The Student Guide

LUND UNIVERSITY 2016/2017
How to use this guide

Coming to study in another country is an exciting experience and we know you will have many questions. The information in this guide has been compiled with you in mind and we hope that it will help you during your studies at Lund University and in your day-to-day life in Sweden.

You should read the entire guide since much of the information will be relevant to you. The information includes both general facts about life in Sweden as well as practical advice on studies at Lund University, bank services, accommodation, student life and more. So, take a moment to get acquainted with life at Lund University. We wish you the best of luck with your studies at Lund University and student life in Sweden!

If, after reading this guide, you still have questions or would like clarification on any aspects, please contact any of the services listed in the guide and their staff will be pleased to help. Please note that some of the websites stated in the guide are only offered in Swedish. However, most of them can be quite easily translated through Google Translate (translate.google.se) or a similar service.

If you have more general questions and are not sure who to ask, please contact the International Desk.

INTERNATIONAL DESK
Email: studentreception@lu.se
Tel: 046-222 01 00
Phone hours: Monday-Friday 10-12
Visiting address: Stora Algatan 4
Regular opening hours: Monday-Friday 10-13
Opening hours, Orientation weeks:
Monday-Friday 10.00-15.00

FEEDBACK
If you would like to give feedback on this guide you are welcome to do so by sending an email to studentreception@lu.se
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Arrival Check-list

☐ Contact family and friends back home and let them know that you have arrived safely

☐ If applicable, secure accommodation (see chapter 3)

☐ Join the Orientation activities. Tickets are sold at the International Desk. (see chapter 7)

☐ Register for Studentlund (see chapter 5)

☐ Update your Studentlund account with your Swedish postal address (see chapter 5)

☐ Get a Jojo-card and explore public transport options in your area (see chapter 8)

☐ Get a bike (see chapter 8)

☐ Get a University access card (see chapter 7)

☐ Get a Swedish SIM-card (provided in your welcome package) mobile phone and number (see chapter 9)

☐ Find your local supermarket, health care centre, pharmacy, shopping area etc (see chapter 9)

☐ EU-citizens staying for 12 months or longer: apply for a Swedish personal identity number (see chapter 9)

☐ Non-EU citizens – if you have a residence permit valid for 12 months or longer, apply for a Swedish personal identity number

☐ If you are not required to have a visa; register your biometrical data at the Migration Agency

☐ Have you received the Swedish personal identity number? Apply for a Swedish id card (see chapter 9)

☐ Complete your registration and enrolment for the University

☐ Attend your programme’s or department’s introduction

☐ Handle financial matters (page chapter 6)

☐ Organise furniture and décor for your home (see chapter 9)

☐ Log in to your student email account and the Student Portal (see chapter 7)

☐ If you plan to use another email address than the email address provided by Lund University, forward your student account email to the email address you are using on a regular basis
International students at Lund University

In order to give you the best service possible, we will sometimes ask you what category of international students you belong to. Are you an exchange student, master’s or bachelor’s degree student or a course student?

Exchange/Study Abroad students – you are an exchange/study abroad student if you have applied to Lund University through your home university’s international office and their formal agreement with Lund University. Exchange students include Erasmus students. As an exchange/study abroad student, you will most probably stay at Lund University for one or two semesters and then return to your home university to finish your degree. Exchange/study abroad students should always direct questions regarding academic matters to their coordinator, which is the person who signed the Letter of Acceptance.

Master’s and Bachelor’s degree programme students – you are a master’s or bachelor’s degree student if you have applied through www.universityadmissions.se or www.antagning.se for a programme and intend to take your degree from Lund University. Master’s and Bachelor’s degree students should always direct questions regarding academic matters to the programme coordinator.

Non-degree course students – you are a non-degree course student (this includes “freemover students”) if you have applied through www.universityadmissions.se or www.antagning.se for single-subject courses or the Swedish language programme at Lund University. If you are a non-degree student, you should contact the course administrator or study advisor at your department for questions regarding academic matters.
Useful contact details

USEFUL PHONE NUMBERS
Swedish Emergency Phone number: 112
Report a crime to the Swedish police: 114 14
Health care advice: 1177
LU Campus Security: 046-222 07 00
Lund University Switchboard: 046-222 00 00

USEFUL WEBSITES
Skånetrafiken: www.skanetrafiken.se
Student Portal: student.lu.se
Student email: webmail.student.lu.se
Current student web: www.lunduniversity.lu.se/current-students
Migration Agency: www.migrationsverket.se
Studentlund: www.studentlund.se
International Desk Facebook Page: www.facebook.com/internationaldesk

USEFUL ADDRESSES
The International Desk, Lund
Address: Stora Algatan 4
Phone: 046-222 01 00

LU Accommodation, Lund
Address: Winstrupsgatan 8
Phone: 046-222 01 00

Swedish Tax Agency, Lund
Address: Stora Södergatan 45
Phone: 0771-567 567

Swedish Migration Agency, Malmö
Address: Agnesfridsvägen 111
Phone: 0771-235 235

Frequently Asked Questions

How do I get a student card?
There are two different cards that are useful for you as a student at Lund University:
The Studentlund card is the card that gives access to all activities provided by the student nations, unions and the Academic Society as well as student discounts. You get this card by becoming a member of Studentlund and paying the membership fee. More information can be found in chapter 5.

I'm looking for a used bike, where should I go?
You are not alone; there is a high demand for used bikes in Lund in the beginning of every semester. On chapter 9 you find addresses to some stores selling used bikes. The city of Lund usually arranges an auction for used bikes in the beginning of a new semester. Check the International Desk Facebook Page for updates.

I'm required to provide my biometrical data to the Swedish Migration Agency, where do I go?
You can leave biometrical data at the Migration Agency in Malmö.
You find the address and opening hours in chapter 9 in this guide.
I want to hand in my application for a Swedish personal identity number, where do I go?
Applications for Swedish personal identity numbers are administered by the Swedish Tax Agency. Read more about who can get the identity number in chapter 9. The Tax Agency is available on campus on 10 September 2016. You can also find the Tax Agency on Stora Södergatan 45 in Lund. The opening hours can be found on www.skatteverket.se/omoss/kontakta_oss (click “Besök oss”).

I want to use the public transportation in Lund, what do I need to do?
Lund city buses are green and you can find the time tables on www.skanetrafiken.se. A map of the bus lines is provided in the welcome package.

It is not possible to pay with cash or credit card on the city buses. But you can install the Skånetrafiken app and buy your ticket through the app. If you plan to use the city bus on several occasions, it is recommended that you get a Jojo-card. For occasional travelers, the Jojo-card Discount card (no specific student discount) is recommended and it can be bought at the Skånetrafiken office at the train station and at several convenience stores (see list in chapter 8).

I only have wired internet in my student accommodation, where do I find a network cable?
You find a list of electronic stores in Lund’s city centre and at the Nova shopping centre in chapter 9.

I need a pillow and a blanket, where should I go?
Visit chapter 9 for addresses to shops in Lund city centre and at Nova shopping centre.

What should I do to get a Swedish SIM card and cell-phone?
A SIM-card is provided in your welcome package. If you prefer another service provider, you can find SIM-cards on sale in electronic stores and convenience stores. Reasonably priced cellphones can usually be found in the electronic stores by Nova shopping centre (see chapter 9).

I’m an exchange student and I don’t have a Ladok number, what should I do?
All exchange students get a temporary identity number in the student records database, Ladok. The Ladok number, or LU identity number, is sent by email to all admitted exchange students a few months before Arrival Day. It is also included in the email with the student account login details sent a few weeks before Arrival Day.

If you have not received this email, please visit the International Desk and they will try to help you. However, please note that the International Desk might not be able to help you directly and that you may be directed to your coordinator at Lund University.

Help! I need to buy groceries and I don’t know any Swedish!
Don’t worry, you find a small food dictionary in chapter 9.

For FAQ to LU Accommodation, please visit chapter 3.
Your Department

The university may seem rather large and complex, but it is the department that becomes your key workplace. A department is a unit within the university where your classes and research take place within one subject. It is the department that registers you when the programme or course begins. At the department you will find lecturers, study counselors, course secretaries, director of studies and head of the department. This is where your instructions, lessons, some administrative services and laboratories are held.

Those students that follow a longer programme can usually be expected to take several courses from other departments but have a “home” department in charge of the whole programme. The departments at Lund University are located in several different areas of Lund and virtually all of them have their own website reached through the Lund University website. The departments work together in the same research and educational centres and almost all of the departments belong to a specific faculty, e.g. the School of Economics and Management, the Faculty of Engineering (LTH) or the Faculty of Social Sciences.

A full list of the faculties, departments and centres at Lund University can be found on www.lunduniversity.lu.se/about/faculties-at-lund-university.
Study administration

REGISTRATION AND ENROLMENT
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 the coordinator or course administrator beforehand so that you do not lose your place in the course.

STUDY STRUCTURE
Studies are usually performed one course at a time, with an examination or essay at the end of each individual course which concludes the course. Studies at the School of Economics and Management and at the Faculty of Engineering are exceptions in that two or more courses can run parallel to each other.

Courses can run anywhere from 2 to 20 weeks long, with most running 5, 10 or 20 weeks. 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 (15 U.S. or Canadian semester credits). Single subject courses vary in length from 7.5 to 60 credits. Methods of instruction and the 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 10 hours, and rely more on the students’ individual reading or self-study time. 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 you fail an examination, it is possible to re-take the examination later on in the semester or year. Only successfully completed courses are recorded on your official transcript. All student records at Lund University are kept in the student registration system Ladok.

STUDENT DOCUMENTATION REGISTER (LADOK)
Ladok is the name of the database record system used at Lund University to document students and their study results. Ladok contains the following information about bachelor’s and master’s students: name and personal identity number, general eligibility for university studies, admission to courses/programmes, registration on every course each term, credits taken and degrees. Registration and academic results are documented and input into Ladok by the departments concerned.

Due to Swedish law regarding the principle of public access to official records (Offentlighetsprincipen) all records published in Ladok are accessible to the public in Sweden. If you want to learn more about Offentlighetsprincipen please visit www.government.se/how-sweden-is-governed/the-principle-of-public-access-to-official-documents/.

Transcripts and results
All students at Lund University, who have a student account, get a message to their personal Lund University email address each time any result from an examination has been registered in Ladok. By logging in to the Student Portal (see chapter 7) with the
student account details, it is also possible for you to print verifiable transcripts of records and registration certificates. If you need a signed and stamped transcript of records or registration certificate, the student receptions at the different faculties or the International Desk can be of help.

Make sure that your address is correct in Ladok. You can update your temporary address in the Student Portal.

**Ladok identity number**

International students, who do not have Swedish personal identity number, are registered with a temporary identity number in Ladok. This number consists of a student’s birthdate and the letter P (for exchange students) or the letter T (for international degree or course students) and three digits. If you receive a Swedish personal identity number while you study at Lund University, please notify the Ladok department of your new identity number.

**GRADING SYSTEM**

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. 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. For all courses in architecture, the grading scale only includes the grade “Godkänd” (Pass). Courses in Industrial design use the three level grading scale (5, 4, 3) and the one level scale “Godkänd” (Pass).

At the **Faculties of Humanities and Theology** and at the **Faculty of Social Sciences** certain departments award A, B, C, D, E or Fail (F). The highest grade is A and the lowest passing grade is E. In a limited number of courses only the grades Pass (G) or Fail (U) are awarded.
The Faculty of Law has 4 grades; Pass with distinction (AB), Pass with merit (Ba), Pass (B) or Fail (U).

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

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 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.

STUDIES FOR THE UPCOMING SEMESTER

In some degree programmes at Lund University, students are required to apply for courses for the upcoming semester through www.universityadmissions.se or www.antagning.se. In other degree programmes the application for the following semester is made automatically. Please follow the instructions from your programme coordinator thoroughly.

Exchange students can in some cases extend their studies at Lund University, but this wish has to be communicated with their coordinator several months beforehand.

Course students who want to continue their studies at Lund University have to apply in the available application rounds published on www.universityadmissions.se.

GETTING YOUR DEGREE

To apply for a degree

When you have completed your degree studies at Lund University you can apply for your degree certificate. A degree certificate is not issued automatically, but issued upon your request to the Degree Office.

Please note that the Faculty of Engineering and the Faculty of Medicine have their own degree offices.

The general processing time for degree application to the central Degree Office is 6-8 weeks. Processing times might vary during the year depending on the office’s workload. You are responsible for the information in your application and that it is complete and accurate.

Lund University degree office:
Website: www.lunduniversity.lu.se/degree-certificate
Email: examen@stu.lu.se
CHAPTER 2: STUDIES AT LUND UNIVERSITY

LIBRARIES

Lund University has one of Sweden’s oldest and largest research library networks, with 26 libraries across the campus. Each faculty has one or more libraries. Course specific materials can often be found there, as well as reference copies of course required books for most courses and programs. There is also the main university library referred to as “UB” (Universitetsbiblioteket). Founded in 1666, the same year as the university, it is housed in a magnificent building and holds large collections extending over 2000 years, covering practically all languages and subject fields. In addition, the electronic library collection includes more than 16000 e-journals, 200 databases and many e-books, dictionaries and encyclopedias.

SEARCH SYSTEM

LUBsearch is the entry point to the libraries’ collective resources and material, both electronic and printed. A single search field enables you to find articles, journals, doctoral theses and books. You get an overview of all the library resources related to your search. You can also search outside Lund University’s collections.

LIBRARY CARD

In order to borrow items from the libraries at Lund University, you need to show a valid library card. You can obtain a library card from any of the libraries.

1. Go to the library catalogue Lovisa and fill out the library card application: https://lovisa2.lub.lu.se
2. Obtain the library card from any of the libraries. Don’t forget to bring valid photo ID, and if you are a visiting student or researcher, you must also bring a “letter of acceptance” or a certificate showing your association to Lund University in order to obtain a library card.

More information:
Website: www.lub.lu.se
Search system: www.lubsearch.lu.se
The libraries and a map of their locations can be found on page: http://www.lub.lu.se/en/our-libraries/map
Academic Calendar 2016-2018

**Autumn semester 2016**  
Monday 29 August - Sunday 15 January

**Spring semester 2017**  
Monday 16 January - Sunday 4 June

**Autumn semester 2017**  
Monday 28 August - Sunday 14 January

**Spring semester 2018**  
Monday 15 January - Sunday 3 June

The exact duration of the semesters may vary slightly from faculty to faculty and also from year to year, depending on which weekday the official dates are that year. It is therefore advisable to check for exact dates directly with the department concerned.

**CHRISTMAS HOLIDAYS**  
There is no official break in the academic calendar for Christmas, however in practice there is usually a break from classes over the Christmas/New Year’s period. The exact dates are determined by each department, please check with the programme/department to confirm when classes/assignments are paused.

**EASTER HOLIDAYS**  
As with Christmas, there is no official break in the academic calendar for Easter, however in practice there is usually a break in classes around the time of the public holidays (often the Thursday is taken as a free day but this is not official. Good Friday and Easter Monday are official holidays). The exact dates are determined by each department so please check with the programme/department to confirm when classes/assignments pause.
Academic Support

THE ACADEMIC SUPPORT CENTRE
The Academic Support Centre (ASC) aims to foster and promote good communication and study practices among students across Lund University. The ASC provides a free service to all students studying courses and programmes conducted in English through individual and group consultations, workshops, and seminars on topics including:
- the academic writing process
- speaking and presentation skills
- reading and study skills

Contact information and appointments
Website: [www.lunduniversity.lu.se/academic-support](http://www.lunduniversity.lu.se/academic-support)
Email: English.support@stu.lu.se
Phone: 046-222 36 95
Skype: academic.support.centre
Twitter: @ASCatLU

To make an appointment, email your name, department, and brief description of your concern to the language consultant at the ASC. The consultant is also available about once per month at Campus Helsingborg and can also meet on Skype with students located outside of Lund.

Check the website for upcoming workshops/seminars. For quick tips and notices, follow the ASC on Twitter.

About appointments at the ASC
Many students make an appointment to discuss a text they are currently working on. Through this, we hope you will not only improve your text, but improve overall as a writer and thinker. We believe that all writers, from beginners to experts, benefit from feedback on their texts throughout the writing process. Texts can be a lab report, a final essay, a Statement of Purpose letter, a presentation, a bachelor’s/master’s thesis, or something else.

Regardless of the type of text, the earlier in the writing process you set up an appointment, the better. You will have revisions to make after you meet with the ASC consultant, and you will want plenty of time before the deadline to make them. You might also want to make a follow-up appointment or two. In fact, we strongly encourage most students to make multiple follow-up appointments; the more you discuss your text, the better it will become.

Some students bring graded assignments with their professor’s feedback to discuss strategies for implementing that feedback in future assignments. Other students like to come early in the term with their syllabus and reading list to make sense of it and plan their weekly study schedule. We also recommend this type of meeting if you start to feel overwhelmed with your reading list or workload at any point during the semester. Appointment times tend to fill up quickly, especially from mid- to late-semester, so book your spot well in advance. If you’re bringing a specific assignment, we ask that you email a copy to the consultant at least 48 hours before your appointment time. All appointments are confidential unless otherwise discussed.

Please note! The ASC aims to equip you with the skills necessary to become better writers and presenters in English, and for this reason we do not provide drop-off editing services.
The ASC is independent of any faculty and cannot predict or guarantee your grade.

**ACADEMIC CULTURE**
You will face lots of new challenges—personal, cultural, and academic—during your time at Lund University, and that is a good thing! Part of the university experience is learning to overcome trials on the way to your degree. But just as we would not expect you to find your way to the bank without directions or know what a “fika” is without a Swedish lesson, neither do we expect you to deal with new academic expectations without explanations and support. The following text will help familiarise you with academic culture at Lund University.

**Casual yet critical classroom**
While you might be used to addressing your professors as Dr. Chang or Professor Smith, in Sweden you’ll be on a first-name basis, just Johan or Anna. As this custom implies, most professors de-emphasize hierarchical lecturing in the classroom in favour of inclusive discussions. Not only are you allowed to speak your mind, you will be encouraged to use critical thinking skills to engage your classmates and professors in debate. Keep up with your reading schedule for each class so you feel confident in contributing and do not hesitate to ask questions, either. Active students get the most out of class time.

**40-hour work week**
Most departments and professors expect that full-time students devote 35-40 hours per week, the same as a normal work week, to their studies. This includes attending lectures, reading, and completing assignments. This concept may not be a challenge in itself, but you might find it difficult to schedule your time effectively. Start by noting the time that has been scheduled for you: lectures. In general, class is not held as often at Lund University as it might be in the academic environments you and other international students come from.
Many of you will take just one course at a time, and it might meet as little as twice per week for a total of six hours in the classroom. That leaves 34 additional hours in your academic work week. Those hours will be some mixture of reading course material, reviewing your notes, studying for exams, and writing essays. Because much of your time is not planned for you, some students find it especially tempting to procrastinate, leaving assignments for the last minute. To avoid the inevitable anxiety and stress of procrastination and to turn in your best quality assignments, set concrete daily and weekly goals and create study groups to help keep each other accountable.

**Independent work**

For most of you, your final term at the University will be spent writing a thesis. Students feel overwhelmed and stressed during the thesis process because it’s a completely new experience. Researching and writing a long text with a well-evidenced contribution to your academic field in grammatically correct English is meant to be the greatest academic challenge of your degree. You will undertake this challenge with relatively little input from staff or faculty; it is your responsibility to produce a quality thesis on time. Your department will provide a supervisor, but his/her role varies greatly among departments.

The most successful students start thinking about their thesis before their final term, strictly schedule their researching and writing time, create and participate in peer writing groups, and visit the Academic Support Centre with questions and concerns about the writing process.

**USEFUL RESOURCES**

**AWELU - Academic Writing in English at Lund University**
- Web: [www.lu.se/awelu](http://www.lu.se/awelu)

AWELU is an online resource platform for academic writing in English at Lund University. The platform contains both information about English language and how to write different kinds of texts. You will find a general introduction to academic writing in English, including correct language, text structure, academic honesty and referencing, as well as examples and practical advice for writers.

**General Academic Writing**
- Web: [Harvardwrites.com](http://Harvardwrites.com)
  Constructing academic arguments from Harvard University, with short films, excellent sample essays, and practice assignments.
- Web: [writingcenter.unc.edu/handouts/](http://writingcenter.unc.edu/handouts/)
  Handouts on a variety of writing and grammar topics from the University of North Carolina.
- Web: [owl.english.purdue.edu/owl/](http://owl.english.purdue.edu/owl/)
  Online Writing Lab (OWL) at Purdue University
- Web: [www.en.stopplagiat.nu/](http://www.en.stopplagiat.nu/)
  Web tutorial for international students on avoiding plagiarism, a joint venture from several Danish universities.

**Thesis Writing**
- Web: [thesiswhisperer.com](http://thesiswhisperer.com)
  *The Thesis Whisperer blog* with advice and discussions about research writing written by the Director of Research Training at the Australian National University.
- Web: [explorationsofstyle.com](http://explorationsofstyle.com)
  Blog by University of Toronto’s School of Graduate Studies.
Academic honesty and plagiarism

WHAT IS PLAGIARISM?
Students are expected to uphold the standards of academic honesty at Lund University. Cheating and plagiarism are treated very seriously. Lund University uses the following definitions of plagiarism and deceitful plagiarism and it applies to first-, second- and third-cycle education:

Plagiarism is a lack of independence in the design and/or wording of academic work presented by a student compared to the level of independence required by the educational context.

Deceitful plagiarism is a lack of independence combined with an intent on the part of the student to present the work of others as his or her own.*

*from Guidelines and regulations on plagiarism and deceitful plagiarism in first-, second- and third-cycle education at Lund University, (Reg. no LS 2010/722)

Quotation marks, citations and references are important tools for demonstrating independence in written work and indicating what sources have been used.

Three quick examples of plagiarism:
- A false claim that you have written a paper, when it is in fact another student who has done all work. It is considered plagiarism even if the other student has given his/her permission.
- If you rewrite, or paraphrase, a section from a book/article/website without mentioning that the information is from that source.
- To copy a section of a book/article/website without mentioning that the information is copied from that source.

The Higher Education Ordinance does not specify that the person who cheats has to do so for his or her own personal advantage. This means that even a student who provides...
unauthorised assistance to another student, for example by handing over his or her work, may be found guilty of attempting “by prohibited aids or other means... to deceive during examinations or other forms of assessment of study performance” and thus become the object of disciplinary measures.

HOW DOES LUND UNIVERSITY WORK WITH PLAGIARISM?
Lund University has a long experience of combating plagiarism. All advisers and teachers are educated to look for signs of plagiarism in the students’ work. An employee at Lund University who has cause to suspect an attempt by a student to deceive, by prohibited aids or other means, during examinations or other forms of assessment of study performance, is obliged to report this.

As a complement, Lund University also uses complex computer software to scan all essays to find traces of plagiarism. Students may be required to submit their essays to Urkund, a computer program which is used to detect plagiarism.

WHAT DOES LUND UNIVERSITY DEMAND FROM YOU AS A STUDENT?
First of all, Lund University recommends you to pay attention to all information regarding academic writing that can be found on the university homepage and at the webpage of your specific department. You must always state the source when using other people’s work in your own text, regardless if the source is a book, a magazine article, the Internet or even a verbal communication.

As long as you take notice of the rules of academic writing and implement these methods in your work you will not only be free of plagiarism, but also be able to publish a better essay. It is in your very best interest to read about academic writing and work in that manner.

Visit awelu.srv.lu.se/sources-and-referencing/ for more information about how to write and cite texts in your studies at Lund University.

SOURCES AND REFERENCING
Some quick tips*:
• If you are quoting a text word-by-word, remember to state the original source and to place the quotation in quotation marks.
• Always state the source when you are using material written or produced by someone else. The source should be cited/written as specifically as possible, so that the reader can easily identify the original author.
• Always inform your reader when you use a source other than yourself. Make it clear what text derives from your own thoughts and what text is someone else’s work.
• When you are reading material to prepare for your thesis, make notes of author’s name, the title and the page number when you come across an important passage.
• If you summarise a text in your paper, essay or thesis, make sure to present everything in your words and in your own way.

*the source of these quick tips and more advice is www.en.stopplagiat.nu/. Visit the website to learn more about how to avoid plagiarism and produce a better paper, essay or thesis.
Student rights and student influence

STUDENT RIGHTS AND INFLUENCE
Your rights as a student in relation to the University and your department are regulated partly in acts and ordinances and partly in decisions by the University, in particular in the list of Student Rights.

In order to make it easier for students to exercise influence over their education and situation, all regulations governing student influence are gathered in a single document: Policy and regulations for student influence at Lund University.

EQUAL TREATMENT
All activities at Lund University are based on principles of gender equality and the encouragement of ethnic and social diversity. University operations aim to provide opportunities for everyone to develop based on personal circumstances and independently of irrelevant distinctions of persons based on sex, ethnicity, religion or religious beliefs, sexual orientation and/or disability. The University has a zero-tolerance policy regarding discrimination.

Read the policies for student influence, student rights and equal treatment:
Website: www.lunduniversity.lu.se/student-rights

COMPLAINTS INVOLVING STUDIES OR DISCRIMINATION
For help or complaints involving your studies or discrimination, the first thing you should do is to try and resolve the problem directly with the person/people concerned. If this is not possible, you should contact your programme/course coordinator or the head of the department to discuss the issue or complaint.

The Student Unions
If the problem or complaint lies with your programme/course coordinator, or head of department, or if you do not feel comfortable approaching either of those people, you should contact the student union for your relevant faculty. In Sweden, the role of the Student Unions is to ensure your interests are represented at the university and they can bring forward any issues you may have to the University. They can help deal mainly with issues of your studies or learning environment.

Contact details to the student unions:
Website: www.studentlund.se/karer/kar/

Student ombudsman
The student unions also have a collective organisation called Lunds Universitets Studentkår (LUS) or Lund University Student Unions Association. Here they have a student ombudsman whom you can contact. The student ombudsman helps to ensure the University is fulfilling their legal obligation to see that Lund University’s students receive an education free from discrimination or unfair treatment. The student ombudsman will give advice and information on how to make your complaint or how to proceed based on your problem.

Contact details to the student ombudsman:
Email: studentombud@lus.lu.se
LU Accommodation

LU Accommodation (LUACC) is a part of Lund University and offers housing for international students. To be able to rent a room from LU Accommodation you have to be a student of Lund University. For any specific information regarding your housing area (like internet connection or laundry facilities) please check the LUACC website.

LU Accommodation or Lund University does not own any of the housing areas or buildings. These are owned by private landlords, but contracts are always signed between the student and LU Accommodation. You are welcome to contact LU Accommodation by telephone, e-mail or by visiting their office.

Contact details to LU Accommodation:
Website: www.luaccommodation.lu.se
E-mail: luacc@se.lu.se
Tel: 046-222 01 00 (press 2 for English and 1 for accommodation)
Phone hours, Mon-Fri: 9.00-12.00 and 13.00-15.00

Visiting address: Wistrupsgatan 8, Lund, Visiting hours Monday-Friday 13.00 - 15.00 (altered office hours during the Orientation Programme)
RENT AND PAYMENT OF RENT

Rental period
Rooms offered by LU Accommodation are rented for the full academic semesters, from the middle of August to the end of December (autumn semester) and from the beginning of January to the middle of June (spring semester). Please check your rental period before you book any flights home.

The maximum rental period is until the end of an academic year. This is regardless of your arrival date. Please note, if you are staying longer than to the end of the academic year and are a non-fee paying student, it is very important that you register with AF Bostäder as soon as possible to get on their waiting list for accommodation. There is however an exception for non-EU/EEA students required to pay tuition fees and are admitted to full-time studies of at least 30 ECTS. These students have a housing guarantee for the normal duration of their study programme (1-3 years).

Payment of rent
Rental payments will be paid in advance before the last day of the month, for example, 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 online housing account. You will pay rent for the whole rental period, which is stated on your contract. If you are a tenant at LU Accommodation and cannot use a credit card online, please contact LU Accommodation as soon as possible.

EXTENSION OF THE CONTRACT
The rental period, the period when you hold the contract of your room, is stated on the contract you have signed and agreed to online. The rooms are rented out from Arrival day in January until the 15th of June and the 15th of August until the 31st of December. If you have a contract ending on 31st of December and need to stay in your room for the month of January you will be offered an extension of your room. Information about how and when to extend will be sent to your during your stay. The maximum extension is until the 15th of July.

If you are a non fee-paying student, staying for one more term or year, you will have to search for housing at AF Bostäder or the private market for your second year. Please note that special rules apply for students with a housing guarantee.

Extension of your contract has to be done before the extension deadline. It is very important that your respect the deadline, since no extensions can be made after the deadline.

CANCELLATION OF THE CONTRACT
All rooms and apartments are rented out for the entire academic semester or year. If you want to cancel your housing contract earlier, the cancellation period is three full calendar months. This means that if you want your housing contract to end on the 30 April, you will have to contact LU Accommodation before the 31 January. To cancel you contract please contact LU Accommodation.

INTERNET
All housing areas have internet connection in the rooms. There is no wireless internet connection (except in Pålsjöäng housing area); you will need a computer network cable. The cable is not provided. If you are experiencing problems with the internet connection, please contact the broadband provider.
INFORMATION FOR STUDENTS LIVING IN A HOUSE OWNED BY AF BOSTÄDER
- Delphi, address Magistratsvägen
- Kämnärsrätten, address Kämnärsvägen
- Nya Magasinet, address Spolegatan
- Parentesen, address Södra Esplanaden
- Sparta, address Tunavägen
- Ulrikedal, address Ulrikedalsvägen
- Vildanden, address Ällingavägen

As a tenant in one of the buildings owned by AF Bostäder you will be able to make a fault report or book a laundry session through their website: www.afbostader.se. To access this service you have been registered beforehand at the AFB-website so you can access these services. Log in-information is sent to each student by e-mail from an e-mail address belonging to AF Bostäder. Please search for the information in your email-inbox. If you have not received this information please contact LU Accommodation.

Membership in Studentlund required
As a tenant in one of the buildings owned by AF Bostäder, a membership of Studentlund is required (please see chapter 5). For registration and more information please visit www.studentlund.se. If the enrolment and membership requirements are not met (AF Bostäder checks this on a regular basis), a tenant might risk his or her tenancy contract.
FAQ – FREQUENTLY ASKED QUESTIONS TO LU ACCOMMODATION

How do I pay rent?
Rent should be paid by credit card in the online booking system.

Can I pay the whole amount for one term in one payment?
You can request to pay the whole amount for one term in one payment. Please contact LU Accommodation for more information on how to do this.

I tried to pay online and got an error message stating my payment was “refused by card issuer”. What does that mean?
This usually indicates either of the following
• Not enough money available in the account
• Limits or restrictions on the card
• You have a card with no access to online payments Please contact your bank and let them help you assess the problem.

What should I do if I arrive after Arrival Day?
• If you are arriving after the official Arrival Day, make sure to come to the LU Accommodation office (Winstrupsgatan 8) to get your keys. Please bring your passport and letter of acceptance/Notification of selection results from Lund University in order to pick up your keys.
• Check your room carefully and see if there are damages, broken furniture and if the room is clean. Fill out your inspection report and bring it back to our office within 3 days after you pick up your keys. The inspection report is for recording the existing damages in your room so you won’t be charged when you move out. Always make a fault report online if something is broken and needs to be repaired as soon as possible.

• International students normally arrive 1-2 weeks ahead of the Swedish students. Don’t worry if your corridor seems empty in the beginning. Get to know your neighbors and corridor mates! Start making friends and enjoying your new life here in Lund.

What happens if I lose my key?
Lost keys must be reported to LU Accommodation immediately, by telephone or by visiting the office. If your keys have not been returned to LU Accommodation within two weeks, you have to pay for a lock change.

Can I change room?
No, LU Accommodation does not make any room changes. If you experience anything that makes you feel unsafe or unhappy with your room, please contact LU Accommodation for assistance.

Am I allowed to share a single room with a friend or partner?
Single rooms are for one person only. You are not permitted to share with anyone in single rooms. Unfortunately, LU Accommodation cannot offer family accommodation.

Can I sub-let my room/apartment?
No. The housing contract you sign is for you and you alone. Once LU Accommodation discovers that someone else is living in your room they will terminate your housing contract.
AF Bostäder

AF Bostäder was founded by the Academic Society in Lund in 1850 and is today an independent foundation providing approx. 6000 student rooms for Lund University students in 11 different areas of Lund city (e.g. Sparta, Kämnarsrätten, Delfi and Vildanden). If you study in Lund for more than one semester and have not secured accommodation for the full time of your studies at Lund University, it is recommended to apply for housing through AF Bostäder. The demand for student accommodation from AF Bostäder is high and it is therefore strongly recommended that you register in their housing queue as soon as you arrive, if you have not done so already in your pre-arrival preparations.

Since the foundation is connected to the Academic Society it is required that housing applicants within AF Bostäder and tenants are members of Studentlund.

More information and contact details to AF Bostäder:
Website: www.afb.se/en
Tel: 046-19 15 00
Email: info@afbostader.se
Visiting address: Tunavägen 39 C, Sparta

The Academic Society (AF) has an employed “housing ombudsman” (bostadsombudsman or “BOMB”) who is the student representative within the AF Bostäder foundation. All students are welcome to contact the Bostadsombudsman for questions about student housing in Lund. The Bostadsombudsman is a student chosen by the Academic Society council and holds the post for one year.

Contact details to Bostadsombudsmannen:
Email: bomben@afbostader.se
**Bopoolen**

The Housing Pool, “Bopoolen”, is a website for housing advertisements 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 and information about laws and regulations as well as advice on how to avoid fraud. The draft contracts are available in both English and Swedish.

Please note: the end of the web address is .NU, not www.bopoolen.SE, which is a privately run website.

**Bopoolen Check-list for “House Hunting”**

**Websites** – Visit 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. Again, it is key to show interest and to make a good impression.

**Advertise!** – Place your own ad on BoPoolen and other websites with housing ads. Make sure that you write a little bit about yourself and what you are looking for. If you put some effort into your ad you are much more likely to be contacted. Please be aware of fraud.

**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 that are 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 their dream apartment. However, you can always demand that your living standard meet all legal requirements for housing.

**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 in the contract. It is also a good idea to photograph 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.

**BoPoolen advice on how to avoid fraudsters**

When searching for housing on your own, please beware of fraud. 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.
CHAPTER 3: ACCOMMODATION

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 does not want to give you their real name and birth date.

Advice on how to avoid housing fraudsters

- Ask for the landlord’s full name, address and birth date. 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.

More information and contact details to Bopoolen:
www.bopoolen.nu
Tel: 0704 - 56 11 87
Email: bopoolen@lus.lu.se
Visiting address (during the semester):
Sandgatan 2, AF-building, 3rd floor
Housing at a student nation

Most of the student nations in Lund provide a number of housing for their members. In order to apply for accommodation at a student nation you need to be an active member of the nation or provide proof that you are very interested in becoming a very active member at the nation. Please contact the “Husförman” at your nation for more information about housing.

Temporary housing – hostels and hotels

Lund Tourist Office can help you book a hotel in Lund and a booking service for hotels and B&B’s is available on their website.

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

STF Vandrarhem 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

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

More information and contact details to
Lund Tourist Office:
www.visitlund.se/en
Tel: 046-35 50 40
Email: turistbyran@lund.se

More information and contact details to
Swedish Tourist Association:
www.swedishtouristassociation.com
Email: info@stfturist.se

Selection of hostels (vandrarhem) in
Lund, Malmö and other cities close to
Lund

More information and contact details to
Winstrup Hostel Lund
www.winstruphostel.se
Tel: 0723-290 800
Email: stay@winstruphostel.se

More information and contact details to
STF Vandrarhem Malmö City
www.svenskaturistforeningen.se/MalmoCity
Tel: 040-611 62 20
Email: malmo.city@stfturist.se

More information and contact details to
Bosses gästvåningar Malmö
www.bosses.nu
Tel: 040-32 62 50
Email: info@bosses.nu

More information and contact details to
Torget Vandrarhem och Lågprishotell (in the
town of Kävlinge)
www.torgethotell.com
Tel: 046-540 80 05
Email: torgethotell@gmail.com
Emergency help

For emergencies or life-threatening situations:

Call 112

112 is an emergency number called for emergency assistance when there is danger to life, property or environment. 112 is for those who require immediate assistance from, for example, the police, rescue service or ambulance.

The operators who answer 112 calls speak Swedish and English. If there is time, they can be assisted by an interpreter, but this can delay the call.

When you dial 112, you reach the following:
- Police
- Fire department
- Ambulance
- Sea rescue services
- Air rescue services
- Mountain rescue services
- Poison information
- Customs authorities, for drug tips
- On-call priests
- Social emergency services
- SOS Alarm

When calling 112, the emergency operator will ask: “what has happened?” to determine whether you need an ambulance, the fire department or the police. You will also be asked: “where has it happened?” and “from which number/address are you calling?”. SOS Alarm’s website has more information on what happens when you call 112. Emergency calls on public telephones are free of charge. Push the emergency button and dial 112.

SOS Alarm website:
www.sosalarm.se/112/Om-112/Att-larma-112/English/
Health care

The Swedish health care system is financed by a social insurance that provides all citizens with subsidised health care through the government. There are both public and private health care providers. If you have obtained a Swedish personal identity number you are entitled to health care at the standard patient fees. Dental care is not fully subsidised and is therefore relatively expensive in Sweden.

HOSPITALS (SJUKHUS)
In an emergency, the emergency number 112 should always be used. For emergencies regarding health and life it is also possible to go directly to the emergency ward (akutmottagning) of a hospital (universitetssjukhuset or lasarettet), 24-hours a day:

Universitetssjukhuset Lund
Klinikgatan 15, Lund

Universitetssjukhuset Malmö
Södra Förstadsgatan 101, Malmö

Lasarett Helsingborg
Södra Vallgatan 5, 251 87, Helsingborg
Hospital switchboard tel. 042-406 10 00

POISONING (FÖRGIFTNING)
Dial 112 in case of emergency poisoning and ask for poison information. Open 24 hours a day.

EMERGENCY PSYCHIATRIC CARE
Dial 046-17 41 00 for acute emotional or mental conditions (psykiatrisk akutmottagning). The clinic is located on Baravägen 1 in Lund. For non-emergencies, see Student Health (Studenthälsan) on page 37.

NON-EMERGENCY HEALTH CARE: 1177
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 doctor. If needed, they will refer you to a local health care clinic.

You can call most of the health care clinics on weekdays 8.00 a.m.–5 p.m. to make an appointment. For other times, ask for help at 1177.

HEALTH CARE CLINICS (VÅRDCENTRAL)

IN LUND
Central Lund
Capio Citykliniken Lund
Clemenstorget 5
Tel: 046-270 00 00

Vårdcentralen Getingen, Health care center
Entrégatan 3
Tel: 046-17 72 00
Open weekdays, evenings and weekends

Laurentii clinic
Stora Södergatan 4
Tel: 046-280 57 00

Vårdcentral Södertull
Helgeandsgatan 16
Tel: 046-275 19 00

Northern Lund
Hälsocentralen Sankt Hans
Fäladstorget 22
Tel: 046-19 93 00
Vårdcentral Norra Fäladen  
Fäladstorget 4  
Tel: 046-275 21 00 (message in English)

Vårdcentral Nöbbelöv  
Nöbbelövs torg 1  
Tel: 046-275 22 50 (message in English)

**Southern Lund**  
Vårdcentral Sankt Lars  
St Larsparken (St Lars Area), building 6  
Tel: 046-275 22 00 (message in English)

**Eastern Lund**  
Vårcenter Linero/ Östra Torn  
Linero Torg 2  
Tel: 046-275 20 50 (message in English)

**Western Lund**  
Vårdcentral Måsen  
Tärnvägen 10B  
Tel: 046-275 19 50 (message in English)

**IN MALMÖ**

**Near Sége Park**  
Vårdcentral Granen  
Grangatan 11  
Tel: 040-623 42 00

**Near Malmö Studenthus**  
Vårcenter Rosengården  
Von Troits väg 1  
Tel: 040-623 43 00

Vårdcentral Törnrosen  
Bennets väg 8  
Tel: 040-623 48 80

**Near Malmö Folkets Park**  
Vårcenter Sorgenfrimottagningen  
Nobelvägen 56 b  
Tel: 040-623 46 60

Vårdcentral Eden  
Möllevångsgatan 44  
Tel: 040-623 91 00

**Near Rönne**  
Vårdcentral Granen (see ‘near Sége Park’)  
Capio Citykliniken Malmö Singelgatan  
Singelgatan 2  
Tel: 040-600 28 00

**IN HELSINGBORG**

**In the city centre**  
Capio Citykliniken Helsingborg Söder  
Södergatan 11 A-D  
Tel: 042-17 31 00

Vårdcentralen Tågaborg  
Tågagatan 38  
Tel: 042-406 08 20

**MIDWIFE (BARNMORSKA)**  
If you need birth control, to take a pregnancy test or have other such questions, you can visit your local midwife at a midwife centre (barnmorskemottagning). This is free for residents (EHIC or id if you have a Swedish personal number).

**MIDWIFE CENTRES IN LUND**

**Lund city centre**  
Barnmorskemottagning Södertull  
Helgeandsgatan 16  
Tel: 046-17 64 30

Capio Citykliniken  
Clemensstorget 5  
Tel: 046-270 00 00

**Northern Lund**  
Barnmorskemottagning Norra Fäladen  
Fäladstorget 18  
Tel: 046-17 50 15
CHAPTER 4: HEALTH CARE, SAFETY AND INSURANCE

East Lund/Lineero
Barmorskemottagningen Linero
Linero Torg 2
Tel: 046-17 68 50

S:t Lars area
Admira kvinnohälsa
Sankt Lars väg 45 A
Tel: 046-30 30 90 (message in English)
Or book an appointment online at:
www.admirakvinnohalsa.se/en

STI AND SEXUAL HEALTH SERVICES
STI (sexually transmitted infections) screening and treatment are often offered free of charge for students. HIV and chlamydia/gonorrhea testing is free and anonymous for all regardless of if you have a Swedish personal identity number or not.

GETTING TESTED FOR STI’S
Lund
The STI-clinic at Hudkliniken
Lasarettsgatan 15
Tel. 046-17 11 65 or 046-17 21 13 to book an appointment. After calling, wait for the long Swedish message to finish before listening for information.
Web: http://www.skane.se/sv/Webbplatser/Skanes-universitetssjukhus/Organisation-AO/Hudmottagning/Lund1/STI-mottagning/

Studenthälsan/The Student Health Centre
Chlamydia and Gonorrhea testing
Tel. 046-222 43 77 to book an appointment

Malmö
Centrum för sexuell hälsa (“Centre for sexual health”)
Claesgatan 7
Tel. 040-33 17 47 to book an appointment
At the centre you can also call to talk to a professional about relationships and sexuality.

Helsingborg
The STD clinic at Helsingborg hospital
Tel. 042-406 23 09 to book an appointment
The STD clinic is located at the skin clinic on the first floor in the main building in the hospital.

More information about STI’s
Project 6 (P6), the organisation to promote sexual health among students at Lund University, has information and advice on STI’s can be found on their website.
Web: projekt6.se/en/information/konssjukdomar/

If you have questions about HIV and AIDS, you can also contact the organisation Noak’s Ark which works with raising awareness of HIV and reducing the social vulnerability of HIV-positive individuals
Web: noaksark.org/omoss/english.asp

Pregnancy tests and birth control
Pregnancy tests are available at pharmacies and larger food stores (usually located by the check-out counter). Pregnancy tests are also performed at the Midwife centres. Birth control pills are given on prescription by the Midwife centres. “Morning-after”-pills are sold at pharmacies. Condoms can be bought in most food stores (usually located by the check-out counter) and at pharmacies. The student organisation P6 hands out free condoms and advice from their office in the AF-building.

HEALTH CARE FEES
The fee is paid, preferably by card, at the reception at the health care clinic when you arrive. Persons with a Swedish personal identity number or a EHIC card (EU citizens) will be charged the standard basic health care fees as Swedish citizens. For a person with a Swedish personal identity number, the cost for
each visit ranges from 150 sek to 400 sek. It can be around 1300 SEK if you do not have a Swedish personal identity number. Bring your id, insurance information and proof that you are a student. Keep your receipts in case you need to submit them to your health insurance.

Information about basic fees can be found on the website: www.1177.se/Skane/Regler-och-rattigheter/Patientavgifter-i-Skane/

Persons without a Swedish personal identity number or EHIC card need to pay to full fee for a doctor’s visit. For more information about health insurance for students at Lund University, please see next section in this chapter.

If you will not be able to come to your appointment, contact the health care provider. The cancellation should be made at least 24 hours before the visit. If you miss an appointment, you will be charged double the fee.

DENTISTS (TANDLÄKARE)
For dental care you can visit the district dental clinic (Folk tandvården), find a private dentist or visit the dental school in Malmö. Dental care is generally not subsidised by the Swedish state and the fees may be higher than what you are used to. Before visiting a dentist it is recommended that you compare prices and ask about the cost of the visit and procedure. Other rules may apply to emergency dental care. Read the terms of the medical insurance provided by Lund University.

District dental clinics (Folk tandvården)
Folk tandvården is often located in the same area as the public health care clinic. Folk tandvården is owned by the state, may have lower fees but also have longer waiting times in some cities than private dental clinics.

For contact details to Folk tandvården, please go to: www.skane.se/sv/Webbplatser/Folk tandvarden/
Click on “Allmäntandvård” and “Här hittar du våra kliniker”.

Private dentists
To find private dentists visit: www.eniro.se, search for ‘privata tandläkare’ in ‘Lund.’ if you are living in Malmö or Helsingborg then search for ‘privata tandläkare’ in “Malmö” or “Helsingborg”.

Dental school in Malmö (Tandvårds högskolan)
The Dental School in Malmö can be good if you are in need of dental care but cannot pay the full costs of a regular dentist. Call for an appointment.

Tandvårds högskolan
Carl Gustafs väg 34
Tel: 040-665 84 28

Emergencies
For emergencies you may be able to see a dentist without an appointment, but call first. Monday-Friday 8:00-15:00, call: 040-623 02 42. Other times, call 1177, and ask for an on-call dentist (jourhavande tandläkare).

PHARMACY (APOTEK)
Pharmacies have most types of medication and health care products but you can also buy some medicines such as pain relief tablets or antacids without a prescription at most grocery stores.

However, for advice about symptoms or medications, a wider variety of products or to have prescription filled, you should visit a pharmacy. Locations can be found all around Lund, including near the hospital or a health care clinic.
Medical Insurance

Depending on your citizenship, and if you are an exchange student or degree student, different regulations apply when it comes to your medical insurance coverage and to filing a medical insurance claim. You need to pay your expenses initially at the health care clinic and then go through the insurance claims procedure in order to get reimbursed by the insurance agency.

For more information:
Website: www.lunduniversity.lu.se/medical-insurance

GENERAL STUDENT INSURANCE
All students in Sweden are covered by accident insurance while on university premises and on their way to and from the university. Very specific definitions apply. Please get in contact with your department if something happens.

EXCHANGE STUDENTS WITHIN A FORMAL EXCHANGE AGREEMENT

Exchange students – EU/EEA citizens and Switzerland
You are entitled to access public medical services if you first register with the social insurance office in your home country. You will be issued with a European Health Insurance Card (EHIC). You need to have the card with you when you seek medical attention at the health care clinic or hospital in Sweden. You are also covered by our Student IN insurance in Sweden. Please see below for more information.

Exchange students – non EU/EEA citizens
The Swedish government provides special insurance for exchange students (Student IN) to provide, for example, accident coverage, coverage for medical expenses (where no other cover exists) and liability and property coverage. It covers you in Sweden and, if you have a Schengen visa, in the Schengen area. You will not receive a certificate automatically, but your exchange studies coordinator can issue one for you if needed.

In order to make a health insurance claim, bring the original receipts and a completed Student IN claim form to your exchange studies coordinator. Your claim will be sent to Kammarkollegiet via your coordinator. Please make a copy of the claim form and receipts to keep for your own records.

DEGREE AND COURSE STUDENTS

Registration in the Population Register in Sweden
If you have a Residence Permit valid for at least 12 months, you should register in the Population Register (Folkbokföringen) in Sweden. Population registration is made at the local Swedish Tax Agency (please see chapter 9). Through the population registration, you will receive your Swedish Personal Identity Number (Personnummer). When you are registered, you are entitled to the same patient fees as Swedish citizens.

Tuition fee paying students and scholarship holders
If you are a non-EU/EEA citizen required to pay tuition fees for your studies at Lund University, you are also covered by a special insurance provided by the Swedish government, FAS +. You are covered by this insurance regardless how long your study period is (if it is less or more than 12 months).
This insurance includes accident coverage, costs for home transport in case of illness or accident, liability coverage, legal expenses and property coverage. The insurance is valid when you are in the Schengen area, if you have a Schengen visa (property coverage is only valid in Sweden). For travel outside the Schengen area you will need additional insurance coverage. If you do not have a Schengen visa, the insurance is only valid in Sweden.

In order to file a claim, complete the FAS+ claim form and give it to your programme coordinator together with your original receipts. They will arrange for the form to be signed and sent directly to Kammarkollegiet. Please make a copy of the claim form and receipts to keep for your own records.

Non tuition fee paying students – EU/EEA citizens and Switzerland
You are entitled to access public medical services if you first register with the social insurance office in your home country. You will be issued with a European Health Insurance Card (EHIC). You need to have the card with you when you seek medical attention at the health care clinic or hospital in Sweden. Hereby, you will pay Swedish patient fees directly and do not need to make an insurance claim.

You are also covered by our Student IN insurance in Sweden. In order to make a health insurance claim, bring the original receipts and a completed Student IN claim form to your programme coordinator. Remember to always make a copy of the claim form and receipts to keep for your own records.

Students with dual citizenships
EU/EEA and Swiss citizens are in general entitled to a European Health Insurance Card (EHIC) from the home country. In some cases, students with dual citizenships, with an EU and non EU citizenship, who have not lived in EU/EEA for a while may not be able to receive EHIC. We urge students with dual citizenships to investigate if it is possible for you to receive an EHIC-card or not. Students with dual citizenships are also covered by Student IN (see above).

ERASMUS MUNDUS SCHOLARSHIP HOLDERS
If you are covered by the Kammarkollegiet Erasmus Mundus insurance, you can file an insurance claim by completing the Erasmus Mundus claim form and contacting the Erasmus Mundus coordinator. Remember to include your original receipts with the claim form. Your claim will be sent to the Kammarkollegiet via your coordinator.

INCOMING INTERNS
Incoming interns are covered by a special insurance called GIF through Kammarkollegiet, valid until the day you receive a Swedish personal identity number. This insurance includes accident coverage, costs for home transport in case of illness or accident, liability coverage, legal expenses and property coverage.

The insurance is valid in the Schengen area if you have a Schengen visa (property coverage is only valid in Sweden). EU/EEA citizens normally do not have a Schengen visa. Please note that being a citizen in a Schengen country does not necessarily mean that you have a visa in Schengen. For travel outside the Schengen area you will need additional insurance coverage, which you should issue in your home country. In order to make a health insurance claim, bring the original receipts and a completed GIF claim form and contact your department/division. Your claim will be
sent to Kammarkollegiet via your department/division. Please make a copy of the claim form and receipts to keep for your own records.

**DENTAL CARE**

Please note that regulations for medical care do not apply to dental care. In most cases international students are not entitled to subsidized dental treatments (n.b. specific conditions for students covered by FAS+ insurance), no matter if they are registered with a personal identity number or not, and will generally have to pay the total cost of a treatment. The Student IN, FAS+ and GIF insurances cover urgent dental care up to 3000 SEK a year.

**USEFUL LINKS**

Kammarkollegiet, is a Swedish government agency providing insurance mentioned above. For more information about the insurance terms and conditions and the claim forms, please visit their website. Website: [www.kammarkollegiet.se/insurance](http://www.kammarkollegiet.se/insurance)

Försäkringskassan, the Swedish Social Insurance Agency, is a Swedish government agency responsible for large parts of the public social security systems. You can find useful information about health care and dental care for international students on their website. Please note, most of the information from Försäkringskassan is aimed to Swedish citizens or people registered in the Swedish Population Register with a Swedish personal identity number. Website: [www.forsakringskassan.se](http://www.forsakringskassan.se)


**HOME INSURANCE**

The insurance offered by Student IN, FAS+ and GIF has a property coverage as well as a liability coverage. The property and liability coverage in this insurance can be equated to a home insurance policy issued by a private insurance company. Incoming students that are covered by Student IN, FAS+ and GIF through Kammarkollegiet and who have a housing contract with LU Accommodation do not therefore need to obtain a separate home insurance. However, please note that other rules regarding home insurance may apply with other landlords.

A selection of Swedish insurance companies

**Folksam**
[www.folksam.se/forsakringar](http://www.folksam.se/forsakringar)

**If Skadeförsäkring**
[www.if.se](http://www.if.se)

**Länsförsäkringar**
[www.lansforsakringar.se/privat/forsakring/](http://www.lansforsakringar.se/privat/forsakring/)

**Trygg-Hansa**
[www.trygghansa.se](http://www.trygghansa.se)
The Swedish Police

CONTACTING THE SWEDISH POLICE
Call 112 for urgent help from the police. Ring 114 14 for other matters pertaining to police reports, tip-offs and information.

114 14 - Telephone number to the Police
Call 114 14 for all matters except for urgent help by the police. They are open for calls around the clock, seven days a week, all year round and speak Swedish and English.

114 14 has an automated telephone service with four choices:
• Police report regarding a crime or a notification of loss - press 1.
• Tip-off the police - press 2.
• Passports, opening hours or general questions - press 3.
• To speak directly with a person or switchboard operator - press 0 or wait.
• For information in English, please hold.

When filing a report, state:
• Your personal details. If you are filing a report on behalf of another person, you need to provide personal information for the both of you.
• Time and place of the crime, in as much detail as possible.
• In the case of fraud or crime connected to the internet, save as much documentation as possible. You do not need to submit this information when reporting the crime. The police may request the information at a later stage of the investigation.

Loss of passport or national ID
If you have lost your passport or national ID card, you must always report this to the Swedish Police so that it can be blocked.

More information and contact details to the Police:
Website: www.polisen.se
Phone: 114 14

Lund Police station
Visiting address: Byggmästaregatan 1

Malmö Police stations
Visiting addresses: Storgatan 43, Drottninggatan 18, Porslingsgatan 4 b, Sturkögatan 10 (Lost property), Von lingens väg 130 b

Helsingborg Police station
Visiting address: Berga Allé 25
Lund University Campus Security

In an emergency, you should always call the national emergency phone number 112.

However, if something happens on campus, during your studies you can call the campus security number 046-222 07 00. When calling the campus security number you will be connected to a security guard or university emergency personnel. Campus security is available all days, 24 hours per day.

You are also welcome to contact campus security if you feel unsafe on campus and want to be accompanied by a guard.

If something happens at your student housing you can call the LU Accommodation emergency number 046-222 08 00.

If something has happened, e.g. a threatening situation on campus, vandalism, lost access card etc, you should also make an incident report to the campus security office.

More information and contact details to Lund University Campus Security:
Website: www.lu.se/alarm
Tel: 046-222 07 00

Student Health Centre

Student Health Counselling is a service for all students at Lund University. The centre has counsellors, nurses, psychologists, psychiatrists and a physiotherapist. The centre is a complement to other public and private health clinics in Lund. The Student Health Centre works primarily with problems that affect your ability to study - i.e. stress, worry, anxiety, depression and/or academic difficulties.

The staff at the Student Health Centre understand how difficult it can be to adjust to life in a new country. As professional listeners, they can support and assist you in overcoming any obstacles you may encounter. Their work is of course confidential.

You need to make an appointment to see the Student Health Counsellors, but you can also ask questions or get advice over the phone - do not hesitate to give them a call!

If your problem is not within the range of the Student Health Centre, they will advise you on where else you can turn to. Please note that the Student Health Centre does not provide counselling or make appointments by email.

More information and contact details to the Student Health Centre:
Website: www.lunduniversity.lu.se/student-health
Tel: 046-222 43 77
Phone hours: Mondays 13.00-14.30
Visiting address: Paradisgatan 5B
Drop in hours:
Mondays 14.30-15.30
Wednesdays: 14.30-15.30
Fridays: 11.00-12.00
Visits are free of charge and confidential. Remember to bring your ID.
Studentlife in Lund

The student life in Lund is unique. The combination of nations, student unions and the Academic Society is not only one-of-a-kind, it is one of the main 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.

GET INVOLVED - FIND NEW INTERESTS AND FRIENDS

One great way to get involved in the student life is to become active in one or many organisations. The nations, the student unions and the Academic Society are run by students who voluntarily work for the different organisations.

If you are interested in getting active in an organisation, visit or contact the organisation and they will help you!

“HÄLSNINGSGILLET”-EVERYTHING GATHERED AT ONE PLACE

Every semester starts with a welcome expo, called Hälsningsgillet, which is arranged to inform new students about what the student life in Lund contains. If you are new in Lund, this fair is the perfect opportunity to meet with your student union and to find the student nation that suits you.

You have lots of activities to choose from: theater, radio, television, cooking, sports and more. At Hälsningsgillet, the entire Lund student life is represented with a large number of associations, federations and enterprises with activities and offerings for students.

Website: www.halsningsgillet.se

ALL THE INFORMATION YOU NEED

You will find updated information about student life activities through the Studentlund website:

Website: www.studentlund.se
Facebook: www.facebook.com/studentlund
Instagram: instagram.com/studentlund
Studentlund membership

ONE MEMBERSHIP – THE ENTIRE STUDENT LIFE
Studentlund is the whole student life gathered in one membership. Studentlund consists of the student nations, the Academic Society and the student unions. When you become a member of Studentlund you get access to a social community and cultural events. You also get the opportunity to influence your education, establish contacts with the labor market, access housing queues and more.

WHY SHOULD I BECOME A MEMBER?
Studentlund is a membership consisting of the so-called “three pillars” which consists of the student nations, the Academic Society and the student unions. This membership is not just one of a kind, but is also one of the strongest contributing factors to why new students continue to choose to study in Lund each semester. Studentlund gives you many opportunities to develop yourself and gain valuable skills and experience outside the lecture halls. The Studentlund membership makes you a member of a nation and the Academic Society as well as the student unions. The membership gives you access to all the things that make Lund a great city to study in.

THE “THREE PILLARS” OF STUDENTLUND

Student nations
The nations’ main task is the social activities outside of your studies. The majority of the nation’s activities consist of restaurants, pubs and nightclubs. Besides that you can also find sports activities, newspapers, choirs, scholarships and housing. To get access to a specific nation’s housing you must be a member of that particular nation.

The Academic Society
The Academic Society (Akademiska Föreningen - “AF”) is a non-profit organisation for students with the goal to gather and extend cultural activities at Lund University. By offering events in the AF building, AF enables associations and individuals to conduct small and large events that enrich Lund’s student life. The AF building is the students’ building that among other things provides study places in Café Athen. At night, the AF-building is the center for many of the activities that the AF’s committees and associations organise. AF also provides housing through the foundation AF Bostäder that rents nearly 6,000 homes exclusively to students, making AF Bostäder Lund’s largest student housing company.
The Student Unions
The student unions work primarily with educational affairs, and the goal is to maintain high quality in all courses at Lund University. In addition to monitoring the education, the student unions also organise social activities and help out with business contacts, job fairs and lectures. They also arrange welcome activities for new students.

HOW DO I BECOME A MEMBER?
New members
You register in two steps:
Step 1. Register with Studentlund
After you have been admitted to the University you can register as a member of Studentlund on the website, www.studentlund.se.

Step 2. Choose and register at a nation
When you are done with step 1 you will be able to choose which nation you want to be a member of. You register in a nation by visiting the nation’s building during the registration period. It’s your own choice which nation you want to become a member of. You will find all the information about the nations later in this guide!

When you have completed these steps your student-ID will be posted to the address you entered when registering in step 1. Make sure that your account on the Studentlund website is updated with your Swedish postal address.

Current members
If you are already a member of Studentlund, renew your membership by paying the invoice sent by mail to you. You can also pay by credit card on Studentlund.se: www.studentlund.se/studentlund/mittmedlemskap. If you have questions regarding your bill, please contact primarily your nation. If you have a new address you can change it on Studentlund.se, or you can also contact your student union or nation.

Exceptions
Students at Lund University whose education is provided at a place other than Lund, distance education students or students going on exchange semester at Lund University have the opportunity to subscribe for a membership in the student union only, or a nation and AF only.

Some organisations are not part of Studentlund. In the following pages, all organisations with the Studentlund logo are part of Studentlund! To join some of the other organisations, please contact that organisation separately.
The Student Nations

The nations are essentially large social clubs forming the heart of students’ extracurricular life in Lund. Contrary to the political-sounding appellation, the nations are named for geographical locations in Sweden. There are currently thirteen nations in Lund. Membership in a nation provides students with the chance to really get to know Swedish student culture. The nations are NOT excluding clubs nor are they like fraternities/sororities. To participate in the nations’ activities you’ll need to be a member of Studentlund.

The nations were originally created so students moving to Lund from different parts of Sweden could socialise with other students from their native regions and catch up on the news from home. That’s why the nations’ are named after different cities or areas in Sweden. Just like today, extracurricular activities were held such as parties, clubs, and cultural events so that students could develop their social lives while receiving their formal education at the university. Today, 348 years after the first nation was founded, much has changed but the nations’ original purpose remains: to provide students with a good and congenial atmosphere while they live and study in Lund.

Students are responsible for the management of the nations. Only students work within the nations and most of them do so on a voluntary basis. Being active in a nation will give you the opportunity to participate in a wide range of activities and a chance to get to know Swedes and the Swedish culture. As a student you are encouraged to visit the different nations, feel the atmosphere and join the one where you feel the most comfortable.

It is good to know is that even though you join one nation your student card will give you access to activities at all the other nations.

WHAT DO THE NATIONS OFFER?
The nations offers a very wide range of activities and services, including lunches, pubs, housing opportunities, sports, night clubs, nation magazines, choirs, formal balls, traditional festivities among many other things.

In general terms, the nations offer similar activities – but with different flavours. The activities are usually based around a nation ‘house’ (the nation’s headquarters), where some of the members live and the nation’s office is located. Below the student nations present themselves.

THE NATIONS PRESENT THEMSELVES

Blekinga Nationen
Address: Måsvägen 11
Tel: 046-211 30 82
E-mail: expen@blekingska.se
Webpage: www.blekingska.se
Facebook: www.facebook.com/blekingska

“Since the mid 90s, Blekingska Nationen has been known for our fantastic music scene. We’ve had many famous bands on our stage, including (but not limited to): The Hives, The Sounds, The Cardigans and The Ark. Music is still a large part of our DNA with lots of live music and themed clubs. Our most renowned club is Indigo which features indie music and live acts. Another popular club is “Blekingska goes” where we focus on a genre for the night. Previously we’ve gone balkan, punk and hip-hop, but who knows what’s coming next?”
We’re one of the smaller nations in Lund which makes it’s easy to get involved and get to know everyone. We have an extensive selection of beers and we offer pubs, beer tastings, quizzes, beer cafés and lots of fun! With one of the largest amounts of rooms and apartments to rent relative to our member count, it’s always easy to find a place to live. At Blekingska everyone is welcome!”

Göteborgs Nation
Address: Östra Vallgatan 47
Tel: 046-12 50 00
E-mail: info@goteborgsnation.com
Webpage: www.goteborgsnation.com
Facebook: www.facebook.com/goteborgs

“Göteborgs Nation is known for being enthusiastic and having fun with all our events. We may be small, but we do things in a big way! We have a large selection of activities and enriching events and the nation is proud to have the highest pub in Lund – Kajutan.

Nation members are warmly invited to get involved in some of our committees. The event and party committee has many sections that are responsible for pub nights, nightclubs, dinners, etc. Other committees work on our blog, spex, sports and athletics, and culture, too! Besides our usual activities, the Nation arranges yearly events such as the Gustavus Adolphus Ball, which is Scandinavia’s largest student ball. We also hold a Christmas Party, First of May celebration, Crayfish Party and a variety of theme parties throughout the semesters. We also arrange Novice-parties in the beginning of each term where you get to meet new friends and students. Please feel welcome to help prepare these festivities, or simply attend them!”
Hallands Nation
Address: Thomanders Väg 3
Tel: 046-15 91 91
E-mail: expen@hallandsnation.se
Webpage: www.hallandsnation.se
Facebook: www.facebook.com/Hallandsnation

“Our unique mix is what makes us special. Hallands Nation is a melting pot consisting of people studying law, science, business and much more. There is always something going on and it is very easy to get involved in one of our many projects. Here you will find Studentlund’s most delightful pub atmosphere, namely our library where we can offer the largest collection of beer and whiskey.

We serve lunch every Monday, arrange pubs on Wednesdays and Fridays along with our very popular Friday nightclubs; Genom Rutan, Solgården and Klubb Capra which is open from 22-02. During the pubs on Wednesdays you will be able to enjoy a thrilling quiz presented by our quizmaster, do not miss it! On Sundays you will be able to enjoy our tasty Brunch Kärleken! Other activities you can participate in are: writing for our magazine, play a variety of sports such as floorball, volleyball and football, sing in the choir and a lot more.”

Helsingkrona Nation
Address: Tornavägen 3C
Tel: 046-14 36 70
E-mail: q@kalmarnation.nu
Webpage: www.kalmarnation.nu
Facebook: www.facebook.com/kalmarnationlund

“Kalmar Nation is Lund’s Pub nation. Here you are never anonymous and you get to know a lot of people and quickly become a “Kalmarite”. There is always a lot going on at Kalmar nation. Amongst other things our pub is open twice a week. We have the very popular Pub Piraya on Tuesdays, the only nation pub open on that day, and the Friday Pub Kaggen, where we, during the summer, have after-work in our inner courtyard and throughout the year serve the city’s greatest home-made burgers. Both pubs have a large variety of beer, whiskey and both sweet and dry cider.

On Tuesdays and Thursdays, we serve the hungry student a well-priced gourmet lunch. We have a highly active sports section, which warmth and homely feeling has spread across Lund and we have members who study everything from medicine to law, and language, under the motto “The Nation for Everyone”.

Helsingkrona has the aim to promote good relationships between students during their time at university by offering a variety of activities such as; pubs, nightclubs, lunch restaurants, balls, various sports and cultural events. To take our responsibility a step further for the students’ wellbeing and comfort, Helsingkrona has built a new house; a tower. With this addition, Helsingkrona now houses a total of 354 members in dorms and apartments.”

Kalmar Nation
Address: Biskopsgatan 12
Tel: 046-14 36 70
E-mail: q@kalmarnation.nu
Webpage: www.kalmarnation.nu
Facebook: www.facebook.com/kalmarnationlund

“Kalmar Nation is Lund’s Pub nation. Here you are never anonymous and you get to know a lot of people and quickly become a “Kalmarite”. There is always a lot going on at Kalmar nation. Amongst other things our pub is open twice a week. We have the very popular Pub Piraya on Tuesdays, the only nation pub open on that day, and the Friday Pub Kaggen, where we, during the summer, have after-work in our inner courtyard and throughout the year serve the city’s greatest home-made burgers. Both pubs have a large variety of beer, whiskey and both sweet and dry cider.

On Tuesdays and Thursdays, we serve the hungry student a well-priced gourmet lunch. We have a highly active sports section, which
for example plays soccer and goes jogging. Other than that we also organise game nights and cafés. We also have a popular choir, spex, and loads of other cultural activities. During the year we arrange big Novisch parties, Christmas parties, workers parties and much more. Experience Lund through Kalmar nation!

Kristianstads Nation
Address: Tornavägen 7
Tel: 046-14 80 18
E-mail: expen@krnation.se
Webpage: www.krnation.se
Facebook: www.facebook.com/kristianstadsnation

“Kristianstads Nation may not be one of the largest nations in Lund but, what we lack in size, we most certainly make up for in charm. Kristianstads Nation is a warm nation, with a great mix of both Swedish and international students and we will make sure that you never feel lonely in the crowd. At Kristianstads everybody is welcome and you can easily become active in our activities in no time!

Every week we arrange a bakery, lunch, pub, brunch, sittning (dinner party) and club. Our club - Huset - gives you the best pop music and the best Friday night experience in Lund! Kristianstads Nation also offers a broad spectrum of activities and sports. Do attend our game nights, our Volleyball tournaments and much more. Our formal ball, Snapphanefesten, is the most magical ball in Lund and has a long history. Another activity of high caliber held at Kristianstads every semester is the Spääx (theatre). We also have a sauna and an outdoor pool, so make sure to join one of our famous pool and sauna-nights! As you can tell, Kristianstads Nation is the best place to hang out when you need a break from studying!”
“Lunds Nation is the largest nation in Lund with about 3700 members. Our building is located in the middle of town on Agardhsagan and houses 275 apartments. Lunds Nation serves lunch on weekdays at noon. The weekends feature a brunch at noon on both Saturday and Sunday. Besides our culinary committee, Lunds Nation has two nightclubs, both of which are open from 10 p.m. to 2 a.m.: Penthouse on Thursdays and Saturdays. Dinner parties (“sittningar”) are held at 7 p.m. on the same evenings as the nightclubs. Reservations for the dinners must be made by telephone or e-mail. Apart from these weekly features, Lund’s Nation holds four large social events each term.

The autumn and spring terms both begin with a Newcomer’s Reception to welcome our new members. Autumn festivities continue with our rendition of the Bavarian October Fest, November’s Scanian Goose Banquet, while the year comes to a festive close with our extremely popular Christmas Party. Our largest affair, the banquet and ball known as Finn, is held during the spring term.”

Malmö Nation

Address: Östra Vallgatan 51
Tel: 046-12 78 02
E-mail: notarie@malmonation.com
Webpage: www.malmonation.com
Facebook: www.facebook.com/malmonation

“Malmö Nation is a non-profit organisation at Lund University, dating back from year 1674 but founded in 1890. Malmö Nation has 37 different committees and more than 500 active members annually and serves as an antithesis or as a complement outside of the hectic everyday life as a student. Malmö Nation is based in the central area of old Lund right by the Botanical Gardens where it has four properties housing over 300 students, a pub/restaurant and a night club. Malmö Nation is, with its 2800 + members, the second largest Nation in Lund but largest in terms of operations.

Malmö Nation run operations every day which expands from committees organising: annual galas with 450+ persons seated which makes it one of the largest tailcoat seatings in Scandinavia, hunting, annual events and concerts with thousands of guests and world famous artists, food – ranging from everyday lunch priced at approx 40 SEK to fine dining tasting menu. All of the previously mentioned, along with 33 other committees are run by our 90 elected foremen and 420 volunteers.

The top management for the organisation is called “Quratel” which consists of five elected officials, that are employed full time. The Board of Malmö Nation is called “seniorskollegiet” that handle everything of strategic, long term and substantial financial matters.”

Smålands Nation

Address: Kastanjegatan 7
Tel: 046 12 06 80
E-mail: smalands@smalands.org
Webpage: www.smalands.org
Facebook: www.facebook.com/Smalands/

“Smålands Nation is the alternative nation – the nation that prefers innovative and diverse culture to traditionalism and student’s farce. We work from a platform characterised by
socialism, critical thinking, feminism and environmental consciousness, which pervades practically all of our activities.

Apart from our political commitment, Smålands is also known for its friendly and open atmosphere which has charmed many students. Our Wednesday pubs, such as the famous Red Note Jazz Club, are perfect for enjoying a tasty and affordable vegan meal, and our Saturday night dance clubs are some of the most frequented in Lund.

We host pingis on most Fridays, and political lectures and film screenings on Thursdays. The friendly atmosphere and the many weekly activities make Smålands a great place for meeting new people and making good friends.”

**Sydskånska Nation**
Address: Tornavägen 5
Tel: 046-12 26 90
E-mail: expen@sydskanska.se
Webpage: [www.sydskanska.se](http://www.sydskanska.se)
Facebook: [www.facebook.com/sydskanska](http://www.facebook.com/sydskanska)

“Sydskånska Nationen the nation where music matters. This is something that we try to show in all our everyday activities as well as our clubs. We believe that there is music for everyone, and that there is more to clubbing and partying than the generic party music which is played on the radio. Therefore we offer several different club concepts to suit the needs of everyone. Visit us to discover Svartklubben, the most established hip-hop club in Lund, dance all night at our extraordinary pop club Heartland, feel the cool vibes of Electrified and the rhythm of Foxen, our soul and funk club.”
We also offer a wide range of other activities, such as our movie café Kafé Matiné, our Thursday pub and our café Afternoon Teasdag. Whether you and your friends are looking for a good bite to eat, a relaxing place to talk about the adventures of the past week or a warm place to have a cool beer or two – you can find it at Sydskånska Nationen. If music matters to you as much as it does to us, you should definitely stop by!"

Västgöta Nation
Address: Tornavägen 17-19
Tel: 046-14 59 04
E-mail: nationen@vgnation.se
Webpage: www.vgnation.se
Facebook: www.facebook.com/vgnation

"Västgöta Nation offers you a friendly and welcoming environment. It is easy to get involved, meet new friends, work in one of our bars or cook food. Every Wednesday you can visit our night club METRO, averaging 500 happy, socializing and dancing guests. Our members get half price on the entry fee. Before the club starts you can experience a "sittning", a three course dinner that is definitely something out of the ordinary.

On Thursdays we serve great soup lunch with dessert, and every third Thursday we arrange Tapas evenings. Fridays offer you a great à la carte restaurant with a delicate selection of beverage. We also run our pub Pr. Pong every Friday where you can play ping pong, foosball and Mario Cart while having a sourdough panini and a cold beer.

Saturdays we have Breakfast at Tiffanys and Sundays offer you an American Breakfast with pancakes, bacon, milkshakes and much more. Västgöta Nation loves sports, particularly football and floor ball. We also arrange activities like canoeing, go seeing musicals in Malmö and hiking around the countryside of Skåne. Kvalborg is Lunds greatest outdoor music festival that we arrange with our neighbor Hallands Nation every year. The number one must-do while in Lund. Welcome Home!"

Wermlands Nation
Address: Stora Tvärgatan 13
Tel: 046-211 44 20
E-mail: exp@wermlandsnation.se
Webpage: www.wermlandsnation.se
Facebook: www.facebook.com/Wermlands
Instagram: wermlandsnation

"Wermlands Nation is the warm, creative and eco-friendly nation. Our weekly activities include pubs, sittnings and a brunch. We also arrange clubs a couple of times per semester – often with a special theme. You can work at these events and have a lot of fun together with the rest of the work group. Working is a great way to meet loads of new people and get good experiences for later life.

Wermlands Nation values culture and creativity. This you can see in our active web magazine Samojeden, our photo committee, the Gudrun choir and other events we organize. If you have ideas you are always free to join our committees! One of the most active committees is of course our environmental committee. The group have meetings every other week and plans events with focus on how to be environmental friendly and sustainable without missing out on all the fun things in life. The group has organized recycle/reuse pubs, spa-nights, festivals and many more events."
Östgöta Nation
Address: Adelgatan 4, Lund
Tel: 070-775 98 71
E-mail: expen@ostgota.nu
Webpage: www.ostgota.nu
Facebook: www.facebook.com/Ostgota

“Östgöta Nation - legacy and togetherness!
Östgöta Nation (ÖG) is the oldest nation in Lund and offers a wide variety of activities; from sports to cooking and nightclubs, Östgöta has something for everyone. Located 50 meters from Lundagård and AF-borgen, ÖG is close to everything in Lund and becomes a natural meeting point for students every day.

During weekdays, the nation offers lunches, dinners and pubs. On weekends and every second Thursday, the otherwise cozy dining hall turns into two of the most popular nightclubs in town; Downtown - which plays mainstream hip hop on thursdays, and Sunset – which offers contemporary house music.

Östgöta Nation has something to offer everyone, swing by any day of the week and immerse yourself in the best nation in Lund”
The Student Unions

Via the student unions at Lund University, students are represented in decision- and policy-making boards that concern university education at every level within the University. Beyond this the unions also arrange social activities, welcome activities for new students and career fairs. There are several student unions at Lund University, and the student union to which you belong depends on the subject you study. As a student you can easily get involved in the unions’ work!

In this part of the guide you will find a presentation of all student unions and information about their contribution to the student life in Lund.

LUS

LUS is Lund’s student union organisation that represents student interests to the University. Via LUS, the student unions work with questions concerning their education, student influence in municipal issues, student rights, career options and more.

LUS has about 150 elected student representatives that are continuously involved in various negotiations with the University. The two full-time representatives meet with the vice-chancellor at least once a week, and also sit on the University steering committee responsible for general operating policy and procedures.

LUNDAGÅRD

LUS also publishes Lundagård, the monthly student magazine, whose purpose is to examine issues relevant to university and student life. This is the oldest student publication in Sweden, and its contents include investigative and expository news stories, as well as cultural articles and editorials.

All students are welcome to express their views through this medium. The magazine has three remunerated editors, but generally speaking, all other work is volunteer work. If you’re interested in working with Lundagård, send them an email with examples of your writing.

Address Sandgatan 2, Lund
Tel: 046-14 40 20
Webpage: www.lundagard.se
E-Mail lundagard@lundagard.se

THE STUDENT UNIONS INTRODUCE THEMSELVES

Lund’s Faculty of Engineering Student Union, Teknologkåren vid LTH - TLTH
Address: John Ericssons Väg 3A, Lund
E-mail: expen@tlth.se
Webpage: www.tlth.se

“The Student Union at the Faculty of Engineering is the largest union in Lund by membership. The Union monitors all engineering education for quality, but also engages in extensive corporate contact work and diverse social activities. The Union is famous for its annual introductory program, the Nollning, which works to ensure that all new students are well received and introduced to life at LTH. The Union also arranges ARKAD, a grand career fair where members have ample opportunity to meet possible future employers from diverse fields. The Union employs eleven full-time officials annually as well as about one thousand volunteers.”
The Law student Union
Juridiska Föreningen - JF
Address: Winstrupsgatan 8, Lund
E-mail: jf@jf.se
Webpage: www.jf.se

“The Law student Union welcomes all international law students to Lund. We are based just around the corner from the Faculty of Law and you are always welcome to visit us during lunch hours for lunch or at any other time for a free coffee.

The Law student Union (referred to as “JF”) arranges several social activities. After School is a great opportunity to finish the week with a great dinner, cold drinks together with other law students.

JF arranges proms and parties with more than 500 guests, sports activities, ski trips, spex, golf tournaments and so much more.”

The Science Student Union at Lund University, Lunds Naturvetarkår - LUNA
Address: Sölvegatan 27, Lund
E-mail: luna@luna.lu.se
Webpage: www.lundsnaturvetarkar.se
Facebook: www.facebook.com/lundsnaturvetarkar

“The Science Student Union, LUNA, is the union for all science students in Lund! Through us, you get the chance to influence your education and have fun at the same time. Visit our career fair ATLAS in the spring semester and do not miss our inspirational lectures and annual tandem bike trips!

We arrange balls, help you when you are in trouble with your studies and arrange a great novisch period with hundreds of new students each year where you get to meet your new fellow students! We are located in the Astronomy Building and you are always welcome if you have any questions or just want to have some coffee and a nice chat!”

The Student Union of Humanities and Theology, Humanistiska och Teologiska Studentkåren - HTS
Address: SOL-centrum, Absalon (Helgonabacken 12, Lund)
Webpage: www.hts.lu.se
E-mail: exp@hts.lu.se
Facebook: www.facebook.com/htslund

“The Student Union of Humanities and Theology (HTS) is the Student Union for you who study in the field of Humanities and Theology. In the spring semester HTS organises a career fair where employers can introduce their businesses and meet their future employees. Each semester, HTS host freshman weeks to welcome new students. Our goal is for new students to meet new people and learn what it is like to study in Lund. HTS hosts Café Multilingua. It’s a weekly event where students meet and speak the foreign language they study or help teach others their mother-tongue. This takes place in a relaxed atmosphere, with coffee and cookies.”

Corpus Medicum - Student Union at Lunds Faculty of Medicine,
Studentföreningarna SSGI, MF och VÅVS vid Medicinska Fakulteten
MF:
Address: Sölvegatan 19, Lund
E-mail: mf@mfskane.se
Tel: 046-222 06 80
Webpage: mfskane.se
VÅVS:
Address: Baravägen 3, Lund
E-mail: vavs@vavs.lu.se
Tel: 046-222 18 85
Facebook: www.facebook.com/vavspage/

SSGI:
Address: Baravägen 3, Lund
E-mail: ssgi@ssgi.lu.se
Tel: 046-22 49 64
Webpage: www.ssgi.lu.se/

"Corpus Medicum is the Student Union at Lunds Faculty of Medicine. Corpus Medicum consists of three sections: Medicinska Föreningen (MF; medicine, biomedicine, speech pathology and audiology), Vårdvetenskapliga Studentföreningen (VÅVS; nursing and occupational therapy) and Sydsvenska Sjukgymnastinstitutet (SSGI; physiotherapy). The sections work independently, but we also collaborate around specific issues and we all strive towards a common quest: to make your time in Lund the best possible time ever!

In addition to our engagement in improving your educational quality we provide lots of social events such as pubs, lunches, sporting activities, brunches and bigger parties."

The Social Sciences Student Union,
Samhällsvetarkåren vid Lunds universitet
Address: Paradisgatan 5:S, Lund
E-mail: info@samvetet.lu.se
Webpage: www.samvetet.org
Facebook: www.facebook.com/Samhallsvetarkaren

"The Social Sciences Student Union represents all students at the Faculty of Social Sciences. Our main task is to improve the quality of education for all students at the faculty. To do this, we need your opinions, experiences and engagement to help us in improving education quality.

We arrange different career connection activities to support you after graduation. The Student Union also has social activities that
our members organise like inspirational lectures, languages cafés and our own bar. So if you want to get active and or improve your Lund University experience you are welcome to contact us!”

**The Economics and Business Student Union, LundaEkonomernas Studentkår**

Address: Tunavägen 37, Lund  
E-mail: info@lundaekonomerna.se  
Webpage: [www.lundaekonomerna.se](http://www.lundaekonomerna.se)  
Facebook: [www.facebook.com/lundaekonomerna](http://www.facebook.com/lundaekonomerna)

LundaEkonomerna belongs to the students of LUSEM, and is built up on three pillars; Education, Career and Social. Education surveillance is our main purpose, we are the voice of the students, but strive to complement your education with other events as well, such as case training.

Furthermore, LundaEkonomerna establish contacts between our members and the business world, with lunch lectures, company evenings and our big career fair. Through our social activities, we aim to create a social context, including everything from sports activities, to our magazine and Winter ball.

We look forward to seeing you at Skånis, our events or involved in a project!”

**Lund University’s Doctoral Student Union, Lunds Doktorandkår**

Address: AF-borgen, 3rd floor, Sandgatan 2, Lund  
E-mail: ldk@ldk.lu.se  
Webpage: [www.ldk.lu.se](http://www.ldk.lu.se)

“Research students from all faculties except the Faculty of Engineering (LTH) belong to Lund’s Doctoral Student Union. Union members are welcome to contact or become involved with the specific council that deals with practical questions pertaining to research studies.

The union also has a DOMB (Doctoral OM-Budsman) working full-time to give doctoral students professional advice about your rights and responsibilities.”

**Malmö Faculty of Fine and Performing Arts Student Union, Studentkåren vid konstnärliga fakulteten i Malmö**

Address, music: Ystadsvägen 25, Malmö  
Webpage, music: [www.skfm.se](http://www.skfm.se)

“The Student Union at Malmö Faculty of Fine and Performing Arts is the student union for students of music, theatre and art who study at Lund University, the schools of fine and performing arts are situated in Malmö.

The student union consists of three parts: music, art and theatre. We focus on ensuring the high quality and standards of our education, and work actively together with representatives from outside the university. The union also arranges social activities to help making you time as a student as fun and interesting as possible.”
The Academic Society

The Academic society (AF) and the big AF-building in the middle of Lundagård is one of the most famous landmarks in Lund. In Swedish this bastion of student life is known as the AF-borgen (the AF-castle) – a name to remember. This building is the centre of operations for the Academic Society and other student organisations, mainly within culture and media. You are always welcome there to study, take a coffee break in Café Athens or to ask any questions concerning student life in Lund.

Address: Sandgatan 2, Lund
Tel: 046-38 49 00
Webpage: www.af.lu.se
Facebook: www.facebook.com/akademiska.foreningen/

MEMBERSHIP
If you have registered with Studentlund, then you automatically become a member of the Academic Society. Benefits to membership include:

• Participate in the activities within the Academic Society
• Being able to queue for student housing within AF Bostäder
• Permission to apply for various scholarships and grants each term
• Discount in Café Athens
• Free or reduced entry to various events at the Academic Society.

THE ACADEMIC SOCIETY COMMITTEES
The Academic Society has 11 committees, 22 recognised student associations and 5 cooperative associations.
You can either just take part of the broad variety of activities these committees offer or get active.

**Studentinfo**
Studentinfo is an information desk where you can get all the information you need when you are a student in Lund. In Studentinfo you can also buy tickets for different student events and purchase the profile products of the university. You find them in the entrance of the AF-building.

**Klädkammaren**
At Klädkammaren, “the Wardrobe”, you can rent masquerade costumes for student friendly prices and get help with different sewing projects. Klädkammaren is located in the basement in the AF-building.

**The Archive and Student Museum**
The Archive and Student Museum has been a vital part of the Academic Society for the past hundred years. In the Student Archive, located in the basement in the AF-building, you can find all interesting information about student history in Lund.

**Boelspexarna and Lundaspexarna**
The AF spex organisations have one production each semester when they perform a spex, which is a musical-like mix of spoken text and songs, a good amount of satire and parody. You cannot leave Lund without have seen a spex!

**Studentafton**
Studentafton arranges lecture evenings and has, since its start, featured well-known politicians, authors, musicians, royalties, Nobel Prize laureates, scientists and other persons of interest to the student body.

**Ordkonst**
Are you interested in writing? Ordkonst is a literature committee with their own literary magazine.

**Konstsamlingen**
The art collection is working with preserving and displaying the many pieces of art that are owned by the Academic Society. The collection consists of more than 400 European artworks, mostly oil paintings but also sculptures and statues.

**RadioAF**
Scandinavia’s largest student radio station provides a wide variety of cultural content. Everything from music shows to humour and radio plays. Listen to the programmes or get involved and help them produce radio shows.

**Lunds Studenttheater**
Lund’s Student Theatre is performing both classics and self-written plays. The student theatre is the organisation for those of you who are interested in taking part in a theatre production.

**Marskalkeriet**
Marskalkeriet are working with the representation of the Academic Society at formal events such as professor inaugurations.

**Studentgården in Skanör**
Studentgården is a unique building from 1885, belonging to the Academic Society. You can rent parts or all of it during the terms, for relaxation, planning, studying or just socializing.

On the Academic Society’s website you can find more information on how to be a part of AF!
Studentlund A-Z

**ANMODAN**
An invite to a formal party, such as a ball or dinner party. Getting an “anmodan” means that you are invited to buy a ticket to the ball.

**BAL**
The Swedish word for ball. A formal party, usually at AF-borgen. At the balls you are served a fine three-course dinner, there is a full entertainment, ballroom dancing and ceremonial elements. The student unions, the nations and the Academic Society arrange balls.

**EXP**
Every nation and some students’ unions have offices, called expeditioner (“exp”). The offices are in the nations’ or student unions’ houses and are open every weekday.

**FÖRMAN/TJÄNSTEMAN**
A student who is responsible for a specific activity (such as a club, a lunch, sports etc) at a nation.

**INSPEKTOR**
Swedish word for Inspector. Every nation has an inspektor who is an academic teacher (often a professor) that has the highest supervision of the nation.

**QURATEL**
Other names for the Nation Board. It consists of a few people who work full- or halftime at the nation. The Qurator is the nation’s leader and has the ultimate responsibility.

**LUNDAGÅRD**
May refer to two different things: a student newspaper or a park in the middle of Lund (in which the AF building is situated).

**NOVISCH**
New students who have not previously studied at Lund University.

**PRESIDIUM**
The Presidium consists of the person who is president and the person who is vice president of an association, meeting, or other organised group of people. Each of them can be called “Presidial”. The student unions and the Academic Society are led by a Presidium.

**SEXA**
The word means light meal after a party, e.g. a student ball. It can also refer to a party for the students who have worked at for example a nation club or bar.

**SPEX**
A spex is a musical farce loosely based on historical and/or mythological events.

**SISTE APRIL**
Siste April, or Valborg, takes place on 30 April every year and is one of the biggest student events of the year. A traditional Siste April in Lund begins with breakfast with sill (herring) in Stadsparken, a visit to at least one student nation and a barbecue.

**SITTNING**
A three-course dinner for students in different contexts, well-planned or spontaneous, often containing a lot of songs. Most of the nations’ clubs in Lund offers a sittning before the club starts. You can book a sittning for you and your friends or classmates by contacting the nations.
Banking in Sweden

BEING A CUSTOMER OF A BANK
According to Money Laundering Legislation, a bank must be able to identify the customer. The law also places high demands on the bank to have good knowledge of its customers and their bank affairs.

The bank must understand the purpose of the business relationships and the customer’s various transactions. Therefore you will need to provide certain information and answer questions when visiting a Swedish bank in order to access their services.

OPENING A BANK ACCOUNT
Students staying for one or two semesters
If you are studying only for a short time in Sweden (one semester or one academic year), it is strongly recommended that you use your bank account and bankcard from your home country, even if your transactions will result in currency exchange fees. You will have the opportunity to withdraw cash in all ATMs and make purchases. For a fee you will also have the possibility to pay your bills during your stay in Sweden. Via the Internet you can continue to use your foreign Internet bank.

Students who wish to open an account at a Swedish bank
If you are staying for a longer period of time in Sweden (two years or longer) and you wish to open an account at a Swedish bank you need to bring certain documents to the bank. You also need to present a Swedish personal identity number and Swedish id card (see chapter 9).

As a general rule you need the following documents, see below. Further information may be requested by the bank depending on the bank’s internal rules.

• A valid passport
• A residence permit in Sweden (if applicable)
• A document issued by the Swedish Tax Agency stating your Swedish identity number
• A Swedish id-card
• A Letter of acceptance/Notification of selection results from the university with information of the duration of studies
• Details of address in Sweden

Please note that other rules may apply for EU citizens. Please check with a local bank office in Lund.

GENERAL OPENING HOURS
In Sweden, banks are generally open Monday to Friday 10.00 to 15.00 (10am-3pm). Some banks have extended opening hours on Thursdays. Forex Bank on Bangatan 8 in Lund has extended office hours and is open until 19.00 Monday to Friday. Forex is also open on Saturdays.

CASH
Do not bring foreign cash to the bank. Money Laundering Legislation requires the bank to ask questions about large cash transactions. 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 to perform the requested service under the risk of criminal penalties and sanctions.
CHAPTER 6: FINANCIAL MATTERS

CREDIT CARDS
In general, the banks do not provide international customers with credit/debit cards for online payments. Most foreign credit cards are accepted in Sweden. If you have a credit card from home you can use it in Sweden.

CHEQUES
Swedish banks do not accept travellers or bank cheques. When opening a Swedish account you will get an IBAN nr and SWIFT nr, which enables you or your family to easily transfer money from your home account to your Swedish account.

SWEDISH BANKER’S ASSOCIATION
The Swedish Bankers’ Association represents banks and financial institutions established in Sweden. The Swedish Bankers’ Association, in cooperation with its member banks, has produced the information above concerning opening a bank account as an international student in Sweden.

Web:
www.swedishbankers.se/Sidor/6_Bankkunder/02_International-Students.aspx

BANKS IN LUND
There are several different banks available in Lund but there is no specific bank connected to Lund University.

Danske Bank
Address: Grönegatan 4B
Tel: 046-288 99 50
Web: www.danskebank.se

Forex
Bangatan 8, Tel: 010-211 1658
Botulfsgatan 2, Tel: 010-211 1659
Web: www.forex.se
Forex accepts cash deposits and currency exchange.

Handelsbanken
Stora Södergatan 15 and
Scheelevägen 19
Tel: 046-15 95 90
Web: www.handelsbanken.se

Nordea
Address: Stora Södergatan 2
Tel: 0771-22 44 88
Web: www.nordea.se

SEB
Address: Kyrkogatan 1
Tel: 0771-36 53 65
Web: www.seb.se

BANKS IN HELSINGBORG
Forex
Järnvägsgatan 13, Tel: 010-211 1667
Knutpunkten level 1, Tel: 010-211 1668
Web: www.forex.se

Handelsbanken
Nelly Krooks Gata 10, Tel: 042 287 900
Stortorget 7, Tel: 042 19 42 40
Gasverksgatan 9, Tel: 046 37 24 40
Web: www.handelsbanken.se

Nordea
Kullagatan 26
Tel: 0771-22 44 88
Web: www.nordea.se

SEB
Stortorget 2, Tel: 042-448 02 60
Web: www.seb.se

Swedbank
Järnvägsgatan 5
Tel: 042-18 80 00
Web: www.swedbank.se
BANKS IN Malmö

Forex
Malmö Central station, Tel: 010-211 1664
Gustav Adolfs Torg, Tel: 010-211 1660
Web: www.forex.se

Handelsbanken (in the city centre)
Lundavägen 78, Tel: 040-38 15 80
Södergatan 10, Tel: 040-36 37 00
Web: www.handelsbanken.se

Nordea (in the city centre)
Carlsgatan 6-8 and Mariedalsvägen 34
Tel: 0771-22 44 88
Web: www.nordea.se

SEB (in the city centre)
Östergatan 39
Tel: 040-66 76 834
Triangeln, Södra Förstadsgatan 44,
Tel: 040-66 76 700
Web: www.seb.se

Swedbank (in the city centre)
Gustav Adolfs Torg, Stadt Hamburgsgatan 2
Tel: 040-24 20 00
Södra Förstadsgatan 99b Tel: 040-32 64 60
Web: www.swedbank.se

NEW BANKNOTES AND COINS
In 2015, Riksbanken, the Swedish central bank, started to introduce new banknotes. The new 20-, 50-, 200- and 1000-krona banknotes were introduced on 1 October 2015. This means that the old banknotes with this denomination will become invalid on 30 June 2016.

In October 2016 the new 100- and 500-krona banknotes will become legal tender in October 2016 as well as the new 1 krona and 5 krona coin. The old banknotes and coins with this denomination become invalid after 30 June 2017.
**Tuition payments during your studies**

**INVOICES FOR YOUR NEXT TUITION FEE INSTALMENT**
For students who pay tuition fees (generally all non-EU/EEA degree students), you pay your first instalment of the tuition fee for the first semester of studies before you arrive at Lund University. Thereafter, an invoice is generated and sent to you via the Student Portal in advance of each following semester of studies.

The deadlines to pay are:
- Autumn semester studies (September-January): invoices are generated and sent to you in the Student Portal during May. For following autumn semester studies (i.e. for your 3rd or 5th semester that takes place in autumn), invoices are generated and sent to you in the Student Portal during May and payment is due by 1 August.
- Spring semester studies (January-June): invoices are generated and sent to you in the Student Portal during November. Payment is due by 15 December.

The instructions and accepted methods of payment are explained in the Student Portal.

Questions can be directed to tuitionfees@eken.lu.se.

Please note that it can take a few days after your payment has been made until it is noted in LADOK and you are able to register in the Student Portal for the courses/the semester you are about to start.

**PAYMENT FOR EXTRA COURSES**
Degree programmes are made up of several courses, each worth a certain value of ECTS credits. In a degree programme you usually complete 30 ECTS credits per semester, or a total of 60 ECTS credits per year. Note that some degree programmes have a structure where you complete slightly more than 30 ECTS credits in one semester and slightly less than 30 ECTS credits the next semester. However the overall total of credits for the full degree programme will still be either 60 ECTS for a 1-year programme, 120 ECTS credits for a 2-year programme or 180 ECTS credits for a 3-year programme.

If you are a non-EU/EEA degree student and you would like to study more ECTS credits than what is required for your degree programme (for example, if you wish to take an extra elective course option than what is required, or if you wish to take a separate free-standing single subject course on offer at Lund University), then generally you will need to pay a tuition fee for these extra ECTS credits (the extra course/courses).

Extra ECTS credits (the courses) will show in your LADOK record at Lund University, which is checked each semester. If you have exceeded the number of credits required for your degree programme within a semester of studies (i.e. by more than 3 ECTS credits), an invoice will be generated and sent to you for payment via the Student Portal.
Students with a Lund University Global Scholarship or a Swedish Institute scholarship
For students who have been awarded the Lund University Global Scholarship or a Swedish Institute scholarship, the scholarship money can only be applied to the degree programme to which it was awarded. Therefore if you wish to take additional ECTS credits (i.e. another course outside of the ECTS requirements of the programme to which you are enrolled), then you will be invoiced for those extra ECTS credits.

Students with Erasmus Mundus Action 2 scholarships
For students who have been awarded an Erasmus Mundus Action 2 scholarship, this can only be applied to the programme or courses to which it was awarded. If you wish to take any additional ECTS credits you will have to pay tuition fees for those credits.

MORE INFORMATION
More information about tuition fee payments can be found on: www.lunduniversity.lu.se/tuition-during-studies
Part-time jobs

Finding and getting a part-time job in Sweden can be quite difficult. Many students are looking for part-time jobs in Lund and Malmö, hence the demand for part-time jobs exceeds the supply. Most employers also require Swedish language skills. With this in mind, it is not recommended to try and finance your stay in Sweden by working. Make sure you can cover your living costs using other resources.

If you are looking for a job in Sweden, it is recommended to start your search at the Swedish Public Employment Service (Arbetsförmedlingen). Arbetsförmedlingen can be reached online and you can also call the customer service or visit the local Arbetsförmedlingen office.

More information and contact details to Arbetsförmedlingen:
Website: www.arbetsformedlingen.se/Globalmeny/Other-languages/Languages/English-engelska.html
Tel: 0771-416 416

Swedish job sites in English:
Jobs in Stockholm (and the rest of Sweden): www.jobsinstockholm.com

The Local job site: www.thelocal.se/jobs/


Xpats: www.xpats.nu

Workey: www.workey.se

Internships:
www.learning-by-doing.se
www.traineesearch.se
www.traineeguiden.se
www.studyinsweden.se/study-information/internships/
www.traineeprograms.com/en/companies
www.careerjet.se/swedish-trainee-jobb.html

Other useful links:
Part-time jobs and internships are sometimes published on the Lund University Employment database MyCareer Website: mycareer.lu.se

EURES, the European Job Mobility Portal, provides a job database in English for jobs in Sweden and Europe at large. Website: ec.europa.eu/eures/main.jsp

There is also always the old fashioned way of finding a job; by visiting cafés, restaurants, stores etc., handing out your CV, contact companies you are interested in and ask for their student relations officer, ask your department if they are in need of student assistants and put up notes in the local grocery store notice boards for baby sitting, dog walking, tutoring or the like.
International Desk

All international students at Lund University are welcome to visit or contact the International Desk. Throughout the semester you are welcome to contact the International Desk with all sorts of non-academic issues. All questions are welcome; everything from how to find your department to where you can buy a bike.

The International Desk can help you with certificates of registration and transcripts of records, maps, brochures and other practical matters that you need help with during your studies at Lund University.

The Newsletter
Two times per month the International Desk Newsletter is sent by email to all international degree students and exchange students at Lund University. The newsletter is filled with useful information about Swedish culture, news and events in Lund and Skåne. If you have not received the newsletter, but would like to, you are welcome to start your subscription by visiting the International Desk website (please see the right-hand column).

The events
The International Desk team organises a number of excursions and guided tours during the semester that you are welcome to join. Every week the International Desk opens its basement lounge for Game Nights and the Swedish Lounge.

Information about the events is always included in the newsletter and published on the International Desk Facebook page (please see right).

Contact details:
Visiting address Stora Algatan 4, ground floor
Phone 046-222 01 00
E-mail: studentreception@lu.se
Website: www.lunduniversity.lu.se/international-desk
Facebook: www.facebook.com/internationaldesk

Stora Algatan 4
The Student Portal and student account

Lund University offers a number of electronic services and resources to facilitate your work as a student. Your student account is your personal account at Lund University and through it you gain access to, for example, electronic resources at the University, your personal page at the Student Portal, the University wireless network, your e-mail account at Lund University with 25GB space and address book to other students at LU.

All international students receive their student account details before the semester starts.

ACTIVATION AND CHANGE OF PASSWORD
As a student at Lund University you need to activate your student account before you can access it. The activation process differs depending on if you are a degree seeking (or freemover course student) or a formal exchange student. If you are a degree seeking student (or freemover course student) you can activate your student account and change password by visiting the password website (see below) and then choosing to log in to your account on University Admissions.

If you are an exchange student and have received a one time passcode, you use the passcode to activate your account and set a new password. Should you not have a one time passcode, or it has become invalid, you can receive a new passcode from any student reception or from the International Desk at Lund University. Remember to bring your ID or passport. Please note that the one time passcode is only valid for a very limited time.

Password website: passport.lu.se

THE STUDENT PORTAL
The Student Portal (Studentportalen) is your personal portal at Lund University where you can:
- access your student email
- download computer software to your computer
- download and print official transcripts and certificates of registration
- register for courses
- inform the University of a change of address
- find email addresses to other students
- put money on your printing account
- see the University calendar
- find useful web links, for example, to Bopoolen and Skånetrafiken

Student Portal Website: student.lu.se

EMAIL ACCOUNT
All students at Lund University have a Google Apps email account. Your Google Apps account gives you:
- an email account
- a calendar
- Google Drive (a web-based “office system” through which you can share documents with fellow students)
- Google Talk (through which you can chat with your friends)
- the ability to create your own website

All communication from your teachers and your department at Lund University will be sent to your student account email. It is therefore very important that you check your student email frequently or forward it to the email address you use regularly.

Student email login: webmail.student.lu.se or login through the Student Portal.
SOFTWARE
As a student you can download a number of programmes with license at the Student Portal: Eduroam, EndNote, Reference Manager, SPSS, Staroffice, VPN, Windows and Microsoft programmes including Microsoft Office 365. Your faculty may also provide other programmes for download.

CONTACT THE SERVICEDESK
Website: support.lu.se
For support guides and contact information to the servicedesk.
Tel: 046-222 90 00
E-mail: servicedesk@lu.se

Please note, the Servicedesk does not handle one time passcodes. If you need a new passcode, please contact a student reception or the International Desk at Lund University.

LIVE@LUND
Live@Lund is a web based study portal used by several programmes and courses at Lund University. Live@Lund offered the ability to communicate, discuss and announce various changes and information within a student’s course and is accessed with your student account login details. You receive more information from your department at Lund University if you should use Live@Lund during your studies. Please note that Live@Lund has a separate support team.

More information and contact details to the Live@Lund support:
Website: liveatlund.lu.se
Email: support@liveatlund.lu.se
Internet access on campus

Lund University offers a wireless network available on campus; Eduroam. Your student account details are your login information to get access to this wireless network. If you are experiencing any problems with your student account details, please contact the service-desk.

**EDUROAM**

Eduroam is an encrypted network and a collaboration between a number of universities around the world. If you have an active Eduroam account from another university, you can use it to login into Eduroam at Lund University. Students from Lund University can connect to other Eduroam networks around the world. Eduroam is also available at the libraries in Lund Municipality as well as at CRC in Malmö.

More information:
- How to setup Eduroam on your computer.
- Website: [student.lu.se](http://student.lu.se)
- Under “start” click on “Support” and “Wireless network”.
- About Eduroam: [www.eduroam.org](http://www.eduroam.org)

**VPN - VIRTUAL PRIVATE NETWORK**

VPN (Virtual Private Network) is a technology that allows you to be logged on the University’s computer network regardless of where in the world you are. You can then get access to services at the Lund network even when using another operator. VPN gives you an IP address that belongs to Lund University. This means that your computer is perceived by the Lund University network as if you are sitting directly connected to the network, which is a requirement for some services.

More information and the VPN software can be found in the Student Portal. Log in, select “Services” and then “Computer programmes download”.

**MOBILE BROADBAND**

If you cannot get internet connection in your student accommodation, you can look up the possibility of buying a mobile broadband. A mobile broadband dongle with a refill service (you can surf for a limited period of time for a certain amount of money) can be bought in most electronic stores in Sweden. Common service providers are Tele2 Comviq, Telia, 3 and Telenor.

For information about electronic and computer stores in Lund, please go to chapter 9.
CHAPTER 7: STUDENT SERVICES

Copying services

There are many places at Lund University where you can print, copy and scan documents.

To get access to the copying services you first need to create a PayEx account with the copying payment service (please see "Useful links"). If you do not have a Swedish personal identity number, you will receive a request from the system, asking you for a copy of your id/passport and proof that you are admitted to Lund University. When you have submitted this information, money can be transferred to the PayEx-account. After the money has been transferred, you submit the autopay agreement. By submitting the autopay agreement you agree that money is transferred automatically from your PayEx-account when you print and make copies printing system. For more instructions on how to make the autopay agreement please see “Useful links”.

There are several printing systems at the University and your PayEx account has to be connected to the different copying stations in order to access the printing systems. Please see “Useful links” for information on how to connect your account to the printing systems at your faculty and library.

Useful links

Establish a PayEx account:
wallit.payex.com

Instructions about autopay agreements:
www.ub.lu.se/en/services/copying-scanning-printing

Instructions on how to connect your PayEx account to the printers at your faculty and library:
www.lunduniversity.lu.se/stil-support
LU Access card (LU-kortet)

All students at Lund University should get a LU access card, “LU-kortet”. The LU access card works as an identity card within Lund University and gives you access to the facilities you need during your studies. Please note, it does not function as a general identity card or student card outside the university.

You can get the card at several different card stations on campus.

Information about the opening hours of each card station can be found on:
lukortet.lu.se/en/
Remember to bring your photo ID!

Venture Lab

VentureLab is Lund University’s platform for students who want to start, or are thinking about starting, a business. VentureLab’s aim is to inspire students at Lund University to get interested in entrepreneurship and see their ideas to fruition.

The main focuses are:

- Arranging activities to inspire and educate the students in the field of entrepreneurship and business startup and development.
- Offering business coaches to students to help them develop their ideas. VentureLab encourages and supports all ideas, whether they are commercial, in a project phase, or a part of your education; they even welcome students who don’t have any ideas but might just want to get connected with the innovation sector in Lund or help another company start up.
- Running a business incubator, which supplies newly started businesses with office space and support for one year.

All services that VentureLab provides are free to take part in. VentureLab is open for all students at Lund University, regardless of what you are studying and what your idea’s all about – it could be a product or a service, newly invented or old – in any case you are most welcome to contact Venture Lab. If you have a business idea, or if you are curious about finding out more about how to start your own company, please contact Venture Lab.

Contact details:
Website: www.venturelab.lu.se
Facebook: www.facebook.com/venturelabilund
Email: ide@venturelab.lu.se
Visiting address: Ideon Agora, Scheelevägen 15, Lund
Career Services

FACULTY CAREER SERVICES
Students have access to dedicated career services provided from their relevant faculty. Please visit www.lunduniversity.lu.se/career for links to the different career service centers.

CENTRAL CAREER SERVICE
The University’s central Career Service offers a range of career seminars in English.

More information and contact details to the Central Career Service:
Website: www.lunduniversity.lu.se/current-students/careers-service
Email: career@er.lu.se

EMPLOYMENT DATABASE “MYCAREER”
All students at Lund University can register with the Career Services’ website MyCareer through which more than 1 000 companies and organisations advertise their jobs, internships, thesis projects and postdoctoral positions to Lund University students.
MyCareer website: mycareer.lu.se

Study Guidance

The central Study Guidance Service offers guidance and information prior to making educational and professional choices. They help you to clarify interests and abilities prior to, and during your studies. The Study Guidance Service welcomes both current students at Lund University and those who are thinking of studying.

Study guidance and study information are also offered through the different Lund University departments, where you can access more detailed subject-related guidance in regards to the programmes and courses that are available in that particular department.

More information and contact details to the Study Guidance Service:
Website:
www.lunduniversity.lu.se/study-guidance
Email: studyguidance@stu.lu.se
(for questions or to book an appointment with a general study advisor)
Students with disabilities

If you have a disability and would like to study at Lund University, the Disability Support Services can provide you with pedagogical support during your studies. In order to receive support, you must have a certificate stating that your disability is permanent.

SUPPORT
At Lund University we offer the following forms of support:

- Note-taking
- Special arrangements for exams
- Talking books
- Study skills tuition
- A student tutor

HOUSING, PERSONAL ASSISTANCE, TRANSPORT
Unfortunately the Disability Support Services cannot help you find adapted accommodation for people with disabilities. If you have special accommodation requirements, please contact AF Bostäder, who manage a small number of adapted residences for students with disabilities in Lund.

It is not possible to receive help with personal assistance from the University, neither during teaching nor during your free time. In order to receive personal assistance, you must have a Swedish personal identity number. For more information, please contact the Lund Municipality and ask about ‘LSS’ (Act concerning Support and Service for Persons with Certain Functional Impairments). A Swedish personal identity number is also a requirement for you to have access to transport services to and from lectures and in your free time. For more information, please contact the City of Lund and ask about community transport (‘färdtjänst’).

EXCHANGE STUDENTS
If you come to Lund University on an exchange programme, your coordinator at your home university must contact the Accessibility Officers at the Disability Support Services well before your arrival.

INTERNATIONAL STUDENTS (NON-EXCHANGE)
If you are a degree student or course student, the Disability Support Services do not need to have any contact with your previous university. You should contact them yourself to let them know that you are going to study at Lund University. The Accessibility Officers ask that you contact them well before your studies begin and also send your certificate stating your disability so that they can schedule a meeting at the start of your studies.

MORE INFORMATION AND CONTACT DETAILS
Please note that the first step in making arrangements for students admitted to studies is to send in a copy of your certificate of disability, in English and signed by a doctor.

Contact details to the Accessibility Officers:
Website: www.lunduniversity.lu.se/disabilities
SKÅNETRAFIKEN
Skånetrafiken is responsible for public transport on city buses, regional buses and trains in most cities in Skåne. If you plan to travel in the region it is primarily Skånetrafiken you will travel with.

More information about Skånetrafiken:
Website: www.skanetrafiken.se
Customer service: 0771 – 77 77 77

Tickets
At Skånetrafiken’s red ticket machines at train stations around Skåne and Copenhagen airport you can buy a ticket with a Jojo travel card or a debit/credit card. With Skånetrafiken’s app you can buy single fare tickets for trains and buses within Skåne or travelling to bordering counties or to Denmark. Get the app from the App Store or Google Play.

No tickets sold on buses or trains
Please note that cash is not accepted as payment on board buses or trains. When travelling by train in Skåne or Denmark you have to buy your ticket before you board the train. Failure to produce a valid ticket/travel card on demand will render a penalty fee.

The Jojo Card
A Jojo Card is the easiest payment if you are travelling by bus or train, especially if you will commute. There are mainly two different kinds of Jojo Cards; Jojo Discount card and Jojo Period card. The Jojo Discount card is the cheapest and easiest option for the occasional traveller. The card offers a 10% discount on all travels in Skåne. The card also offers a 10% discount to Denmark as well as on Öresund trains in the counties of Blekinge, Halland and Kronoberg.

The Jojo Period card is for commuters in Sweden. It is a travel card for a period of 30 days from the date you activate the card.
Student discount
Jojo Student card is a discounted card offered to students and gives you 30% discount on a Jojo Period Card (not the Jojo Discount Card).

You can buy the card at any of Skånetrafiken’s service centres. The Jojo Student card is not a personal card, but when using it during your travels, you must be able to show proof that you are entitled to the discount. Valid proof is a student card, or Mecenat card, with the logo of Skånetrafiken or of SL (a plastic card, a card in an app, or Mecenat’s sms certificate are accepted) together with a valid identification document.

Please note that there is no student discount on the Jojo Discount card.

To buy and top up your Jojo card
The Jojo cards can be bought at the Skånetrafiken office at train stations. The Jojo Discount cards (loaded with 200 SEK) can also be bought at several different service centres around Lund:
- Pressbyrån
- 7-eleven
- Coop
- Statoil (on address Magistratsvägen)

The easiest way to top up your Jojo Discount Card and/or Jojo Period Card is at ticket machines at train stations. You can also top up your card at their Customer Service Centres and selected ticket agents.

For more information about the service centres in Lund and Skåne, please visit: www.skanetrafiken.se

City buses
All city buses in Lund, Malmö and Helsingborg are green and have routes covering most of the cities. Fares and routes can be found on the Skånetrafiken website if you click on “Travel planner”.

Please note that it is not possible to buy tickets on the city buses with cash or credit card. Instead you pay with the Jojo-card, prepaid ticket, the app or 24/72 hour ticket. You can buy a prepaid ticket at Skånetrafikens customer center. With the prepaid tickets you choose yourself when you want to go.

Regional buses
The regional buses in Skåne are yellow and travel mostly between the cities, towns and villages in Skåne.

Please note that it is not possible to buy tickets on the regional buses with cash. On the yellow regional buses you can pay with Jojo-card, debit/credit card, the app and 24/72 hour ticket. The 24/72 hour ticket can be bought at Skånetrafikens customer centre.

When travelling with a regional bus, tell the driver your destination in order to pay the correct fare. Then hold your card in front of the card reader and your journey will be registered and the correct amount will be drawn from your card. If you are travelling further by train or by ferry please ask the driver for a receipt.

BY NATIONAL RAILWAY SERVICES
The Swedish rail network is operated by a few major train operators; SJ, Tågkompaniet, Veolia Transport and Inlandsbanan. The Swedish high-speed train X 2000, travels at up to 200 km/hour (125 mph) on all major routes.

More information about SJ (Statens järnvägar):
www.sj.se
DRIVING
In Sweden, like in most other European countries, cars are driven on the right-hand side of the road. You have to be at least 18 years old and hold a driver’s license to drive a car. You must have the license with you whenever you drive. Before you place yourself behind the wheel in Sweden, please make sure you have informed yourself of the Swedish traffic rules and regulations.

Some basic regulations are:
• The law requires wearing seatbelts when travelling, even when sitting in the back seat.
• Headlights must be used 24 hours a day.
• Speed limits range from 110 km/h (65mph) on main highways, 70 km/h (43mph) on smaller roads, and 50 km/h (31mph) or 30 km/h (18mph) in towns and cities.
• The legal alcohol limit in Sweden is stringent, and alcohol should be avoided completely when driving.

In certain cases, driver’s licenses from other countries are valid in Sweden. You can find necessary information on www.korkortsportalen.se/andra-sprak/in the pdf-document “Foreign Driver’s Licenses”. The regulations regarding driving licenses differ depending if you have a license from the EU or from outside the EU.

You can use a non-EU driver’s license for a maximum of one year in Sweden. If your driving license does not have a photograph, it is only valid together with an identification document with a photograph. If your license is not designed according to the United Nations Conventions on Road Traffic, and if it is not written in English, German or French, it is only valid in combination with a certified translation into English, German, French, Swedish, Danish or Norwegian. A driver’s license from a non-EEA country cannot be exchanged for a Swedish drivers license.

Gasoline
• Most gas stations are self-service, open 7 days a week, and some are open 24 hours.
• An average litre of gas (95 octane) costs about SEK 15.
• Major credit cards are usually accepted. At self-service stations you pay through automated machines which accept credit cards and SEK 20, 50, 100 or 500 notes.

Rent a car
Rental companies in Lund:
Avis Biluthyrning Lund
www.avis.se
Tel. 010-494 82 40

Hertz Biluthyrning
www.hertz.com
Tel. 046-30 60 12

Folkes Biluthyrning AB
www.folkesbiluthyrning.se
Tel. 046-35 41 40

Budget Biluthyrning
www.budget.se
Tel. 010-494 82 40

TAXI
Taxi Skåne
Tel: 046-330 330

Taxi Lund
Tel: 046-12 12 12
Biking

**HOW TO GET A BIKE**
Although the public transport services are good, a bicycle is by far the quickest and easiest way to get around in Lund.
If you want to purchase a second-hand bicycle in Lund, try:

Lundaböcker
Address: Kiliansgatan 11
Phone: 046-240 70 38

Begagnade cyklar/ Used bikes
Address: Fabriksgatan 2
Phone: 070-815 14 15

Harrys Cykel/Bikes
Address: Banvaktsgatan 2A
Phone: 046-211 69 46

Please note, the demand for second-hand bikes in Lund is very high and the stores mentioned above usually only have second-hand bikes available in the beginning of a new semester. The city of Lund arranges a bike auction with used bikes a few times every semester.

There are many places to buy a new bike in Lund. For a more complete list, visit gulasidorna.eniro.se and search for ‘cykel’ in ‘Lund.’

**Bike rentals - “Lundahoj”**
With Lundahoj, you are able to use common bikes from different stations throughout the City of Lund. The first 30 minutes are free. A 1-year season card costs 75 SEK.

For more information including the locations of the bike stations go to: lundahoj.se
Things to consider when buying a used bike
When buying a bicycle you should carefully check its equipment. It can be tempting to buy a used bike since it usually can be bought at a lower price than a new one. However, it can save you a lot of money to check the status of the bike before you buy it:

- Is the chain rusty or black with oil? That can be a sign that it needs to be replaced.
- Used bikes are often in need of new tires etc.
- Do the brakes work properly?
- Do the lights on the bike function?
- Look at the bike’s general condition. Beware of rusty bikes!
- Try the bike; brakes, acceleration, gear.
- The best test you can do is to bike uphill. If it feels ok, then it is good bike.

Keep in mind that bicycles are in great demand, so be sure to get a good lock for it!

One of the first things you also should consider when planning to buy a used bike is the risk of it being stolen property. Bike theft is one of the most common crimes in Lund and Swedish law states that a stolen bike will always be returned to its rightful owner, even if you have bought it in good faith. A person who has bought stolen property does not have the right to any compensation. Therefore, there are a few important things to consider before buying a used bike:

Is it stolen?
- Consider the price; if the deal sounds too good, it probably is. Be very careful if the price of the bike is very low in relation to the value.
- Be careful if the seller has many used bikes on sale at the same time.
- Ask where the bike is bought and ask to see receipts from previous owners.
- Ask for a receipt with the seller’s name and ask to see an id.
- Note the frame number on the bike or the SEC-number. You can then contact the police in order to find out if the bike is reported stolen.

TRAFFIC REGULATIONS
Do remember that because of large numbers of bicycle riders, the police put in a lot of effort to check that everyone follows the traffic regulations and on-the-spot fines may be issued for disobeying the rules of the road.

- In Sweden the traffic always goes to the RIGHT! This includes bikes.
- Bicycle crossing - indicated with white squares in the road. As a cyclist, be careful and only cross the road if it can be done without danger. You must still yield to traffic. When you come down the road from a cycle path, you also must give way.
- Pedestrian crossing - It is not forbidden for bikes to cross a road at a pedestrian crossing, but the crossing is meant for pedestrians and it is therefore inappropriate to bike there. If you get off the bike and walk instead, the same rules apply as for pedestrians. Cyclists, who choose to cross at a crosswalk on their bike, must give way or yield to pedestrians and to vehicles.
- Pedestrian walking area - When riding on a pedestrian street, bike at a walking pace and give way to pedestrians.
- To turn left - Indicate with your arm that you wish to turn left in good time before you start turning and in this way, you will help others on the road to know where you are going. If there is a lot of traffic or if you are unsure, you can make a
“big turn”. Stay to the right and continue straight across the intersecting road. When it is free, you can complete the left turn by cycling across the road.

- **Biking on a bike path** - If there is a bike path, you will normally use it. The rules for placement are the same as on the road: you ride on the right side and pass on the left.
- According to Swedish law, a bike must have **reflectors** on both wheels and also a proper front and rear light for cycling after dark.
- **Giving way/yield** (see sign) means being prepared to slow down or stop. You may proceed only if it can be done without danger or obstruction.
- **Stop** (see sign) means STOP for all vehicles, including bikes.

**Useful links about biking in Lund**

Take some time to learn the different traffic signs and regulation before you take your first bike ride.

The most common Swedish road signs are presented on:
[en.wikipedia.org/wiki/Road_signs_in_Sweden](en.wikipedia.org/wiki/Road_signs_in_Sweden)

Bicycle map of Lund City and the city surroundings:

Information from the EU about traffic rules and regulations for cyclists and their vehicles:
[ec.europa.eu/transport/road_safety/index_en.htm](ec.europa.eu/transport/road_safety/index_en.htm)
**Swedish holidays**

**SWEDISH TRADITIONS**
During your time in Sweden you will encounter many Swedish traditions and festivities. Many of the festivities and holidays are connected to the changing seasons. If you are curious about the mythical Midsummer in June, Lucia in December or the crayfish party in September.

You can find a lot of useful information on official site of Sweden: [www.sweden.se/traditions/](http://www.sweden.se/traditions/)

**PUBLIC HOLIDAYS**

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<tr>
<th>Spring 2017</th>
<th>Autumn 2016</th>
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<tr>
<td>New Year’s Day</td>
<td>1 January</td>
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<td>Epiphany Eve</td>
<td>5 January</td>
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<td>Epiphany Day</td>
<td>6 January</td>
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<td>Good Friday</td>
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<td>Easter Monday</td>
<td>17 April</td>
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<tr>
<td>May Day</td>
<td>1 May</td>
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<tr>
<td>Ascension Day</td>
<td>25 May</td>
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<tr>
<td>Sweden’s National Day</td>
<td>6 June</td>
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<tr>
<td>Midsummer’s Eve</td>
<td>23 June</td>
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<tr>
<td>Midsummer’s Day</td>
<td>24 June</td>
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<tr>
<td>All Saints’ day</td>
<td>5 November</td>
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<tr>
<td>Christmas Eve</td>
<td>24 December</td>
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<tr>
<td>Christmas Day</td>
<td>25 December</td>
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<tr>
<td>Boxing Day</td>
<td>26 December</td>
</tr>
<tr>
<td>New Year’s Eve</td>
<td>31 December</td>
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Register with the Tax Agency

PERSONAL IDENTITY NUMBER
International students who will study in Sweden for more than 12 months can apply for registration in the Swedish population register. By registering in the Swedish population register you can obtain a 10-digit Swedish personal identity number, a “personnummer”. The issuing authority is the Swedish Tax Agency, Skatteverket.

If you are eligible to register in the Swedish population register, but are not able to visit the Tax Agency’s day at Lund University, you can visit the Tax Agency office in Lund.

Make sure you bring the following documents when visiting the Tax Agency:
- a valid passport
- a residence permit and residence permit card if you are a citizen of a country outside the EU/EEA
- as a student, you must provide, a matriculation letter or proof of registration as a student at a university or college. Also bring a certificate of admission from your school showing the time period of your studies.
- as an EU-citizen, bring EHIC. You need to show that you have comprehensive health insurance valid for a year in Sweden (for students the European health insurance card should be shown).
- as an EU-citizen, you need to provide a self-signed assurance that you have sufficient funds for your support for the duration of your studies.

ID CARDS
To be eligible to apply for a Swedish ID card, you must be registered as living in Sweden. This means in turn that you must have a Swedish personal identity number. If you have a Swedish personal identity number and are in need of a Swedish ID card, you can make an application to the Tax Agency.

To apply you must:
- Be registered in Sweden with a Swedish personal identity number
- Carefully read the information provided on Tax Agency’s website: www.skatteverket.se. Click on “Other languages”, “In English”, “Apply for Identity card”.
- Pay the application fee in advance and bring the receipt of your payment
- Visit the Tax Agency (Malmö office)
- Bring documents that prove your identity

Documents to prove your identity
Citizens of EU/EEA countries
- valid ID is an EU passport issued on or after 1 September 2006
- a passport issued by Iceland, Liechtenstein, Norway or Switzerland on or after 1 September 2006

Non-EU citizens
- valid passport and proof of residence permit

In your application, remember to state that these are the documents that you want to use as proof.

It normally takes two weeks before the card is ready. The Tax Agency will notify you by
Visas and residence permits

The Swedish Migration Agency, Migrationsverket, is the authority which receives applications from people wishing to visit or settle in Sweden. The Migration Agency handles matters concerning visa, extension of residence permits etc.

**RESIDENCE PERMIT CARD AND BIOMETRICAL DATA**
The residence permit card is proof that you have the right to be in Sweden. It contains a photo and your fingerprints.

If you do not need a visa for travel to Sweden, as soon as possible after your arrival in Sweden, you should visit the Migration Agency to be fingerprinted and photographed to complete your residence permit card. In order to be fingerprinted and photographed you need to book an appointment at the Migration Agency office in Malmö. Appointments can be booked online through the Migration Agency’s website.

**EXTENSION OF A RESIDENCE PERMIT**
You must apply for an extension of your permit at least 30 days before your current permit expires. The Migration Agency does not send out reminders. Make sure to extend your passport if it is about to expire — you cannot obtain a permit for longer than your passport’s period of validity.

You can apply for an extension of your residence permit online on the Migration Agency website. The waiting time is approx. 5 months when you apply for a residence permit extension.

More information and contact details to the Swedish Migration Agency:
Website: www.migrationsverket.se
Service tel: 0771-235 235
Visiting address, Malmö (permit unit): Agnesfridsvägen 111
CHAPTER 9: LIVING IN SWEDEN

Learn Swedish - ”Tala svenska!”

PRACTICING YOUR SWEDISH LANGUAGE SKILLS IN EVERYDAY LIFE

Here are some quick tips for you to learn the language while taking part in everyday life in Lund:

Listen to and read Swedish every day! Read the Swedish papers, watch Swedish television, listen to the Swedish radio stations or eavesdrop on the Swedes’ conversations around you. If you keep listening and reading you will get used to the language. One hour of listening or reading is more effective than many hours of class time.

When going shopping, translate your shopping list into Swedish before you leave the house, otherwise you might end up with ”gräddfil” in your coffee instead of milk! All the various elements of life in Sweden have a vocabulary. Bring your dictionary with you all the time, to the laundry room, food store, nation etc and look up words and phrases from various signs, books, posters.

Throw away your inhibitions! Take a good hard look at your fear and toss it away. It is just a barrier between you and the mastery of the Swedish language. If you meet someone who speaks Swedish, be brave and speak. Don’t worry about mistakes. Just try to communicate.

SWEDISH LANGUAGE COURSES

Students with a Swedish personal identity number: SFI

SFI, Svenska för invandrare, is a national free Swedish language course offered to immigrants who have received a Swedish personal identity number. The course is offered by the municipality a student is registered in. As soon as a student has received his/her Swedish personal identity number, it is possible to sign up for state-funded courses, commonly referred to as SFI. SFI courses are administered by each municipality; contact your municipality for information on courses in your area.

More information about SFI in Lund, Malmö and Helsingborg:
Website, Lund: www.lund.se/komvux
Website, Malmö: malmo.se/Ny-i-Sverige/SFI--Svenska-for-invandrare.html (in Swedish)
Website, Helsingborg: www.helsingborg.se/startside/forskola-och-utbildning/vuxenutbildning/utbildningar/sfi-svenskundervisning-for-invandrare/

Folkuniversitetet

Folkuniversitetet is a non-profit adult education association offering a wide range of courses throughout Sweden, including Swedish courses for all ability levels.

More information about courses and fees: www.folkuniversitetet.se/In-English/Swedish-courses/Swedish-Courses-in-Lund/
Swedish courses for exchange students
Formal exchange students at Lund University are offered a short introductory course in Swedish during the Orientation programme. As an added value to the student exchange programme and to awake an interest in the language and culture of the host country as well as to facilitate communication, Lund University also offers Swedish Language courses to exchange students during the semester. More information about these courses is provided from the exchange student coordinators.

Swedish courses for students on a one-year degree programme
All international students admitted to a one-year degree programme are offered the opportunity to apply for an introductory course in Swedish during the Orientation programme.

LANGUAGE CAFÉS AT LUND UNIVERSITY

The Swedish Lounge
The International Desk Swedish Lounge is offered once a week every semester. At the Swedish Lounge international students have the opportunity to practice their Swedish language skills together with Swedish speakers. More information is provided in the International Desk newsletter and on the International Desk Facebook page.

Café Multilingua
Café Multilingua is a language café offered by the student union at the faculties of Humanities and Theology, HTS. Every week a big group of students gather to practice many different languages. The Café is open to all students who would like to practice their language skills or help other students improve their skills.
# Shopping A-Z

## BOOKSTORES (BOKHANDEL)

Akademibokhandeln is the biggest bookstore in Lund and the store at Stortorget has a wide selection of course literature.

You can both buy and sell used course literature in *Campusbokhandeln* on Winstrupsgatan 9 in Lund.

There are also several online bookstores available:
- Campusbokhandeln, www.campusbokhandeln.se
- Adlibris, www.adlibris.se
- Bokus, www.bokus.se
- Amazon (UK), www.amazon.co.uk
- CDON, www.cdon.se

Please note that you usually need to pay with credit card or invoice (which requires a Swedish personal identity number) when buying books online.

## ELECTRONIC STORES AND COMPUTER STORES, LUND

### Lund city centre:
- GH Data  
  Bankgatan 4  
  Website: www.ghdata.se

- Kjell & Company  
  Stora Södergatan 58  
  Website: www.kjell.com/butiker/lund-city

### Nova shopping centre:
- Electronic stores:  
  Elgiganten, www.elgiganten.se  
  Siba, www.siba.se  
  Media Markt, www.mediamarkt.se

## FURNITURE AND BED LINEN

### In Lund city centre:
- Hemtex, Mårtenstorget 11  
- Åhléns, Stora Södergatan 4

### Nova shopping centre:
- JYSK, Företagsvägen 36 (outside the shopping centre) JYSK can also be found at Emporia.

## IKEA

- In Malmö; local bus 7 or 33 or train and get off on Svågertorp station.  
- In Helsingborg you find IKEA by Väla shopping centre (see below).

## OPENING HOURS

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.

## PHONE SERVICES

There are several companies on the market that provide mobile phone services. A refill phone card is provided in the welcome package available to all new international students. You can refill your phone card or get a new one in convenience stores such as 7-eleven and Pressbyrån. New mobile phones can be purchased at one of the many phone retailers Telia, Telenor, The Phone House, Elgiganten, Siba or Media Markt.
CHAPTER 9: LIVING IN SWEDEN

Mobile phone services in Lund city
Telia
Address, Lund: Knut den Stores Torg 1B, Lund

The Phone House
Address, Lund: Mårtenstorget 10

Telenor
Address: Västra Mårtensgatan 2

POST OFFICE
The post offices, Posten, in Sweden have been replaced by stores which have postal services. You can find their locations all around the cities in many of the larger grocery stores. Posten has some pre-paid boxes and envelopes, and you can also buy stamps there. More information can be found on www.posten.se/en/

SYSTEMBOLAGET
Alcohol is only sold in special shops called Systembolaget usually open Monday-Friday 10.00 to 18.00 and Saturday until 15.00. Some stores are open until 19.00. Please note that you must be at least 20 years old to buy alcoholic beverages. Be prepared to show your ID.

SECOND-HAND SHOPPING
Flea market and second-hand shops are quite common in Lund. Every Saturday morning during the spring you can find a flea market on Södra Esplanaden in Lund.

Emmaus
Address: Stora Södergatan 35
Opening hours: Mon-Fri 11-18, Sat 11-15

Erikshjälpen
Address city store: Stora Södergatan 25
Opening hours: Tues-Thurs 12-18, Sat 11-16
Address store 2: Tornavägen 11
Tues and Thurs 12-18, Sat 11-15
Amnesty
Address: Bredgatan 8
Opening hours: Tues-Fri 16-18, Sat 11-15

Uggleboden
Address: Råbygatan 17
Opening hours: Mon-Thurs 9-14, Fri 9-13
Sun 12-15

Humana Second Hand
Address: Kyrkogatan 5B
Opening hours: Mon-Fri 10-18, Sat 11-16

Röda Korset Kupan
Address: Tullgatan 14
Opening hours: Mon-Thurs 12-16, Fri 14-18, Sat 10-14

Svalorna
Address: Spolegatan 5 (entrance through courtyard at #7)

IM Tian
Address: Spolegatan 10A

**SHOPPING CENTERS**

**Nova, Lund**
Nova is a shopping center in the outskirts of Lund city centre. The mall includes more than 70 shops. In the area, you can also find several electronic stores, home accessory stores etc. How to get there: You can reach Nova by bike or by local bus 5 or regional buses 126 and 137. The bus stops close to Nova is Företagsvägen and Fjelnerondellen.

**Väla, Helsingborg**
Väla is one of the biggest fashion shopping centres in Sweden with 180 stores and is next door to IKEA. How to get there: You reach Väla with city bus 22 or regional buses 230, 506 and 520 from Knutpunkten. Väla is the end station of the bus lines.

**Emporia, Malmö**
Emporia is one of the newest shopping centres in the region. The shopping centre is easily reached by train to Hyllie station.

**TIPPING**
Tipping special services provided by hotel staff is fine, but it is not expected and is simply a matter of personal taste.

At restaurants, a service charge is included in the bill, but a small gratuity is expected for evening meals. Taxi drivers should be given a few extra kronor, if you are happy with the service. Porters and cloakroom attendants often charge fixed fees. You do not have to tip your hairdresser.

**SUPERMARKETS**
Supermarkets are open all week and generally open from 8.00 in the morning until 22.00.

There is usually a supermarket located close to each of the student accommodation areas in Lund. Examples of the most common supermarkets in Sweden are ICA, Coop, Willys, Lidl and Netto.

**SHOPPING FOOD IN SWEDEN**
Finding your way in a new country with different food products can be a bit of a challenge. On the next page we have compiled a list of useful information and a dictionary that you can use during your first visits to a Swedish supermarket.
Going to the Supermarket

Here is some useful information when you visit a Swedish supermarket:

• The smallest coin used in Sweden is “krona” (kr/SEK). Prices can be stated with smaller amounts, for example, 14.90 kr, but prices are always rounded up to the nearest 1 krona.

• Plastic and paper bags are found by the checkout and cost extra.

• Unless you use a supermarket’s self scan service, the fruit and vegetables are weighed by the cashier.

• The sales tax for food (moms) and groceries is 25%. The cost of sales tax is always included in the price on the price tag.

• ”Extrapris” means that the price has been temporarily reduced.

• ”Bäst före” means “Best Before”, and indicates that the product should be consumed before that date printed on the product.

Swedish food products

“Blodpudding” - black pudding (made from pigs’ blood)

“Falukorv” - a type of pork sausage

“Isterband” - spiced sausage (pork)

“Tubost” - cheese in tubes, many different flavours

“Leverpastej” - liver pâté (less fancy Swedish version from the French delicacy, from pork)

“Kaviar” - caviar (less fancy Swedish version of regular caviar, served on a tube)

A small food dictionary

Almond - Mandel
Apple - Äpple
Banana - Banan
Beef - Nötkött
Butter - Smör
Carrot - Morot
Cheese - Ost
Chicken - Kyckling
Cod – Torsk
Egg - Ägg
Flour - Mjöl
Garlic - Vitlök
Ginger - Ingefära
Gluten free - Glutenfri
Graham/Wholemeal flour - Grahamsmjöl
Herring - Sill
Lactose free - Laktosfri
Lemon - Citron
Milk - Mjölk (do not confuse with “Filmjölk” which is non-sweetened type of yogurt)
Minced beef - Köttfärskött/Nötffärskött
Minced pork and beef - Blandfärskött
Mushroom - Svamp
Oats - Havregryn
Onion - Lök
Orange - Apelsin
Peanuts - Jordnötter
Pepper - Peppar
Pork - Fläskkött
Potato - Potatis
Rye - Råg
Salmon - Lax
Salt - Salt
Sausage - Korv (usually contains pork)
Shrimp - Räkor
Sour cream - Créme fraiche or Gräddfil, different fat contents
Sugar - Socker
Turkey - Kalkon
Wheat/white flour - Vetemjöl
Whole grain - Fullkorn
Yogurt - Yoghurt
Gyms and fitness centers

GERDAHALLEN
Gerdahallen is run as a Lund University foundation and is one of the biggest fitness and training centres in Sweden. Its main purpose is to offer students and university staff an opportunity to exercise at substantially subsidized prices. Gerdahallen offers approx. 200 classes every week including aerobics, pilates, boxing, spinning and zumba and has also a large gym.

Website: www.gerdahallen.lu.se
Address: Helgonavägen 8

VICTORIASTADION
At Victoriastadion you can use the gym at very student friendly fees. Located in the same facilities are ATL tennis, squash and badminton courts as well as indoor handball, football and basketball courts.

Website: www.gerdahallen.lu.se
Address: Helgonavägen 8

FRISKIS & SVETTIS
Website: lund.friskissvettis.se
Address: Gustavshemsvägen 1

FITNESS24SEVEN
Website: www.fitness24seven.com
Address: Kattesund 1, Fabriksgatan 22 and Bangatan 10

ACTIC
Website: www.actic.se
Address: Högevallsgatan 1 (Högevall), Tuna-vägen 39H (Sparta) and Magistratsvägen 59 (Delphi)

More information about Victoriastadion:
Website: www.lugimotion.se (Swedish)
Address: Lovisastigen 2-4
CHAPTER 10: WELL-BEING

Sport teams and swimming pools

Many of the student nations offer different kinds of sport teams, such as soccer and volleyball. Please visit the nations’ websites, which can be found through www.studentlund.se.

Below is a selection of sport clubs. The email address stated will take you to the secretariat of each club. Please note that the clubs are generally organised on a volunteer basis and are not connected to Lund University.

**BASKET**

EOS Lund
Lund Basketball Association
Website: www6.idrottonline.se/EosLundBF-Basket
Email: info@eoslund.se

**FOOTBALL/SOCCER**

Lunds BOIS
Website: www6.idrottonline.se/LundsBOIS-Fotboll/
Email: fotboll@lundsbois.se

Lunds BK
Website: www6.idrottonline.se/LundsBK-Fotboll/
Email: kansli@lundsbk.se

**HANDBALL**

Lugi Handboll
Website: www.lugihandboll.se/
Email: info@lugihandboll.se

**ROWING**

Lund student rowing club
Website: www.facebook.com/LundsUniversitetsRoddklubb
Email: luroddklubb@gmail.com

**RUGBY**

Lugi Lions Rugby club
Website: lugirugby.com/
Email: kontakt@lugirugby.com

**TENNIS AND BADMINTON**

Tennis
ATL (tennis, squash and badminton courts),
Website: atllund.se
Location: Victoriatadion on Lovisastigen 2-4
Email: reception@atllund.se

Gerdahallen
Website: www.gerdahallen.lu.se/tennis.aspx
Location: Helgonavägen 8

**ROWING**

Lund student rowing club
Website: www.facebook.com/LundsUniversitetsRoddklubb
Email: luroddklubb@gmail.com

**HÖGEVALLSBADET**

Indoor public swimming pool, open all year.
Offers adventure bath, water slides, climbing wall and outdoor pool.
Website: www.hogevall.se
Address: Högevallsgatan 1

**DELPHINENBADET**

Indoor public swimming pool, open all year round. Located by Delfi and Kämnårsrätten student accommodation areas.
Website: www.actic.se
Address: Magistratsvägen 59

**OPEN-AIR SWIMMING – KÄLLBYBADET**

Only open in summer.
Website: www.lund.se/bad (click on “Friluftsbad”, information in Swedish)
Address: Badarevägen
Faith and Spirituality

THE MULTI-FAITH CHAPLAINCY
Students of all faiths are welcome to the Multi-Faith Chaplains office in Lund. The Multi-Faith Chaplains in Lund serve all students and employees of the University. Three ministers of the Church of Sweden, one pastor and one deacon of the Mission Covenant Church work together. Their office can be found on the 4th floor in the AF-building.

You are welcome to visit the Multi-Faith Chaplains irrespective of your faith or religion. The chaplains provide personal and spiritual counseling and support. All visits are free of charge and confidential. The Multi-Faith Chaplains can also help you to contact any local church or religious body, other than the church of Sweden.

More information and contact details to the Multi-Faith Chaplaincy:
Website: lundsdomkyrka.se/multifaith-chaplaincy/
Contact person: Jan Kjellström
Visiting address: 4th floor, AF-building, Sandgatan 2
Email: mfc.lund@gmail.com
Tel: 046-35 87 37
**RELIGIOUS BODIES IN LUND**

**Church of Sweden, Lund Cathedral**  
Website: [www.lundsdomkyrka.se/english/](http://www.lundsdomkyrka.se/english/)  
Lutheran, Anglican, Episcopal, Methodist, Presbyterian, Reformed, Congregational  
Contact: The Multi-Faith Chaplaincy, Jan Kjellström  
Email: jan.kjellstrom@svenskakyrkan.se

**Catholic**  
Website: [www.dominolund.wordpress.com](http://www.dominolund.wordpress.com)  
Contact: Brother Björn Engdahl, Catholic Student Chaplaincy

**Pentecostal, Baptist**  
Email: torben75@yahoo.com (African)  
davidneil72@hotmail.com (English)  
adfontes.international@gmail.com

**Jewish**  
Website: Jewish community of Malmö  
[www.jfm.se/in-english.html](http://www.jfm.se/in-english.html)  
Contact: Rabbi rebecca Lillian  
Email: rabbi.r.lillian@gmail.com

**Islam**  
Website: islamlund.net  
Contact: Imam Ali Ibraim  
Email: alielchafei7@gmail.com (Lund) and icmalmo@mosken.se (Malmö)

**Buddhist**  
Website: [www.taozen.se](http://www.taozen.se)  
Contact: Dharma master Ming Bao  
Email: info@taozen.se (Malmö)

**Other churches and religious bodies**  
Please contact the Multi-Faith Chaplaincy

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**Sexuality, relationships and well-being**

**PROJECT 6 (P6)**  
Project Sex, P6, is an independent organisation working for Lund University students to promote sexual health on a physical, emotional and social level. This is done by offering education and arranging the well-known condom-raids at nation parties. P6 offers a wide range of social and educational activities for its members such as workshops and lectures, members’ evenings, LGBTQ group, condom raids, education weekend and radio broadcasting.

All students are welcome to pick up free condoms, lube and information in the P6 office on the 4th floor in the AF Building. The office is manned by P6 Educators, students who have completed an education programme, and they are happy to answer any questions you might have regarding sexual health. They can also direct you to a clinic where you can get tested for STI’s for free.

Membership in P6 is free and without obligations. You become a member through their website. As a member you will receive the weekly newsletter, where you can read all about the upcoming events.

More information and contact details to Project 6:  
Website: [projekt6.se/en/](http://projekt6.se/en/)  
Email: p6@projekt6.se  
Facebook: [www.facebook.com/ProjektSex](http://www.facebook.com/ProjektSex)
CHAPTER 10: WELL-BEING

LGBTQ STUDENTS
The LGBTQ group is part of the student organisation Projekt Sex (P6). It addresses the needs of Lund University’s lesbian, gay, bisexual, transgender and queer students in particular, although LGBTQ allies and all other interested persons are welcome.

The LBGTQ group arrange social activities for their members such as the LGBTQ brunch and they also have a discussion group called Café Tove, a forum for talking about LGBTQ-related themes. Membership is free and you decide how involved you want to be.

STOLT I LUND

Stolt i Lund means “Proud in Lund” and is an association that works with LGBTQ(+) rights in Lund. Every year they arrange LundaPride in May and other events throughout the year that highlight the LGBTQ(+) community.

Email: communication@stoltilund.se
Website: stoltilund.se
Facebook: www.facebook.com/stoltilund

KVINNOJOUREN

Kvinnojouren is a Women’s Aid community in Lund who can provide advice and support to women who have experienced, or are close to someone who has experienced, psychological and/or physical abuse, threats of violence or other degrading treatment. Kvinnojouren offers help in several different languages (e.g. English, Turkish, Russian, French, Persian and more)

Email: kvinnojourenlund@telia.com
Facebook: www.facebook.com/kvinnojourenlund
Tel: 046-12 19 60
Mondays 11-13, Thursdays 18-20

KRISCENTRUM FÖR MÄN (“CRISIS CENTRE FOR MEN”)

At Kriscentrum för män can provide advice and support to men who experience a psychological crisis connected to a separation, divorce or experience anger management issues or a life crisis.

Email: communication@stoltilund.se
Website: stoltilund.se
Facebook: www.facebook.com/stoltilund

Address: Bankgatan 4, Lund
Tel: 046-14 39 72
CHAPTER 10: WELL-BEING

Culture

KULTURMEJERIET
Kulturmejeriet in the south of Lund is an event centre where many things happen. They have movie nights which include outdoor movie screenings during the summer, Doc Lounge with modern documentaries, musical concerts with many well-known bands and singers as well as club days/night (Lindy hop, jazz lunches, and more). Check out their website for the latest information about concerts and clubs. Website: www.kulturmejeriet.se Address: Stora Södergatan 64

CINEMA (BIO)
Most blockbuster movies are shown on the SF cinemas in Sweden. In the larger cities there is usually at least one SF cinema available. The regular ticket price is approx. 120-145 SEK but there are student discounts if you choose to watch a movie on a weeknight. Website: www.sf.se (Swedish) Address, Lund: Västra Mårtensgatan 12

In Lund you can also find Kino which is a cinema showing independent movies, documentaries and live streaming from the National Theatre in London, the Met in New York etc. Website: www.kino.nu (Swedish) Address: Kyrkogatan 3, Lund

MUSEUMS
The Museum of Public Art (Skissernas Museum)
The Museum of Public Art is owned by Lund University and is a unique museum with its focus on the artistic process and public art. There is no entrance fee for students and the museums holds guided tours in English on a regular basis. Website: www.adk.lu.se Address: Finngatan 2 (by the University Main library)

Lund Art Hall (Lunds Konsthall)
In the middle of the city, by Mårtenstorget, you find Lund Konsthall with exhibits of international contemporary art. This museum is free of charge. Website: www.lundskonsthall.se Address: Mårtenstorget 3

Kulturen Museum
Kulturen is the biggest museum in Skåne, the southernmost province of Sweden, and the second oldest open-air museum in the world. There are now more than thirty buildings, moved and re-erected in Kulturen to fill two blocks of the city of Lund. The buildings show how people have lived and worked in Sweden through the ages. The museum offers 20 exhibitions and programme activities around Swedish festivities such as Christmas, Easter and Midsummer. Website: www.kulturen.com Address: Tegnérsplatsen, Lund

CULTURE IN MALMÖ AND HELSINGBORG
Malmö and Helsingborg offers a wide variety of cultural activities. You can find more information on www.malmotown.com and www.malmotown.com

Website: www.helsingborg.com
Nature

THE RIGHT OF PUBLIC ACCESS (ALLEMANSRÄTT)

In Sweden, there is a law known as Allemansrätt which gives everyone the right to walk, cycle, ride a horse or ski freely in the countryside, even if it is privately owned. However, this freedom also entails an important code or responsibility. The owners of the property, and the wildlife must not be disturbed. You may pitch your tent for a night or two in the countryside as long as you do not disturb the landowner or cause damage to nature. You are allowed to pick berries and mushrooms, but obviously you are not allowed to break branches or damage crops, fences or other property. Great care must be taken with fires and a permit must be bought before fishing.

More information about the Right of Public Access:
Website: www.naturvardsverket.se/en/Enjoying-nature/The-Right-of-Public-Access/

PARKS

The Botanical Gardens
An oasis in Lund city centre with 7000 species and greenhouses with nine different climate zones. Free of charge to go in the greenhouse which is open from 11-15 every day!
Website: www.botaniskatradgarden.se
Address: Östra Vallgatan 20

Stadsparken
Stadsparken, the city park in Lund, is the most popular park and you can enjoy musical performances and other events year round. Every year on the 30th of April, the park fills up with about 30 000 students celebrating Walpurgis Night (Valborgsmässoafton) and the Last Day of April (“Siste April”).

St Hans Backar
In the park St Hans Backar close to Delphi and Kämnarsrätten, you have one of the best views of the region. It is also a perfect place to play outdoor games and have a barbecue.

NATURE AREAS CLOSE TO LUND

Dalby Söderskog
A national park with a rich plant and animal life.
Website: www.swedishepa.se/Enjoying-nature/Protected-areas/National-Parks/Discover-Swedens-national-parks/

Skrylle
Popular open-air recreation area with numerous jogging and walking tracks.
Website: www.skrylle.se

Romeleåsen ridge
Many walking trails in beautiful scenery. Walking maps available from Lund tourist office.
Explore the Skåne region

Sometimes it can be nice to take a break from your studies and have a change of scenery. We have therefore put together a small selection of easy day trips. The New York Times has placed Skåne as number 9 on the list of 52 places to go in 2016. So, take the time to enjoy the beautiful scenery and nature.

**SKÅNE ZOO (Skånes Djurpark)**
This is a small zoo with different Nordic animals. It is great for a day trip and you can bring your own picnic to the park. Some examples of the animals are: moose, foxes, beavers, different types of deer and birds.
How: Take the train to Höör station and change to yellow bus 15 (ask the driver if it goes to Skånes Djurpark to be sure). Single tickets cost 65 SEK (with Jojo-card). The park costs 140-190 SEK in low season (1/1 - 31/3) and 240 SEK in high season (1/4 - 30/9).
Website: [www.skanesdjurpark.se](http://www.skanesdjurpark.se)

**VEN ISLAND (Ven)**
This is a small island where astronomer Tycho Brahe had his observatory and is great for picnics, renting a bike to ride around and to see the Tycho Brahe observatory.
How: Take the train to Landskrona station where you will have to change to a city bus to Skeppsbrokajen (the harbor) which should cost approx. 60 SEK one-way. From there, you can catch the ferry to the island (75 SEK). The ferry leaves approx. every one and a half hours and you can see the times on: [www.ventrafiken.se/index.php/en/](http://www.ventrafiken.se/index.php/en/)
Once on the island, it is best to rent a bike to explore the island.
Website: [www.landskrona.se/Pages/Page.aspx?pageld=16531](http://www.landskrona.se/Pages/Page.aspx?pageld=16531)
SKRYLLESKOGEN NATURE PARK
(Skrylleskogen)
You take regional bus 159 from place M (on the corner near ICA Malmborgs and the train station). Use your Jojo card to buy your ticket and the cost will be 40 SEK each way. The bus runs Wednesday-Friday from Lund C to Skryllegården. Check the Skånetrafiken website for the time schedule, www.skanetrafiken.se.
Website: skrylle.se/

HIKE ON SKÅNELEDEN
The Skåneleden Trail is a long distance footpath through the beautiful countryside of Skåne. The Trail is over 1000 kilometres long and is divided into five separate trails, with total of 89 sections.

Available in many parts of Skåne, e.g. Österlen, Bjärehalvön, along the coast by Höganäs and Landskrona and around the Linderöd and Söderåsen ridge in central Skåne.

Choose one of the five separate trails and learn how to reach that specific trail by visiting the Skåneleden website, en.skaneleden.se/. The “Knösen-Torekov” section and the “Båstad-Knösen” section are two of the most popular sections.

FOT EVIKEN VIKING RESERVE
A “living” reconstruction of a late-Viking Age village. Around 22 authentic reconstructions of houses with reed or turf roofs have been built, near the site of the Battle of Foteviken in 1134. As visitor you can step inside the houses and meet the resident “Vikings”. The Viking Reserve is included in the Lonely Planet book “Ultimate Travelist” as one of the top 500 places in the world to visit.

From Malmö central station, take regional bus 100 to Höllviken. Get off at “Höllviken Östra Halörsvägen”. A footpath leads to the museum by Höllviken beach. Roughly a 10 minute walk.

Website: www.fotevikensmuseum.se/d/en

TOUR OF DENMARK
Helsingør is a small town with old streets and many restaurants. It is nice to wander around in and is also the location of Kronborg where Shakespeare’s play “Hamlet is set. Louisiana is a modern art museum.

Take the train to Helsingborg C (located in the building Knutpunkten) and just upstairs you can get on the ferry to Denmark. You can buy a special Øresundsrun ticket (249 SEK) which enables you to travel up the coast of Sweden, take the ferry over to Denmark and then take the Danish trains back to Lund (or vice versa but you cannot travel back the way you came so if you go over the bridge first then you must take the ferry back). This ticket is good for 2 days as well so you can make a night of it if you wish. On the Danish side is also a great modern art museum called Louisiana (www.louisiana.dk) which costs 100 DKK. You then continue to Copenhagen and stop if you wish or head back to Lund over the bridge. The Øresundsrun ticket can give some discounts to museums and you can ask about it when you buy the ticket at the Skånetrafiken office.

Website: www.visitdenmark.dk
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