Welcome to Lund University!

EXCHANGE STUDENTS GENERAL INFORMATION MEETING
2018
Welcome

Peter Fogelberg & Sara Westman

International coordinators, Division of External Relations
Agenda

- Orientation Weeks
- Getting started at LU
- Health care and insurances
- Student Chaplaincy
- Studentlund
- Fire Department
- Swedish Police
Welcome all new students starting autumn 2018!

Check the 20 top tasks to help you settle in.
How to find practical information

- The website for current students
- The Student Guide
- The International Desk Facebook Page
- Visit/e-mail/phone the International Desk
- For academic matters: your coordinator and faculty at Lund University
Orientation Programme

• Welcome Reception tonight 18:30
• Pre-Registration Day tomorrow
• Student Association Fair Friday 10:00-16:00
• Welcome Party Technology Student Union
• IKEA shopping
• Söderåsen National Park Half-Day Hike
• Viking Tour
• Dinners
• Sport and Games Day
Orientation Programme

- Lund Integration Fair 10:00-16:00
- Concert in Lund Cathedral
- Swedish Academic Study Skills
- Taste of Sweden
- Söderåsen National Park Half-Day Hike
- Viking Tour
- Treasure Hunt Challenge
- SUSA
- EOS Language Forum
Language Forum and Basketball Introduction at EOS Lund

- Saturday 1 September
- 13:00-17.30 at Eoshallen
  - Language Forum
  - Basketball Introduction Tournament

(sign up at www.eoscares.se)
International Mentor Programme

- Welcome you to Lund student life
- Mentors are volunteering Swedish and international students
- Questions? fadderi@er.lu.se
- Engineering own mentor programme
International Desk

• Opening hours: 21-31 August
  Mon-Fri 10-15
• Regular opening hours
  (from 3 September):
  Mon-Fri 10-13
• studentreception@lu.se
• Stora Algatan 4
International Desk

• Follow International Desk at Facebook
• International Desk Newsletter every other week
• Activities during the semester:
  – Play board games at our Game Nights every Monday
  – Practice your Swedish language skills at the Swedish Lounge every Tuesday
  – Seminars, fika, excursions, guided tours, crafts and more...
#hejlunduni

Use the hashtag #hejlunduni on a photo or video of yourself, along with a short description of your first impressions of Lund!
You get the opportunity to be featured on our official @lunduniversity account. In addition, three winners will be selected to receive a Lund University backpack!

www.lunduniversity.lu.se/hejlunduni
Academic matters
Introduction Meetings

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

• Schedules often in Time Edit

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

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

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

• Session on Swedish Academic Study Skills Wednesday 29 August
Academic conduct

• Cheating and plagiarism is FORBIDDEN!

• “Urkund” - Advanced software testing all assignments for plagiarism

• Cheating is a serious offence with the strict penalties, such as suspension and report to the home University.

• Suspension may result in the offender getting prohibited from taking exams at Lund University.

• Serious cases of plagiarism will be punished according to Swedish law.

• If in doubt about what is considered cheating/plagiarism, ask your professor BEFORE you take your exam/write your assignment.
Student accounts

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

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

Keep your computer healthy during your stay.
Please use:

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

Check e-mail for instructions and codes
servicedesk@lu.se
www.support.lu.se
+46 (0)46 222 90 00

Student account support at the International Desk
during the Orientation Weeks 10:00-15:00
Student services

LADOK, ACCESS CARDS
LU Application code

LU-XXXXX
Ex. LU-1U055

Needed for online registration at www.studentlund.se
LU Personal code (Ladok number)

(19)YYMMDD-TXXX

Ex. (19)940714-T436
Lund University ID/Access card

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

EMERGENCY NUMBERS, HEALTH CARE, HEALTH INSURANCE
Emergency numbers

• For emergencies: call 112

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

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

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

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

Students from EU/EES/convention countries:

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

Students from non-EU/EES/convention countries: Student IN insurance [www.kammarkollegiet.se](http://www.kammarkollegiet.se)

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

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

• Check the Student Guide or call 1177
Living in Sweden
Student Health Centre (counselling)

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

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

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

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

Seminars:

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

Course:

• Stress course
Contact

- Student Health Centre
  Phone 046 2224377

- [www.lunduniversity.lu.se/student-health](http://www.lunduniversity.lu.se/student-health)

- Visiting address: Paradisgatan 5B, Lund

- Booked appointments only
Multifaith Chaplaincy

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

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

Pentecostal, Baptist
Contact: Matthew Nowachek
0723 93 87 71 | nowmatonic@yahoo.com
www.pklund.se

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

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

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

Our job:

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

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

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

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

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

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

Pubs, cafés, lunches, fine dining, sports, choirs, night clubs, housing etc.
STUDENT UNIONS

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

STEP 1 + STEP 2 = DONE!

REGISTER ONLINE AT STUDENTLUND.SE

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

YOU ARE NOW A MEMBER AND CAN TAKE PART OF THE STUDENT LIFE INSTANTLY!
YOUR STUDENT CARD WILL BE MAILED TO YOUR HOME ADDRESS.
Today: If you are unable to register online, students from Studentlunds will help you with the registration at the Student Association Fair Friday 10.00-16.00 at the AF-building. You can also visit a nation during their opening hours to get help registering.

Step 2: Registration at the nations opens Friday August 24.
Swedish Fire Department
Räddningstjänsten Syd/
Fire Department
Here in Sweden everyone should have a Smoke alarm in their home!

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

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

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

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

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

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

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

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

- The Emergency number in Sweden is 112
International Students
Lund University
2018-08-21 Tomas Johansson/Magnus Björn Bentzen
Welcome to Lund
How and where can you get in touch with the Police

• The police station in Lund is located on Byggmästaregatan.

• If you have an emergency call 112.

• If you need to get in contact with the police to make a complaint, for example, if your bike is stolen call 114 14.

• You can find more details on www.polisen.se
Traffic

- In Sweden you need to use a seatbelt even when riding a bus.
- To drive a motorised vehicle you need to be sober.
- The same traffic rules that apply for cars or buses also applies for bicycles.
- Bicycles need to have brakes, lights and reflectors.
- It is not allowed to ride more then one adult on a bicycle.
Drinking in public?

In Lund it is legal to drink in public places.
To buy alcohol at Systembolaget you need to be 20 years of age.
To drink in a restaurant or bar you must be 18.
Narcotics

• In Sweden it is considered illegal to use or posses narcotics.

• Possession or being under the influence of drugs results in a fixed penalty, a fine.

• Cannabis is a drug and therefore illegal.

• To buy medicine in Sweden, you need a prescription from a doctor.

• You do not need a prescription for common painkillers which contain for example, ibuprofen.
Useful numbers 24/7

- 112 – Emergency
- 114 14 – Advice from police
- 046 222 07 00 – Campus security
- 1177 – Medical advice
Need more information?

• The website for current students
• The International Student Guide
• The International Desk Facebook Page
• For academic matters: your coordinator and faculty at Lund University
• International Desk studentreception@lu.se
Welcome Reception

• 18:30-20:00 today AF Building, close to the Cathedral