Time to Go

EXTERNAL RELATIONS
Time to Go – prepare for studying abroad

Acquiring international experience means giving up your comfort zone. It also means managing on your own, not having all the answers, putting yourself in new situations, daring to ask stupid questions, getting to know new people, discovering new interests and learning a lot more about yourself.
Programme

• Practical issues
• Cultural experiences
• Insurance during your time abroad
• Student ambassador
• Meet and mingle with other students directly after this information session (Gasque-salen)
Practical issues

LENA JONSSON, INTERNATIONAL COORDINATOR
Before departure

• Follow instructions from your faculty and coordinator at LU as well as instructions from the host university
• Contact your faculty about your study plan
• Insurance by Kammarkollegiet (Student UT)
• Study allowances (CSN) [www.csn.se/utomlands](http://www.csn.se/utomlands)
• Visa application [www.regeringen.se/sb/d/2366](http://www.regeringen.se/sb/d/2366) (Diplomatlistan)
• Vaccination [www.vaccinationsguiden.se](http://www.vaccinationsguiden.se)
• Scholarships [http://emedia.lub.lu.se/db](http://emedia.lub.lu.se/db) Global Grant [www.lu.se/studera/studera-utomlands/stipendier-for-utlandsstudier](http://www.lu.se/studera/studera-utomlands/stipendier-for-utlandsstudier)
Erasmus+

• Learning Agreement for studies / traineeships
• Approval of study plan from home university (for transfer of credits later on) and partner university
• Erasmus scholarship
  [www.lu.se/studera/studera-utomlands/stipendier-for-utlandsstudier/erasmus/erasmus-stipendium-for-studier](http://www.lu.se/studera/studera-utomlands/stipendier-for-utlandsstudier/erasmus/erasmus-stipendium-for-studier)
• Language test before and after exchange (mandatory)
  English, French, German, Spanish, Italian, Dutch
• Possibilities to take language courses online (optional)
• Erasmus Mobility Tool (mandatory survey report)
• Contact person: Ingrid.Temler@er.lu.se
Important documents to bring

• Letter of Acceptance
• Up-to-date Ladok transcript
• Learning Agreement
• Insurance documentation
• Financial documentation (CSN, bank)
• Valid passport and visa
• Some identity photos
• Vaccination history
• Medication
Looking for a tenant?

BoPoolen is run by the Lund University Student Unions’ Association

• The primary purpose of BoPoolen is to help students at Lund University find safe and accommodation and work for a more secure housing situation in Lund
• Encourages people living in Lund to sublet rooms
• Provide support and advice for those who want to rent or sublet housing
• All ads on housing are previewed and approved
• Information is available in both Swedish and English
• Bopoolen’s services are free
• Find us at: www.bopoolen.nu
During your time abroad

• Orientation week / Introduction week
• If requested, contact your faculty regarding changes in your study plan
• Information about your studies abroad (course descriptions, schedules, literature lists etc)
• Registration in Ladok via Studentportalen
• Student ambassador at study abroad fairs
• Apply for courses at LU next semester
• Current e-mail address
• In case of emergency
After your time abroad

• Transcript from host university
• Transfer of credits and registration in Ladok (show transcript, Learning Agreement and information about your studies abroad to your faculty)
• Student report
• Share your experiences (info meetings etc.)
• International mentor for students coming to LU
  fadderi@er.lu.se
Cultural experiences

IDA THELANDER, INTERNATIONAL COMMUNICATIONS OFFICER
Some potential challenges

• Academic system
• Studies
• Administration
• Accommodation
• Finding friends
• Language skills – academic
• Language and identity
• Figuring out culture – how to do things, how to make yourself understood
Cultural adjustment

- Excitement (Honeymoon Period)
- Withdrawal (Frustration and Isolation)
- Adaptation
- Adjustment
Studying abroad is a learning process
Studying abroad makes you smarter

- Capacity to think yourself
- Willingness to take initiatives
- Negotiation skills/Advocacy
- Self-reliance
- Self-confidence
- Ability to posing meaningful questions
- Deal with complex questions and find multiple answers
- Being comfortable in new groups and environments
- Navigate new systems, new cultural patterns
- Identity – perception of yourself and your relation to the world and how you can interact with it
Keep in mind!

We don’t see things as they are
We see them as we are
Insurance

ISABELLE JÖNSSON, INSURANCE COORDINATOR
Student UT insurance

• 24-hours a day in the country of studies
• Also other countries if part of studies
• Two weeks before and after
• During direct travel
• Holidays
MEDICAL INSURANCE CARD

Issued under the authority of KAMMARKOLLEGIET, 651 80 KARLSTAD, SWEDEN
Phone +46 54 22 12 00 Fax +46 54 15 56 10 E-mail: forsakring@kammarkollegiet.se

Insured: Anna Andersson
Policy holder: Lund University
Insurance policy no.: 202100-3211
Valid through: 5 aug 2015 - 5 jan 2016

This is to certify that the insured is covered by an insurance, provided by Kammarkollegiet and guaranteeing:

Full coverage of medical costs in the event of medical emergency. No limitation in amount.
Full coverage of costs for medical evacuation and/or repatriation. No limitation in amount.
Liability coverage upp to SEK 10 million.

There is no deductible to the insurance.

In case of emergency, please contact:
Falck Global Assistance
Phone: +46 8 587 717 49
Fax: +46 8 505 939 13
E-mail: fga@se.falck.com
The insurance includes

- Emergency medical and dental care (pre-existing conditions are covered in case of emergency)
- Home transport cover due to serious illness, extensive personal injury or deceased person
- Property cover (deductible 1,500 sek)
- Liability cover (up to 10 million sek)
- Legal expenses cover
- Personal injury cover
- Please read the full terms and conditions: http://www.kammarkollegiet.se/dokument/terms-and-conditions-2015-student-ut-insurance
How does the insurance work?

• Call or email Falck Global Assistance
• Pay the fee if possible
• Save all original receipts
• File claim form
• Save other possible documents (police report)?
• Coordinators signature, LU send claim form
• Kammarkollegiet evaluates
• Refund after a couple of weeks
• Find Claim form: www.kammarkollegiet.se (insurance, Student UT)
Travelling within EU/EEA?
Don’t forget

- Original receipts – property targeted by thieves
- Avoid unnecessary situations
- Don’t break the law!
- Medicine

- ”Resklar” app, Ministry of foreign affairs
- In case of emergency, contact LU coordinator
Questions?

Welcome to contact student insurance coordinator Isabelle Jönsson

isabelle.jonsson@er.lu.se

046-222 01 10
Student Ambassador

MEGAN GRINDLAY, INTERNATIONAL MARKETING MANAGER
Student ambassador - a great opportunity

- Represent Sweden, Lund University, your study area, student life
- Create awareness about Lund University and Sweden
- Recruit students to LU (exsecure places for future LU students)
- Increase our international student numbers = benefits all students & LU rankings
- Help our partner universities by participating in their activities = good reputation
- Gain experience in marketing activities, presentation skills
- Gain a new perspective on Sweden and Lund University!
Facts about Sweden

- Among **top 5** in the world in **innovation, democracy** and **gender equality**
- Among **top 5** in the world in providing higher education
- Largest number of global companies per capita in the world
- Population of **10 million** people – 15% born overseas
- **1%** only of waste goes to a rubbish dump! Environmentally-conscious society
- One of the **safest countries** and **best living standards** in the world
One of the highest levels of English proficiency amongst non-native speakers in the world.
How many universities in the world?
Why study at Lund University?

• A world top 100 university
• An internationally renowned research-intensive university, celebrating 350 years
• Sweden’s most international and most popular university
• A study destination without the language barrier - English is widely spoken
• A chance to learn a new language - Swedish
• Scandinavia’s largest range of education in English
• A different style of teaching: independent thinking, group work, hands-on research skills
• Start your international network and enhance your CV with international experience
• Lund is a cute, compact university town and is famous for its student life
• Copenhagen airport 35 minutes away – travel hub!
Strong research areas

- Materials science, surface physics and nanotechnology
- Advanced laser physics and spectroscopy
- Diabetes
- Cancer
- Automatic control and complex systems
- IT and mobile communications
- Neuroscience and neurodegenerative diseases
- Cognitive science
- Stem cell therapy
- Evolution, ecology, and animal migration patterns
- Environment, climate, sustainable systems and biodiversity
- Epidemiology
- Innovation and entrepreneurship
- Middle Eastern studies
Bluetooth.
Wireless communication.
Tetra Pak.
Hövding. The built-in airbag for cyclists.
Student ambassador situations

- The "elevator pitch"
- A presentation about Lund University
- Pre-departure events for international students accepted to LU
- Alumni event organised by LU or Swedish Consulate
- Talking with other students, teachers or international office staff
- Recruitment events
Study abroad fairs

• Your chance to represent LU and help promote LU as a study destination

• Contact studentreception@lu.se in advance: date & t-shirt size

• Contact your international coordinator – any special information?
Tools and resources

• Key messages about Lund University
• Powerpoint presentation
• LU presentation film (2 min long) on YouTube
• Study in Sweden film (2 min long) on YouTube
• Marketing materials – brochures, prospectus, bookmarks, posters, postcards,
• LU Instagram account, LU Facebook page (English)
• International Marketing and Recruitment team at Lund University
• www.sweden.se website
Where to find information - Svenska

www.lu.se

>Studera
>Studera utomlands

- Checklist
- Powerpoint presentation slides
- Link to YouTube film
- PDF of brochure
Where to find information - English

www.lunduniversity.lu.se

>Current students
>Study abroad opportunities

- Checklist
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- Link to YouTube film
- PDF of brochure