Pre-Arrival Guide

AUTUMN 2017 | PLANNING YOUR STAY AS A FORMAL EXCHANGE STUDENT
Welcome to Lund University!

We are delighted that you are planning to study at Lund University, a non-profit Swedish university and one of Europe's broadest and finest. We combine a tradition of excellence dating back to 1666 with cutting-edge research and innovation.

Choosing to study at Lund University is your first step to an international career. As a student, you will benefit from the opportunity to tap into a global network of contacts among fellow students, university staff and researchers alike – a valuable asset for your future.

As you prepare for your studies at Lund University, the questions you face may seem endless. Where do I go when I arrive? What do I need to know about residence permits, health insurance or mobile phone operators? With this pre-arrival guide we aim to answer these questions to help make your transition abroad as smooth and informed as possible. If you read this guide carefully, you will find answers to many of your questions.

We hope that your stay at Lund University will be an interesting and rewarding experience both for you and for us. We are looking forward to meet you soon!
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Lund University - a world class university

At Lund, history and tradition lay the foundation for the study and research environments of tomorrow. The University offers education and research within engineering, science, law, medicine, social sciences, economics and management, humanities, theology, fine art, music and theatre. Through interaction with business and the community the University ensures that knowledge and innovations benefit society.

Lund University is celebrating its 350th anniversary! The jubilee is taking place from 19 December 2016 until 28 January 2018, the dates marking the University’s foundation and its subsequent inauguration.

For almost 350 years, the University has been a powerful force within education, research and community building, which has left its mark on Lund, the region and the nation. Our 350th anniversary celebrations aim to be a collective opportunity to highlight the education, research and other activities which take place at the University.

Lund University has 42 000 students and 7 400 staff from all over the world, based mainly in Lund, Malmö and Helsingborg. The University was founded in 1666 but can arguably trace its roots to 1436 when it was recognised as a studium generale, an institution of international excellence. Steeped in centuries of tradition, Lund University has always been at the forefront of innovation with its modern and dynamic approach. Innovation and creativity remain the bedrock of Lund University, where learning is about critical thinking and pushing boundaries to reveal new thoughts and ideas.

With eight faculties and several research centres and specialised institutes, Lund University is the largest provider of research and higher education in Sweden. Today, Lund University is an international centre for research and education and has evolved into one of the most internationalised universities in Sweden, cooperating worldwide with a great number of universities, university networks and research institutes.

The University is the only Swedish member of prestigious networks such as League of European Research Universities (LERU) and Universitas 21 (U21). The University has exchange agreements with approximately 600 universities in more than 70 countries worldwide, including more than 400 agreements within EU’s Erasmus Programme. With a strong international profile, Lund University offers a rich and diverse student and academic body where you can meet people from all over the world, soak up the Swedish culture and even learn a new language.

With 42 000 students and popular student organisations offering a wide range of social activities for every taste, life as a student at Lund University is exciting, varied and lively!
Sweden

Sweden is ranked among the top five countries in the world when it comes to providing higher education. It is a modern, safe and eco-conscious country with a great global reputation and one of the world’s highest living standards. Home of the Nobel Prize, the world’s most prestigious academic distinction, Sweden enjoys great international respect for innovative and creative thinking and for encouraging close cooperation between academia and industry. Lund University counts four Nobel laureates among its alumni.

FACTS AND FIGURES ABOUT SWEDEN
• Population: 10 million inhabitants
• Capital: Stockholm
• Life expectancy: Men 80,1 years, women 83,7 years
• Form of government: Constitutional monarchy, with parliamentary democracy
• Parliament: The Swedish Riksdag, with 349 members in a single chamber
• Head of State: His Majesty the King, Carl XVI Gustaf
• Head of Government: Prime Minister
• Education: Nine years of compulsory schooling, but most pupils continue with a three-year upper secondary school. Around one third of all pupils go on to higher education at universities and colleges throughout Sweden

LANGUAGE
Standard Swedish, used by most Swedish people, is the national language. It has evolved from different Central Swedish dialects during the 19th century and it became well established in the beginning of the 20th century. Swedish dialects can still vary significantly between different regions in Sweden, and the dialect in Lund is a unique mixture of dialects due to the vast amount of students coming from all over Sweden to study. Swedish is a northern Germanic language, spoken by almost 10 million people. Norwegian, Danish and Swedish people normally understand each other, but Finnish is completely different, with its roots in what are called the Uralic languages.

The Swedish alphabet has 29 letters, using the basic 26-letter Latin alphabet plus the three additional letters Å/å, Ä/ä and Ö/ö. There are many words of German, French and, more recently, English origin in the Swedish language. English is the unofficial second language in Sweden. Swedish children study English from the 4th grade and most foreign TV-shows and movies in Sweden are in their original language with Swedish subtitles. With 89% of the population fluent in the language, you can get by with English throughout the whole country. However, a basic understanding of the Swedish language is generally required if you plan to work in Sweden.

RELIGION
In practice Sweden is a very secular nation, but the many church buildings across the country bear witness to a long historical presence of the Christian faith. 70% of the population in Sweden are members of the Church of Sweden, which is Lutheran. Around 160 000 Catholics are registered in Sweden and the Muslim community makes up the largest single group of non-Christians.

TRADITIONS
 Holidays in Sweden are both religious and secular. Many traditions carry a religious significance, such as Christmas, Easter, Pentecost and Fat Tuesday, but there is often little
Apart from traditions with religious roots, others are tied to the changing of the seasons dating back to the time when Sweden was primarily an agricultural country. Spring is welcomed on the last day of April with Walpurgis Eve, when choirs sing songs about spring and people light bonfires. Summer is welcomed in the end of June on Midsummer’s Eve, with dancing around the maypole, and the consumption of herring and “snaps”. At the first signs of autumn, on the second Wednesday of August, it is time for the annual crayfish season. Advent and Lucia brings light during the darkest time of the year. Apart from the big holidays, there are several smaller festivities such as Waffle Day and Cinnamon Bun Day which give everyone an opportunity to devour on a delicious cake or snack.

For information about the public holidays during 2017/2018, please see page 32.

CLIMATE
Sweden experiences extreme contrasts between the long summer days and long winter nights. Influenced by the Gulf Stream, the Swedish climate is milder than you might expect at this latitude. Spring runs from April to May, summer from June to August, autumn from September to October and winter from November to March. In the summer it can be hot and dry with temperatures reaching up to 30 degrees Celsius as well as down to 15 degrees Celsius. The differences between the southern and northern regions are considerable. Winter in southern Sweden, where Lund is located, does not always mean snow or temperatures below zero degrees Celsius. However, the air is relatively humid in this part of the country, making cold days feel colder and warm days feel warmer. When it comes to daylight, Sweden can take some time to adjust to. The winter days can seem cold and dark, but the summer days are well worth the wait. In the Skåne region, where Lund University is located, the daylight in summer outlasts the average person’s waking hours and in the northern parts of the country, the sun never sets during the summer.

QUICK TIPS ON SWEDISH MUSIC, FILM AND BOOKS
While preparing for your stay in Sweden, you might want to watch a Swedish movie, listen to Swedish music or read a Swedish book. There are thousands of option to chose from but here are some tips to learn more about Swedish culture.

MUSIC
Roxette, ABBA, Robyn, First Aid Kit, Lykke Li, The Cardigans, Avicii, José Gonzalez, The Hives, Mando Diao, Zara Larsson.

FILM
Let the Right One In (2008, thriller)
Jalla, Jalla (comedy)
The Seventh Seal (Ingmar Bergman, drama)
The Girl with the Dragon Tattoo (action thriller)

BOOKS & AUTHORS
Astrid Lindgren (children books e.g. Pippi Longstocking)
Henning Mankell (crime novels about Kurt Wallander)
August Strindberg (19th century groundbreaking author)
Stieg Larsson (the Millenium trilogy)

Learn more about Sweden on www.sweden.se
One university - three campuses

The student traditions at Lund University date back to 1666. Today the university has expanded to three different cities and three different campuses; Lund, Helsingborg and Malmö. Lund hosts the original campus grounds, Malmö is home to the University’s Faculty of Fine and Performing Arts and to the medical research training and public health education and Helsingborg offers Campus Helsingborg welcoming Service management, communications and also some engineering students.

LUND CAMPUS

Lund is one of the oldest cities in Sweden but with the healthiest and youngest population in the country. There are 130 nationalities in Lund, making it a truly international city. In the city you can find a blend of old and new, tradition and innovation. Lund is a city of contrasts where the old city centre, which dates back about a thousand years, thrives alongside modern buildings. The city itself is compact and charming, with picturesque old houses, romantic cobbled streets and beautiful green surroundings. It is said that you can spend your whole life here without seeing all the quiet little corners, all the beautiful buildings and details. The easiest way to get around in the city is by bike and everything is within biking distance.

Lund is a city in which the university has an enormous presence, a true student city where you can choose to study at one of the many cafés, green parks or student buildings. In addition there is a comprehensive public transport system including buses and trains to transport you in and round Lund, Sweden and nearby Copenhagen in Denmark.
Lund, Helsingborg and Malmö

Helsingborg is known as “the Pearl of the sound” because of its beauty and proximity to the Öresund strait. It is the ninth biggest city in Sweden and has a rich variety of cultural activities and nightlife. The city is connected with the comprehensive public transport system and it takes about 30 minutes commuting time between Helsingborg and Lund.

At Campus Helsingborg, situated in the centre of Helsingborg, approximately 4000 students enjoy modern premises and access to the latest technology. The characteristic of Campus Helsingborg is its cooperation with the surrounding community. Education, research and development are carried out in constant cooperation with the Helsingborg region and its business sector. At this campus service management, retail, tourism and logistics; communication/PR and media studies; social work; and some engineering courses are taught. Many of the students who study at Campus Helsingborg live in Helsingborg city.

Malmö is the third largest city in Sweden and only 10 minutes away by train from Lund and 25 minutes from Copenhagen. Formerly an industrial city, Malmö has blossomed into one of the most culturally diverse commercial hubs in Sweden.

With a population of 300 000 made up of 170 nationalities there are many opportunities to try different kinds of foods and experiences from all around the world.

The city is home to Lund University’s Faculty of Fine and Performing Arts, comprising the Malmö Academy of Music, the Malmö Art Academy and the Malmö Theatre Academy. In addition to the medical research and training in Lund, public health education, medical training and research is also conducted at the Skåne University Hospital in Malmö.

Lund
- Founded: 990
- Population: 112,950
- Average age: 38 years

Helsingborg
- Founded: 1085
- Population: 130,626
- Average age: 41 years

Malmö
- Founded: 1300th century
- Population: 302,835
- Average age: 39 years

USEFUL LINKS
Website for current students at Lund University: http://www.lunduniversity.lu.se/current-students
Lund campus
- City of Lund website: http://www.lund.se/en
- Lund tourist office: http://www.visitlund.se/en
Campus Helsingborg
- Campus Helsingborgs website: http://www.ch.lu.se/english
- Helsingborg city student website: http://english.helsingborgstudent.se
- City of Helsingborg website: http://www.helsingborg.se
Malmö campus
- Faculty of Fine and Performing Arts: http://www.performingarts.lu.se/en/
- Malmö Academy of Music: http://www.mhm.lu.se/
- Clinical Research Center: http://www.med.lu.se/english/crc
- City of Malmö: http://www.malmo.se/
Visa and residence permit

RESIDENCE PERMIT - NON EU CITIZENS
Students who are not citizens of an EU or EEA country must have a residence permit, uppehållstillstånd, for study before they travel to Sweden. The authority responsible for issuing residence permits is the Swedish Migration Agency, Migrationsverket. Students from outside the EU/EEA must apply online at www.migrationsverket.se (recommended), or through the Swedish Embassy/Consulate in their country of residence, for a residence permit for studies. It is strongly recommended that you make your residence permit application online (if possible) and make sure that you include all the correct documentation. Applications for residence permits may under no circumstances be submitted after entering Sweden.

Enclose the following documents in your application:
• a copy of the passport pages that clearly shows your personal details and passport validity. If you have been granted permission to stay in countries other than your native country, please enclose a copy of the passport pages verifying this
• a Notification of selection results showing that you have been admitted to full-time study
• State in your application that you have a valid health insurance. Please visit page 24 for more information about student health insurance
• Show that you are able to support yourself financially for the planned study period

The application process for a residence permit normally takes 2-3 months. The Swedish Migration Agency first processes applications for which complete information and all necessary documents have been submitted. In other words, you will receive the decision faster if you send everything the Swedish Migration Agency needs together with your application than if you add information afterwards. Remember that the Migration Agency might have to investigate your application further even if you submit all the information and documents that they have asked for. To locate the Swedish Embassy/Consulate in your country of residence and to find out what specific documents are required for your country, go to www.swedenabroad.com.

How to apply (non EU citizens)
In order for the Swedish Migration Agency to process your application for a residence permit efficiently, it is crucial that you have the correct documents. Follow the instructions provided by the Migration Agency carefully. More information about how to apply is available at http://www.migrationsverket.se.

Apply online
Please note that most nationalities can apply online at www.migrationsverket.se and that the online application is more efficient than handing in the documents at a Swedish Embassy or Consulate.

Financial support requirement
The support requirement is at present a minimum of 8064 SEK per month, equal to 80640 SEK for an academic year (10 months). You must show that you have funds for the whole planned study period already the first time you apply for a residence permit. You must show that you have your support secured by means of verification of personal bank assets, a scholarship or similar means of support, such as a study grant from your home country.
VISA
A visa is a permit required from persons wishing to enter Sweden for a temporary visit or when passing through in transit. In Sweden, entry visas follow the rules set forth by the Schengen agreement.

If you are not a citizen of a Schengen country, you may need a visa to enter the Schengen zone. Since rules vary from country to country in Europe, please obtain relevant information from the Swedish Embassy or Consulate in your country of residence before travelling to Sweden. Be aware that the application process may take up to two months.

RESIDENCE PERMIT CARD
If you obtain a residence permit, you will also receive a residence permit card. The card, which is proof that you have the right to be in Sweden, contains a photo and your fingerprints.

If you need a visa
If you need a visa for travel to Sweden, but did not have your picture and fingerprints taken when you applied for a permit, go to an embassy or consulate general to do it at this point. Contact the embassy or consulate general before your visit. They will hand over or send the card to you once it is ready. Keep in mind that it might take up to four weeks to make and send the card to the embassy or consulate general after you receive your decision. You must show your residence permit card along with a valid passport when entering Sweden.

If you do not need a visa
If you do not need a visa for travel to Sweden, you should be able to show a copy of the decision (residence permit) when you arrive. As soon as possible after you have arrived in Sweden, you should visit the Migration Agency to be fingerprinted and photographed. In order to be fingerprinted and photographed you need to book an appointment. When your residence permit card is ready, it will be sent to your address in Sweden.

EU OR EEA CITIZENS
Students from an EU/EEA country may study in Sweden without a residence permit. As of 1 May 2014, EU/EEA citizens are not required to apply for right of residence in Sweden.

CONTACT DETAILS TO THE MIGRATION AGENCY
The Swedish Migration Agency handles residence permit applications, and on their webpage it is possible to check the current status of an application.

Please note that it will take between 2-3 months to get a decision from the Migration Agency. However if you feel that something might be wrong with your application you are most welcome to contact them directly.

The Migration Agency can be contacted by telephone +46 771 235 235 and the opening hours are published on their webpage www.migrationsverket.se.

USEFUL LINKS
The Swedish Migration Agency
http://www.migrationsverket.se
http://www.swedenabroad.com

EU/EEA citizens (except Switzerland)
Click on text above

Citizens of Switzerland
Click on text above
LU Accommodation

Lund is a small university city with a limited amount of accommodation and many students looking for housing at the same time. LU Accommodation will not be able to offer housing for all the applicants. Make sure to look for accommodation in different ways. We strongly recommend that you have your accommodation sorted out before your arrival.

LU Accommodation (LUAcc) offers housing for international students and manages a limited number of corridor rooms and flats in Lund and Malmö. A corridor room is generally a single room situated on a corridor of 10–12 rooms where you will be living among other students. You will share a fully equipped kitchen and a living room with the others on your corridor. In some cases, bathrooms are also shared. Internet is available in all corridor rooms, but is not always included in the rent. Please note most that of the internet connection available is not wireless, in most cases you need a network cable.

A one bedroom apartment is a single room including a small kitchenette and a bathroom with a toilet, sink and shower. There are no shared common areas, but there is a shared laundry room. LUAcc also has access to a small number of one bedroom apartments. These apartments are normally reserved for couples where both applicants have been accepted for studies at Lund University.

Please note that LUAcc is unable to offer family accommodation. Please also note that there is a great demand for housing and unfortunately it is not possible to guarantee housing for all international students.

APPLICATION
The application to LUAcc is made in an online application. The application period is 3 April 9:00 CEST to 25 April 9:00 CEST. You start your application by creating an account and log in to fill out the application online. Make your application as soon as possible. Please note that you will not be able to make any changes to your application once it has been submitted.

ACCEPTING A HOUSING OFFER
If LUAcc can offer student housing for you, you will receive an email with a room offer during June/July. Information about the housing offer will be found when logging in to your housing account. Here you can find detailed information about the offer, the rent and the required deposit (2000 SEK). When you are logged in to the booking system you can also accept the offer, make the first rent instalment and pay the deposit. You will also sign the contract online.

Please note that the housing offer is only available to you during a limited time period, normally 7 days, and if you do not accept the offer before the deadline, it will be offered to another applicant. Please note that LUAcc can only make one room offer per student. If you choose not to accept the offer you have to find alternative housing elsewhere. It is highly recommended that you accept a housing offer from LUAcc, since it can be difficult to find alternative housing in the beginning of a new semester.

FIRST RENT INSTALMENT AND INDUCTION
The first rent instalment has to be paid before the starting day of the housing contract. You will be able to pay through the booking system with a credit/debit card.
Shortly before your arrival, you will need to complete your induction, also via the online system. Please note that you will not be able to pick up your keys before you have completed your induction.

RENTAL INFORMATION
Rooms offered by LUAcc are rented for the full academic semester, from August to January (autumn semester). You pay rent also during the summer months in most housing areas.

The maximum rental period is until the end of an academic year. This is regardless of your arrival date. If you are a non-fee paying student and are staying longer than to the end of the academic year, it is very important that you register with AF Bostäder as soon as possible to get on their waiting list for accommodation.

RENT
The rent varies depending on the area and the type of room, but is currently set at between SEK 17,000 and SEK 22,000 per semester. This includes electricity, water, heating and use of kitchen and laundry facilities.

Students sharing a corridor often agree on a corridor fee of about SEK 200 per month for common supplies. In addition to your rent, you will also have to pay a fixed deposit before you move in and it will be refunded when you move out.

Rental payments will be paid in advance before the last day of the month, e.g. the payment deadline for the rent of May will be on the 30th of April. The rent has to be paid using a credit card, through the online service found when logging in to your housing account. You will pay rent for the whole rental period, which is stated on your contract.

STANDARD AND FURBISHING
In general, the standard of the student rooms in Lund, Malmö and Helsingborg is high. All rooms are functional and most of them have private toilets, showers and Internet connections.

The rooms from LUAcc are furnished with a bed, mattress, desk, chair, lighting fixtures and book shelf. Pillow, blanket, bed linen, towels and a shower curtain are not provided. The room standards range from having a private bathroom to rooms with only a sink, rooms with sink and toilet but no shower and rooms with only shared facilities. In some of these accommodations students may have to make their own arrangements for Internet connection. Check your specific housing option on the LUAcc web pages for a description of the facilities in your room.

CLEANING AND UPKEEP
All students are responsible for cleaning their own rooms and common areas (shared kitchens, bathrooms and living rooms) during the period of stay as well as upon departure. No cleaning of rooms or other areas is provided by LUAcc.

LU ACCOMMODATION WAITING LIST
If LUAcc will not be able to offer you accommodation, you will receive notice that you have been placed on their waiting list.

LU ACCOMMODATION
Email: luacc@service.lu.se
Phone: +46 (0)46-222 01 00
Visiting address: Winstrupsgatan 8, Lund
Visiting hours: 13:00-15:00
Extended office hours during the Orientation Programme

For information regarding the LUAcc application process, important dates, housing areas etc: http://www.luaccommodation.lu.se

For information regarding other housing agencies: http://www.lunduniversity.lu.se/housing
Other student accommodation

AF BOSTÄDER - STUDENT HOUSING
AF Bostäder is an independent foundation letting out rooms and apartments to students at Lund University.

In July AF Bostäder conducts a lottery for queue places among new students ("novisch"). In order to take part in the lottery and to receive a place in the queue at AF Bostäder you need to make an application on their website; www.afb.se between 13 and 16 July. The lottery will take place on 17 July. More detailed information about the application process will be published on AF Bostäder’s website.

In order to rent student accommodation from AF Bostäder you also need to be a member of Studentlund (see page 28). Please check on the AF Bostäder website for more information.

BOPOOLEN
The Housing Pool, “Bopoolen”, is a website for housing advertisement run by the Lund University Student Unions (LUS). The service is managed via their website www.bopoolen.nu where you can post ads for housing as well as search for housing ads. Bopoolen.nu does not apply a queuing system and does not charge any fees for their services. Bopoolen.nu provides check-lists for housing, drafts of rental agreements, information about laws and regulations as well as advice on how to avoid fraudsters. The draft contracts are available in both English and Swedish.

Bopoolen check-list for “house hunting”
Websites – Visit www.bopoolen.nu and other websites with housing ads as often as possible to check for available housing. Personal contact is very important and competition is fierce.

Advertise! – Place your own ad on Bopoolen.nu and other websites with housing ads. Make sure that you write a little bit about yourself and what you are looking for. Please be aware of fraudsters.

Live nearby - Lund is a small city and unfortunately does not have room for all students at Lund University. It is very hard to find a place to live near the center of Lund and many students live in the surrounding areas instead. Luckily there are a few bigger cities and a lot of beautiful towns easily accessible by bike, bus or train. It is easy to commute!

Don’t be too picky – The housing situation in Lund is tough and most people have to wait a while for the dream apartment.

Written agreement – When you find housing, make sure to sign a written agreement and keep your own copy of it. It is the easiest way to prevent problems that might occur in the future. If you are paying a deposit, make sure it is stated in the contract. It is also a good idea to take a photo of any damages that is in the apartment/room when you move in, to undermine the risk of having to take responsibility for damages not caused by you.

You can find draft contracts under “Laws & regulations” on the BoPoolen website, www.bopoolen.nu.

Beware of fraudsters
When searching for housing on your own, please beware of fraudsters. Unfortunately there are those who try to take advantage of a tough housing situation by defrauding housing applicants. It can be difficult to recognize a fraud, especially if it is the first time you are looking for housing on your own. The staff at Bopoolen.nu is constantly working to prevent scammers, but it is not possible for them to prevent anyone from contacting you through an ad for housing needed. It is always important to stay alert and know the warning signs of a fraud.

Warning signs of a housing fraudster
- The landlord is abroad and not able to show the apartment.
- Demands for large sums of deposit or advance payments
- Requires payment through Western Union or to a foreign bank account.
- The landlord is pushing you to complete the deal quickly
- The landlord doesn’t want to give you their real name and Swedish social security number.

Advice on how to avoid housing fraudsters
- Ask for the landlords full name, address and social security number. Name and phone number can easily be changed.
- Look up the address of the apartment online to make sure it is real.
- Google the name and email address the landlord is using. If you are dealing with a fraudster you might find warnings online. Also look through the lists provided on www.bopoolen.nu.
- Never send personal information or ID to anyone suspicious. Your personal information can be used in other scams.
- Never send any money before you have signed a tenancy agreement and are sure that you have access to the apartment (n.b. not applicable for housing from LUAcc).
- Do not send money through Western Union.
Hostels and hotels

HOSTELS IN LUND, MÄLMO, KÄVLINGE AND HELSINGBORG

Winstrup Hostel Lund
www.winstruphostel.se
Tel: 0723-290 800
Email: stay@winstruphostel.se

STF Vandrarhem (Hostel) Malmö City
www.svenskaturistforeningen.se/MalmoCity
Tel: 040-611 62 20
Email: malmo.city@stfturist.se

Bosses gästvåningar Malmö
www.bosses.nu
Tel: 040-32 62 50
Email: info@bosses.nu

Helsingborg hostel C enter
www.helsingborgsvandrarhem.com
Tel: 042-14 15 65
Email: info@helsingborgsvandrarhem.com

Torget Vandrarhem och Lågprishotell (the town of Kävlinge)
www.torgethotell.com
Tel: 046-540 80 05
Email: torgetshotell@gmail.com

USEFUL LINKS

AF Bostäder
http://www.afb.se
Tel: +46 (0)46-19 15 00
Email: info@afbostader.se

Bopoolen
http://www.bopoolen.nu
Tel: +46 (0)704-56 11 87
Email: bopoolen@lus.lu.se

Lund Tourist Office
Booking service for hotels and B&B
http://www.visitlund.se/en
Tel: +46 (0)46-35 50 40
Email: turistbyran@lund.se

Swedish Tourist Association (STF)
http://www.svenskaturistforeningen.se
Travelling to Lund University

PASSPORT
Due to the enhanced border controls between Sweden and Denmark, it is important that you bring a valid passport.

BY AIR
From Copenhagen Airport CPH/Kastrup
Copenhagen Airport, CPH, at Kastrup in Denmark, is the largest international airport close to Lund. Malmö and Lund can be conveniently reached by train from Copenhagen Airport. The trip from Copenhagen Airport CPH/Kastrup to Malmö Central Station will take approximately 20 minutes and 30 minutes to Lund. Tickets can be purchased all the way through to Lund for approx. SEK 140, but you may have to change train in Malmö. Please note that you have to buy the ticket before you board the train. If you arrive during Arrival Day, international mentors will be present at the ticket machine at Copenhagen Airport if you need assistance.

Landing on Kastrup airport means entering Denmark and persons of some nationalities will need a Danish transit visa. Please remember to check with the Danish Embassy/Consulate in your home country if you need a transit visa to Denmark or if a Schengen visa is enough.

From Malmö Airport MMX/Sturup
The local airport Malmö-Sturup, MMX, has frequent domestic flights mainly to and from Stockholm, but also international flights to and from for example London, Warszawa and Budapest.

There is a bus service (“Flygbussarna”) from Sturup to Lund. The buses depart at least once an hour. The bus stops in Lund city centre and at the Central Railway Station. The ticket costs 105 SEK for adults.

The taxi companies operating at the airport have agreed on a set price for journeys between the airport and Lund as well as other destinations. The price to Lund by taxi should not cost more than SEK 500 anytime of day or night. This fee should be settled with the driver beforehand.

BY TRAIN
From Malmö
It takes approx. 10 min by local commuter trains (“Pågatåg/Öresundståg”) to travel from Malmö to Lund. The trains depart approximately 8 times per hour during weekdays, somewhat less frequently in the evening and during weekends. Tickets cost approx. SEK 50 and are available from the ticket machines in the station building or on the platform for local train departures. This procedure requires local currency (no larger than a SEK 100 note) or credit/cash card. Tickets must be bought before you board the train.

From Stockholm or Oslo
Lund is located on the main railway from Malmö to Stockholm and Oslo. Travel time from Stockholm is about 4 hours on the fast train or 6-7 hours on “Intercity” trains.

By car
There are car- and passenger ferry connections to southern Sweden from Germany, with Scandlines and TT-Line, and from Poland with Polferries. There are also connections via Denmark from Germany and UK. To travel one way by car over the Oresund Bridge from Denmark costs approx. 460 SEK per car. Lund is conveniently reached from the main highways E6 and E22.

Taxi
Malmö - Lund by taxi is approx. 350 SEK for a group of 1 - 4 passengers and only small variations from that should be accepted. The trip takes approx. 20 minutes. The Swedish taxi market is free and most companies have recommended prices for defined routes (such as Sturup-Lund). Taxis in Sweden can be ordered in advance or found at taxi stops usually situated just outside stations, harbours etc. Hailing
them in the street sometimes works but it is not the normal routine. Taxis normally accept all major credit cards.

TRAVELLING TO HELSINGBORG BY TRAIN
From Copenhagen airport
Trains from Copenhagen airport to Helsingborg central station leave every 20 minutes during a regular weekday with Skånetrafiken. It takes approx. 1 hour to travel between Copenhagen airport and Helsingborg. On the way the train will stop in Malmö and Lund. Tickets to Helsingborg are SEK 195.

From Stockholm
You can travel by train from Stockholm to Helsingborg and you usually have to change trains once in either Hässleholm or Gothenburg. Tickets from Stockholm are administered by SJ.

TRAVELLING TO HELSINGBORG BY CAR
From the Öresund Bridge
It takes approx. 45 minutes to travel by car from the Öresund Bridge to Helsingborg. Most of the way you travel on highway E6 and E20.

USEFUL LINKS
Public transport in Skåne (and from Kastrup)
http://www.skanetrafiken.se

Copenhagen Airport (Kastrup)
http://cph.dk/

Malmö Airport (Sturup)
http://www.swedavia.se/malmo/

Trains in Sweden
http://www.sj.se

Flights in Sweden
http://www.sas.se
http://www.flygbra.se
http://www.norwegian.se
THE OFFICIAL ARRIVAL DAY
On 15 August 2017 the official Arrival Day for international students takes place at the AF building in Lund. Arrival Day is open from 9am to 8pm. During the whole day, student mentors will meet you at Copenhagen airport arrival terminal and at the Central Railway Station in Lund until 19.30hrs (7.30pm).

As we welcome over a thousand international students on Arrival Day, there may sometimes be long waiting times and queues. We ask for your understanding and patience. However, if you have any questions, don’t hesitate to ask the international mentors or Lund University staff. They will be present all day and are happy to help you.

MINIVAN SHUTTLE SERVICE
The minivan shuttle service is run by volunteering student mentors. Between 09.00 (9am) and 19.30 (7.30pm) the shuttle service will run from Lund central station to the Arrival Day services. When you have visited all the stations on Arrival Day, you will be given a lift by the shuttle service to your new accommodation in Lund. The service runs primarily to the accommodation areas provided by LU Accommodation.

Please note that the shuttle service is only available on Arrival Day.

CHECK-IN DESK
After you have left your luggage in the luggage room, you will be guided to the check-in. It is very important that you bring your “Notification of Selection results” to the check-in counter as you will need it during the day. When checking in you will receive a “Welcome package” from Lund University.

The Welcome Package contains:
• The Student Guide
• a Swedish SIM-card for cell phones
• maps
• information about public transportation

LU ACCOMMODATION
If you received confirmed housing from LU Accommodation (LUAcc), you will be able to pick up your keys from LUAcc during Arrival Day. In order to receive your keys you must have completed the following steps:
• accepted the contract
• paid the deposit
• paid your first rent
• completed the induction

BOPOOLEN
Bopoolen (see page 14), will be available to assist students who have not found accommodation. Please note that it is strongly recommended that you have your accommodation sorted out before arriving in Lund.

INTRODUCTORY SWEDISH - SUSA
If you have registered for the course in the online application, you can get information about your SUSA-group and buy course material on Arrival Day. The SUSA-team will also be present to answer questions.

Please note that there is no on-site registration for SUSA.

TICKETS FOR ORIENTATION ACTIVITIES
Tickets for the activities during the Orientation Programme are on sale during Arrival Day. Payments can only be made in cash.
PILLOWS AND BLANKETS ON SALE
Student accommodation does not provide a pillow, blanket, bed linen, towels or a shower curtain. Pillows and blankets will be on sale on Arrival Day.

INFORMATION DESK
If you have any questions or need additional help during Arrival Day, you are welcome to visit the Information Center located by the check-in desk. At the Information Center you can get help with maps, questions about your student email account, printing etc. You are also always welcome to ask for help from Lund University mentors and staff available during Arrival Day.

ARRIVING BEFORE OR AFTER ARRIVAL DAY
If you arrive in Lund later than 19.30 (7.30pm) on Arrival Day you will not be able to reach us before we close and will therefore need to organise alternative accommodation for the night. You find information about hostels and hotel booking services on page 15. Make all these arrangements in advance, before departing for Lund.

If you arrive before or after Arrival Day, please note that it is only possible to get housing keys during LUAcc’s office hours, so plan your arrival to Lund accordingly. Unless you have considerably extensive luggage, you will be able to walk from the train station to the LUAcc office in five minutes. If you choose to take a taxi, the ride should not cost over SEK 100. Do not let the taxi wait outside the LUAcc office while you pick up your keys. The LUAcc staff needs to give you plenty of information when you pick up your keys, so the visit will take more than 10 minutes. Staff can call a new taxi or give you directions to the bus when you are ready to leave.

If you arrive after Arrival Day, you are welcome to visit the International Desk to check-in and receive your welcome package. Please note that the venues in the AF-building are only used during Arrival Day. If you arrive on a later date, the International Desk is found in their regular office premises on Stora Algatan 4.

USEFUL LINKS
Information about Arrival Day
http://www.lunduniversity.lu.se/arrival

Information from LU Accommodation
http://www.luaccommodation.lu.se/moving-in

Information about the Orientation weeks is also available on the International Desk Facebook Page
http://www.facebook.com/internationaldesk
The Orientation Programme for exchange students

The Orientation Programme for autumn 2017 runs between 15 August and 27 August.

The Orientation Programme aims to help you settle in smoothly at Lund University and in the student life of Lund. The schedule of the programme will be available in your welcome package.

The following information is just a brief presentation of some of the activities available. The full schedule will be provided online before the summer.

ORIENTATION ACTIVITIES

General Information Meeting
The General Information Meeting takes place 16 August and is a mandatory meeting for all new international students at Lund University. The meeting contains important information about your studies and life (e.g. health care, safety, student associations) in Sweden. There are three opportunities to attend the General Information Meeting and you choose the meeting that best fits with your schedule.
Pre-Registration Day
Registration Day is the day to meet your coordinator or to visit an introduction meeting. Please note that some meetings are only open for exchange students within faculty or department exchange agreements. Please check with your coordinator (the person who signed your Letter of Acceptance) to find out what meeting you need to go to. Exchange students on university wide agreements visit their coordinators on Stora Algatan 4.

The International Mentor Programme
The International mentor programme welcomes all new international students at Lund University. The mentor group consists of 3-4 Swedish students and current international students (your mentors) and 25-30 new international students. Your mentors are familiar with Lund and the way things work in this student city. Your mentors will contact you by email a few weeks before Arrival Day. The mentor group will arrange activities together, maybe you will be offered a tour of the city, cook a Swedish dinner, go to one of the nations’ parties etc.

You can always contact your mentors for any advice, so do not miss this opportunity to learn more about being a student in Lund. However, the international mentors cannot answer any questions about academic matters. Please note that your mentors do this voluntarily because they think it’s a fun way of meeting people from all over the world.

Introductory Swedish - SUSA
The course offers introductory studies in the Swedish language and culture (3 ECTS). The course schedule will be provided in the Welcome Package handed out during Arrival Day. You have to apply in advance and please note that there is no on-site application! The SUSA classes start the day after Arrival Day and ends with an exam at the end of the Orientation programme.

Swedish Academic Study Skills seminar
A lecture with a lot of different advice and help for you to be a successful student at Lund University. The lecture will cover time management skills, academic integrity, study methods and much more.

Student Association Fair
At the Student Association Fair you can meet with different organisations in Lund and see what activities they are planning for the semester. This is an excellent opportunity to see what the student life of Lund University is offering you.

Social activities
There will be a lot of different social activities during the first weeks. Some events are organised by Lund University, others are created by student organisations. For a quick glance at some activities please see the box to the right.

For more information and the lastest updates - join the International Desk Facebook page before your arrival in Lund:

http://www.facebook.com/internationaldesk
Financial matters

CURRENCY AND MONEY EXCHANGE
The Swedish currency is called “krona” (SEK) and “öre” (100 öre = 1 krona). Bank notes are available in denominations of 20, 50, 100, 200, 500 and 1,000 kronor, coins in 1, 2, 5 and 10 kronor. Note that Euro is not used in Sweden.

NEW BILLS AND COINS
Starting in 2015 new notes were introduced in Sweden. The old 20-, 50- and 1000-krona became invalid after 30 June 2016. More notes (100- and 500-krona) and coins will become invalid in mid 2017, for more information please visit www.riksbank.se/en/Notes--coins/

MONEY EXCHANGE
It is possible to change money at exchange offices at Copenhagen Airport, Malmö Airport and the Central Railway Station in Copenhagen and Malmö as well as the Forex office opposite Lund Central Railway Station.

STUDENT DISCOUNTS
When you join Studentlund, you get ’Studentkortet‘ a card that (together with your regular ID card) gives you access to discounts at certain cafes, restaurants and on travels as well as on computers, mobile phones, fashion and books etc., in shops and online.

WORKING IN SWEDEN
If you have a residence permit for studying at a university or college, you are allowed to work without a work permit as long as your residence permit is valid. Nordic, EU and EEA citizens are allowed to reside and work in Sweden without a work and/or residence permit, but need to register at the Swedish Migration Agency.

Because Swedish language skills are required by most employers – even for typical service positions – international students can not expect to find a spare time job very easily. Lund is a typical student town with many students so these jobs fill up fast and can be very hard to find for those without Swedish language skills.

However, there are several ways full-time students can keep in touch with their future labour market. There are several Labour market- and/or contact days arranged and organized by the student unions, and the Career Services at Lund University arranges open seminar series on “how to get that job”. All students at Lund University can register with the university’s Careers Services’ career portal MyCareer.

USEFUL LINKS
For more information about money and living costs, click here.

For information for international students from Swedish Banker’s Association, click here.
OPENING A BANK ACCOUNT
In general, banks require students to have a Swedish personal number which can only be obtained if you have a residence permit valid in Sweden for 12 months or longer.

Before departing from your home country, please make sure that all necessary arrangements are made to prevent cash-flow problems from occurring during your stay in Sweden. Handling your financial matters in Sweden might be much easier with advice from your own home bank.

Cheques and cash
Please note that personal, traveler’s or international cheques are not accepted by Swedish banks. Do not bring large amounts of cash to the bank office. Money laundering legislation requires the bank to ask questions about the transactions and banking business you want to make. If a customer does not present identification or provide a satisfactory explanation as to why the customer wants the bank to perform a certain service, the bank is not permitted by law to perform the requested service.

CREDIT CARDS
Students staying with LU Accommodation are required to pay rent with a credit card. Since it is not possible to get a credit card with internet payment from a Swedish bank, you need to arrange a credit card from your home country. Before your departure, make sure to order a credit card or consider other means of payment. Most credit cards are accepted in Sweden and atMs, Automated teller machines, can be found throughout all Swedish cities and on the university’s main campuses.

LIVING COSTS
One of the conditions for being granted a residence permit for studies by the Swedish Migration Agency (Migrationsverket) is that you must prove that you will be able to support yourself during your whole stay in Sweden. The minimum sum required by the Swedish Migration Agency at present is SEK 8,064 per month, for at least 10 months of the year if you plan to study for a full year. Students from EU/EEA countries do not have to prove that they have SEK 8,064 per month at their disposal, but have to sign a document stating that they can support themselves in Sweden. Even if clothes are expensive in Sweden it is recommended that you buy winter clothes in Sweden because it might be difficult to know what to get beforehand. You will need winter clothes from October-November to March.

A FEASIBLE STUDENT BUDGET

<table>
<thead>
<tr>
<th>Item</th>
<th>approx. SEK/Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food (home meals)</td>
<td>2,100</td>
</tr>
<tr>
<td>Accommodation</td>
<td>3,600</td>
</tr>
<tr>
<td>Student books etc</td>
<td>800</td>
</tr>
<tr>
<td>Leisure</td>
<td>650</td>
</tr>
<tr>
<td>Personal hygiene</td>
<td>450</td>
</tr>
<tr>
<td>Clothes</td>
<td>590</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>1,000</td>
</tr>
<tr>
<td>Local transportation</td>
<td>500 (if applicable)</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>9,600</strong></td>
</tr>
</tbody>
</table>

Prices of some products in Sweden

<table>
<thead>
<tr>
<th>Item</th>
<th>SEK (kr)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>12 kr/liter</td>
</tr>
<tr>
<td>Bread</td>
<td>from 20 kr/loaf</td>
</tr>
<tr>
<td>Beef</td>
<td>100-200 kr/kg</td>
</tr>
<tr>
<td>Rice</td>
<td>18 kr/kg</td>
</tr>
<tr>
<td>Eggs</td>
<td>18-30 kr/kg</td>
</tr>
<tr>
<td>Newspaper</td>
<td>10-15 kr</td>
</tr>
<tr>
<td>Wine</td>
<td>from 60 kr for a 75 cl bottle</td>
</tr>
<tr>
<td>Cinema</td>
<td>110 kr per ticket</td>
</tr>
</tbody>
</table>
Insurance and health care

HEALTH INSURANCE

General student insurance
All students in Sweden are currently covered by a personal injury insurance (general student insurance) that is obtained on behalf of universities and colleges within the State insurance system (Kammarkollegiet). Students at Lund University are covered for accidents occurring within the framework of their studies (i.e.: during class, studying at a university library and travelling directly from your accommodation to class). Whether or not you are entitled to any additional coverage depends on your study situation. Look below to see which coverage applies to you and visit the links in the information box below for additional information.

European Health insurance card and Medicare
EU/EEA and Swiss citizens are entitled to access Swedish public medical services if they first register with the social insurance office in their home country. You will be issued with a European Health Insurance Card (EHIC), which you need to have with you when you seek medical attention at the health care clinic or hospital in Sweden. When you do you will pay Swedish patient fees and do not need to make an insurance claim.

Citizens of Australia and Quebec are recommended to bring their Medicare card. With these cards you will pay Swedish patient fees when seeking medical attention in Sweden.

Student IN insurance
The Swedish government provides a special insurance for international students (Student IN) to provide, for example, accident cover, cover for certain medical expenses (where no other cover exists) and liability cover. The insurance applies 24 hours a day in the Schengen region, provided the insured person holds a Schengen Visa issued by a Swedish mission abroad. If the insured student does not have a Schengen Visa, the insurance is only valid in Sweden. For travel outside the Schengen area, it is recommended that you take out additional insurance coverage from your home country.

Dental care
Please note that regulations for medical care do not apply to dental care in Sweden. Dental care is not subsidised in Sweden which means that dentists set market prices on dental treatments. The fees for a dental check-up may be higher than what you are used to and it is therefore a good idea to arrange for a dental check-up before leaving home.

USEFUL LINKS

About health insurance from Lund University:
www.lunduniversity.lu.se/student-life

More information about applying for EHIC, click here.
SWEDISH HEALTH CARE

Emergency care
Emergencies or life-threatening situations should always be directed to 112, the Swedish emergency number. For urgent medical care, you may need to visit the hospital. The Lund University hospital (Universitetssjukhuset), one of Sweden's leading university hospitals, is conveniently located in the city centre.

Non-emergency health care
The first step - call 1177. This is free of charge and open 24-hours/day. With this number you can get medical advice from a registered nurse on many things including diagnosis of your symptoms and help on where to go if you need a physician. If needed, they may refer you to a local healthcare centre. If you get ill and are in need of non-emergency health care you should contact a local public health care center (Vårdcentral) or a private clinic. You can find the contact details to health care centers and private clinics in the Student Guide provided in your welcome package on Arrival Day.

Prescriptions and over-the-counter medicines are available at local pharmacies (Apotek). The most common over-the-counter medicine can also be found in larger grocery stores near the cashiers. Pharmacies are open during normal shopping hours (see page 31).

Student Health Centre (Studenthälsan)
The staff at the Student Health Centre works primarily with therapy for psychological and social problems that are related to your studies. The centre has counselors, nurses, a physician, a psychiatrist and a psychologist. Please note that you always have to make an appointment to visit the Student Health Centre. Contact details can be found in The Student Guide.

Multifaith Chaplaincy (Studentprästerna)
The Student Chaplains in Lund serve all students and employees at Lund University. They can be sought out for counseling and are bound by a vow of confidentiality. The Student Chaplains can also help you contact a local church or religious body other than the Student Chaplaincy.

USEFUL LINKS
About health insurance from Lund University: http://www.lunduniversity.lu.se/student-life

Study in Sweden on Health Care http://www.studyinsweden.se/Living-in-Sweden/Medical-insurance/

The Swedish Health Care Information http://www.1177.se
Your studies

COURSES FOR EXCHANGE STUDENTS
Lund University offers more than 300 courses in English recommended for exchange students. Exchange students can take extra courses in subjects such as Swedish and Scandinavian culture and society and courses in European and global issues. Exchange students can also apply for Swedish language course (SUSA and SVE). You apply for all academic courses via your coordinator at Lund University. If you need information about your courses, have a look at the department’s homepage first. If you can’t find the information you need in advance, you must get in touch with your coordinator. The coordinator is the person who signed your Letter of Acceptance from Lund University. If you cannot find the name of your coordinator, you are welcome to contact the International Desk.

During the Orientation programme you will have time to meet your coordinator to settle your study plan on Pre-Registration Day.

REGISTRATION
Registration in a course takes place on the first day of class. Therefore it is very important not to miss the first lecture. If you are unable to participate in the first lecture, keep in mind that you will have to contact your coordinator beforehand so that you do not lose your place in the course.

STUDY STRUCTURE
Studies at Lund University are usually performed one course at a time, with an examination or essay at the end of each individual course finalising the course.

Studies at the School of Economics and Management and at the Faculty of Engineering are an exception in that two or more courses are often studied in parallel.

Courses can be anything from 2 to 20 weeks long, with 5, 10 and 20 weeks being the most common ranges. The duration and extent of courses and programmes are expressed in a system of credits (högskolepoäng). The Swedish credit system is the same as the European ECTS credits. Thus, one week of full-time study corresponds to 1.5 credits. One semester of full-time study is equal to 30 credits. Single subject courses vary in length from 7.5 to 60 credits.

Methods of instruction and number of teaching hours can vary considerably between different subjects and courses. Some courses, mainly in engineering, have as many as 30 formal lecture hours per week, while some, e.g. social sciences courses, may have as little as 10 hours and rely more on the students’ individual reading. The most common form of instruction is lectures to groups of 25-30 students. All courses include written and/or oral examinations. There are usually no final exams covering the entire semester’s coursework. If failing an examination, it is possible to re-sit the examination later in the semester. Only successfully completed courses are recorded on your official transcript. All student records at Lund University are kept in the student registration system Ladok.

ACADEMIC HONESTY
Students are expected to uphold the standards of academic honesty at Lund University. Plagiarism and cheating are treated very seriously. Suspected cheating will be reported to the Disciplinary Committee and can result in suspension from the university.

Please note that there is no “add-and-drop period” at Lund University.
If you are unsure about the rules of academic honesty, e.g. exam rules or how to correctly cite sources in academic writing, talk to your professor, tutor and get information from your department at Lund University. You are also most welcome to follow the guidelines set by the AWELU project (Academic Writing in English at Lund University).

**GRADES**

Swedish grades are normally awarded on a basis of 3 grades; Pass with distinction (VG or Väl godkänd), Pass (G or Godkänd) or Fail (U or Underkänd). However, some faculties make use of a different grading scale:

- **The Faculty of Engineering** uses several different grading scales. Engineering studies: On most courses, the grading scale comprises three levels: 3 (three) pass, 4 (four) very good, 5 (five) excellent. A higher figure signifies a better grade. The grades are criterion-referenced, e.g. awarded in relation to the students’ performance relative to the learning objectives set out in the course syllabus.
  Architecture: For all courses in architecture, the grading scale only includes the grade “Godkänd” (Pass).
  Industrial design: The three level grading scale (5, 4, 3) and the one level scale “Godkänd” (Pass) are both used.

- **The Faculty of Science and the Faculty of Fine and Performing Arts** use two different grading scales; Pass with distinction (VG), Pass (G) or Fail (U) and; Pass (G) or Fail (U).

- **The Faculty of Medicine** only uses the grades Pass (G) or Fail (U).

- **The Faculty of Law** has 4 grades; Pass with distinction (AB), Pass with merit (Ba), Pass (B) or Fail (U).

- **The School of Economics and Management** uses the following grading scale: A, B, C, D, E or Fail (F). The highest grade is A and the lowest passing grade is E.

**ACADEMIC CULTURE**

To some international students, relations between students and teachers at Swedish universities may seem very informal. Students are encouraged to ask questions, both in the classroom and outside. Don’t hesitate to ask a question if there is something you do not quite understand or comment on issues you disagree with.

Teachers will expect you to call them by first name, as students and teachers are considered to be equals. This does of course not imply that the teachers will accept anything but your best performance in class and during examinations.

**COURSE LITERATURE**

Be prepared for the fact that books and materials can be a bit expensive. However, it is sometimes possible to buy them second hand in dedicated shops or to borrow them from one of the university libraries.
Student life in Lund

Lund’s student life is unique. The combination of student nations, student unions and the Academic Society (AF) is not only one of a kind, it is one of the strongest reasons why new students flock to Lund every semester.

The student life gives you many opportunities for personal development and enables you to gain valuable knowledge and experiences outside the lecture halls.

STUDENT ORGANISATIONS IN LUND

Studentlund: One student life - one membership

A membership in Studentlund gives you access to everything from good food, fun nightclubs, interesting talks, exciting media, guaranteed monitoring of education, entertaining theatre, considerable influence within the University, municipality and region and lots of grants and student discounts. The vast majority of the student organisations’ activities will only be available to Studentlund members.
Being a member of Studentlund actually means that you are a member of three organisations – a student union, a nation and the Academic Society (AF). As a student based in Lund you can choose to join all three, or none at all. (Please note that other rules apply for the student union at the faculty of Engineering, Teknologkåren)

In June all admitted exchange students will receive an email from Lund University containing their Ladok ID number (YYYYMMDD-XXXX) and a Lund University application number (LU-XXXXX). With the Ladok ID number and the Lund University application number, exchange students can register for a Studentlund membership online. The Studentlund registration site for the autumn semester opens 1 July.

When you have paid your fee, you need to visit the nation of your choice during the nations’ registration period. Your student card will then be sent to your Swedish address. The membership costs approx 250-300 SEK per semester.

**Student nations**
The nations’ primary task is organizing extra-curricular social activities. The nations’ main activities comprise serving food and running pub and club nights, but they also include sporting activities, nation newspapers, choirs, grants and accommodation. All the nations are named after geographical locations in Sweden and there are currently 12 nations within the Studentlund cooperation, all representing different areas in Sweden. Membership in a nation provides you with the chance to really get to know Swedish student culture. They are open to all students and there are no entrance requirements.

The student organisations are mainly built on volunteer work from students. Students volunteer to work at nations pubs, night clubs, restaurants and other social activities. Working at the nation of your choice is known to be one of the best ways to meet Swedish students and practice your Swedish skills. Please note that the nations (and the unions) organise a few formal dinners and banquets, so bringing a suit or a nice dress may be a good idea.

The Student Nations organise a wide range of activities parallel with the Orientation Weeks. During the Student Association Fair you will receive more information about the nations in order to help you make up your mind about which one to join. Even if you have to choose one of the nations, you still have access to the other 12 nations through your membership in Studentlund.

**Student unions**
There are 8 student unions at Lund University (one for each faculty) and their purpose is to guarantee high quality in education at the University. The unions are monitoring education and organising student influence through some 1000 posts at all levels within the University. In addition to monitoring education, the unions arrange career fairs, lectures, social events and welcome activities for new students.

During your studies you can contact your student union if you have any questions or if problems should arise concerning your studies. Every faculty has its own student union and your membership is derived from the programme/courses you are studying.

**The Academic Society**
The third cog in Studentlund machinery is the Academic Society (AF). AF’s width and size allow scope for student activities such as radio, television, Studentinfo, poetry, lectures, “spex”, amateur theatre, orchestras, choirs, archives and drama. The AF building in Lundagård is the physical meeting place for all students, not least in the study areas and activities in Café Athen. AF Bostäder is the largest provider of student accommodation in Lund.

**What is the difference?**
Briefly, the unions handle student rights and arrange many activities connected to your education and future employment. The nations are primarily social clubs and the Academic Society offers various activities having to do with culture and media.
Living in Sweden

Below you will find some useful information regarding life in Sweden. Is your cell phone going to work in Sweden? Is internet readily available and can you charge your laptop without an adaptor? These questions and more will be answered on the following pages.

WEATHER AND CLOTHING
It is winter in Sweden from mid-November to the end of February. Snow is expected in most parts of the country, but in the southern parts there will probably be rain mixed with snow. The temperature varies between -10 to +5 degrees Celsius.

Spring arrives in the end of March and lasts throughout April and May. The temperature will rise to approx. 20 degrees Celsius. The wonderful summer comes to Lund in June and stays until mid September. Summer temperature lies approx. between +17 - 30 degrees Celsius.

In the autumn, September - November, rain starts to fall and the temperature decreases to app. +5 degrees but can go below 0 degree Celsius. In December winter arrives again and snow might start to fall. Since Skåne, the very southern part of Sweden, is very flat it is a good idea to bring windproof and also warm clothing to Sweden.

TELEPHONES
International students generally use prepaid SIM-cards for the cell phones while living in Sweden. Free, unloaded, SIM-cards will be provided in the welcome package but SIM-cards can also be bought in food stores and convenience stores.

When you have access to Internet you can use Skype, Face-time or apps to make phonecalls. This is the cheapest option, especially for long distance calls. Note that collect calls from Sweden are expensive.

CELL PHONES
Remember to bring your cell phone to Sweden. However, to be able to use your cell phone together with a Swedish cash card your cell phone can not be restricted to be used only with the operator in your home country. If you do not have a cell phone you can easily buy one while in Sweden.

ELECTRICITY
The electricity in Sweden is 220 volts and 50 cycles/sec (Hz). As British and American outlets differ from Swedish, you may need to bring a transformer and/or adapter for your electrical appliances from your home country. You can see a picture of a typical power plug and outlet below.
INTERNET ACCESS
As a student you have access to internet via student computers and the wireless network all over the university by using your student account details. Lund University is connected to Eduroam and there are also several hot spots in Lund City.

Most student accommodation from LUAcc include wired internet access. However, in some cases you need to make your own internet arrangements.

SWEDISH DATE AND TIME NOTATION
In Sweden dates are generally and officially written for example “2017-12-31” (YYYY-MM-DD) but the older forms “31/12 2017” or “31/12-17” are frequently seen informally.

Time is written without notable exceptions with the 24-hour clock where the day runs from midnight to midnight into 24 hours, indicated by the hours passed since midnight, from 0 to 23. The day begins at midnight 00:00 and the last minute of the day begins at 23:59. As an example of this system, 6am is written 06:00 while 6pm is written 18:00. The 24-hour notation is popularly referred to as military time or astronomical time in the US and Canada.

DAYLIGHT SAVING TIME
Like most countries in Europe, Sweden temporarily adjusts time to enjoy longer daylight during the summer period.

Winter time: the clock is adjusted backward one hour on the last Sunday in October. Summer time: the clock is adjusted forward one hour on the last Sunday in March.

EMERGENCY NUMBER
The emergency phone number in Sweden is 112 (ambulance, police, fire department). Emergency calls are always free of charge. If you need to make a report to the police the national number is 114 14. This number applies to all non-urgent police matters. The campus security number at Lund University is 046-2220700.

NARCOTICS
All types of illegal drugs are strictly forbidden in Sweden. There are severe penalties against using or selling illegal substances. Driving under the influence of narcotics or alcohol is prohibited by law.

TAP WATER
Tap water in Sweden is of very good quality and safe to drink. It is often available free of charge at cafes and restaurants.

GETTING AROUND
In Lund the most convenient mode of transportation is by bike. You can get everywhere in Lund within 20 minutes by bike, so it is the superior choice of transportation.

If you would like to visit other areas of the Skåne region, you can travel by bus or train. The region has a very refined public transport system, and it is convenient to travel to any location in Skåne with the help of public transport.

PUBLIC HOLIDAYS
The most important public holiday in Sweden is Christmas. During Christmas the last day of class will most likely be around 22 December. Since the autumn semester lasts until mid-January, most classes will resume again just after the Christmas holiday. If you need to know the exact dates, please contact your programme coordinator to see if it is possible to confirm the dates. The spring semester 2018 starts 15 January.

Easter is celebrated between 30 March and 2 April 2018, and there will be no classes during this holiday.

Walpurgis Night is a public celebration in Sweden is celebrated in Lund on the last day of April. During this holiday more than 20 000 students celebrate the arrival of Spring in Lund. 1 May is public holiday.

The Swedish National Day is celebrated 6 June every year, and since it is a public holiday there will be no classes during this day.

DINING
Student accommodation in Lund does not provide any catered meals or services. Instead you need to prepare your own meals or eat out. There are several cafes and take away restaurants in Lund city centre. The price for a lunch at a cafe or restaurant varies between SEK 60 and SEK 100. It is common that students bring their own lunches with them and use the microwaves provided on many places in the campus areas. If you are not an experience chef, it might be a good idea to practice some easy recipes before you leave home. All student nations provide lunch at least once a week for a small sum (approx. SEK 40). Number of places at the student nations is limited.

SHOPPING
The regular store hours in Sweden are between 10am to 6pm Monday to Friday, 10am to 2pm on Saturdays and most stores are closed on Sundays. The shopping malls, usually located in the outskirts of the bigger cities, have more generous opening hours; usually until 8pm Monday to Friday and are also open on Sundays. Big grocery stores are in general open 8am to 9pm most days of the week.

Some over-the-counter medicines (pain relief tablets, antacids, vitamins etc) can be bought in grocery stores but to get a prescribed medicine and other medical products, you need to visit a pharmacy (Aptek). Alcohol can only be bought at the government owned store Systembolaget if you are 20 years or older.
PRE-ARRIVAL PREPARATIONS

• Check if you need a Visa or Residence Permit, if so apply as soon as possible
• Make sure that your passport is valid for at least the duration of your stay in Sweden.
• Check the department’s homepage at Lund University to find out details about the courses/programme you are accepted to.
• If you are offered housing from LUAcc - pay the deposit, complete the induction and pay the first rent instalment
• Organise your housing situation ahead of time
• If necessary, arrange temporary housing solutions; make necessary hostel or hotel reservations
• Check your insurance coverage and, if you are an EU citizen, bring the EHIC-card (make sure it is valid for the duration of your stay in Sweden) or a certificate from home if your country has an agreement for medical care with Sweden.
• Get prescriptions if you need any kind of medicine.
• Get a dental check-up
• Contact your local home bank to avoid any banking problems in Sweden
• Book tickets so you arrive in Lund in time for the Orientation Weeks. Arrival Day takes place on 15 August.

DON’T FORGET TO PACK

• Your Letter of Acceptance and passport
• Suit or nice dress for formal events
• Swedish currency for immediate use (for trains, taxi, tickets sold at Arrival Day etc.).
• Warm clothes, since winters in Sweden can be quite cold and windy.
• Your mobile phone and laptop
• Print your student account details
• Adapter for your electrical appliances, if necessary

Check-list

Academic Calendar

SEMESTER DATES AT LUND UNIVERSITY

• Autumn semester 2017: 28 August - 14 January
• Spring semester 2018: 15 January - 3 June

PUBLIC HOLIDAYS 2017/2018 - AUTUMN AND SPRING SEMESTER

• All Saints’ Day public holiday (Alla Helgons Dag): 5 November
• Christmas Eve (Julafton): 24 December
• Christmas Day (Juldagen): 25 December
• Boxing Day (Annandagen): 26 December
• New Year’s Eve (Nyårsafton): 31 December
• New Year’s Day (Nyårstagen): 1 January
• Epiphany (Trettondagen): 6 January
• Good Friday (Långfredagen): 30 March
• Easter Sunday (Påskdagen): 1 April
• Easter Monday (Annandag påsk): 2 April
• Walpurgis Night (Valborgsmässoafton): 30 April - note that this is an evening celebration and does not necessarily mean a whole day of holiday, please check with your department
• May Day (Första maj): 1 May
• Ascension Day: 10 May
• Swedish National Day: 6 June
• Midsummer Eve (Midsommarafton): 22 June
• Midsummer Day (Midsommardagen): 23 June
**PHRASES AND USEFUL WORDS**

- Hej = Hello/Hi
- Hejdå = Goodbye
- Tack = Thank you
- Ja = Yes
- Nej = No
- Alltid = Always
- Aldrig = Never
- Ursäkta mig = Excuse me
- Varsågod = You are welcome
- Var bor du? = Where do you live?
- Vad är klockan? = What time is it?
- Talar du svenska/engelska? = Do you speak English?
- Ja, jag pratar svenska/engelska = Yes, I speak Swedish/English
- Jag heter___ = My name is___
- Vad heter du? = What's your name?
- Hur mår du? = How are you?
- Var kommer du från? = Where do you come from?
- Jag mår bra = I am fine
- Hur gammal är du? = How old are you?
- Vad gör du? = What are you doing?
- Jag studerar = I am studying
- Vad kostar det? = How much does it cost?
- Skål! = Cheers!
- Sta’n = Slang for city centre (“We’re going to the city/Downtown” = “Vi ska in till sta’n”)
- Universitet= University
- Lärare = Teacher
- Elev/Student = Student
- Bok = Book
- Bibliotek = Library
- Föreläsning = Lecture
- Dator = Computer
- Pengar = Money
- Valuta = Currency

**TYPICALLY SWEDISH**

- Fika = Typically Swedish afternoon snack (Often coffee and something sweet including the socializing that goes with it)
- Glögg = The Swedish version of mulled wine, served around Christmas
- Lagom = Just right; not too little, not too much
- Nja (nej+ja) = No and yes
- Påtår = A refill of coffee
- Smörgåsbord = Smorgasbord
- Älg = Moose (elk)

**FOODS & DRINKS**

- Mataffär = Grocery store
- Frukost = Breakfast
- Lunch = Lunch
- Middag/kvällsmat = Dinner
- Vatten = Water
- Läsk = Soda/Sweet drink
- Kaffe = Coffee
- Kaka = Cookie
- Tårta = Cake
- Vin = Wine
- Godis = Candy, Sweets
- Mjölk = Milk
- Grönsak = Vegetable
- Frukt = Fruit
- Äpple = Apple
- Banan = Banana
- Flingor = Cereal
- Bröd = Bread
- Smör = Butter
- Ost = Cheese
- Kött = Meat
- Gris = Pork
- Nötkött = Beef
- Fisk = Fish
- Skaldjur = Shellfish
- Kyckling = Chicken
- Vegetariskt = Vegetarian
- Köttbullar och lingonsylt = Meatballs and lingonberry jam
- Hamburgare = Hamburger
- Pommes Frites = French Fries
- Korv = Sausage
- Knäckebröd = Crispbread
- En dagens, tack! = Today’s special, please!

**(mostly lunchtime)**

**NUMERALS**

- 0 = Noll
- 1 = Ett
- 2 = Två
- 3 = Tre
- 4 = fyra
- 5 = Fem
- 6 = Sex
- 7 = Sju
- 8 = Åtta
- 9 = Nio
- 10 = Tio
QUESTIONS?
Feel free to contact us if you have any questions before your arrival in Lund.

For general questions contact the International Desk on studentreception@lu.se.

For specific questions regarding your courses and studies, please contact your exchange coordinator at Lund University.

LUND UNIVERSITY ON FACEBOOK
Follow us on Facebook and have your questions answered at our international Facebook Pages:
www.facebook.com/internationaldesk
www.facebook.com/lunduniversity

LUND UNIVERSITY ON INSTAGRAM
Student life at Lund University is great - but don’t take our word for it! Follow us on Instagram
www.instagram.com/lunduniversity

We are looking forward to meet you in Lund!

www.lunduniversity.lu.se