during your stay.
Please use:

• Anti Virus program and Anti Spyware program (Microsoft Security Essentials is a free Anti virus/spyware program)
• Personal Firewall
• Keep your computer and program updated all the time
• And be careful with what you download
Support

• Check e-mail for instructions and codes
• servicedesk@lu.se
• www.support.lu.se
• +46 (0)46 222 90 00
• Student account support at the International Desk this week and next
Health care and insurance

EMERGENCY NUMBERS, HEALTH CARE, HEALTH INSURANCE
Emergency numbers

• For emergencies: call 112

• Lund University emergency phone 046-222 07 00
  – more information on www.lu.se/emergency
  – or at the backside of the LU card
Health care services

• Call 1177 for health care advice or to find a health care clinic (free of charge and 24-hours a day)

• Contact details to the health care clinics in your Student Guide

• Please note, regular dental care is not covered by the health care system
Insurance

Students from EU/EES/convention countries:

• Always bring your EHIC card to the clinics and hospital
• Insured according to EU regulations

Students from non-EU/EES/convention countries: Student IN insurance  www.kammarkollegiet.se

• Valid 24 hours per day in Sweden
• More information available on http://www.lunduniversity.lu.se/current-students/health-care/medical-insurance
• Save your receipts!
Dentist (Tandläkare)

• Always ask how much it will cost you. Regulations for medical care do not apply to dental care.

• Check the Student Guide or call 1177
Student services

LADOK, ACCESS CARDS
LU Identity number (Ladok number)

(19)YYMMDD-TXXX

Ex. 850714-T436
LU Application code

LU-XXXXX
Ex. LU-1U055

Needed for online registration at www.studentlund.se
Lund University ID/Access card

- ID card within Lund University
- Access card to all premises relevant to your education
- Information about how to get a card available from your coordinator and/or department
- [http://www.lunduniversity.lu.se/current-students](http://www.lunduniversity.lu.se/current-students)
Living in Sweden
Student Health Centre (counselling)

- Support and help with psychological issues. Offer advice, individual consultations and courses; contact the centre for more information!

- Staff includes counsellors, nurses, psychologists, physiotherapists, psychiatrists and a medical secretary

- The service we provide is confidential. Bring an identity document.
Do you need help with…???

Depression
Family problems
Crisis reactions
Procrastination
Sleeping problems
Concentration problems
Harassments
Panic attacks
Relationship problems
Anxiety
Stress
Adjustment difficulties
Self-confidence issues
Academic difficulties
Courses and seminars

Seminars:
• Cultural adjustment and Swedishness
• Adjusting to life in Lund
• How to survive the darkness
• Mindfulness
• Procrastination

Course:
• Stress course
Contact

• Student Health Centre
  Phone open weekdays 8:30 -12:00, 046 2224377
• Drop in hours: see “Contact information” on our homepage
• You can also fill in a contact form on our homepage

www.lunduniversity.lu.se/student-health

Visiting address: Paradisgatan 5B, Lund
Multifaith Chaplaincy

“STUDENTPRÄSTERNAS”, JAN KJELLSTRÖM
Multi-faith Chaplaincy for students at Lund University
Lutheran, Anglican, Episcopalian, Methodist, Presbyterian, Reformed, Congregational
Contact: Jan Kjellström, International Student Chaplain
Multifaith Student Chaplaincy
0704 22 29 97
jan.kjellstrom@svenskakyrkan.se
www.lundsdomkyrka.se/english

Catholic
Contact: Domican Björn Engdahl
Catholic Student Chaplaincy
0762 76 36 67 | bjorn@dominkan.nu
www.dominolund.wordpress.com

Pentecostal, Baptist
Contact: Lukas Carlsén
0768 60 64 73 | lukas@lund.pingst.se
www.pklund.se

Islam
Contact: Ali Ibrahim, imam
Islamic Cultural Centre, Lund
073 904 02 12 | alielchafei7@gmail.com
www.islamlund.net

Jewish
Contact: Rabbi Rebecca Lillian
+46 73 3 500 195
rabbir.l.lillian@gmail.com

Buddhism
Contact: Dharma master Ming Bao
info@taozen.se
www.taozen.se
Welcome to the Student Chaplaincy

Our job:

• To help you find a spiritual home during your stay in Lund

• Help you contact a local church or religious body other than Student Chaplaincy (Church of Sweden)

• Counseling - free and confidential. Open for everyone. You can talk about anything you want

• Ecumenical Holy Communion Service in the Cathedral every Sunday at 5pm

• Taizé Service first Thursday in every month. 6.30 pm in the Cathedral Crypt
Contact
Jan Kjellström, Student chaplain
jan.kjellstrom@svenskakyrkan.se
0704 22 29 97
www.lundsdomkyrka.se/english
Facebook:
www.facebook.com/LundCathedralServicesInEnglish
One membership – The entire student life
Studentlund:
Three memberships in one!
NATIONS

Nightclubs, cafés, lunches, fine dining, sports, choirs, pubs, housing etc.
ACADEMIC SOCIETY (AF)

Student radio, theatre, lectures, orchestras, debate society, entrepreneurship, housing etc.
STUDENT UNIONS

Student representation, career fairs, student politics, novisch activities etc.
BECOMING A MEMBER

STEP 1 + STEP 2 = DONE!

REGISTER ONLINE AT STUDENTLUND.SE

JOIN A NATION. VISIT THEM AND SAY YOU WANT TO JOIN.

YOU ARE NOW A MEMBER AND CAN TAKE PART OF THE STUDENT LIFE INSTANTLY! YOUR STUDENT CARD WILL BE MAILED TO YOUR HOME ADDRESS.
Take note!

**Friday:** If you are unable to register online, students from Studentlund will help you with the registration at the Student Association Fair Friday 10:00-16:00. You can also visit a nation when they open to get help registering.

**Step 2:** Registration at the nations is open.
Räddningstjänsten Syd/
Fire Department
Here in Sweden **everyone** should have a Smoke alarm in their home!

This rule also applies if you live in a Student accommodation.

Your landlord shall, free of charge, provide you with a smoke alarm and install it in your home.

It is always your responsibility to make sure your smoke alarm is working!

It is your responsibility to maintain it and make sure the battery is working. Once the battery runs out you will have to buy a new one.
The most common fire in Swedish homes is **Fire on the stove!**

In student homes/corridors this often happens at night/early morning and includes alcohol consumption.
Never enter a smokefilled area, choose another way out!

If you’re in a apartment or in a room in a corridor and the stairway/corridor is filled with smoke, go back into the apartment/room, close the door, and call 112!
Keep in mind..

- Make sure you have at least one working Smoke alarm at home/in your room!

- Don’t cook under the influence of alcohol or when you’re tired

- The Emergency number in Sweden is 112
Use the seatbelt!
Roadsigns

- 500 - 1000 SEK
- 3000/1500 SEK
Biking

- Front lights: white, back lights: red…
  …otherwise… 500 SEK in fine/missing light

- NOT two people on one bike

- Follow signs and lights
  - indicate when turning

- A *lot* of accidents, ex. Tornavägen
Narcotics (drugs):
All narcotics are ILLEGAL in Sweden, even drugs *without* prescription

Alcohol:
Toooooooo drunk (it’s not a crime) - but if found…
…sleep at the Policestation

Use of narcotics, drugs and too much alcohol…ex.
Burglary

Peeing in public.....800 SEK!!!

Emergencies, call 112
To file a report 114 14
Need more information?

• Webpages for current students
  www.lunduniversity.lu.se/current-students
• The International Student Guide (in your Welcome Pack!)
• The International Desk Facebook Page
• For academic matters: your coordinator and faculty at Lund University

studentreception@lu.se