Welcome

- Isabelle Jönsson

International coordinator
Division of External Relations
International Desk
Agenda

• Welcome by the Rector at Campus Helsingborg
• Getting started at LU
• Health care and insurances
• Student health care
• Student Chaplaincy
• Studentlund, TLTH, Agora
• Fire Department
• Swedish Police
Rector Annika Olsson

Campus Vänner – download the app!
Info on seminars, networking events, job ads and more…
Coordinators at Campus Helsingborg

Service Management
• Annika Permevik
• Britta Persson

Strategic Communication
• Lena Rolén

Energy-efficient and Environmental Building Design
• Lykke Jakobsson
Starting studies with us this autumn 2018?
Learn more about Arrival Day and the orientation weeks

Lund University in two minutes
Watch the video on YouTube

Find researchers and publications in our research portal

Apply now for spring 2019 studies
Apply before 15 August!

Getting to Lund
Key information regarding airports, trains, ferries and driving to Lund
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 18:30-20:00 in Lund
• Bus will depart from Campus 17:30. Return from the Cathedral 21:00
• Exchange students: Pre-registration day tomorrow
• Student Association Fair, Friday 10:00-16:00
• Excursions Saturday to Söderåsen departing from Helsingborg at 9:15. Ticket required!
Orientation Programme

• Swedish Academic Study Skills 9:30-12:00 August 27

• Cultural Adjustment and Swedishness 14:00-16:30 August 28
International Mentor Programme

• Welcome you to Lund student life
• Mentors are volunteering Swedish and international students
• Questions? fadderi@er.lu.se
International Desk Lund

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

- International Desk Newsletter every second 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, company visits, guided tours, crafts and more...

Follow International Desk at Facebook!
Academic matters
Introduction Meetings

• Go to the Pre-Registration meeting or 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 requirement, ask the tutor before deciding any activities that might coincide with the course.

• Session on Swedish Academic Study Skills Monday 27 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 program 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 services

LADOK, ACCESS CARDS
LU Identity number (Ladok number)

(19)YYMMDD-TXXX

Ex. 850714-T436
LU Application code

LU-XXXXX
Ex. LU-1U055

Needed for online registration at [www.studentlund.se](http://www.studentlund.se)
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
- 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 at the backside of the LU card
Health care services

• Call 1177 for health care advice or to find a health care clinic

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

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

Paying for a doctor’s appointment:

• If you are an EU citizen, present your EHIC card

• If you are a non-EU citizen, save the receipts
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

- 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 provided is confidential. Bring an identity document.
Do you need help with...???

- Depression
- Family problems
- Crisis reactions
- Procrastination
- Sleeping problems
- Concentration problems
- Harassments
- Panic attacks
- Relationship problems
- Anxiety
- Stress
- Adjustment difficulties
- Self-confidence issues
- 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
Seminar: Cultural Adjustment and Swedishness

Tuesday 27 August 9.30-12.00

Seminar hosted by the Student Health Care Center

Panel with experts
Multifaith Chaplaincy

“STUDENTPRÄSTERN”, JAN KJELLSTRÖM
Multi-faith Chaplaincy for students at Lund University
Lutheran, Anglican, Episcopalian, 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
Agora and TLTH
Studentlund

One membership – The entire student life
Studentlund:
Three memberships in one!
NATIONS

Pubs, cafés, lunches, fine dining, sports, choirs, night clubs, housing etc.
ACADEMIC SOCIETY (AF)

Student radio, theatre, lectures, orchestras, debate society, entrepreneurship, 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.
Take note!
If you are unable to register online, students from Studentlund will help you with the registration at the Student Association Fair on Friday between 10 AM and 4 PM. You can also visit a nation during their opening hours to get help registering.

Step 2: Registration at the nation is open

Helsingborg students
As a student at Campus Helsingborg – you can choose between three types of the Studentlund membership:
(1) All three memberships: Member of your student union, a nation and the Academic Society
(2) Being a member of your student union only
(3) Being a member of a nation and the Academic Society
Teknologkåren vid LTH

- 9000 students - 7500 members
- Not a part of Studentlund
- Separate membership - medlem.tlth.se
- 11 guilds - Ing in Helsingborg
- Sabbatical officers in Kårhuset in Lund
- Education - Career - Recreation
Swedish Fire Department
Fire Department
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 smoke alarm 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 starts on the stove.

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

If you’re in a 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
How and where can you get in touch with the Police

- The police station in Helsingborg is located on Berga allé 25.
- 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.
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
- Bus departs from Campus main entrance at 17:30 sharp, returns from the Cathedral 21:00