How to use this guide

Coming to another country to study 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 everyday life in Sweden.

We encourage you to 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 some further clarification, please contact any of the services listed in the guide and their staff will be pleased to help you.

If you have more general questions or 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 9.30-12.30
Opening hours, Orientation weeks:
Monday-Friday 10-15

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 the Jojo app and explore public transport options in your area (see chapter 8)

☐ Get a bike (see chapter 8)

☐ Get a LU access card (see chapter 7)

☐ Get your Swedish SIM card, provided in your welcome package, working (see chapter 9)

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

☐ If you need to leave your biometrical data make sure to book an appointment with the Swedish Migration Agency (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 have received a Swedish personal identity number, apply for a Swedish ID card (see chapter 9)

☐ Complete your registration and enrollment at the University

☐ Attend the introduction at your department or on your programme

☐ Handle financial matters (see chapter 6)

☐ Get furniture and decorate your home (see chapter 9)

☐ Log into your student email account and the Student Portal (see chapter 8)

☐ If you plan to use another email address than the one provided by Lund University, forward your student email to that address

☐ Visit your faculty library (see chapter 2)
International students at Lund University

In order to give you the best service possible, we will occasionally 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 likely study 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 any 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 for a programme through www.universityadmissions.se or www.antagning.se and intend to complete your degree at Lund University. Master’s and Bachelor’s degree students should always direct any questions regarding academic matters to the relevant programme coordinator.

Non-degree course students — you are a non-degree course student (this includes “freemover students”) if you have applied for single-subject courses or the Swedish language programme through www.universityadmissions.se or www.antagning.se. If you are a non-degree student, you should contact the course administrator or study advisor at your department for questions regarding academic matters.
CHAPTER 1: ARRIVAL GUIDE

Useful contact details

USEFUL PHONE NUMBERS
Swedish emergency telephone 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
Swedish Migration Agency: www.migrationsverket.se
Studentlund: www.studentlund.se
International Desk Facebook page: www.facebook.com/internationaldesk

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

LU Accommodation, Lund
Address: Tunavägen 20
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. To obtain this card become a member of Studentlund and download the app “Studentkortet”. More information can be found in chapter 5.

The LU access card is key card and will give you access to university buildings and is also a library card. This card can be obtained through one of the card stations on campus. Find more information in chapter 7.

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. In chapter 9 you will find addresses to some used bike shops in Lund. 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 submit your biometrical data at the Migration Agency in Malmö. The address can be found in chapter 9 of this guide. Make sure to book an appointment.
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. You can find the Tax Agency on Stora Södergatan 45 in Lund. They also have offices in Helsingborg and Malmö. Read more about who is entitled to a Swedish identity number in chapter 9.

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

It is not possible to pay with cash on the city buses. But you can install the Skånetrafiken app and buy your ticket through it (see list in chapter 8). You can also pay with credit cards on all buses.

I only have wired internet in my student accommodation, where do I find a network cable?
A list of electronic stores in central Lund and at the Nova shopping centre is provided in chapter 9.

I need a pillow and a blanket, where should I go?
For addresses to shops in central Lund and at Nova shopping centre see chapter 9. During the Orientation programme, there will be several tours to IKEA. You can also travel to IKEA on your own. Find more information in chapter 9.

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

I don’t have my personal code no or a LU Identity number, what should I do?
All students have a personal code number in the student registry, Ladok.

All exchange students were sent an email a few months before Arrival Day with the personal code number (or LU identity number as it is also called).

Degree students can find their personal code number on their “Notification of Selection Results”.

If you can’t find your code, please visit the International Desk or contact your coordinator and they will help you.

Help! I need to buy groceries and I don’t know any Swedish!
You will find a small food glossary in chapter 9. Most staff in the grossery stores will understand and speak English, so don’t worry.
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 or more subjects. It is the department that registers you when the programme or course begins. At every department you will find lecturers, study counselors, course secretaries, directors of studies and a head of the department. This is also where certain administrative services and laboratories are located.

Although programme students can usually be expected to take several courses from other departments, they have a “home” department in charge of the whole programme. The departments at Lund University are located in several different areas of Lund all of them have their own website which can be accessed through lu.se.

The departments work together in the same research and study 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 for 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, remember that you will have to contact the coordinator or course administrator beforehand so that you do not lose your place on the course.

STUDY STRUCTURE
Studies are usually structured so that students only have one course at a time, each concluded with some form of assessment. Exceptions are the School of Economics and Management and the Faculty of Engineering where two or more courses may run parallel to each other.

Courses can run for anywhere from 2 to 20 weeks, usually 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 Credit Transfer System (ECTS), thus, one week of full-time study corresponds to 1.5 credits. One semester of full-time study amounts to 30 credits (15 US or Canadian Semester Credit Hours, SCH). Single subject courses vary in scope from 7.5 to 60 credits.

The teaching methods and the number of classroom instructions can vary considerably between different subjects and courses. Some courses, mainly in engineering, have up to 30 hours of lecture per week, while some, e.g. social sciences courses, can have 10 hours, and rely more on independent studying. The most common form of teaching is lectures to groups of 25-30 students. All courses include written and/or oral exam. There are usually no final exams covering the entire semester’s coursework. If you fail an exam, it is possible to re-take the exam the same semester or later that year. Only successfully completed courses are recorded on your official transcript. All student records at Lund University are stored in the student registry, Ladok.

STUDENT REGISTRY (LADOK)
Ladok is the name of the registry 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 semester, credits taken and degrees. Registration and academic results are documented and entered into Ladok by the relevant department.

In accordance with Swedish legislation on the principle of public access to official documents (Offentlighetsprincipen) all data recorded in Ladok are accessible to the public in Sweden. If you want to learn more about the Swedish principle of public access, 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 has a student account and will receive a message to their student email address each time a result from an examination has been registered in Ladok. By logging in to the Student Portal (see chapter 7) with your student account details, it is
also possible for you to print verifiable academic transcripts of records and registration certificates. If you need an attested (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.

**Personal code number**

International students, who do not have Swedish personal identity number, are registered with a LU with personal code number in Ladok. This number consists of the student’s date of birth and a letter followed by three digits. If you receive a Swedish personal identity number while studying at Lund University, please submit the number in the Student Portal.

**GRADING SYSTEM**

In Sweden the grading scale normally consists of 3 grades; Pass with Distinction (VG or Väl godkänd), Pass (G or Godkänd) or Fail (U or Underkänd). However, some faculties may use a different grading scale:

The **Faculty of Engineering** uses several different grading scales. On most courses, the grades awarded are: 3 (three) Pass, 4 (four) Very Good, 5 (five) Excellent. For all courses in architecture, the grading scale only includes the grade “Godkänd” (Pass). Courses in Industrial design uses both 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 uses four grades; Pass with Distinction (AB), Pass with Credit (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 to their coordinator several months in advance.

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

GETTING YOUR DEGREE

When you have completed your degree studies at Lund University you can request to receive 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

Before your graduation, remember to join the Lund University Alumni Network.
Website: www.lunduniversity.lu.se/alumni

CHAPTER 2: STUDIES AT LUND UNIVERSITY
Libraries

Lund University has one of the oldest and largest research library networks in Sweden, where you are able to make use of the collections and services of 26 libraries on campus.

The University Library is often 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. Each faculty has one or more libraries. Subject specific materials can be found there, as well as reference copies of required reading for most courses and programmes. At the faculty libraries, there are contact librarians for each subject, who can help you with questions about finding literature or referencing within your field. The electronic library collection includes more than 16000 e-journals, 200 databases, many e-books, dictionaries and encyclopaedias.

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
Your LU access card is also your library card. In order to borrow items from libraries at Lund University, you need to activate your LU card as a library card.

1. Create a library account in the library catalogue, called LUBcat: [https://lubcat.lub.lu.se](https://lubcat.lub.lu.se)
2. Go to the information desk at one of our libraries to activate your LU card as a library card.

More information
Website: [www.lub.lu.se/en](https://www.lub.lu.se/en)

The libraries and a map of their locations can be found on page: [www.lub.lu.se/en/our-libraries/map](https://www.lub.lu.se/en/our-libraries/map)
CHAPTER 2: STUDIES AT LUND UNIVERSITY

Academic calendar 2020-2021

Autumn semester 2020
Monday 31 August - Sunday 17 January

Spring semester 2021
Monday 18 January - Sunday 6 June

The exact period of the semesters may slightly vary from one faculty to another and also from year to year, depending on which weekday the official dates are that year. Check the exact dates directly with your department.

CHRISTMAS HOLIDAY
There is no official Christmas break in the academic year, however in practice there are usually no classes over the Christmas/New Year’s period. The exact dates are determined by each department, please check with your programme/department to confirm the dates.

EASTER HOLIDAY
As with Christmas, there is no official Easter break in the academic year, however in practice there is usually a break in classes around the time of the public holidays. Good Friday and Easter Monday are official holidays and students are usually off on Holy Thursday. The exact dates are determined by each department so please check with your programme/department to confirm the dates.
CHAPTER 2: STUDIES AT LUND UNIVERSITY

Academic support

THE ACADEMIC SUPPORT CENTRE
The Academic Support Centre (ASC) aims to help students find their voice in the academic conversation and joy in their daily study and writing routines. ASC services, free for LU students, include individual and group consultations, lectures, workshops, and Write Nights. Topics cover a broad range under the writing process and academic texts, presentation skills, and reading and study skills. Most commonly, students make appointments to discuss a text they’re working on. All writers need to talk about their writing.

Contact information and appointments
Website: www.lunduniversity.lu.se/academic-support
Email: english.support@stu.lu.se
Phone: 046-222 36 95

To make an appointment, fill in the online booking form on our website, where you can also sign up for upcoming open lectures, workshops, and Write Nights. You might also meet an ASC consultant at a lecture requested by your programme or course. If you’d like to request a lecture or workshop for a group, please send us an email and we’ll try to accommodate you!

About appointments at the ASC
Many students make an appointment to discuss an assignment or thesis draft. Through talk about your writing, you will not only improve the text, but also improve overall as a writer and thinker. All writers, from beginners to experts, benefit from feedback on their texts throughout the writing process. The text could be a lab report, a final essay, a presenta-

tion, or a Bachelor’s or Master’s thesis. 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 have a follow-up appointment or two—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 semester 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. If you’re preparing for a presentation, you can book a time to practise your delivery and get feedback. Appointment times tend to fill up quickly, especially from mid- to late-semester, so book your spot well in advance. If you’d like to discuss a specific text, we ask that you email a copy to the consultant about 24 hours before your appointment time. All appointments are confidential unless otherwise discussed.

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 proofreading 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 your way towards a 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, we do not expect you to deal with new academic challenges without explanations and support. The following text will help you familiarise yourself with academic culture at Lund University.

Casual yet critical classroom
You might be used to addressing your professors as Dr. Chang or Professor Smith, but in Sweden students and teaching staff are on a first-name basis, just Johan or Anna. As indicated by this custom, most professors de-emphasise 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 enough to contribute 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 full-time students to devote 35-40 hours per week, the same as a normal work week, to their studies. These hours include attending lectures, reading and reviewing your notes, lab work, studying for exams, participating in study groups, and completing assignments. This concept may not be a challenge in itself, but especially for students studying courses with few classroom hours, it can be tempting to procrastinate with the remaining unscheduled time.

To avoid the inevitable anxiety and stress of procrastination and to submit your best
work, set specific daily and weekly goals, take regular breaks during your work day, and form study groups to help keep each other accountable.

**Independent work**

For most of you, your final semester at the University will be spent writing a degree project or thesis. 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 the staff or faculty; it is your responsibility to produce a quality degree project on time. Your department will provide a supervisor, but his/her role varies greatly between departments.

The most successful students start thinking about their degree project before their final semester, create a realistic and regular routine for researching and writing, establish and participate in peer writing groups, and visit the Academic Support Centre for input on the writing process or feedback on their text. Many thesis writers enjoy our “Write Nights:” time and space to focus on writing in the company of others doing the same thing. Sign up on our website!

**USEFUL RESOURCES**

**AWELU - Academic Writing in English at Lund University**

- Website: [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**

- Website: [Harvardwrites.com](http://Harvardwrites.com)

Constructing academic arguments from Harvard University, with short films, excellent sample essays, and practice assignments.

- Website: [writingcenter.unc.edu/handouts/](http://writingcenter.unc.edu/handouts/)

Handouts on a variety of writing and grammar topics from the University of North Carolina.

- Website: [owl.english.purdue.edu/owl/](http://owl.english.purdue.edu/owl/)

Online Writing Lab (OWL) at Purdue University

- Website: [www.stopplagiat.nu/en](http://www.stopplagiat.nu/en)

Web tutorial for international students on avoiding plagiarism. This is a joint venture from several Danish universities.

**Thesis Writing**

- Website: [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.

- Website: [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 they apply to all levels of 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)

To demonstrate independence, you need to make smart choices about how to incorporate sources ethically and elegantly. Readers should always be able to follow who is ‘speaking’ in your text. To accomplish this, you need to be able to summarise, paraphrase, synthesise, and quote effectively and use in-text citations and reference lists correctly.

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 subject to disciplinary measures.

HOW DOES LUND UNIVERSITY WORK WITH PLAGIARISM?
Lund University has a long experience of combating plagiarism. All advisers and teaching staff are trained to look for signs of plagiarism in the students’ work. Employees at Lund University are obliged to report any suspicion of an attempt to deceive by a student, 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 a plagiarism detection system called Urkund, through which students may be required to submit their assignment.

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, an online source or even a verbal communication.

As long as you comply with 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 write a better essay.

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 originial source and to use quotation marks.
• Always inform your reader when you use a source other than yourself. Make it clear which of the text derives from your own thoughts and which of it is someone else’s work.
• When you are reading material to prepare for your degree project, make note 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 degree project, make sure to use your own words and present everything in your own way.

*the source of these quick tips and more advice can be found on www.stopplagiat.nu/en. 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 as well as ethnic and social diversity. The University’s activities aim to provide opportunities for everyone to develop according to their personal circumstances and regardless of of sex, ethnicity, religion or other 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 opportunities:
Website:
www.lunduniversity.lu.se/student-rights

**COMPLAINTS INVOLVING STUDIES OR DISCRIMINATION**
For help or to report a complaint involving your studies or discrimination, the first thing you should do is to try and resolve the problem directly with the person/s 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 faculty. In Sweden, the role of the student unions is to ensure that your interests are represented at the university and they can raise any issues you may have to the University. They can mainly help with issues of your studies or learning environment.

Contact details to the student unions on:
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*. They have a student ombudsman whom you can contact. The student ombudsman helps to make sure that the University is fulfilling its 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 concern.

Contact details to the ombudsman:
Email: studentombudet@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 accommodation (such as internet connection or laundry facilities) please check the LUAcc website.

LU Accommodation and Lund University do 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 LU Accommodation
Website: www.luaccommodation.lu.se
E-mail: luacc@service.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: Tunavägen 20, Lund,
Visiting hours Monday-Friday 13.00 - 15.00 (different office hours during the Orientation Weeks)
CHAPTER 3: ACCOMMODATION

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 the academic year, regardless of your arrival date. Please note, if you are staying longer than to the end of the academic year and you 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. This does not apply to non-EU/EEA students who are 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). Please be aware that the housing guarantee only applies when all criteria of the Terms and conditions of the Housing Guarantee are met.

Payment of rent

Rental payments are to 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 for 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 15 June and the 9 August until 1 January. If you have a contract ending on 1 January 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 you during your stay. The maximum extension is until 15 July.

If you are a non fee-paying student, staying for one more semester 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.

Your contract must be extended before the extension deadline. It is very important that you 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 two full calendar months. This means that if you want your housing contract to end May 31, you will have to contact LU Accommodation in March. To cancel your contract please contact LU Accommodation by email.

INTERNET

All housing areas provide an internet connection in the rooms. A wireless internet connection is not offered as standard, you may need a computer network cable. The cable is not provided. If you are experiencing problems with your internet connection, please contact the broadband provider.
FAQ – FREQUENTLY ASKED QUESTIONS TO LU ACCOMMODATION

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

Can I pay the whole amount for one semester in one payment?
Yes, you can request to pay the whole amount for one semester 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. What does the error indicate?
This usually indicates one of the following:
• Limits or restrictions (most probably geographical) on the card
• You have a card which does not allow online payments. Please contact your bank and let them help you assess the problem.
• Not enough money available in the account

What should I do if I arrive after Arrival Day?
• If you arrive after the official Arrival Day, make sure to visit the LU Accommodation office 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 in your online
inventory within 3 days after you have picked up your keys. The online inventory is for recording the existing damages in your room so that you won’t be charged for them when you move out.

• International students normally arrive 1-2 weeks ahead of the Swedish students. Don’t worry if Lund seems empty when you first move in. Get to know your neighbours and dorm mates! Start making friends and enjoy 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 allow for any room changes. If 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 it with another person. Unfortunately, LU Accommodation cannot offer family accommodation.

Can I sublet my room/apartment?
No. The housing contract you sign is for you and you alone. If LU Accommodation discovers that someone else is living in your room they will terminate your housing contract.
AF Bostäder was founded by the Academic Society in Lund in 1850 and is today an independent foundation providing approx. 6,000 student rooms for Lund University students in 11 different areas of Lund (e.g. Sparta, Kämnarsrätten, Delphi and Vildanden). If you study in Lund for more than one semester and have not secured accommodation for the full period of study, we recommend that you 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 for 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 all housing applicants and tenants within AF Bostäder are required to become 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 AF Bostäder. All students are welcome to contact the Bostadsombudsman for questions about student housing in Lund. The Bostadsombudsman is a student elected by the Academic Society council for a period of one year.

Contact details to Bostadsombudsman: Email: bomben@afbostader.se
BoPoolen

“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 and 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 CHECKLIST 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 the 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 centre 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 situation meets 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 included in the contract. It is also a good idea to photograph any damages that might be in the apartment/room when you move in, to minimise 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 recognise 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 someone from contacting you through an ad requesting housing. It is always important to stay alert and to recognise the warning signs of fraud.

**Warning signs of a housing fraudster**
- The landlord is abroad and not able to show the apartment.
- Demands for a large 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.
- The landlord wants you to make a payment to his/her lawyer in a different country.

**Advice on how to avoid housing fraudsters**
- Ask for the landlords full name, address and birth date. Names and phone numbers 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.
- Never send personal information or your 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
CHAPTER 3: ACCOMMODATION

Housing at a student nation

Most of the student nations in Lund provide a number of housing arrangements 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 building supervisor (Husförman) at your nation for more information about housing.

Temporary housing – hostels and hotels

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

Winstrup Hostel Lund
www.winstruphostel.se
Tel: 046-809 00
Email: stay@winstruphostel.se

STF Vandrarhem Malmö City
www.svenskaturistforeningen.se/MalmoCity
Tel: +46-101902460
Email: malmo.city@stfturist.se

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

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

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

For emergencies or life-threatening situations: **Call 112**

112 is the emergency number to call in case of danger to life, property or environment. 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.

By dialing 112, you can be connected to 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

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 did it happen?” and “from which number are you calling?”.

Emergency calls are free of charge.
SOS Alarm’s website has more information on what happens when you call 112.

SOS Alarm website:
[www.sosalarm.se/sprak/english/](http://www.sosalarm.se/sprak/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 case of an emergency, you should always call 112. For health care emergencies, it is also possible to go directly to the emergency room (akutmottagning) at a hospital (universitetssjukhuset or lasarettet), which is open 24/7:

**Universitetssjukhuset Lund**
Klinikgatan 15, Lund

**Universitetssjukhuset Malmö**
Ruth Lundskogs gata 5, Malmö

**Lasarett Helsingborg**
Karolina Widerströms gata 12, Helsingborg

**Poison control (förgiftning)**
Dial 112 in case you are poisoned and ask for poison control. Open 24/7.

**Emergency psychiatric care**
For acute emotional or mental health care (psykiatrisk akutmottagning):

**Lund**
Baravägen 1
Tel: 046-17 41 00

**Helsingborg**
Karolina Widerströms gata 10
Tel: 042 - 406 27 30

**Malmö**
Carl-Bertil Laurells gata 7
Tel: 040 - 33 80 00

**Non-emergency health care: 1177**
For non-emergency health related situations, call 1177. The number is free of charge and open 24/7. With this number you can get medical advice from a registered nurse on many things including diagnosis based on your symptoms. If needed, they can refer you to the appropriate health care clinic if you need a doctor.

You can call most of the health care clinics on weekdays 8.00 a.m.–5.00 p.m. to make an appointment. For other times, ask for help via 1177.

**HEALTH CARE CLINICS (VÅRDCENTRAL)**

**CENTRAL LUND**
Capio Citykliniken Lund
Drop in weekdays 9:00-12:00
Clemenstorget 5
Tel: 046-270 00 00

Vårdcentralen Getingen
Entrégatan 3
Tel: 046-17 72 00
Open weekdays, evenings and weekends
Drop in weekdays 9:00-11:00

Vårdcentralen Helsa
Stora Södergatan 4
Tel: 046-280 57 00
Drop in weekdays 9:00-11:00

Vårdcentral Södertull
Helgeandsgatan 16
Tel: 046-275 19 00
NORTHERN LUND
Hälsocentralen Sankt Hans
Fäladorget 22
Tel: 046-19 93 00

Vårdcentral Norra Fäladen
Fäladorget 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
Vårdcentral 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 SEGE PARK
Vårdcentral Granen
Grangatan 11
Tel: 040-623 42 00

NEAR MALMÖ STUDENTHUS
Vårdcentral Rosengården
Von Trois väg 1
Tel: 040-623 43 00

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

NEAR MALMÖ FOLKETS PARK
Vårdcentral Sorgenfrimottagningen
Nobelvägen 56 b
Tel: 040-623 46 60

Vårdcentral Eden
Möllevångsgatan 44
Tel: 040-623 91 00

NEAR RÖNNEN
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 47
Tel: 042-406 04 00

MIDWIFE (BARNMORSKA)
If you need birth control, to take a pregnancy test or have other similar questions, you can visit your local midwife at a midwife clinic (barnmorskemottagning). This is free for residents with a European Health Insurance Card (EHIC) or an ID if you have a Swedish identity number).

MIDWIFE CLINICS IN LUND:
LUND CITY CENTRE
Barnmorskemottagning Södertull
Helgeandsgatan 16
Tel: 0771-73 73 73

Admira kvinnohälsa
Stora Södergatan 3
Tel: 046-30 30 90
Or book an appointment online at:
www.admirakvinnohalsa.se/en

Capio Citykliniken
Clemenstorget 5
Tel: 046-270 00 00
CHAPTER 4: HEALTH CARE, SAFETY AND INSURANCE

NORTHERN LUND
Barnmorskemottagning Norra Fäladen
Fäladstorget 18
Tel: 0771-73 73 73

EAST LUND/LINERO
Barnmorskemottagningen Linero
Linero Torg 2
Tel: 0771-73 73 73

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

GETTING TESTED FOR STIs
Lund
The STI-clinic at Hudkliniken
Lasarettsgatan 15
Tel: 046-17 21 13 or 046-17 11 65 to book an appointment. When calling, wait for the long Swedish message to finish before you will be given information in English.

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

Youth Guidance Center “Youmo”
Stora Södergatan 47
Tel: 077-112 02 02 to book an appointment, only for persons that are 22 years old or younger.

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

More information about STIs
Project 6 (P6), an organisation that promotes sexual health among students at Lund University, provides information and advice about STI’s can be found on their website.
Website: www.projekt6.se/en/information/konssjukdomar/

If you have questions about HIV and AIDS, you can also contact an organisation called Noak’s Ark which works with raising awareness of HIV and reducing the social vulnerability of HIV-positive individuals
Website: www.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 clinics. Birth control pills require a prescription from a midwife. 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 offers free condoms and advice at their office located inside 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 an EHIC card (EU citizens) will be charged the same basic health care fees as Swedish citizens. For a person with a Swedish personal identity number, the cost for each
visit ranges from SEK 150 to SEK 400. If you do not have a Swedish personal identity number the fee can amount to approximately SEK 1300. 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 provider.

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 will need to pay the 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 are unable to come to your appointment, contact the health care provider. The cancellation must be made at least 24 hours prior to your visit. If you miss an appointment, you will be charged twice the fee.

**DENTISTS (TANDLÄKARE)**

For dental care you can visit the district dental clinic (Folkandvården), find a private dentist or visit the clinic at the Faculty of Odontology in Malmö. Dental care is generally not subsidised by the Swedish government and the fees may be higher than what you are used to. Before visiting a dentist we recommend 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** (Folkandvården)

Folkandvården is often located in the same area as the public health care clinic. Folkandvården, which is owned by the government, may have lower fees but also have longer waiting times in some cities compared to private dental clinics. For contact details to Folkandvården, please go to: www.skane.se/sv/Webbplatser/Folkandvarden/. Click on “Allmänntandvård”, then “Här hittar du våra kliniker”.
Private dentists
To find private dentists visit: www.eniro.se, and search for ‘privata tandläkare’ in Lund Malmö or Helsingborg depending on where you live.

Clinic at the Faculty of Odontology in Malmö (Tandvårds högskolan)
The dental clinic at the Faculty of Odontology in Malmö is a good alternative if you are in need of dental care but cannot afford to pay the full cost of a regular dentist appointment. Call to book an appointment.

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

Dental emergencies
For emergencies you call 0771-55 88 00 to make an appointment, Monday-Friday 7:30-16:00. On weekends or holidays call 0771-160 170.

You can also get help and advice around the clock by calling 1177 or visiting www.1177.se/skane

PHARMACY (APOTEK)
Pharmacies have most types of medication and health care products but certain pain relief tablets, antacids, etc. which do not require a prescription, can be found in most grocery stores.

However, for advice about symptoms or medications, a wider variety of products or to have your prescription filled, you must visit a pharmacy. There are located all around Lund, including near the hospital or health care clinic.

Three locations in Lund with extended opening hours:

Apoteket Hjärtat Mårtenstorget 12
Tel: 0771-405 405
Opening hours: Monday–Friday 8:00–20:00, Saturday 9:00–19:00, Sunday 10:00–19:00

Apoteket Hjärtat Getingevägen 8
Tel: 0771-405 405
Opening hours: Monday–Friday 8:00–20:00, Saturday–Sunday 10:00–17:00

Kronans Apotek Fäladstorget 20
Tel: 0771-612 612
Opening hours: Monday–Friday 9:00–18:00, Saturday 10:00–14:00, Sunday closed
Student Health Centre

The Student Health Centre is a service available to all students at Lund University. The centre has counsellors, nurses, psychologists and psychiatrists. The centre is a complement to other public and private health care clinics. The Student Health Centre works primarily with problems that affect your ability to study - i.e. stress, worry, anxiety, depression and/or study-related 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. Any information you give them is of course confidential. The center also offers courses and support groups.

You need to make an appointment to visit the Student Health Centre, but you can also ask questions or receive advice over the phone - do not hesitate to give them a call! If your issue is not within the limit of the Student Health Centre, they will advise you on whom to contact. Please note that the Student Health Centre does not provide counselling or book appointments via email.

More information and contact details to the Student Health Centre:
To schedule an appointment, see information on the website: www.lunduniversity.lu.se/student-health
Tel: 046-222 43 77

Telephone hours (subject to change):
Mondays: 8:30-12:00 and 13:00-14:00
Tuesdays and Wednesdays 8:30-12:00
Thursdays: 8:30-9:00 and 11:00-12:00
Fridays: 8:30-10:30
Visiting address: Sandgatan 3
Visits are confidential but remember to bring your ID.

Medical insurance

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

For more information visit the 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 and Swiss citizens
You are entitled to public health care services if you have been issued an European Health Insurance Card (EHIC) by the social insurance office in your home country. 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) which includes accident coverage, coverage for medical expenses (where no other cover exists) and liability and property coverage. If you have a Schengen visa you are covered in Sweden and 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 file 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.

Non tuition fee paying students – EU/EEA and Swiss citizens

You are entitled to public health care services if you have registered 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. This will allow you to pay the same patient fees as for Swedish citizen directly, without having to file an insurance claim.

In Sweden, you are also covered by our Student IN insurance. 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

Swiss citizens are usually entitled to an EHIC card from their home country. In some cases, students with dual citizenships, with an EU and non EU citizenship, who have not lived in the EU/EEA for a while may not be able to receive this card. We urge students with dual citizenships to investigate the possibility of receiving an EHIC card. Students with dual citizenships are also covered by Student IN.
**INCOMING INTERNS**

Incoming interns are covered by a special *Insurance for foreign visitors* 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.

If you have a Schengen visa, the insurance is valid in the Schengen area (property coverage is only valid in Sweden). EU/EEA citizens normally do not have a Schengen visa. Please note that being a citizen of a Schengen country does not necessarily mean that you have a visa in Schengen. For travel outside the Schengen area, you need additional insurance coverage, which should be acquired in your home country. In order to file a health insurance claim, bring the original receipts and a completed *Insurance for foreign visitors* claim form to 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**

Regulations for health care do not apply to dental care. In most cases, international students are not entitled to subsidised dental care (N.B. specific conditions apply for students covered by FAS+ insurance), regardless of whether they have received a Swedish personal identity number or not, and will generally have to pay the total fee. The Student IN, FAS+ and *Insurance for foreign visitors* cover emergency dental care up to SEK 3,000 a year.

**USEFUL LINKS**

*Kammarkollegiet*, is a Swedish government agency that provides insurance (see 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. Most of the information from Försäkringskassan concerns 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 *Insurance for foreign visitors* includes property coverage as well as liability coverage. The property and liability coverage in this insurance corresponds to a home insurance policy issued by a private insurance company. Incoming students who are covered by Student IN, FAS+ and *Insurance for foreign visitors* through Kammarkollegiet and who have a housing contract with LU Accommodation, do therefore not need to obtain 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)
- Moderna Försäkringar [www.modernaforsakringar.se](http://www.modernaforsakringar.se)
The Swedish Police

CONTACTING THE SWEDISH POLICE
Call 112 for emergency help from the police. For all other on-emergency matters pertaining to file a report or if you need information call 114 14.

114 14 - Telephone number to the police
Call 114 14 for all non-emergency police matters. The line is open 24/7 all year round, and the police officers speak Swedish and English.

114 14 is an automated telephone service with four choices:
• To report a crime or a loss - press 1.
• To provide a tip-off to the police - press 2.
• For passports, opening hours or general questions - press 3.
• To speak to a police officer or a switchboard operator directly - press 0 or wait.
• For information in English, please wait until the after the automated message in Swedish.

When filing a report, state:
• your personal details. If you are filing a report on behalf of someone else you need to provide personal details for the both of you.
• the time and place of the crime, in as much detail as possible.
• In the case of fraud or crime online, 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 cancelled.

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

Police station in Lund
Visiting address: Byggmästaregatan 1

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

Police station in Helsingborg
Visting address: Berga Allé 25
Lund University campus security

In case of an emergency, you should always call the Swedish 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 officer or the University’s on-call staff. Campus security is available 24/7.

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

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 life in Lund

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 several organisations. The nations, the student unions and the Academic Society are run by students volunteers.

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

“HÄLSNINGSGIлет”-EVERYTHING GATHERED IN ONE PLACE
Every semester starts with the so-called “Hälsningsgillet”, a reception 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.

Website: www.halsningsgillet.se
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 labour 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 it 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 nations’ 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 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?
As a new member 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/medlem](http://www.studentlund.se/medlem).

**Step 2.** Choose which nation you want to be a member of. You register in a nation by visiting the nation’s office during the registration period. It’s your own choice which nation you want to become a member of. If you join a nation that is part of Studentlund your membership give you access to all member nations.

When you have completed these steps you will be able to download the app Studentlund. 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 to you. You can also pay by credit card on: [www.studentlund.se](http://www.studentlund.se). If you have questions regarding your bill, please contact your nation. If you have a new address you can update the information on Studentlund.se, or 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 to 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 student nations are essentially large social clubs which represent the heart of the students’ extracurricular life in Lund. There are thirteen student nations in Lund. Membership in a nation provides students with the chance to really get to know Swedish student culture. The nations are NOT exclusive 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 that students who arrived to Lund from different parts of Sweden could socialise with other students from their native regions and catch up on any news from back home. That’s why the nations are named after different cities or areas in Sweden. Just like today, extracurricular activities were conducted such as parties, clubs and cultural events to enable the students to develop their social lives while receiving their formal education at the University. Today, almost 350 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 living and studying 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 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. 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 offer 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 different nations offer similar activities – but with a different twist. 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.

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

“Music is a big part of Blekingska Nation and for more than 30 years many famous bands and up-and-coming artists were playing on our stage. Next to enjoying live gigs, music quizzes, free rehearsal spaces and other creative outlets, many of our members choose to take an interest in the nation’s food and beer culture. Thanks to this, our “sittnings” have been gaining the reputation of being some of the best in StudentLund!

Because of our upcoming expansion, this is an exciting time to be part of Blekingska. Even though we’re viewed as one of the smaller nations in Lund, we are growing rapidly, and in about two years we will be moving to bigger venues with more housing and a larger capacity for special events. We hope to bring with us the unique inclusivity and closeness
that makes Blekingska what it is today and will continue to provide our members with that little extra special something and familial care. 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](http://www.goteborgsnation.com)  
Facebook: [www.facebook.com/goteborgs](http://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 situated pub in Lund – Kajutan. Nation members are warmly invited to get involved in some of our committees. The event and party planning committee has many subdivisions that are responsible for pub nights, nightclubs, dinners, etc. Other committees work on our blog, spex, sporting activities 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 have a Christmas Party, a 1 May celebration, a Crayfish Party and a variety of theme parties throughout the semesters. We also arrange noviceparties in the beginning of each semester where you get to meet new friends and students. Please feel welcome to help prepare these festivities, or simply attend them!”
CHAPTER 5: STUDENTLUND - STUDENT LIFE IN LUND

Hallands Nation
Address: Thomanders Väg 3
Tel: 046-15 91 91
E-mail: info@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 that come from all over the world, that study different subjects and have different interests. It’s important for us that everyone feels welcome and included.

At Hallands Nation, you’ll find one of Studentlund’s most delightful pub, club and sitting atmospheres, where we strive for serving great food and awesome drinks. Every Monday, we serve burgers for lunch at “Burger Bundays”. On Wednesdays we have our popular pub quiz, “Wangö Pub Quiz” where you can compete with other teams for a grand prize at the end of each semester. Our pub “Pizza & Pop’secco” is then on Fridays where you can enjoy delicious pizzas and bubbly before a night out at our nightclub “Re:play” or “Tomorrowlund”, where members get half off the entrance fee. Other activities we offer: luxury brunches, sushi nights, pub crawls, day festivals, a variety of sport events such as dodgeball, volleyball, and soccer and so much 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

“Helsingkrona Nation is known as Lund’s pub nation. Here you are never alone and you get to know a lot of people and quickly become a “Kalmarite”. There is always a lot going on at Kalmar Nation including our pub which is open twice a week. We have the very popular pub “Ölkällaren” on Tuesdays, the only nation pub open on that day, and the Friday pub “Kaggen”, where we, during the summer, have after-work events 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.

Helsingkrona aims to promote good relationships between students during their time at the University by offering a variety of activities such as; pub nights, nightclubs, lunches, balls, various sports as well as cultural events. To ensure the well-being and comfort of our students, Helsingkrona has built a new house called “Tornet”. With this addition, Helsingkrona can now provide housing for 356 members in our dorm rooms 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 known as Lund’s pub nation. Here you are never alone and you get to know a lot of people and quickly become a “Kalmarite”. There is always a lot going on at Kalmar Nation including our pub which is open twice a week. We have the very popular pub “Ölkällaren” on Tuesdays, the only nation pub open on that day, and the Friday pub “Kaggen”, where we, during the summer, have after-work events 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 Thursdays we serve the hungry student a well-priced gourmet lunch. We have an active group, which for example goes on hikes every month. 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

“We are the nation where the sun always shines! Welcome to our newly renovated venue where we have pubs, sittnings and lunches every week. Make sure to visit StudentLund’s only Bar on Saturdays! Challenge your friends with a game of foosball or pool while drinking tasty drinks. As a member of Kristianstads nation we of course give you 10% off both food and drinks (we like our members that much). We always have a broad selection of beer, cider and drinks - both alcoholic and non-alcoholic, and delicious home cooked food.

Beside weekly events, we also host our beer festival, volleyball tournament, Spääx (theatre group) and annual ball Snapphanefesten. Our nation house is right in the middle of LTH, the economic center and the hospital so it’s always close by and gives us a good mixture of students and a strong sense of community. Thanks to the close knit friendships between all our foremen we have a very positive atmosphere and love involving new people at the nation, the easiest way is to join is via
the Facebook group “Workers at Kristianstads nation”. As a member you have many possibilities for scholarships, housing and leaderships skills as we have 50 rooms and many foreman positions!”

Lunds Nation  
Address: Agardhsgatan 1  
Tel: 0735-14 60 60  
E-mail: info@lundsnation.se  
Webpage: www.lundsnation.se  
Facebook: www.facebook.com/lundsnation

“Lunds Nation is one of the largest nations in Lund with about 3300 members. Our building is located in the city centre, on Agardhsgatan, and houses 275 apartments. Lunds Nation serves lunches and brunches throughout the semesters. Besides our culinary committee, Lunds Nation has both night clubs and “sittningar” (dinner parties) on Saturdays with additional night clubs on Thursdays.

Apart from these weekly features, Lunds Nation hosts several major social events each semester. The autumn and spring semesters both begin with a Newcomer’s Reception to welcome our new members. The year comes to a festive end with our extremely popular Christmas Party. Our largest events are held during the spring semester. The banquet and ball, known as Finn, are held at the end of March. By the end of the spring we also have an outdoor music festival. Our nation offers cultural activities every month and members can play soccer with us on Tuesdays!”

Malmö Nation  
Address: Östra Vallgatan 51  
Tel: 046-12 06 80  
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 to 1674, and was formally 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 to 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 350 students, a pub/restaurant and a night club.

With its approximately 3200 members, Malmö is one of the largest nations in Lund and the largest in turns of operations. Malmö Nation has committees which organise activities every day, including its annual dinner party (sittning) with 450+ guests which makes it one of the largest of its kind in Scandinavia, sports, annual events and concerts with thousands of guests and world famous artists, as well as food – anything from everyday lunches to fine dining tasting menus.

All of these things, as well as 33 other committees, are run by our 90 elected representatives and 420 volunteers. The top management for the organisation is called “Quratel” which consists of five elected officials, who are employed full time. The board of Malmö Nation is called “seniorskollegiet” and handles all 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/

“Smålunds Nation is the alternative nation – the nation that prefers innovative and diverse culture to traditionalism and student’s farce.

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, Småland 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 political lectures and film screenings on Thursdays, and Kalles Café vegan brunch on Sundays. The friendly atmosphere and the many weekly activities make Småland a great place for meeting new people and making good friends.

We also offer a wide range of other activities, such as our movie café Kafé Matiné, our Thursday pub and Open mic-café Osiganat.

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 Sydkånska Nationen.

If music matters to you as much as it does to us, you should definitely stop by!”

“Sydkånska Nationen the nation where music matters. This is something that we try to show in all our everyday activities as well as through 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.

“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, socialising and dancing guests. Our members get half off the admission fee. Before the club starts you can experience a “sittning”, a three course dinner that is definitely something out of the ordinary.

Every Thursday we serve a great soup lunch and five times a semester we arrange Tapas evenings. On Fridays we 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 Kart while having a home-baked pizza and a cold beer. On Saturdays we have..."
our Breakfast at Tiffanys and on Sundays we offer you an American breakfast with pancakes, bacon, scrambled eggs and much more.

Västgöta Nation loves sports, particularly football and floorball. We also arrange activities like canoeing, going to see musicals in Malmö and hiking around Skåne.

Together with our neighbours, Hallands Nation, every year we arrange Lund’s greatest outdoor music festival called Kvalborg. 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 pub nights, “sittnings” and a brunch. We also arrange nightclubs 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 through our active online magazine Samojeden, our photo committee, the Gudrun choir and our other events. 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 has meetings every other week and plans events focusing on how to be environmental friendly and sustainable without missing out on all the fun things in life. The group has organised 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) was the first nation in Lund and offers a wide variety of activities; from sports and cultural events to cooking and nightclubs, Östgöta has something for everyone. Located 100 meters from Lundagården 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, brunches and pubs. On weekends and every other Thursday, the dining hall turns into two of the most popular nightclubs in town: Downtown - which plays mainstream hip hop and r’n’b and Sunset, which offers mainstream techno and house music.

Besides from the weekly activities Östgöta have they also have events such as Siste April, to celebrate and welcome spring, and their annual fall bal, Fest Filbyterium Lundense. Östgöta Nation has something to offer everyone!”
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. In addition, the unions also arrange social activities, welcome activities for new students and career fairs. There are several student unions at Lund University, and the one you belong to depends on your study subject. As a student you can easily get involved in the unions’ work.

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

LUS has about 150 elected student representatives who 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 are members of the University’s 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 the University and student life. This is the oldest student magazine 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 all other work is generally performed by volunteers. If you’re interested in working with Lundagård, send them an email with samples of your writing.

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

THE STUDENT UNIONS INTRODUCE THEMSELVES

The student union at the Faculty of Engineering, Tekonologkåren vid LTH - TLTH
Address: John Ericssons Väg 3A, Lund
E-mail: expen@tlth.se
Webpage: www.tlth.se

“The union monitors the quality of the engineering, design and architect education, but also engages in extensive corporate networking and various social activities.

The union is famous for its annual introductory program, called “Nollning”, which works to ensure that all new students are well received and introduced to life at LTH. The union also arranges ARKAD in November, a major career fair where members have ample opportunity to meet possible future employers from a wide range of fields. The union employs eleven full-time officials annually and has about one thousand volunteers.”
The Law student’s Union  
*Juridiska Föreningen - JF*
Address: Wistrupsgatan 8, Lund  
E-mail: jf@jf.se  
Webpage: [www.jf.se](http://www.jf.se)

“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 such as balls and parties, sports activities, ski trips, spex, inspiring lectures and so much more. No matter what interests you have we are sure you’ll find something that suits you at JF.”

The Science Student Union,  
*Lunds Naturvetarkår - LUNA*
Address: Sölvegatan 27, Lund  
E-mail: luna@luna.lu.se  
Webpage: [www.lundsnaturvetarkar.se](http://www.lundsnaturvetarkar.se)  
Facebook: [www.facebook.com/naturvetarkaren](http://www.facebook.com/naturvetarkaren)

“Through us, you get the chance to influence your education and have fun at the same time. Don’t hesitate to attend our inspirational lectures, career related events, and annual tandem bike trips! All our activities are in English, so you never have to worry about a language barrier.

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.htslund.se](http://www.htslund.se)  
E-mail: exp@hts.lu.se  
Facebook: [www.facebook.com/htslund](http://www.facebook.com/htslund)

“Each semester, HTS hosts 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.

We also host a language café, Café Multilingua. This is a weekly event where students meet and speak the foreign language they study or help teach others their native language in a relaxed atmosphere, with coffee and cookies.”

Corpus Medicum - Student Union at the Faculty of Medicine  
*SSGI, MF and VÅVS*

**MF:**  
Address: Sölvegatan 19, Lund  
E-mail: mf@mfskane.se  
Tel: 046-222 06 80  
Webpage: [mfskane.se](http://mfskane.se)  
Facebook: [www.facebook.com/medicinskaforeningen](http://www.facebook.com/medicinskaforeningen)

**VÅVS:**  
Address: Baravägen 3, Lund  
E-mail: vavs@vavs.lu.se  
Facebook: [www.facebook.com/vavspage/](http://www.facebook.com/vavspage/)

**SSGI:**  
Address: Baravägen 3, Lund  
E-mail: ordf@ssgi.lu.se  
Tel: 046-22 49 64
“Corpus Medicum consists of three sections: Medicinska Föreningen (MF; medicine, public health, biomedicine, speech pathology and audiology), Vårdvetenskapliga Studentför- eningen (VÅVS; nursing and occupational therapy) and Sydsvenska Sjukgymnastistitutet (SSGI; physiotherapy). The sections work independently, but we also collaborate on 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 large parties.”

The Social Sciences Student Union
Samhällsvetarkåren vid Lunds universitet
Address: Sandgatan 9, Lund
E-mail: info@samvetet.lu.se
Webpage: www.samvetet.org

Facebook:
www.facebook.com/Samhallsvetarkaren

“Our main task is to improve the quality of education and the community for all students at the faculty. We arrange different career networking activities, social events and coordinate student representation at the faculty. To do this, we need your opinions, experiences and engagement! Check out our webpage to see in what ways you can get active and become part of the student union community.

The Social Sciences Student Union consists of one central body and three sections; Agora at Campus Helsingborg, the interdisciplinary section PLUTO and a section for social work students.”

LundaEkonomerna Student Union
LundaEkonomernas Studentkår
Address: Tunavägen 37, Lund
E-mail: info@lundaekonomerna.se
Webpage: www.lundaekonomerna.se  
Facebook: www.facebook.com/lundaekonomerna

“LundaEkonomerna is the home and Student Union for all students at Lund University School of Economics and Management. Our goal is to give all students at LUSEM the best possible university experience.

The main purpose of LundaEkonomerna is to continuously monitor the quality of the education at LUSEM. However, there is way more to LundaEkonomerna than our fundamental function. We stand on three pillars – education, career and social, which means that we have something to offer for everyone. Within these pillars we have 29 committees and projects that arrange different types of events & projects. We are an English-speaking organisation, meaning that our events are held in English. Our positions and events are open to all members of the union.”

Lund’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

“Research students from all faculties, except the Faculty of Engineering (LTH), are part of Lund’s doctoral student union. Union members are welcome to contact or become involved in the council which deals with practical issues pertaining to research studies.

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

Malmö Faculty of Fine and Performing Arts Student Union,  
Studentkåren vid konstnärliga fakulteten i Malmö  
Address: Ystadsvägen 25, Malmö  
E-mail: sprakror.skfm@gmail.com  
Facebook: www.facebook.com/pg/SKF-Malmo

“The student union of the Faculty of Fine and Performing Arts in Malmö is the student union for students who study music, theatre and art at the Lund University academies 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 together actively with representatives from outside the University. The union also arranges social activities to help make your time as a student as fun and interesting as possible.”
The Academic Society

The Academic Society (AF) and the big AF-building is one of the most famous landmarks in Lund. This bastion of student life is known as “AF Borgen” (the AF-castle) – a name to remember.

This building is the centre of operations for the Academic Society and other student organisations. 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/akademiskaforeningen/

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

• participation in the activities within the Academic Society
• being able to queue for student housing at AF Bostäder
• discount in Café Athens
• free or reduced admission fees to various events at the Academic Society.

THE ACADEMIC SOCIETY COMMITTEES
The Academic Society has 12 committees, 28 recognised student associations and 13 cooperative associations. You can either simply take part of the broad variety of activities these committees have to offer, or become active yourself.
Studentinfo
Studentinfo is an information desk with the information you need as a student. At Studentinfo you can buy LU merchandise and tickets for different student events. You find them by 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 on the 4th floor 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 archive you can find interesting information about student history in Lund.

Boelspexarna and Lundaspexarna
The AF spex (theatre) organisations put on one production each semester where they perform a spex - a musical-like mix of spoken text and songs, a good amount of satire and parody.

Studentafton
Studentafton arranges lecture evenings and has, since its inception, featured well-known politicians, authors, musicians, royalties, Nobel Prize laureates, scientists and other persons of interest.

Ordkonst
Are you interested in writing or poetry? Ordkonst is a literature committee with its own literary magazine.

The art Collection
The Art Collection works to preserve and display 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 theatre. Listen to the programmes or get involved and help them produce radio shows.

The Lund’s Student Theatre
The Lund’s Student Theatre performs both classics and self-written plays. The student theatre is the organisation for those of you who are interested in participating in a theatre production.

Marskalkeriet
Marskalkeriet represents the Academic Society at formal events such as inaugurations of new professors.

Studio AF
Studio AF is a new committee for those of you who want to work with the production of motion pictures. The committee produces self-made sketches and episodes to inform students about what is going on in the student life. Moreover, they produce films for different student organisations and faculties.

Studentgården in Skanör
Studentgården is a unique building from 1885, which belongs to the Academic Society. You can rent parts or all of it during the semester, for relaxation, planning, studying or just socialising.

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. Receiving 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 entertainment, ballroom dancing and ceremonial elements. The student unions, the nations and the Academic Society arrange balls.

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

FÖRMAN/TJÄNSTEMAN
A student who is responsible for a specific activity (such as a club, a lunch, sporting activity 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 part-time at the nation. The Qurator is the name of the head that holds the ultimate responsibility for the nation.

LUNDAGÅRD
May refer to two different things: a student magazine and the 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 president and 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
Refers to a 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 and is one of the biggest student events of the year. A traditional Siste April in Lund begins with breakfast 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 including a lot of songs. Most of the nations’ offers a sittning before the club starts. Book a sittning by contacting the nations.
Banking in Sweden

BEING A CUSTOMER OF A BANK
According to the Swedish Money Laundering Act, a bank must be able to identify its customers. 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 customer’s business relationships and various transactions. Therefore you will need to provide certain information and answer questions when visiting a Swedish bank in order to access its 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 bank card from your home country, even if your transactions will result in currency exchange fees. You will be able to withdraw cash from any ATM and make purchases. During your stay in Sweden, you can pay your bills for a fee, and continue to use your foreign online banking system as long as you have an internet connection.

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

As a general rule, you need the following documents (further information may be requested 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 personal identity number
- A Swedish ID card
- A Letter of Acceptance/admission decision from the University with information concerning the duration of studies
- Your home 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 from 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 18.00 Monday-Friday. Forex is also open on Saturdays.

CASH
Do not bring foreign cash to the bank. The Money Laundering Act 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 they want 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.
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 bank account you will get an IBAN number and SWIFT number, 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 below concerning opening a bank account as an international student in Sweden.


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
Website: www.danskebank.se

Forex
Bangatan 8, Tel: 010-211 16 58
Website: www.forex.se/en
Forex accepts cash deposits and currency exchange.

Handelsbanken
Stora Södergatan 15
046-19 54 30
Scheeevägen 19
Tel: 046-15 95 90
Website: www.handelsbanken.se

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

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

BANKS IN HELSINGBORG
Forex
Knutpunkten level 1, Tel: 010-211 16 68
Website: www.forex.se/en

Handelsbanken
Nelly Krooks Gata 8, Tel: 042-28 79 00
Stortorget 7, Tel: 042-19 42 40
Website: www.handelsbanken.se

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

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

Swedbank
Södra kyrkogatan 1-3
Tel: 042-18 80 00
Website: www.swedbank.se
BANKS IN MALMÖ
Forex
Hyllie Stationstorg 5, Tel: 010-211 16 65
Malmö Central station, Tel: 010-211 16 64
Website: www.forex.se

Handelsbanken
Hyllie Stationstorg 13, Tel: 040-92 20 00
Södergatan 10, Tel: 040-36 37 00
Website: www.handelsbanken.se

Nordea
Carlsgatan 6-8, Tel: 0771-22 44 88
Website: www.nordea.se

SEB
Östergatan 39, Tel: 040-667 68 34
Website: www.seb.se

Swedbank
Gustav Adolfs Torg 4, Tel: 040-24 20 00
Södra Förstadsgatan 99B, Tel: 040-32 64 60
Website: www.swedbank.se

BANKNOTES AND COINS
In 2015, Riksbanken, the Swedish National Bank, introduced new banknotes and coins. New 20-, 50-, 100-, 200-, 500 and 1000-crown banknotes have been introduced and also new 1-, 2- and 5 krona coins.

This means that the old banknotes and coins in these denominations are invalid.

For more information: www.riksbank.se/en/Notes--coins/
Tuition fee payments during your studies

INVOICES FOR YOUR NEXT TUITION FEE INSTALMENT
For students who pay tuition fees your first instalment of the tuition fee for the first semester of studies is to be paid before you arrive at Lund University. Thereafter, an invoice is sent to you via the Student Portal in advance of each following semester of studies.

The payment deadlines are:
• Autumn semester studies (i.e. for your 3rd or 5th semester that takes place in autumn): invoices are sent to you through the Student Portal in May and is due by 1 August.
• Spring semester studies: invoices are generated and sent to you through the Student Portal. Payment is due by 15 December.

The instructions and accepted methods of payment are stated in the Student Portal. Please note that after your payment has been made, it can take a few days 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. Questions can be directed to: tuitionfees@eken.lu.se

PAYMENT FOR EXTRA COURSES
A degree programme usually includes 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 in the following semester. However, the overall total number 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 and 180 ECTS credits for a 3-year programme.

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

Extra ECTS credits (the courses) will appear in your Ladok records 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 can only be applied to the degree programme for 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.

MORE INFORMATION
More information about tuition fee payments can be found on: www.lunduniversity.lu.se/tuition-during-studies
CHAPTER 6: FINANCIAL MATTERS

Part-time jobs

Finding a part-time job in Sweden can be quite difficult. Many students are looking for part-time jobs in Lund and Malmö, so the demand for part-time jobs exceeds the supply. Most employers also require Swedish language skills. With this in mind, it is not recommended that you try to 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, we recommend 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/

iAgora: www.iagora.com/work/en/jobs/sweden

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

Other useful links:
A collection of useful tips and tricks will make your job hunt in Sweden easier.
Website: https://sweden.se/collection/working-in-sweden/

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

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

There are also always the old fashioned way of finding a job; by visiting cafés, restaurants, stores etc., and hand 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 a student assistant and put up notes in the local grocery store notice boards for jobs like baby sitting, dog walking, tutoring etc.
International Desk

All international students at Lund University are welcome to visit or contact the International Desk. Throughout the semester you may reach out to the team 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 International Desk is an open reception and meeting point for you during your time here in Lund. It is also part of the Student Experience and Mobility Team and External Relations at Lund University organising the Orientation Weeks as well as running the International Mentoring Scheme.

INTERNATIONAL DESK FACEBOOK PAGE
Following the International Desk Facebook page is a great way to keep informed of events, activities, Swedish cultural traditions and things happening around Lund University and nearby cities.

The page is dedicated to current international students and you can also PM the International Desk team with practical questions that arise during your time at Lund University.

CONTACT THE INTERNATIONAL DESK
Visiting address Stora Algatan 4, ground floor
Tel: 046-222 01 00
E-mail: studentreception@lu.se
Website: www.lunduniversity.lu.se/international-desk
Facebook: www.facebook.com/internationaldesk
The Student Portal and student account

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

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

**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 whether you are a degree programme student (or a course student) or a formal exchange student. If you are a degree programme student (or course student) you can activate your student account and change your password by visiting the password website (see below) and logging in to your account on University Admissions.

If you are an exchange student you can use the passcode to activate your account and create a new password. If you have not received a one-time passcode, or it has become invalid, you can get a new passcode from any student reception or from the International Desk at Lund University. Remember to bring your passport.

Password website: passport.lu.se

**THE STUDENT PORTAL**

The Student Portal Student Portal website: student.lu.se 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

**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 (an online “office system” through which you can share documents with fellow students)
- Google Talk (through which you can chat with your friends)
- the possibility to create your own website

All communication from your lecturers and your department at Lund University will be sent to the email address stated in Ladok. Therefore it is very important that you check which email you should keep up to date with and update the address in the Student Portal if you want to change it.

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

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

Please note that if you need a new passcode you should contact a student reception or the International Desk at Lund University.

CANVAS
Canvas is an online study portal used by many programmes and courses at Lund University. It offers the possibility to communicate, discuss and give information related to your course. It can be accessed using your student account login details. You will receive more information from your department at Lund University if you should use Canvas during your studies.

More information and contact details to the support:
Website: canvas.education.lu.se/
Email: servicedesk@lu.se, canvas@education.lu.se
Internet access on campus

Lund University offers a wireless network on campus, Eduroam. Log in using your student account details. If you are experiencing any problems with your student login, please contact the Servicedesk.

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 municipal libraries in Lund as well as at CRC in Malmö.

Before you can connect to Eduroam you need to configure your computer settings to Eduroam.

More information:
How to setup Eduroam on your computer visit: www.support.lu.se and select “Support Guides”.

About Eduroam: www.eduroam.org

VPN - VIRTUAL PRIVATE NETWORK

VPN (Virtual Private Network) allows you to be logged on the University’s computer network regardless of where in the world you are. You can access to services within 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 at www.support.lu.se select “Support Guides”.

MOBILE BROADBAND

If you cannot get an 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.

LU access card (LU-kortet)

All students at Lund University should get an LU access card, “LU-kortet”. This card works as an identity and library 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 a student card outside the University.

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

Find opening hours and locations to card station: lukortet.lu.se/en/

Remember to bring your photo ID!
Career services

As a student at Lund University, you are offered support in the preparation for working life. This includes, for example, career seminars and career guidance talks. The University has career centers at some of the faculties, as well as a career portal (MyCareer.lu.se), which helps to link your studies to future career options.

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

“MYCAREER”, LUND UNIVERSITY CAREER PORTAL

All students at Lund University can register with the Careers Services' website MyCareer, which is a career portal advertising positions provided by a range of companies and organisations that wish to recruit Lund University students and graduates. Register and get access to jobs, internships, graduate programmes and projects both locally and internationally.

MyCareer website: www.mycareer.lu.se

Study guidance

The general Study Guidance Service offers guidance and information when making educational and professional choices. They can help you clarify your interests and abilities before and during your studies. The Study Guidance Service welcomes both current and prospective Lund University students.

Study guidance and study information are also offered through the different Lund University departments, where you can receive more specific subject-related guidance concerning the programmes and courses that are available at 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 learning 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
- Audio books
- Study skills tuition
- A student tutor

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

The University is unable to provide personal assistance during lectures and in your spare time. To receive personal assistance, you must have a Swedish personal identity number. For more information, please contact the City of Lund and ask about “LSS” (Act Concerning Support and Service for Persons with Certain Functional Impairments). A Swedish personal identity number is also a requirement in order for you to gain access to transportation services to and from lectures and in your spare 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 coordinators at Disability Support Services well before your arrival.

INTERNATIONAL STUDENTS (NON-EXCHANGE)
If you are a degree programme student or course student, 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 coordinators at Disability Support Services ask that you contact them well before you begin your studies and send in your certificate stating the type of disability so that they can schedule a meeting at the start of the semester.

MORE INFORMATION AND CONTACT DETAILS
The first step in making arrangements for students with disabilities admitted to Lund University is to send in a copy of your certificate of disability, in English and signed by a doctor.

Website: www.lunduniversity.lu.se/disabilities
CHAPTER 7: STUDENT SERVICES

Copying and printing services

There are many places at Lund University where you can print, copy and scan documents. In the system, called PaperCut, you can find your printing log and you can select the printer you want to send your printing job to. PaperCut can also handle web-printing.

HOW TO PRINT

- Buy a prepaid cards available at most of the LU libraries or at LTH Study Centre. Or you can use your credit card.
- Register your credit card or your prepaid card in the PaperCut Portal on https://papercut.print.lu.se
- Select the correct printer. Normally, this printer will be pre-selected. For the majority of users, it will show up as “Canon at xxxprint”.
- Choose the correct settings for your printing job
- Print out your materials once or a number of times
- Go to the correct printer and log in using your student card, your student ID and password, or your smartphone (depending on the printer) and print.

Contact details

LU ServiceDesk
E-mail: servicedesk@lu.se
Tel: +46 (0)46 222 9000

Telephone hours
Monday-Friday, 8:00-17:00

Self-service portal and operating information website: support.lu.se
VentureLab

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 bring their ideas to fruition.

VentureLab focuses mainly on:

- arranging activities to inspire and educate the students in the field of entrepreneurship, as well as business start-ups 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 start up another company.
- 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 they are studying and what their ideas are 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/venturelablu
Email: ide@venturelab.lu.se
Visiting address: Ideon Agora, Scheelevägen 15 (entrance from Ole Römers väg)

The Alumni Network

The Lund University Alumni Network is a professional and social network consisting of former students, researchers and staff from Lund University. The network organises a variety of activities every semester for alumni and students. Membership is free and you register online.

All students who have completed 30 credits, or more at Lund University are welcome to become a member of the network. You do not have to have graduated from Lund University to become a member of the network. Graduate students, exchange students, Study Abroad students and non-degree course students are equally welcome to join this international network.

For more information, please visit: www.lunduniversity.lu.se/alumni
The Alumni Network Blog: https://alumni.blogg.lu.se
Travelling by train, bus and car

SKÅNETRAFIKEN
Skånetrafiken is responsible for public transport in Skåne, including city buses, regional buses and trains. 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

How to get a ticket
There are several ways to buy tickets for travelling with Skånetrafiken. How often you travel and how far you are going will determine which is the best deal for you.

Most important to remember is that you must purchase a ticket before getting onboard a train and that cash is not accepted on buses.

Buy tickets with the app
The easiest and most popular way to get a ticket is with the “Skånetrafiken” app. There you can buy a single fare or 24h tickets as well as 7 or 30 days period cards for trains and buses to destinations in Skåne, bordering counties or to Denmark. Get the app from the App Store or Google Play.

From a ticket machine
At train stations around Skåne and Copenhagen airport, you can buy a ticket from the red ticket machines, using a debit/credit card.

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 “Sök resa” (search travel).

Regional buses
Regional buses in Skåne are yellow and travel mostly between the cities, towns and villages in Skåne. When travelling by a regional bus, tell the driver your destination in order to pay the correct fare. If you are travelling further by train or by ferry please ask the driver for a receipt.

Traveling with student discount
With a valid proof that you are a student, you will get a discount. Valid proof is either the app from “Studentkortet” for members of Studentlund or the app for the Mecenat card. The apps are valid only together with an ID or passport.

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 trains 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 driving licence 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.

Here are some of the basic regulations:

- The law requires you to wear a seatbelt 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 60 km/h (31mph) or 40 km/h (18mph) in towns and cities.
- Sweden has a strict alcohol limit and alcohol should be avoided completely when driving.

In certain cases, driving licences from other countries are valid in Sweden. You can find necessary information on [www.transportstyrelsen.se/en/road](http://www.transportstyrelsen.se/en/road). The regulations regarding driving licences differ depending on whether you have an EU or non-EU license.

You can use a non-EU driving licence for a maximum of one year in Sweden. If your driver's license does not have a photograph, it is only valid together with a valid picture ID. If your license is not designed in accordance with the UN Convention on Road Traffic, and if it is not in English, German or French, it is only valid together with a certified translation into English, German, French, Swedish, Danish or Norwegian. A driving licence from a non-EEA country cannot be exchanged for a Swedish driving licence.

**Petrol**

- Most petrol stations are self-service, open 7 days a week, and some are open 24 hours.
- An average litre of petrol (95 octane) costs about SEK 15.
- Major credit cards are usually accepted. At manned stations you can pay with cash.

**Rent a car**

Avis Biluthyrning Lund  
[www.avis.se](http://www.avis.se)
Tel. 046-14 50 30

Hertz Biluthyrning  
[www.hertz.com](http://www.hertz.com)
Tel. 046-30 60 12

Folkes Biluthyrning AB  
[www.folkesbiluthyrning.se](http://www.folkesbiluthyrning.se)
Tel. 046-35 41 40

Budget Biluthyrning  
[www.budget.se](http://www.budget.se)
Tel. 0770-11 00 12

**TAXI**

**Taxi Skåne**  
Tel: 040-330 330

**Taxi Lund**  
Tel: 046-12 12 12
Biking

**HOW TO GET A BIKE**
A bicycle is by far the quickest, easiest and most environmentally friendly way to get around in Lund. The demand for second-hand bikes is very high, but if you want to purchase a second-hand bicycle, try:

Lundaböcker
Address Kiliansgatan 11
Tel: 046-240 70 38

Banks cyklar
Address Banksgatan 15B
Tel: 073-975 44 81

Bicycle Doctor
Address: Öresundsvägen 14
Tel: 0736-87 22 02

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 has shared city bikes available at different stations across Lund. The first 30 minutes are free. A one-year subscription costs SEK 75. For more information including the locations of the bike stations: lundahoj.se

The bikes from DigiBike are available all over Lund and are booked and paid for through their app. More information: www.digibike.se

There are also electric scooters in Lund and Malmö that you can rent through their apps: Voi Scooter and Lime Scooter.
Things to consider when buying a used bike

When buying a used bike you should check it carefully. It can be tempting to buy a used bike since it is usually cheaper 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!
• Keep in mind that bicycles are in great demand, so be sure to get a good lock for it.
• The best test you can do is to bike uphill. Accelerate and also test the brakes.

According to Swedish law, a bike must have reflectors on both wheels, proper front and rear lights for cycling after dark, brakes that works and a bell.

Is it stolen?

One thing to 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. According to Swedish law, a discovered 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:

• 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 its 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 owner.
• Ask for a receipt with the seller’s name and ask to see an ID.
• Make a note of the frame number on the bike or the SEC number. You can then contact the police in order to find out if the bike has been reported stolen.

BIKE KITCHEN LUND

Bike Kitchen Lund is a bicycle repair service where you can drop in and use the tools needed in order to fix your bike. There is always someone who can help and advise you as well. The usual open workshops take place every Tuesday and Wednesday 18:30 - 20:30. No registration needed, just drop in.

Address: Kastanjegatan 13, Lund
E-mail: bikekitchen@cykelkultur.org
Facebook: https://www.facebook.com/Bike-Kitchen-Lund-1614394048783886

RED CROSS BICYCLE SCHOOL

Do you want to learn how to bike? Then come to the Red Cross’ bicycle school. You will get to borrow a bike and the course is free of charge. You do not need to speak a lot of Swedish, they use simple Swedish and English.

To apply and get more information contact:
E-mail: cykelskolanlund@gmail.com
Address: Kastanjegatan 13, Lund

TRAFFIC REGULATIONS

Because of the large number of bicycle riders, the police put in a lot of effort to check that everyone follows the traffic regulations and you may be fined if you disobey the rules of the road.

• In Sweden, all traffic drives on the RIGHT!
CHAPTER 8: GETTING AROUND

This includes bikes.

- **Bicycle crossing** - indicated with white stripes in the road. You must still yield to traffic. When you come to a road from a bicycle lane, you also must give way.
- **Pedestrian crossing** - cyclists, who choose to cross at a crosswalk on their bike, must give way or yield to pedestrians and to vehicles. It is best to get off the bike and walk across.
- **Pedestrian walking area** - when riding on a pavement, bike at a walking pace and give way to pedestrians.
- **To turn left/right** - indicate with your arm whenever you wish to turn left/right in good time let others on the road know where you are going.
- **Biking on a bike lane** - if there is a bike lane, you will normally use it. The rules on the bike lane are the same as on the road: you ride on the right side and pass on the left.
- **Give 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 to traffic.
- **Stop** (see sign) means coming to a full STOP and applies to all vehicles, including bikes.

**Useful links about biking in Lund**

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

The most common Swedish road signs are presented on:

en.wikipedia.org/wiki/Road_signs_in_Sweden

Bicycle map of the Lund city centre and surrounding areas:

visitlund.se/en/travel/bicycle/
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’s Eve in June, Lucia in December or the crayfish party in August, you can find a lot of useful information on the official site of Sweden: www.sweden.se/traditions/

PUBLIC HOLIDAYS

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Autumn 2020: 31 October, 24 December, 25 December, 26 December, 31 December
Spring 2021: 1 January, 5 January, 6 January, 2 April, 4 April, 5 April, 1 May, 13 May, 6 June, 25 June, 26 June
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 and 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 you should first fill in an online form at www.skatteverket.se, print it and then visit the local Tax Agency office in Lund, Helsingborg or Malmö.

Make sure you bring the following documents when visiting the Tax Agency:
- a printed form from the “Move to Sweden” service at www.skatteverket.se
- a valid passport proving your citizenship
- a residence permit and residence permit card if you are a citizen of a country outside the EU/EEA
- the admission decision from the University showing the time period of your studies. EU/EEA students must provide proof of registration as a student at Lund University.
- as an EU-citizen, bring your European Health Insurance Card (EHIC). You need to show that you have comprehensive health insurance valid for a year in Sweden.
- as an EU-citizen, you need to provide a signed assurance form that you have sufficient funds to support you for the duration of your studies.
- information about your address in Sweden, including your apartment number (4 digits).
- If applicable, also bring documents proving marital status and/or birth certificates for children.

ID CARDS
To be eligible to apply for a Swedish ID card, you must be registered as a resident in Sweden and have a Swedish personal identity number. If you have a Swedish personal identity number and need 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 the 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 or Helsingborg office)
- bring documents that prove your identity e.g. a passport.

Remember to state your personal identity number when paying the fee. It normally takes two weeks before the card is ready. The Tax Agency will notify you by regular mail when the card is ready. You must collect your ID card in person and bring the letter from the Tax Agency with you.

More information about ID cards
Website: www.skatteverket.se
Click on “Other languages”, “In English”, “Individuals & employees” and “ID card”.

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 visas, extension of residence permits etc.

RESIDENCE PERMIT CARD AND BIOMETRIC 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 normally need a visa to enter Sweden, you should visit the Migration Agency as soon as possible after your arrival to be fingerprinted and photographed to complete your application for a 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 new permit 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. 1-3 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

International Migration Coordinator in Lund University:
E-mail: migration@er.lu.se
(Please note that your primary point of contact should be with the Migration Agency)
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:

• Listen to and read Swedish every day! Read Swedish newspapers, watch Swedish television, listen to the Swedish radio stations and eavesdrop on the 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” (sour cream) in your coffee instead of milk! Have a dictionary open at all times, in the laundry room, food store, student nation etc. and look up words and phrases from various signs, books and posters.

• Throw away your inhibitions! Take a good hard look at your fear and toss it away. It will only prevent you from mastering the Swedish language. If you meet someone who speaks Swedish, be brave and speak. Don’t worry about making mistakes – just try to communicate.

SWEDISH LANGUAGE COURSES

Free Swedish courses online

The Swedish Institute offers the free online course “Learning Swedish” for beginners with material for self-study for adult learners. The course gives basic spoken and written knowledge of Swedish, as well as an insight into Swedish culture and society. The first module is also available as an app. More information: www.learningswedish.se

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 in which the student is registered. 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. Contact your municipality for information on courses in your area.

SFI in Lund

Website: www.lund.se/komvux

SFI in Malmö

Website: https://malmo.se/Forskola-utbildning/Utbildning-for-vuxna/Kommunala-skolor/Komvux-Malmo-Sodervarn/Vara-kurser/SFI-Svenska-for-invandrare.html
https://malmo.se/Ny-i-Sverige/Svenska-for-invandrare---SFI.html

SFI in Helsingborg

Website: www.helsingborg.se/startsida/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: http://www.folkuniversitetet.se/In-English/Swedish-courses/

Swedish courses for exchange students
Formal exchange students at Lund University are offered a short introductory course in Swedish during the Orientation Weeks and can also take Swedish language courses during the semester.

LANGUAGE CAFÉS
Café Multilingua
Café Multilingua is a language café organised by the student union at the Faculties of Humanities and Theology, HTS. Every week a big group of students gather at Absalon in the Centre for Languages and Literature (SOL) to practise many different languages. The café is open to all students who would like to practise their language skills or help other students improve their skills.

Eos Language Café
The local basketball club Eos offers a language café that gives the opportunity to practise many different languages. The café takes place on Arkivgatan 32 on Saturdays 13:00-15:00. Eos also hosts other events that aim to promote integration in Lund
Website: www.eoscares.se

Language Cafés in libraries
It is also a good idea to visit the local libraries in and around Lund since they usually offer free of charge Swedish language courses or other ways that may help one improve language skills.
CHAPTER 9: LIVING IN SWEDEN

Shopping

OPENING HOURS
Stores are usually open between 10:00 and 18:00, Monday-Friday, 10:00 and 14:00 on Saturdays, and most stores are closed on Sundays. The shopping malls, often located in the outskirts of the bigger cities, have more generous opening hours; usually open until 20:00 on weekdays and are also open on Sundays. Major grocery stores are usually open between 8:00 and 21:00 most days of the week.

BOOKSTORES (BOKHANDEL)
Akademibokhandeln is the biggest bookstore in Lund and the store on Stortorget has a wide selection of text books.

You can both buy and sell used textbooks in Campusbokhandeln on Winstrupsgatan 9 in Lund.

There are also several online bookstores:
- 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 a credit card, or by invoice (which requires a Swedish personal identity number) when buying books online.

ELECTRONIC STORES AND COMPUTER STORES, LUND
Kjell & Company
Address: Stora Södergatan 58
Website: www.kjell.com

Nova shopping centre:
Electronic stores:
Elgiganten www.elgiganten.se
Media Markt www.mediamarkt.se
Kjell & Company www.kjell.com

FURNITURE AND BED LINEN
In the Lund city centre:
Hemtex, Mårtenstorget 11
Åhléns, Stortorget 4

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

IKEA
In Malmö, take local bus 7 or 33 or take the train and get off at “Svågertorp”.
In Helsingborg, IKEA is located by Väla shopping centre (see below).

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

Mobile phone service companies Lund
Telia
Address: Knut den Stores Torg 1B, Lund

Telenor
Address: Västra Mårtensgatan 2, Lund
POST OFFICE
The post offices in Sweden have been replaced by stores which provide postal services. They are located all around the cities, and in many larger grocery stores. The postal services, Postnord, has some fixed-rate shipping boxes and envelopes, and you can also buy stamps there.
Website: www.postnord.se/en

CIRCLE CENTRE
At Circle Centre, members can borrow many household and recreational items on both a short and long-term basis. Circle Centre is a library of goods as well as a place to share ideas and skills. Addressing the problem of overconsumption and excessive waste generation, Circle Centre believes that by sharing items that are not needed every day, we can promote sustainable and cultural consumption.
Address: Kastanjegatan 13, Lund
E-mail: info@circlecentrelund.org
Website: www.circlecentrelund.org/

SYSTEMBOLAGET
Alcohol is only sold in special shops called Systembolaget usually open Monday-Friday 10.00 to 18.00 or 19:00 and Saturday until 15.00. 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 markets 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-Fri 11-18, Sat 11-16
Address store 2: Öresundsvägen 16
Tues and Thurs 11-18, Sat 10-16
(has a lot of furniture)
Amnesty
Address: Bredgatan 8
Opening hours: Tues-Fri 16-18, Sat 11-15

Ugglan Second Hand
Address: Fäladstorget 10
Opening hours: Mon-Fri 10-18, Sat 10-14

Röda Korset Kupan
Address: Tullgatan 14
Opening hours: Mon-Thurs 12-16, Fri 13-17

IM Tian
Address: Spolegatan 10A
Opening hours: Tue-Thurs 14-18, Sat 10-15

SHOPPING CENTERS

Nova, Lund
Nova is a shopping centre on the outskirts of Lund. The mall includes more than 70 shops. In the area, you can also find several electronic stores, home accessory stores etc.

You can reach Nova by bike or by local bus 5 or regional buses 126 and 137. The bus stops close to Nova are called “Företagsvägen” and “Fjelierondellen”.

Väla, Helsingborg
Väla is a big fashion shopping centre with 200 stores and is next door to IKEA. You reach Väla by local Helsingborg city bus 22 or regional buses 230, 250 and 506 from the main train station in Helsingborg (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 or restaurant 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 crowns, 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, generally from 8.00 to 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 glossary 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 coin with the lowest value used in Sweden is called “krona” (kr/SEK). Prices can be stated using lesser values, e.g. “14,90 kr”, but prices are always rounded up to the nearest 1 krona.
• Plastic and paper bags are found at the checkout counter 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 sale.
- “Bäst före” means expiration date.

Swedish food products
“Blodpudding” - black pudding (made from pigs’ blood)
“Falukorv” - a type of pork sausage
“Isterband” - a smoked pork sausage
“Tubost” - cheese in a tube, comes in many different flavours
“Leverpastej” - liver pâté. A less fancy Swedish version from the French delicacy, from pork.
“Kaviar” - caviar in a tube. A less fancy Swedish version of regular caviar.

A small food glossary
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 - Köttfärs/Nötfärs
Minced pork and beef - Blandfärs
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
Vegan - Vegansk
Wheat/white flour - Vetemjöl
Whole grain - Fullkorn
Yogurt - Yoghurt
Gyms and fitness centres

**Gerdahallen**
Gerdahallen is run as a trust by Lund University. Its main purpose is to offer students and university staff an opportunity to exercise at substantially subsidised prices. Gerdahallen offers approx. 200 classes every week including aerobics, pilates, boxing, spinning and zumba and has also a large gym open around the clock.
Website: www.gerdahallen.lu.se
Address: Helgonavägen 8, Lund

**Victoriastadion**
At Victoriastadion you can use the gym for a very student-friendly price. Located in the same facilities are ATL tennis, squash and badminton courts as well as indoor handball, football and basketball courts.
Website: www.lugimotion.se (Swedish)
Address: Lovisastigen 2-4, Lund

**Other Gyms and Fitness Centres**

**Friskis & Svettis**
Website: lund.friskissvettis.se
Address: Gustavshemsvägen 1
Also in Helsingborg and at several locations in Malmö.

**Fitness24Seven**
Website: www.fitness24seven.com
Address: Kattesund 1, Fabriksgatan 22, Linero Torg 16, Arenatorget 3 and Bangatan 10. Also at several locations in Helsingborg and Malmö.

**Actic**
Website: www.actic.se
Address: Högevallsgatan 1, Tunavägen 39H, Tre Högars väg 7 and Magistratsvägen 59 (Delphi). Also at several locations in Helsingborg and Malmö.
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 on www.studentlund.se.

Below is a selection of sport clubs. The email address stated for each club is for the respective club administrator. The clubs are generally organised on a volunteer basis and are not connected to Lund University.

**BASKETBALL**

**EOS Lund**
Lund Basketball Association
Website: www.eoslund.se
Email: info@eoslund.se

**FOOTBALL/SOCCER**

**Lunds BOIS**
Website: www.lundsbois.se
Email: fotboll@lundsbois.se

**Lunds BK**
Website: www.lundsbk.se
Email: kansli@lundsbk.se

**HANDBALL**

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

**H43**
Website: www.h43lund.se
Email: info@h43lund.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**

**ATL** (tennis, squash and badminton courts),
Website: atllund.se
Location: Victoriastadion on Lovisastigen 2-4
Email: info@atllund.se

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

**HÖGEVALLSBADET**

Indoor public swimming pool, open all year.
Offers a water park with slides, a climbing wall and an outdoor pool.
Website: www.hogevall.se
Address: Högevallsrgatan 3

**DELPHINENBADET**

Indoor public swimming pool, open all year round. Located by Delphi and Kämärästrätten 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 MULTIFAITH CHAPLAINCY
Students of all faiths are welcome to the Multifaith Chaplaincy in Lund. The Multifaith Chaplains 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 Multifaith Chaplaincy irrespective of your faith or religion. The chaplains provide personal and spiritual counseling and support. All visits are free of charge and confidential. The Multifaith Chaplaincy can also help you to come into contact with a local church or religious body, outside the Church of Sweden.

More information and contact details to the Multifaith Chaplaincy:
Website: lundsdomkyrka.se/multifaith-chaplaincy/
Contact person: Jan Kjellström
Visiting address: Domkyrkoforum, Kyrkogatan 4
Email: jan.kjellstrom@svenskakyrkan.se
Tel: 046-71 87 37
RELIGIOUS BODIES IN LUND

Church of Sweden, Lund Cathedral
Website: www.lundsdomkyrka.se/english/
Lutheran, Anglican, Episcopalian, Methodist, Presbyterian, Reformed, Congregational
Contact: The Multifaith Chaplaincy, Jan Kjellström
Email: jan.kjellstrom@svenskakyrkan.se

Catholic
Website: www.dominolund.wordpress.com
Contact: Brother Björn Engdahl
E-mail: bjorn@dominikan.nu
Catholic Student Chaplaincy

Pentecostal
Website: https://pentecostinternational.se
Pastor Matthew Nowachek
E-mail: nowmatonic@yahoo.com

Jewish
Website: http://www.jfm.se/the-jewish-community-of-malmo/
Contact: Rabbi Rebecca Lillian
Email: rabbi.r.lillian@gmail.com

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

Buddhist
Website: www.taozen.se
Contact: Dharma master Ming Bao
Email: templet@taozen.se

Other churches and religious bodies
Please contact the Multifaith Chaplaincy

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 as workshops and lectures, members’ evenings, a LGBTQ group, free condoms and radio broadcasting.

All students are welcome to pick up free condoms, lube and information in the P6 office, located on the 4th floor in the AF Building. The office is staffed with P6 educators (students who have undergone a sexual health training) and 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 any upcoming events.

More information and contact details to Project 6:
Website: projekt6.se/en
E-mail: p6@projekt6.se / helsingborg@projekt6.se
Facebook: www.facebook.com/ProjektSex
CHAPTER 10: WELL-BEING

YOUTH GUIDANCE CENTER “YOUUMO”
Online information about relationships, sex and birth control for young people. Run by the Swedish government.
www.youmo.se/en/

LGBTQ STUDENTS
The LGBTQ group is part of the student organisation Projekt Sex (P6). The group 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 arranges social activities for its members such as the LGBTQ brunch, and they also have a discussion group called Café Tove, a forum for talking about LGBTQ-related issues. Membership is free and you decide your own level of involvement.

LUNDAPRIDE
LundaPride is an association that works with LGBTQ(+) rights in Lund. Every year the group organises LundaPride in May and other events throughout the year that highlight the LGBTQ(+) community.

Email: info@lundapride.se
Website: stoltilund.se/englishpride
Facebook: https://www.facebook.com/stoltilund

KVINNOJOUREN
Kvinnojouren is a women’s helpline in Lund which 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: info@kvinnojourenlund.se
Facebook: www.facebook.com/kvinnojourenlund
Tel: 020-21 29 60
Mondays 9.30-10.30, 11.00-13.00, Wednesdays 17-18, Thursdays 18-20

SUPPORT AND CARE FROM THE MUNICIPALITY
The municipality can provide advice and support to adults who have been subjected to violence by someone close to them or who are violent themselves.
Address: Brotorget 1, Lund
Tel: 046-359 70 10 Monday-Friday 10-11 and 13-15
Email: vardochoomsorg@lund.se
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 where they show modern documentaries, musical concerts with many well-known bands and singers as well as club days/nights (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. The regular ticket price is approx. 120-145 SEK.
Website: www.sf.se (Swedish)
Address: Västra Mårtensgatan 12, Lund

In Lund you can also find Kino and Södran, cinemas showing independent movies and documentaries.
Website: www.kino.nu
Address: Kyrkogatan 3 and Stora Södergatan 64, Lund

MUSEUMS
Skissernas Museum - The Museum of Artistic Process and Public Art
Skissernas is owned by Lund University and is a unique museum with its focus on the artistic process and public art. There is no admission fee for students and the museum offers guided tours in English on a regular basis.
Website: www.skissernas museum.se
Address: Finngatan 2

Lunds Konsthall (art gallery)
In the middle of the city, by Mårtenstorget, you can find Lunds Konsthall (art gallery) with exhibits of international contemporary art. Admission is free.
Website: www.lundskonsthall.se
Address: Mårtenstorget 3

Kulturen Museum
Kulturen is the biggest museum in the Skåne province and the second oldest open-air museum in the world. It now includes more than 30 buildings which have been moved and re-erected in Kulturen, occupying two entire blocks of the city of Lund. The buildings show how people have lived and worked in Sweden through the ages. The museum offers 20 permanent and temporary exhibitions and events 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.helsingborg.se and www.malmotown.com
Nature and parks

THE RIGHT OF PUBLIC ACCESS
(ALLEMANSRÄTTEN)
In Sweden, there is a law known as Allemansrätten. It gives everyone the right to walk, cycle, ride a horse or ski freely in the countryside, even if the land is privately owned. However, this freedom also entails an important code of conduct 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 and you are allowed to pick berries and mushrooms. 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 obtained before fishing.
Website: www.swedishepa.se/en/Enjoying-nature/The-Right-of-Public-Access/

PARKS
The Botanical Garden
An oasis in the heart of Lund with 7000 species and greenhouses including nine different climate zones. Admission to the greenhouse is free and it is open 11.00-15.00 every day!
Website: www.botan.lu.se/in-english
Address: Östra Vallgatan 20

Stadsparken
Stadsparken, the main park in Lund, is the most popular park in the city where you can enjoy musical performances and other events all 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”).

Sankt Hans Backar
In the park called Sankt Hans Backar, located 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 10 kilometer by bike or bus from Lund. Website: www.swedishepa.se/Enjoying-nature/Protected-areas/National-Parks/Discover-Sweden-national-parks/

Skrylle
Popular open-air recreation area with numerous jogging and walking trails. Take regional bus 159 from the train station. Use your Jojo card to buy your ticket and the cost will be SEK 40 each way.
Website: www.skrylle.se

Romeleåsen ridge
Many walking trails in beautiful scenery. Walking maps are available from the Lund Tourist Center.
SKÅNES DJURPARK (ZOO) IN HÖÖR
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. Animals include: moose, foxes, beavers, different types of deer and birds.

Take the train to Höör station and change to the yellow bus 15 (ask the driver if it goes to Skånes Djurpark to be sure). Single tickets cost SEK 75 (with a Jojo-card). Admission to the park is SEK 199 during low season and 269 SEK during peak season.
Website: www.skanesdjurpark.se

THE ISLAND OF 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 for visiting the Tycho Brahe observatory.

How: Take the train to Landskrona station and change to a city bus to “Skeppsbron” (the harbor) which costs approx. SEK 65 each way. From there, you can catch the ferry to the island (SEK75). The ferry leaves approx. every 1.5 hours and you can find the departure times on: www.ventrafiken.se/en/
Website: www.landskrona.se/se-gora/besoka-landskrona/ven

HIKE ON SKÅNELEDEN
The Skåneleden hiking trail is a long distance hiking trail through the beautiful countryside of Skåne. The trail is over 1000 kilometres long and is divided into five separate trails, with a total of 89 sections. The “Knösen-Torekov” section and the “Båstad-Knösen” section are two of the most popular sections.

Choose one of the five separate trails and learn how to reach that specific trail on skaneleden.se/en#googtrans(nl|en)

FOTEVIKEN VIKING RESERVE
This Viking reserve is a “living” reconstruction of a late-Viking Age village located in Höllviken, south of Malmö. 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 a visitor you can step inside the houses and meet the resident “Vikings”. The Viking Reserve is included in the Lonely Planet’s 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. Entrance fee is around 110 SEK.
Website: www.fotevikensmuseum.se/d/en
LUND UNIVERSITY WEBSITE
Find more information, news and updates for current students at Lund University:
www.lunduniversity.lu.se/current-students

LUND UNIVERSITY ON FACEBOOK
Follow us on Facebook and get answers to your questions at:
www.facebook.com/internationaldesk

LUND UNIVERSITY ON INSTAGRAM
Follow us on Instagram:
www.instagram.com/lunduniversity