Welcome to Lund University!

We are delighted that you are planning to study at Lund University, a non-profit Swedish university and one of Europe’s broadest and finest. We combine a tradition of excellence dating back to 1666 with cutting-edge research and innovation.

Choosing to study at Lund University is your first step to an international career. As a student, you will benefit from the opportunity to tap into a global network of contacts among fellow students, university staff and researchers alike – a valuable asset for your future.

As you prepare for your studies at Lund University, the questions you face may seem endless. Where do I go when I arrive? What do I need to know about residence permits, health insurance or mobile phone operators? With this pre-arrival guide we aim to answer these questions to help make your transition abroad as smooth and informed as possible. If you read this guide carefully, you will find answers to many of your questions.

We hope that your stay at Lund University will be an interesting and rewarding experience both for you and for us. We are looking forward to meet you soon!
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For more than 350 years, the University has been a powerful force within education, research and community building, which has left its mark on Lund, the region and the nation.

Lund University has 42 000 students and 7 400 staff from all over the world, based mainly in Lund, Malmö and Helsingborg. The University was founded in 1666 but can arguably trace its roots to 1436 when it was recognised as a studium generale, an institution of international excellence. Steeped in centuries of tradition, Lund University has always been at the forefront of innovation with its modern and dynamic approach. Innovation and creativity remain the bedrock of Lund University, where learning is about critical thinking and pushing boundaries to reveal new thoughts and ideas.

With eight faculties and several research centres and specialised institutes, Lund University is the largest provider of research and higher education in Sweden. Today, Lund University is an international centre for research and education and has evolved into one of the most internationalised universities in Sweden, cooperating worldwide with a great number of universities, university networks and research institutes.

The University is the only Swedish member of prestigious networks such as League of European Research Universities (LERU) and Universitas 21 (U21). The University has exchange agreements with approximately 600 universities in more than 70 countries worldwide, including more than 400 agreements within EU's Erasmus Programme. With a strong international profile, Lund University offers a rich and diverse student and academic body where you can meet people from all over the world, soak up the Swedish culture and even learn a new language.

With 42 000 students and popular student organisations offering a wide range of social activities for every taste, life as a student at Lund University is exciting, varied and lively!
One university - three campuses

The student traditions at Lund University date back to 1666. Today the university has expanded to three different cities and three different campuses; Lund, Helsingborg and Malmö. Lund hosts the original campus grounds, Malmö is home to the University’s Faculty of Fine and Performing Arts and to the medical research training and public health education and Helsingborg offers Campus Helsingborg where students of service management, strategic communication and some of the engineering students study.

LUND CAMPUS

Lund is one of the oldest cities in Sweden but with the healthiest and youngest population in the country. There are 130 nationalities in Lund, making it a truly international city. In the city you can find a blend of old and new, tradition and innovation. Lund is a city of contrasts where the old city centre, which dates back about a thousand years, thrives alongside modern buildings. The city itself is compact and charming, with picturesque old houses, romantic cobbled streets and beautiful green surroundings. It is said that you can spend your whole life here without seeing all the quiet little corners, all the beautiful buildings and details. The easiest way to get around in the city is by bike and everything is within biking distance.

Lund is a city in which the university has an enormous presence, a true student city where you can choose to study at one of the many cafes, green parks or student buildings. In addition there is a comprehensive public transport system including buses and trains to transport you in and round Lund, Sweden and nearby Copenhagen in Denmark.
CAMPUS HELSINGBORG
Helsingborg is known as “the Pearl of the sound” because of its beauty and proximity to the Öresund strait. It is the ninth biggest city in Sweden and has a rich variety of cultural activities and nightlife. The city is connected with the comprehensive public transport system and it takes about 30 minutes commuting time between Helsingborg and Lund.

At Campus Helsingborg, situated in the centre of Helsingborg, approximately 4000 students enjoy modern premises and access to the latest technology. The characteristic of Campus Helsingborg is its cooperation with the surrounding community. Education, research and development are carried out in constant cooperation with the Helsingborg region and its business sector. At this campus service management, retail, tourism and logistics, communication/PR and media studies and some engineering courses are taught. Many of the students who study at Campus Helsingborg live in Helsingborg city.

MALMÖ CAMPUS
Malmö is the third largest city in Sweden and only 10 minutes away by train from Lund and 25 minutes from Copenhagen. Formerly an industrial city, Malmö has blossomed into one of the most culturally diverse commercial hubs in Sweden.

With a population of 300 000 made up of 170 nationalities there are many opportunities to try different kinds of food and experiences from all around the world.

The city is home to Lund University’s Faculty of Fine and Performing Arts, comprising the Malmö Academy of Music, the Malmö Art Academy and the Malmö Theatre Academy. In addition to the medical research and training in Lund, public health education, medical training and research is also conducted at the Skåne University Hospital in Malmö. preforming arts.

QUICK FACTS
Lund
Founded: 990
Population: 124 950
Average age: 39 years

Helsingborg
Founded: 1085
Population: 147 750
Average age: 41 years

Malmö
Founded: 13th century
Population: 344 150
Average age: 38 years

USEFUL LINKS
Website for current students at Lund University
www.lunduniversity.lu.se/current-students

Lund campus
City of Lund: www.lund.se/en
Lund tourist office: www.visitlund.se/en

Campus Helsingborg
Helsingborg city student website: http://english.helsingborgsstudent.se
City of Helsingborg: www.helsingborg.se

Malmö campus
Faculty of Fine and Performing Arts: www.performingarts.lu.se/en/
Malmö Academy of Music: www.mhm.lu.se/
Clinical Research Center: www.med.lu.se/english/crc
City of Malmö: www.malmö.se/
Residence permits for studies

RESIDENCE PERMIT - NON EU CITIZENS
All non-EU/EEA students who plan on studying for more than three months must have a residence permit for studies in Sweden. The authority responsible for issuing residence permits is the Swedish Migration Agency, ("Migrationsverket").

Students from outside the EU/EEA can apply for a residence permit for studies online at www.migrationsverket.se (recommended), or through the Swedish Embassy/Consulate in their country of residence. It is strongly recommended that you make your residence permit application online (if possible) and make sure that you include all the correct documentation. Applications for residence permits may under no circumstances be submitted after entering Sweden.

Key documentation in your application are:

- Copies of the pages in your passport which show your personal details, the period of validity and whether you have permission to live in countries other than your country of origin
- A letter of acceptance showing that you have been admitted to full-time study
- If you apply online you can attach your acceptance letter as proof of health insurance. Otherwise you need a copy of documents showing that you have a comprehensive health insurance in Sweden. (See page 21 for more information about student health insurance.)
- Proof that you are able to support yourself financially for the planned study period (e.g. a bank account statement).

The application process for a residence permit normally takes 2-3 months. The Swedish Migration Agency first processes applications for which complete information and all necessary documents have been submitted. In other words, you will receive the decision faster if you send everything the Swedish Migration Agency needs together with your application than if you add information afterwards. Remember that the Migration Agency might have to investigate your application further even if you submit all the information and documents they have asked for. This commonly includes being called for an interview at a Swedish Embassy/Consulate and/or providing more information about your financial status. To locate the Swedish Embassy/Consulate in your country of residence and to find out what specific documents are required for your country, go to www.swedenabroad.com.

Financial support requirement
The support requirement is at present a minimum of 8 514 SEK per month, equal to 85 140 SEK for an academic year (10 months). You must show that you have funds for the whole study period when you apply for a residence permit. You can show that you can support yourself by a verification of your own personal bank assets or a scholarship.

RESIDENCE PERMIT CARD
If you have been granted a residence permit you will also receive a residence permit card as proof that you are permitted to live in Sweden. This card should be used when travelling to Sweden. Please note that it can take 3-4 weeks to receive the card after the residence permit decision has been made. In order for your card to be produced, you must have provided your biometric data at a Swedish Embassy/Consulate abroad.
The card has a computer chip that contains your fingerprints and a photo of you. You need to always have your residence permit card with you when you go to government agencies or the health care services.

If you do not need a visa
If you are from a country where you do not need a visa to enter Sweden/the Schengen area, you can travel to Sweden with only a copy of your residence permit decision. You do not need to wait for the residence permit card to arrive. Instead, you can visit the Migration Agency upon your arrival in Sweden and give your biometric data. You need to book an appointment to get it done.

EU OR EEA CITIZENS
As a student from an EU/EEA country you have the right to study in Sweden without a residence permit. You can come to Sweden without applying for any permit. Remember that you have to bring a valid passport to Sweden to prove your citizenship.

CONTACT INFORMATION TO THE MIGRATION AGENCY
The Swedish Migration Agency handles residence permit applications, and on their webpage it is possible to check the current status of an application. Please note that it will take between 2-3 months to get a decision from the Migration Agency. However if you feel that something might be wrong with your application you are most welcome to contact them directly.

The Migration Agency can be contacted by telephone +46 771 235 235 and the opening hours are published on their webpage www.migrationsverket.se

USEFUL LINKS
The Swedish Migration Agency
www.migrationsverket.se
www.swedenabroad.com

Right of Residence for EU/EEA citizens (except Switzerland)
https://www.migrationsverket.se/English/Private-individuals/EU-citizens-and-long-term-residents/Residence-permit-for-EU-citizens.html

Residence permits for Swiss citizens
https://www.migrationsverket.se/English/Private-individuals/EU-citizens-and-long-term-residents/Swiss-citizens.html
ACCOMMODATION FOR STUDENTS
For new students at Lund University (Swedish and international) finding affordable accommodation can be a challenge. AF Bostäder and LU Accommodation are the two largest providers, but many students are staying with student nations or private landlords.

You have to be active in your search for accommodation. As Lund is a small city with good biking lanes you can stay in any part of the city and still be no more than a bike ride from your lectures. If you are prepared to commute with public transport, you will within a 30 minutes radius from Lund find several other cities.

If you are going to study at the campuses in Malmö or Helsingborg you will probably prefer to live in those cities.

AF BOSTÄDER - STUDENT HOUSING
AF Bostäder is an independent foundation renting out rooms and apartments to Swedish and international students at Lund University. AF Bostäder is the largest provider of student accommodation in Lund and has 7500 students as their tenants. 2900 of these stay corridor rooms and the rest in apartments with 1-4 rooms.

During 9-12 July you can sign up for the AF Bostäder lottery for accommodation, which is only for new students (”novisch”). In order to take part in the lottery and to receive a place in the queue at AF Bostäder you need to make an application on their website: [www.afbostader.se](http://www.afbostader.se). More detailed information about the application process will be available on the AF Bostäder’s website. The personal code no that is required will be emailed to you in the beginning of July.

In order to rent student accommodation from AF Bostäder you need to be a member of Studentlund (see page 25). Studentlund opens for new members in early July. The information needed for signing up will be sent to you by e-mail.

Make sure to not join the queue at AF Bostäder outside the dates for the new students. That would reduce your chances to get accommodation.

Furniture is not included in all rooms, so make sure you know what to expect in your room. Second hand furniture is easily available in Lund.

LU ACCOMMODATION
LU Accommodation (LUAcc) offers housing to international students and has a limited number of corridor rooms and flats in Lund, Helsingborg and Malmö. Exchange students from the University of California System and holders of a Linnaeus-Palme scholarship are guaranteed accommodation. Please note that LUAcc is unable to offer family accommodation.
Application
The application to LUAcc is made in an online application. The application period is 1 April 9:00 CEST to 25 April 9:00 CEST. You start your application by creating an account and log in to fill out the online application. Make your application as soon as possible. Please note that you will not be able to make any changes in your application once it has been submitted.

Accepting a housing offer
If LUAcc can offer student housing to you, you will receive an email with a room offer in during June or July. Detailed information about the housing offer and the required deposit (2000 SEK) will be found when logging in to your housing account. When you are logged in to your housing account you can also accept the offer, make the first rent instalment and pay the deposit. You will also sign the contract online.

Please note that the housing offer is only available to you during a limited time period, normally 7 days. If you do not accept the offer before the deadline, it will go to another applicant. LUAcc can only make one room offer per student. If you choose to not accept the offer you will have to find alternative housing elsewhere. It is highly recommended that you accept a housing offer from LUAcc, since it can be difficult to find alternative housing in the beginning of a new semester. If LUAcc is not able to offer you accommodation, you will receive notice that you have been placed on their waiting list.

First rent installment and induction
The first rent instalment has to be paid on or before the payment deadline which can be found in your online housing account. You will be need to pay through your online housing account with either a Visa card or MasterCard. Shortly before your arrival, you will have to complete your induction via your online housing account. Please note that you will only be able to pick up your keys if you have completed your induction, paid your first rent instalment and your room deposit of 2000 SEK. The deposit will be refunded when you move out if you have not incurred any outstanding costs.

Rental information
Rooms offered by LUAcc are rented for the full academic semester. The rent varies depending on the area and the type of room, but is currently set at between SEK 17 000 and SEK 22 000 per semester. This includes electricity, water, heating, internet and use of kitchen and laundry facilities. In addition to your rent, you will also have to pay a fixed deposit before you move in that will be refunded when you move out if you have not incurred any outstanding costs.

Rental payments will be made in advance before the last day of the month, e.g. the payment deadline for the rent of February will be the 31st of January. The rent has to be paid using a Visa card or MasterCard through the online service found when logging in to your housing account. You will pay rent for the entire rental period stated on your contract, irrespective of your actual departure date.

Standard and furnishing
The rooms from LUAcc are furnished with a bed, mattress, desk, chair, lighting fixtures and book shelf. Pillow, blanket, bed linen, towels and a shower curtain are not provided.
BOPOOLEN
The Housing Pool, "BoPoolen", is a website for housing advertisement run by the Lund University Student Unions (LUS). The service is managed via their website www.bopoolen.nu where you can post ads for housing as well as search for housing ads. BoPoolen.nu does not apply a queuing system and does not charge any fees for their services. Bopoolen.nu provides check-lists for housing, drafts of rental agreements, information about laws and regulations as well as advice on how to avoid fraudsters. The draft contracts are available in both English and Swedish.

BoPoolen check-list for "house hunting"
Websites – Visit www.bopoolen.nu and other websites with housing ads as often as possible to check for available housing. Personal contact is very important and competition is fierce.

Advertise – Place your own ad on BoPoolen.nu and other websites with housing ads. Make sure that you write a little bit about yourself and what you are looking for. Please be aware of fraudsters.

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 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 the dream apartment.

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 stated in the contract. It is also a good idea to take a photo of any damages that is in the apartment/room when you move in, to undermine the risk of having to take responsibility for damages not caused by you.

Beware of fraudsters
When searching for housing on your own, please beware of fraudsters. Unfortunately there are those who try to take advantage of a tough housing situation by defrauding housing applicants. It can be difficult to recognize a fraud, especially if it is the first time you are looking for housing on your own. The staff at BoPoolen.nu is constantly working to prevent scammers. It is always important to stay alert and know the warning signs of a fraud. If you encounter a fraudster or if you have doubts about a landlord you are in contact with you are welcome to contact BoPoolen.nu.

Warning signs of a housing fraudster
• The landlord is abroad and not able to show the apartment.
• Demands for large sums of deposit or advance payments
• Requires payment through Western Union or to a foreign bank account.
• The landlord is pushing you to complete the deal quickly
• The landlord doesn’t want to give you their real name and Swedish social security number.

Advice on how to avoid housing fraudsters
• Look up the address of the apartment online to make sure it is real.
• Ask for the landlords full name, address and social security number. Name and phone number can easily be changed.
• 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 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).
• If you have to send money in advance, consider using PayPal or another safe alternative for money transfer.
• It is always okay to ask to see the apartment before signing the contract.
Hostels

HOSTELS IN LUND, MÅLÖ, KÄVLINGE AND HELSINGBORG

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

STF Vandrarhem Malmö City
www.svenskaturistforeningen.se/MalmoCity
Tel: 040-611 62 20
Email: malmo.city@stfturist.se

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

Helsingborg hostel Center
www.helsingborgsvandrarhem.com
Tel: 042-14 15 65
Email: info@helsingborgsvandrarhem.com

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

USEFUL LINKS

AF Bostäder
www.afbostader.se
Tel: +46 (0)46-19 15 00
Email: info@afbostader.se

Bopoolen
www.bopoolen.nu
Tel: +46 (0)704-56 11 87
Email: bopoolen@lus.lu.se

Swedish Tourist Association (STF)
www.svenskaturistforeningen.se

Airbnb
www.airbnb.se
PASSPORT
Due to the border controls between Sweden and Denmark, it is important that all students bring their valid passports also if you are an EU/EEA citizen.

BY AIR
From Copenhagen Airport CPH/Kastrup
Copenhagen Airport, CPH, at Kastrup in Denmark, is the largest international airport close to Lund. Landing on Kastrup airport means entering Denmark and persons of some nationalities will need a Danish transit visa. Please remember to check with the Danish Embassy/Consulate in your home country if you need a transit visa to Denmark or if a Schengen visa is enough.

By train you can conveniently reach Lund, Malmö and Helsingborg. Please note that you have to buy the ticket before you board the train. If you arrive during Arrival Day, international mentors will be present by the ticket machines at Copenhagen Airport if you need assistance.

The trip from Copenhagen Airport to Lund will take about 40 minutes. Tickets to Lund cost approx. SEK 150. Trains from Copenhagen airport to Malmö takes approx. 25 minutes and cost 120 SEK. Trains to Helsingborg central station from Copenhagen airport takes approx. one hour and are approx. SEK 215.

From Malmö Airport MMX/Sturup
The local airport Malmö-Sturup, MMX, has frequent domestic flights mainly from Stockholm, but also international flights from for example London, Warszawa, Salzburg and Budapest.

There is a bus service (“Flygbussarna”) from Sturup to Lund Central Station and to Malmö. The buses depart at least once an hour. The ticket costs 105 SEK for adults.

The taxi companies operating at the airport have set prices for journeys between the airport and Lund as well as other destinations. The price to Lund by taxi should not cost more than SEK 500 at anytime of day or night. The price should be settled with the driver beforehand.

BY TRAIN
Travelling by train in Europe is the most environmentally friendly option to get to Lund University. It takes less than an hour by local commuter train, “Öresundståg” to travel from Copenhagen Central Station to Lund.

Lund is located on the main railway from Malmö to Stockholm and Oslo. Travel time from Stockholm is about 4 hours on the fast train or 6-7 hours on “Intercity” trains.

BY CAR
There are car- and passenger ferry connections to southern Sweden from Germany, with Scandlines and TT-Line, and from Poland with Polferries. There are also connections via Denmark from Germany and the UK.

To travel one way by car over the Öresund Bridge from Denmark costs approx. 470 SEK per car. Lund is conveniently reached from the main highways E6 and E22. It takes approx. 45 minutes to travel by car from the Öresund Bridge to Helsingborg on highway E6 and E20.
Taxi
Malmö - Lund by taxi is approx. 350 SEK for a group of 1-4 passengers and only small variations from that should be accepted. The trip takes approx. 20 minutes. The Swedish taxi market is free and most companies have recommended prices for defined routes (such as Sturup-Lund). Taxis in Sweden can be ordered in advance or found at taxi stops usually situated just outside stations, harbours etc. Hailing them in the street sometimes works but it is not the normal routine. Taxis normally accept all major credit cards.

USEFUL LINKS
Public transport in Skåne (and from Kastrup)
www.skanetrafiken.se

Copenhagen Airport (Kastrup)
http://cph.dk/

Malmö Airport (Sturup)
www.swedavia.se/malmo/

Trains in Sweden
www.sj.se

Airlines in Sweden
www.sas.se
www.flygbra.se
www.norwegian.se
Arrival Day at Lund University

THE OFFICIAL ARRIVAL DAY
On Monday 17 August 2020 the official Arrival Day for exchange students takes place in the Medicon Village Building in Lund. Arrival Day is open from 9:00 to 19:00. During the whole day, student mentors will meet you at Copenhagen airport arrival terminal (7:30-18:00) and at the Central Railway Station in Lund until 18:30.

As we expect hundreds of new international students on Arrival Day, there may sometimes be waiting time. We ask for your understanding and patience. However, if you have any questions, don’t hesitate to ask the international mentors or Lund University staff. They will be present all day and are happy to help you.

MINIVAN SHUTTLE SERVICE
Between 9:00 and 18:30 shuttles buses will run from Lund central station to the Arrival Day services. When you have visited all the services on the Arrival Day venue, you will be given a lift by minivans to your new accommodation in Lund, Malmö or Helsingborg. The service runs primarily to the accommodation areas provided by LU Accommodation and AF Bostäder.

Please note that the shuttle service is only available on Arrival Day.

CHECK-IN DESK
After you have left your luggage in the luggage room, you will be guided to the check-in. It is very important that you bring your “Letter of Acceptance” to the check-in counter as you will need it during the day. When checking in you will receive an information package from Lund University. The Welcome Package contains:

- the Student Guide
- Swedish SIM-card for cell phones
- a map of Lund
- a program for the Orientation Week
- information about public transportation

LU ACCOMMODATION AND AF BOSTÄDER
If you received confirmed housing from LU Accommodation (LUAcc) or AF Bostäder you will be able to pick up your keys during Arrival Day. In order to receive your keys you must have completed the following steps:

- accepted the contract
- paid the deposit
- paid your first rent
- completed the induction

BOPOOLEN
Bopoolen (see page 14), will be present to assist students who have not found accommodation. Please note that it is strongly recommended that you have your accommodation sorted out before arriving in Lund.

PILLOWS AND BLANKETS ON SALE
Student accommodation does not provide a pillow, blanket, bed linen, towels or a shower curtain. Pillows and blankets will be on sale online to be picked up at Arrival Day.

INFORMATION DESK
If you have any questions or need additional help during Arrival Day, you are welcome to visit the Information Desk. You are also always welcome to ask for help from Lund University mentors and staff available during Arrival Day.
ARRIVING AFTER ARRIVAL DAY
If you arrive in Lund later than 18:30 on Arrival Day you will not be able to reach us before we close and will therefore need to organise alternative accommodation and transport for the night. Make all these arrangements in advance, before departing for Lund.

You are welcome to visit the International Desk to check-in and receive your welcome package after Arrival Day. The venues in the Medicon Village Building are only used during Arrival Day. If you arrive on a later date, the International Desk is found in their regular office premises on Stora Algatan 4.

If you want to pick up keys from AF Bostäder or LUAcc, please note that it is only possible to get housing keys during their visiting hours, so plan your arrival to Lund accordingly. If you choose to take a taxi do not let the taxi wait outside the housing office since the staff needs to give you plenty of information when you pick up your keys. The visit will take more than 10 minutes. Staff can call a new taxi or give you directions to the bus when you are ready to leave.

USEFUL LINKS
Information about Arrival Day
www.lunduniversity.lu.se/arrival

Read more about the Orientation weeks on the International Desk Facebook Page
www.facebook.com/internationaldesk
The Orientation Weeks for exchange students

**ORIENTATION ACTIVITIES**
The Orientation Weeks run between 17 and 30 August.

The Orientation Weeks aim to give you a chance to settle in smoothly at Lund University before the semester starts. A schedule for the Orientation Weeks will be available online in June and a printed version is included in your welcome package.

**Pre-Registration Day**
Pre-Registration Day is the day to meet your coordinator or to visit an introduction meeting.

Please check with your coordinator (the person who signed your Letter of Acceptance) to find out if you should attend a meeting or settle things online.

**Introductory Swedish - SUSA**
The course offers introductory studies in the Swedish language and culture (3 ECTS). You have to apply for SUSA when applying for your other courses as there is no on-site application.
Online seminars
During the Orientation Weeks there will be several online seminars for you to join. The International Desk, the library, the Academic Support Center and the counselors at the Student Health Center will offer you their best advice on how to start off your time as a student at Lund University.

Social activities
There will be a lot of different social activities during the first weeks. Some events are organised by Lund University, others are created by the many student organisations. A few events will be online in order to make it easy for you to join regardless of where you are.

The International Mentor Programme
The International mentor programme welcomes all new international students at Lund University. The mentor group consists of 3-4 current students (your mentors) and a group of new international students. Your mentors are current students, both Swedish and internationals. The International Desk will contact you when it is time to sign up for the mentor program!

The mentor group will arrange activities together, maybe you will be offered a tour of the city, join a potluck dinner, go to one of the nations’ parties etc. You can always contact your mentors for any advice, so do not miss this opportunity to learn more about being a student in Lund. However, the international mentors cannot answer any questions about academic matters. Please note that your mentors do this voluntarily because they think it’s a fun way of meeting people from all over the world.

The program during the Orientation Weeks has been made following the recommendations from the Swedish Health Authorities.

During the Orientation Weeks it is important that you:

• follow the instructions given by staff members, mentors or other organisers
• stay at home if you have even the slightest symptoms of a cold
• keep a good hand hygiene and only cough or sneeze in the fold of your arm
• respect the distance to other people

Follow the International Desk Facebook page for more information and last minute updates
www.facebook.com/internationaldesk
Financial matters

CURRENCY AND MONEY EXCHANGE
The Swedish currency is called “krona” (SEK). Bank notes are available in denominations of 20, 50, 100, 200, 500 and 1,000 kronor, coins in 1, 2, 5 and 10 kronor. Note that the Euro is not used in Sweden.

NEW BILLS AND COINS
Starting in 2015 new notes and coins were introduced in Sweden. The old 20-, 50-, 100-, 500-, and 1000-krona notes are now invalid. For more information please visit www.riksbank.se/

MONEY EXCHANGE
It is possible to change money at exchange offices at Copenhagen Airport, Malmö Airport and the Central Railway Stations in Copenhagen, Malmö and Helsingborg as well as the Forex office opposite Lund Central Railway Station.

STUDENT DISCOUNTS
When you have joined Studentlund, you can download the app ‘Studentkortet’ that (together with your regular ID card) gives you access to discounts at certain cafés, restaurants and on travels as well as on computers, mobile phones, fashion and books etc., in shops and online.

WORKING IN SWEDEN
If you have a residence permit for studying at the university you are also allowed to work without a work permit as long as your residence permit is valid. Nordic, EU and EEA citizens are allowed to reside and work in Sweden without a work and/or residence permit, but need to register at the Swedish Migration Agency. Because Swedish language skills are required by most employers – even for typical service positions – international students cannot expect to find a spare time job very easily. Lund is a typical student town with many students, so these jobs fill up fast and it can be very hard to find for those without Swedish language skills.

However, there are many ways full-time students can keep in touch with their future labour market. There are several Labour market- and/or contact days arranged by the student unions and the Career Services at Lund University arranges open seminar series on “how to get that job”. All students at Lund University can register with the university’s Careers Services’ career portal MyCareer.

USEFUL LINKS
Read more about money and living costs: www.lunduniversity.lu.se/money-and-living-costs

Read more about becoming a bank customer in Sweden at the Swedish Bankers’ Association website: www.swedishbankers.se/en-us/the-swedish-bankers-association-in-english/
OPENING A BANK ACCOUNT
Before departing from your home country, please make sure that all necessary arrangements are made to prevent cash-flow problems during your stay in Sweden. Handling your financial matters in Sweden might be much easier with advice from your own home bank.

In general, banks often require students to have a Swedish personal number which can only be obtained for students having a residence permit valid in Sweden for 12 months or longer.

Cheques and cash
Please note that personal, traveler’s or international cheques are not accepted by Swedish banks. Do not bring large amounts of cash to the bank office. Money laundering legislation requires the bank to ask questions about the transactions and banking business you want to make. If a customer does not present identification or provide a satisfactory explanation as to why the customer wants the bank to perform a certain service, the bank is not permitted by law to perform the requested service.

CREDIT CARDS
Students staying with LU Accommodation or AF Bostäder are required to pay rent with a credit card. Since you need to pay your rent in advance, make sure that your credit card is open for international payments.

Most credit cards are accepted in Sweden and ATMs (Automated teller machines) can be found throughout all Swedish cities and on the university’s main campuses. A PIN-code is required both at ATMs and in shops.

LIVING COSTS
One of the conditions for being granted a residence permit by the Swedish Migration Agency is that you must be able to support yourself during your stay in Sweden. The minimum sum required by the Swedish Migration Agency is at present SEK 8 514 per month.

Swedish students who have full students loans and grants from the Swedish government receive approximately SEK 10 600 per month. Many international students get by on a budget somewhere in between the required SEK 8 514 per month and the Swedish student loan amount, depending on their lifestyle.

A FEASIBLE STUDENT BUDGET

<table>
<thead>
<tr>
<th>Item</th>
<th>approx. SEK/month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food (home cooked meals)</td>
<td>2 500</td>
</tr>
<tr>
<td>Accommodation</td>
<td>3200-4800</td>
</tr>
<tr>
<td>Course litterature</td>
<td>400-1000</td>
</tr>
<tr>
<td>Leisure</td>
<td>650</td>
</tr>
<tr>
<td>Personal hygiene</td>
<td>450</td>
</tr>
<tr>
<td>Clothes</td>
<td>590</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>1 000</td>
</tr>
<tr>
<td>Local transportation</td>
<td>500</td>
</tr>
</tbody>
</table>
**HEALTH INSURANCE**

**General student insurance**

All students in Sweden are covered by a personal injury insurance (general student insurance) that is obtained on behalf of universities and colleges within the State insurance system (Kammarkollegiet). Students at Lund University are covered for accidents occurring within the framework of their studies (i.e.: during class, studying at a university library and travelling directly from your accommodation to class). Whether or not you are entitled to any additional coverage depends on your study situation.

**European Health Insurance Card and Medicare**

EU/EEA and Swiss citizens are entitled to access Swedish public medical services if they first register with the social insurance office in their home country. You will be issued an European Health Insurance Card (EHIC), which you need to have with you if you seek medical attention at a health care clinic or hospital in Sweden. If you need medical attention you will pay Swedish patient fees and do not need to make an insurance claim.

Citizens of Australia and Quebec are recommended to bring their Medicare card. With these cards you will pay Swedish patient fees if seeking medical attention in Sweden.

**Student IN insurance**

The Swedish government provides a special insurance for international students (Student IN) to provide, for example, accident cover, cover for certain medical expenses (where no other cover exists) and liability cover. The insurance applies 24 hours a day in the Schengen region, provided the insured person holds a Schengen Visa issued by a Swedish mission abroad. If the insured student does not have a Schengen Visa, the insurance is only valid in Sweden. For travel outside the Schengen area, it is recommended that you get an additional insurance coverage from your home country.

**Dental care**

Please note that regulations for medical care do not apply to dental care in Sweden. Dental care is not subsidised in Sweden which means that dentists set market prices on dental treatments. The fees for a dental check-up may be higher than what you are used to and it is therefore a good idea to arrange for a dental check-up before leaving home.

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**USEFUL LINKS**

About health insurance from Lund University: [www.lunduniversity.lu.se/student-life](http://www.lunduniversity.lu.se/student-life)

SWEDISH HEALTH CARE

Emergency care
Emergencies or life-threatening situations should always be directed to 112, the Swedish emergency number. For urgent medical care, you may need to visit the hospital. The Lund University hospital (Universitetssjukhuset), one of Sweden’s leading university hospitals, is conveniently located in the city centre.

Non-emergency health care
The first step - call 1177. This is free of charge and open 24-hours/day. With this number you can get medical advice from a registered nurse on many things, including diagnosis of your symptoms and help on where to go if you need a physician. If needed, they may refer you to a local healthcare centre. If you get ill and are in need of non-emergency health care you should contact a local public health care center (Vårdcentral) or a private clinic. You can find the contact details to health care centers and private clinics in the Student Guide provided in your welcome package on Arrival Day.

Prescriptions and over-the-counter medicine are available at local pharmacies (Apotek). The most common over-the-counter medicines can also be found in grocery stores near the cashiers. Pharmacies are open during normal shopping hours.

Student Health Centre (Studenthälsan)
The staff at the Student Health Centre works primarily with therapy for psychological and social problems that are related to your studies. The centre has counselors, nurses, a physician, a psychiatrist and a psychologist. Please note that you always have to make an appointment to visit the Student Health Centre. Contact details can be found in The Student Guide.

Multifaith Chaplaincy (Studentprästerna)
The Student Chaplains in Lund serve all students at Lund University. They can be sought out for counseling and are bound by a vow of confidentiality. The Student Chaplains can also help you contact a local church or religious body other than the Student Chaplaincy.

USEFUL LINKS

About health insurance from Lund University:
https://www.lunduniversity.lu.se/student-life

Study in Sweden on Health Care

The Swedish Health Care Information
www.1177.se
COURSES FOR EXCHANGE STUDENTS
Lund University offers more than 700 courses across a wide range of subjects that are suitable for exchange students. Remember to carefully check the admission requirements for each course to see if you will be eligible. After you have been nominated for exchange studies by your home university, you will receive an email with login details and a link to the online exchange student application.

If you have any questions you can get in touch with your coordinator at Lund University. If you cannot find the name of your coordinator, you are welcome to contact the International Desk. During the Orientation Weeks you will have time to meet your coordinator.

Please note! There is no add and drop period at Lund University which means that there is a very limited possibility to change courses that you have been admitted to.

REGISTRATION
Registration in a course takes place on the first day of class. Therefore it is very important not to miss the first lecture. If you are unable to participate in the first lecture, keep in mind that you will have to contact your coordinator beforehand so that you do not lose your place in the course.

STUDY STRUCTURE
Studies at Lund University are usually performed one course at a time, with an examination or essay at the end of each individual course finalising the course. Studies at the School of Economics and Management and at the Faculty of Engineering are an exception: two or more courses are often studied in parallel.

Courses can be anything from 2 to 20 weeks long, with 5, 10 and 20 weeks being the most common ranges. The duration and extent of courses and programmes are expressed in a system of credits (högskolepoäng). The Swedish credit system is the same as the European ECTS credits. Thus, one week of full-time study corresponds to 1.5 credits. One semester of full-time study is equal to 30 credits. Single subject courses vary in length from 7.5 to 60 credits.

Methods of instruction and number of teaching hours can vary considerably between different subjects and courses. Some courses, mainly in engineering, have as many as 30 formal lecture hours per week, while some, e.g. social sciences courses, may have as little as 10 hours and rely more on the students’ individual reading. The most common form of instruction is lectures to groups of 25-30 students. All courses include written and/or oral examinations. There are usually no final exams covering the entire semester’s coursework. If failing an examination, it is possible to re-sit the examination later in the semester. Only successfully completed courses are recorded on your official transcript. All student records at Lund University are kept in the student registration system Ladok.

ACADEMIC HONESTY
Students are expected to uphold the standards of academic honesty at Lund University. Plagiarism and cheating are treated very seriously. Suspected cheating will be reported to the Disciplinary Committee and can result in suspension from the university.

If you are unsure about the rules of academic honesty, e.g. exam rules or how to correctly cite sources in academic
writing, talk to your professor, tutor and get information from your department at Lund University. You are also most welcome to follow the guidelines set by the AWELU project (Academic Writing in English at Lund University).

**ACADEMIC CULTURE**

To some international students, relations between students and teachers at Swedish universities may seem very informal. Students are encouraged to ask questions, both in the classroom and outside. Don’t hesitate to ask a question if there is something you do not quite understand or comment on issues you disagree with.

Teachers will expect you to call them by first name, as students and teachers are considered to be equals. This does of course not imply that the teachers will accept anything but your best performance in class and during examinations.

**COURSE LITERATURE**

Be prepared for the fact that books and materials can be a bit expensive. However, it is sometimes possible to buy them second hand in dedicated shops or to borrow them from one of the university libraries.

**GRADERS**

Swedish grades are normally awarded on a basis of 3 grades; Pass with distinction (VG or Väl godkänd), Pass (G or Godkänd) or Fail (U or Underkänd). However, some faculties make use of a different grading scale:

- The Faculty of Engineering uses several different grading scales. Engineering studies: On most courses, the grading scale comprises three levels: 3 (three) pass, 4 (four) very good, 5 (five) excellent. A higher figure signifies a better grade. The grades are criterion-referenced, e.g. awarded in relation to the students’ performance relative to the learning objectives set out in the course syllabus.

  - At the joint Faculties of Humanities and Theology and the Faculty of Social Sciences certain departments also award A, B, C, D, E or Fail (F). The highest grade is A and the lowest passing grade is E. In a limited number of courses only the grades Pass (G) or Fail (U) are awarded.

  - The Faculty of Law has 4 grades; Pass with distinction (AB), Pass with merit (BA), Pass (B) or Fail (U).

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

  - The Faculty of Science and the Faculty of Fine and Performing Arts use two different grading scales; Pass with distinction (VG), Pass (G) or Fail (U) and; Pass (G) or Fail (U).

  - The School of Economics and Management uses the following grading scale: A, B, C, D, E or Fail (F). The highest grade is A and the lowest passing grade is E.
Student life in Lund

STUDENT ORGANISATIONS IN LUND
Lund's student life is unique. The combination of student nations, student unions and the Academic Society (AF) is not only one of a kind, it is a strong reason 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.

Studentlund: One student life - one membership
A membership in Studentlund gives you access to everything from good food, fun nightclubs, interesting talks, exciting media, guaranteed monitoring of education, entertaining theatre, considerable influence within the University, municipality and region and lots of grants and student discounts. The vast majority of the student organisations' activities will only be available to Studentlund members.
Being a member of Studentlund means that you are a member of three organisations – a student union, a nation and the Academic Society (AF). As a student based in Lund you can choose to join all three, or none at all.

In July all admitted exchange students will receive an email from Studentlund containing their personal information on how to sign up. With this information exchange students can register for a Studentlund membership online. The membership costs approx 250-300 SEK per semester.

When you have paid your fee, you need to in person visit the nation of your choice during the Orientation Weeks.

**Student nations**
The nations' primary task is organizing extra-curricular social activities. The nations' main activities comprise serving food and running pub and club nights, but they also include sport activities, choirs, grants and accommodation. All the nations are named after geographical locations in Sweden and there are currently 12 nations within the Studentlund cooperation, all representing different areas in Sweden. Membership in a nation provides you with the chance to really get to know Swedish student culture. They are open to all students and there are no entrance requirements.

The student organisations are mainly built on volunteer work from students. Students volunteer to work at nations pubs, night clubs, restaurants and other social activities. Working at the nation of your choice is known to be one of the best ways to meet Swedish students and practice your Swedish skills. Please note that the nations (and the unions) organise a few formal dinners and banquets, so bringing a suit or a nice dress may be a good idea.

The Student Nations organise a wide range of activities parallel with the Orientation Weeks. During the Student Association Fair you will get more information about the nations in order to help you make up your mind about which one to join. Even if you have to choose one of the nations, you still have access to the all 12 nations through your membership in Studentlund.

**Student unions**
There are 8 student unions at Lund University, one for each faculty. Their purpose is to guarantee high quality in education at the University. The unions are monitoring education and organising student influence through some 1000 posts at all levels within the University. In addition to monitoring education, the unions arrange career fairs, lectures, social events and welcome activities for new students. During your studies you can contact your student union if you have any questions or if problems should arise concerning your studies. Every faculty has its own student union and your membership is derived from the programme/courses you are studying.

**Academic Society**
The third cog in Studentlund machinery is the Academic Society (AF). AF’s width and size allow scope for student activities such as radio, television, Studentinfo, poetry, lectures, “spex”, amateur theatre, orchestras, choirs, archives and drama. The AF building in Lundagård is the physical meeting place for all students.

**What is the difference?**
Briefly, the unions handle student rights and arrange many activities connected to your education and future employment. The nations are primarily social clubs and the Academy Society offers various activities having to do with culture and media.

**USEFUL LINKS**
Studentlund: [www.studentlund.se](http://www.studentlund.se)
Student life: [www.lunduniversity.lu.se/student-life](http://www.lunduniversity.lu.se/student-life)
Sweden

Sweden is ranked among the top five countries in the world when it comes to providing higher education. It is a modern, safe and eco-conscious country with a great global reputation and one of the world’s highest living standards. Home of the Nobel Prize, the world’s most prestigious academic distinction, Sweden enjoys great international respect for innovative and creative thinking and for encouraging close cooperation between academia and industry. Lund University counts four Nobel laureates among its alumni.

FACTS AND FIGURES ABOUT SWEDEN
- Population: 10 million inhabitants
- Capital: Stockholm
- Life expectancy: Men 80.6 years, women 84.1 years
- Form of government: Constitutional monarchy, with parliamentary democracy
- Parliament: The Swedish Riksdag, with 349 members in a single chamber
- Head of State: His Majesty the King, Carl XVI Gustaf
- Education: Nine years of compulsory schooling, but most pupils continue with a three-year upper secondary school. Around one third of all pupils go on to higher education at universities and colleges throughout Sweden

LANGUAGE
Swedish is a northern Germanic language, spoken by almost 10 million people. Swedish dialects can still vary significantly between different regions in Sweden. The dialect in Lund is a unique mixture of dialects due to the vast amount of students coming from all over Sweden to study. Norwegian, Danish and Swedish people normally understand each other. Sami and Finnish are completely different, with roots in what is called the Uralic languages.

The Swedish alphabet has 29 letters, using the basic 26-letter Latin alphabet plus the three additional letters Å/å, Ä/ä and Ö/ö. There are many words of German, French and, more recently, English origin in the Swedish language.

English is the unofficial second language in Sweden. Swedish children study English from the 3rd grade and most foreign TV-shows and movies in Sweden are in their original language with Swedish subtitles. With 89% of the population fluent in the language, you can get by with English throughout the whole country. However, a basic understanding of the Swedish language is generally required if you plan to work in Sweden.

RELIGION
In practice Sweden is a very secular nation, but the many church buildings across the country bear witness to a long historical presence of the Christian faith. 60% of the population in Sweden are members of the Church of Sweden, which is Lutheran. Around 150,000 Swedes are Catholics. The Muslim community makes up the largest single group of non-Christians.
TRADITIONS

Holidays in Sweden are both religious and secular. Many traditions carry a religious significance, such as Christmas, Easter, Pentecost and Fat Tuesday, but there is often little to no reference to the Bible on these occasions. Traditions are maintained mainly for the sake of the festivities and celebrating with friends and family.

Apart from traditions with religious roots, others are tied to the changing of the seasons dating back to the time when Sweden was primarily an agricultural country. Spring is welcomed on the last day of April with Walpurgis Eve, when choirs sing songs about spring and people light bonfires. Summer is welcomed in the end of June on Midsummer’s Eve, with dancing around the maypole, and the consumption of herring and “snaps”. At the first signs of autumn, on the second Wednesday of August, it is time for the annual crayfish season. Advent and Lucia brings light during the darkest time of the year.

Besides the big holidays, there are several smaller festivities such as Waffle Day and Cinnamon Bun Day which give everyone an opportunity to devour on a delicious cake or snack.

CLIMATE

Sweden experiences extreme contrasts between the long summer days and long winter nights. Influenced by the Gulf Stream, the Swedish climate is milder than you might expect at this latitude. Spring runs from March to May, summer from June to August, autumn from September to October and winter from November to February.

In the summer it can be hot and dry with temperatures reaching up to 30 degrees Celsius as well as down to 15 degrees Celsius. The differences between the southern and northern regions are considerable. Winter in southern Sweden does not always mean snow or temperatures below zero degrees Celsius. However, the wind and the humidity in this part of the country, makes cold days feel colder. But the humidity also makes warm days feel warmer.

QUICK TIPS ON SWEDISH MUSIC, FILM & BOOKS

While preparing for your stay in Sweden, you might want to watch a Swedish movie, listen to Swedish music or read a Swedish book. There are thousands of option to chose from but here are some tips to learn more about Swedish culture.

MUSIC

FILM
Let the Right One In (thriller)
Jalla, Jalla (comedy)
The Seventh Seal (Ingmar Bergman, drama)
The Girl with the Dragon Tattoo (action thriller)

BOOKS & AUTHORS
Astrid Lindgren (children books e.g. Pippi Longstocking)
Henning Mankell (crime novels about Kurt Wallander)
August Strindberg (19th century groundbreaking author)
Stieg Larsson (the Millenium trilogy)

Learn more about Sweden on www.sweden.se
Living in Sweden

Below you will find some useful information regarding life in Sweden. Is your cell phone going to work in Sweden? Is internet readily available and can you charge your laptop without an adaptor? These questions and more will be answered on the following pages.

WEATHER AND CLOTHING
It is winter in Sweden from mid-November to the end of February. Snow is expected in most parts of the country, but in the southern parts there will probably be rain mixed with snow. The temperature varies between -10 to +5 degrees Celsius.

Spring arrives in March and lasts throughout April and May. The temperature will rise to almost 20 degrees Celsius. The wonderful summer comes to Lund in June and stays until mid September. Summer temperature lies approx. between +17 to 30 degrees Celsius.

In the autumn, September - November, rain starts to fall and the temperature decreases to app. + 5 degrees but can go below 0 degree Celsius. In December winter arrives again and snow might start to fall. Since Skåne, the very southern part of Sweden, is very flat it is a good idea to bring windproof and also warm clothing to Sweden.

TELEPHONES
International students generally use prepaid SIM-cards for their cell phones while living in Sweden. Free, unloaded, SIM-cards will be provided in the welcome package but SIM-cards can also be bought in food stores and convenience stores.

When you have access to Internet you can use Skype, Facetime or apps to make phone calls. This is the cheapest option, especially for long distance calls. Note that collect calls from Sweden are expensive.

ELECTRICITY
The electricity in Sweden is 220 volts and 50 cycles/sec (Hz). As British and American outlets differ from Swedish, you may need to bring a transformer and/or adapter for your electrical appliances from your home country. You can see a picture of a typical power plug and outlet below.

INTERNET ACCESS
As a student you have access to internet via student computers and the wireless network all over the university by using your student account details. Lund University is connected to Eduroam and there are also several hot spots in Lund City.

Most student accommodations with LUAcc and AF Bostäder include wired internet access. However, in some cases you need to make your own internet arrangements.
**SWEDISH DATE AND TIME NOTATION**
In Sweden dates are generally and officially written for example “2020-04-31” (YYYY-MM-DD) but the older forms “31/4 2020” or “31/4-20” are frequently seen informally.

Time is written without notable exceptions with the 24-hour clock where the day runs from midnight to midnight into 24 hours, indicated by the hours passed since midnight, from 0 to 23. The day begins at midnight 00:00 and the last minute of the day begins at 23:59. As an example of this system, 6am is written 06:00 while 6pm is written 18:00. The 24-hour notation is popularly referred to as military time or astronomical time in the US and Canada.

**DAYLIGHT SAVING TIME**
Like most countries in Europe, Sweden temporarily adjusts time to enjoy longer daylight during the summer period. Winter time: the clock is adjusted backward one hour on the last Sunday in October. Summer time: the clock is adjusted forward one hour on the last Sunday in March.

**EMERGENCY NUMBER**
The emergency phone number in Sweden is 112 (ambulance, police, fire department). Emergency calls are always free of charge. If you need to make a report to the police the national number is 114 14. This number applies to all non-urgent police matters. The campus security number at Lund University is 046-222 07 00.

**NARCOTICS**
All types of illegal drugs are strictly forbidden in Sweden. There are severe penalties against using or selling illegal substances. Driving under the influence of narcotics or alcohol is prohibited by law.

**TAP WATER**
Tap water in Sweden is of very good quality and safe to drink. It is often available free of charge at cafes and restaurants.

**GETTING AROUND**
In Lund the most convenient mode of transportation is by bike. You can get everywhere in Lund within 20 minutes by bike, so it is the superior choice of transportation.

If you would like to visit other areas of the Skåne region, you can travel by bus or train. The region has a very refined public transport system. It is convenient to travel to Malmö, Helsingborg or any location in Skåne with the help of public transport.

**PUBLIC HOLIDAYS**
The most important public holiday in Sweden is Christmas. During Christmas many offices are closed between 23 December and 6 January. The spring semester 2021 starts 18 January.

Easter is celebrated between 2 and 5 April 2021, and there will be no classes during this holiday.

Walpurgis Night is a public celebration in Sweden is celebrated in Lund on the last day of April. During this holiday more than 20 000 students celebrate the arrival of Spring in Lund. 1 May is public holiday.

The Swedish National Day is celebrated 6 June every year, and since it is a public holiday there will be no classes during this day.

**DINING**
Student accommodation in Lund does not provide any catered meals or services. Instead you need to prepare your own meals or eat out. There are several cafes and take away restaurants in Lund city centre. The price for a lunch at a café or restaurant varies between SEK 60 and SEK 100.

It is common that students bring their own lunches with them and use the microwave owens provided on many places in the campus areas. If you are not an experienced chef, it might be a good idea to practice some easy recipes before you leave home. All student nations provide lunch at least once a week for a small sum (approx. SEK 60). Number of places at the student nations is limited.

**SHOPPING**
The regular store hours in Sweden are between 10am to 6pm Monday to Friday, 10 am to 2 pm on Saturdays and most stores are closed on Sundays. The shopping malls, usually located in the outskirts of the bigger cities, have more generous opening hours; usually until 8pm Monday to Friday and are also open on both Saturdays and Sundays. Big grocery stores are in general open 8am to 9pm most days of the week.

Some over-the-counter medicines (pain relief tablets, antacids, vitamins etc) can be bought in grocery stores but to get a prescribed medicine and other medical products, you need to visit a pharmacy (Apotek). Alcohol can only be bought at the government owned store Systembolaget if you are 20 years or older.
Check-list

PRE-ARRIVAL PREPARATIONS
• Apply for residence permit as soon as possible
• Make sure that your passport is valid for at least the duration of your stay in Sweden.
• Check the department’s homepage at Lund University to find out details about the courses you are accepted to.
• Organise your housing situation ahead of time
• If you are offered housing from LUAcc - pay the deposit, complete the induction and pay the first rent instalment
• If necessary, arrange temporary housing solutions; make necessary hostel or hotel reservations
• Check your insurance coverage and, if you are an EU citizen, bring the EHIC-card (make sure it is valid for the duration of your stay in Sweden) or a certificate from home if your country has an agreement for medical care with Sweden.
• Get prescriptions if you need any kind of medicine.
• Get a dental check-up
• Contact your local home bank to avoid any banking problems in Sweden
• Book tickets so you arrive in Lund in time for the Orientation Weeks.

DON’T FORGET TO PACK:
• Your Letter of Acceptance and passport
• A suit or nice dress for formal events
• Swedish currency for immediate use
• Warm clothes, since winters in Sweden can be quite cold and windy
• Your mobile phone and laptop
• Print your student computer account details
• Adapter for your electrical appliances, if necessary

Academic Calendar

SEMESTER DATES AT LUND UNIVERSITY
• Autumn semester 2020: 31 August - 17 January 2021
• Spring semester 2021: 18 January - 6 June

PUBLIC HOLIDAYS 2020/2021 - AUTUMN AND SPRING SEMESTER
• All Saints’ Day: 2 November
• Christmas Eve (Julafton): 24 December
• Christmas Day (Juldagen): 25 December
• Boxing Day (Annandagen): 26 December
• New Year’s Eve (Nyårsafton): 31 December
• New Year’s Day (Nyårsdagen): 1 January
• Epiphany (Trettondagen): 6 January
• Good Friday (Långfredagen): 2 April
• Easter Sunday (Påskdagen): 4 April
• Easter Monday (Annandag påsk): 5 April
• Walpurgis Night (Valborgsmässoafton): 30 April - note that this is an evening celebration and does not necessarily mean a whole day of holiday, please check with your department
• May Day (Första maj): 1 May
• Ascension Day: 30 May
• Swedish National Day: 6 June
• Midsummer Eve (Midsommarafßen): 21 June
• Midsummer Day (Midsommardagen): 22 June
Contact details

QUESTIONS?
Feel free to contact us if you have any questions before your arrival in Lund.

For general questions contact the International Desk on studentreception@lu.se.

For specific questions regarding your courses and studies, please contact your exchange coordinator at Lund University.

LUND UNIVERSITY ON FACEBOOK
Follow us on Facebook for information and updates and have your questions answered:
www.facebook.com/internationaldesk

LUND UNIVERSITY ON INSTAGRAM
Student life at Lund University is great - but don’t take our word for it! Follow us on Instagram
www.instagram.com/lunduniversity