How to use this guide

Coming to study in another country is an exciting experience and we know you will have many questions. The information in this guide has been compiled with you in mind and we hope that it will help you during your studies at Lund University and in your day-to-day life in Sweden.

You should read the entire guide since much of the information will be relevant to you. The information includes both general facts about life in Sweden as well as practical advice on studies at Lund University, bank services, accommodation and student life and more. So, take a moment to get acquainted with life at Lund University. We wish you the best of luck with your studies at Lund University and student life in Sweden!

If, after reading this guide, you still have questions or would like clarification on any aspects please contact any of the services listed in the guide and their staff will be pleased to help. Please note that some of the websites stated in the guide are only offered in Swedish. However, most of them are quite easily translated through Google Translate (translate.google.se) or a similar service.

If you have more general questions and are not sure who to ask please contact the International Desk.

INTERNATIONAL DESK
Email: studentreception@lu.se
Tel: 046-222 01 00
Phone hours: Monday-Friday 10-12
Visiting address: Stora Algatan 4
Regular opening hours: Monday-Friday 10-14
Opening hours, Orientation/Introduction weeks:
Monday-Friday 10-15

FEEDBACK
If you would like to give feedback on this guide you are welcome to do so by sending an email to studentreception@lu.se
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Arrival Check-list

☐ Contact family and friends back home and let them know that you have arrived safely

☐ If applicable, secure accommodation (see chapter 3)

☐ Join the Introduction/Orientation activities. Tickets are sold at the International Desk. (see chapter 7)

☐ Register for Studentlund (see chapter 5)

☐ Update your Studentlund account with your Swedish postal address. (see chapter 5)

☐ Get a bike (see chapter 8)

☐ Get a University access card (see chapter 7)

☐ Get a Swedish mobile phone and number (see chapter 9)

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

☐ EU-citizens staying for 12 months or longer: apply for a Swedish personal identity number (see chapter 9)

☐ Non-EU citizens – if you have a residence permit valid for 12 months or longer, apply for a Swedish personal identity number

☐ If you are not required to have a visa; register your biometrical data at the Migration Board

☐ Get a Jojo-card and explore public transport options in your area (see chapter 8)

☐ Complete your registration and enrolment for the University

☐ If you are conditionally admitted to a degree programme, present your degree to your coordinator

☐ Attend your programme’s or department’s induction

☐ Handle financial matters (page chapter 6)

☐ Organise furniture and décor for your home (see chapter 9)

☐ Log in to your StiL email account and the Student Portal (see chapter 7)

☐ If you plan to use another email address than the email address provided by Lund University (StiL), forward your StiL email to your email address you are using on a regular basis.
International students at Lund University

In order to give you the best service possible, we will sometimes ask you what category of international students you belong to. Are you an exchange student, master’s or bachelor’s degree student or a course student?

Exchange students – you are an exchange student if you have applied to Lund University through your home university’s international office and their formal exchange agreement with Lund University. Exchange students include Erasmus students. As an exchange student, you will most probably stay at Lund University for one or two semesters and then return to your home university to finish your degree. Exchange students should always direct questions regarding academic matters to their coordinator, which is the person who signed the Letter of Acceptance.

Master’s and Bachelor’s degree programme students – you are a master’s or bachelor’s degree student if you have applied through www.universityadmissions.se or www.antagning.se for a programme and intend to take your degree from Lund University. Master’s and Bachelor’s degree students should always direct questions regarding academic matters to the programme coordinator.

Non-degree course students – you are a non-degree course student (this includes ‘freemovers’ students) if you have applied through www.universityadmissions.se or www.antagning.se for single-subject courses or a course package not resulting in a degree from Lund University. If you are a non-degree student, you should contact the course administrator or study advisor at your department for questions regarding academic matters.
Useful contact details

USEFUL PHONE NUMBERS
Swedish Emergency Phone number: 112
Report a crime to the Swedish police: 114 14
Health care advice: 1177
LU Campus Security: 046-222 07 00
Lund University Switchboard: 046-222 00 00

USEFUL WEBSITES
Skånetrafiken: www.skanetrafiken.se
Student Portal: student.lu.se
Student email: webmail.student.lu.se
Current student web: www.lunduniversity.lu.se/current-students
Migration Board: www.migrationsverket.se
Studentlund: www.studentlund.se
International Desk Facebook Page: www.facebook.com/internationaldesk

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

LU Accommodation, Lund
Address: Winstrupsgatan 8
Phone: 046-222 01 00

Swedish Tax Office, Malmö
Address: Kattsundsgatan 7

Swedish Migration Board, Malmö
Phone: 0771-235 235
Address: Agnesfridsvägen 111

Frequently Asked Questions

How do I get a student card?
There are two different cards that are useful for you as a student at Lund University:
The Studentlund card is the card that gives access to all activities provided by the student nations, unions and the Academic Society as well as student discounts. You get this card by becoming a member of Studentlund and paying the membership fee. More information can be found on page 38.

The LU Access card is an access card which works as a key card and gives access to facilities at your department and faculty. This card can be obtained through one of the card stations on campus. You find more information on page 66.

I’m looking for a used bike, where should I go?
You are not alone; there is a high demand for used bikes in Lund in the beginning of every semester. On page 72 you find addresses to some stores selling used bikes. The city of Lund usually arrange an auction for used bikes in the beginning of a new semester. Check the International Desk Facebook Page for updates.

I’m required to provide my biometrical data to the Swedish Migration Board, where do I go?
You can leave biometrical data at the Migration Board in Malmö.
You find the address and opening hours on www.migrationsverket.se/English/Contact-us/Find-us.html.

I want to hand in my application for a Swedish personal identity number, where do I go?
Applications for Swedish personal identity numbers are administered by the Swedish Tax Office. Read more about who can get the identity number on page 76. The Tax Office is available on Arrival Day. If you arrive after Arrival Day you find the Tax Office handling this kind of applications is found in Malmö on Kattsundsgatan 7. The opening hours can be found on www.skatteverket.se/omoss/kontaktaoss (click Besök oss).

I want to use the public transportation in Lund, what do I need to do?
Lund city buses are green and you can find their time tables on www.skanetrafiken.se. Click on “Visitor” to access the time table in English.

It is not possible to pay with cash or credit card on the city buses. If you plan to use the city bus on several occasions, it is recommended that you get Jojo-card. For occasional travelers, the Jojo-card Discount card (no specific student discount) is recommended and it can be bought at the Skånetrafiken office at the train station and at several convenience stores (see list on page 70).

I only have wired internet in my student accommodation, where do I find a network cable?
You find a list of electronic stores in Lund city centre and at the Nova shopping centre on page 80.

I’m need a pillow and a blanket, where should I go?
Visit page 80 for addresses to shops in Lund city centre and at Nova shopping centre. During the Orientation programme, there will be several tours to IKEA in Malmö. Tickets are sold at the International Desk. You can also travel to IKEA on your own and you find more information on page 80.

What should I do to get a Swedish SIM card and cell-phone?
A SIM-card from Telia is provided in your welcome package. If you prefer another service provider, you can find SIM-cards on sale in electronic stores and convenience stores. Reasonably priced cellphones can usually be found in the electronic stores by Nova shopping centre (see page 80 and 82).

I’m an exchange student and I don’t have a Ladok number, what should I do?
All exchange students get a temporary identity number in the student records database Ladok. The Ladok number is sent by email to all admitted exchange students a few weeks before Arrival Day. It is included in the email with the StiL login details.

If you have not received this email, please visit the International Desk and they will try to help you. However, please note that the International Desk might not be able to help you directly and that you may be directed to your coordinator at Lund University.

Help! I need to buy groceries and I don’t know any Swedish!
Don’t worry, you find a small food dictionary on page 83.

For FAQ to LU Accommodation, please visit page 23.
Your Department

The university may seem rather large and complex, but it is the department that becomes your key workplace. A department is a unit within the university where your classes and research take place within one subject. It is the department that registers you when the programme or course begins. At the department you will find lectures, study counselors, course secretaries, director of studies and head of the department. This is where your instructions, lessons, some administrative services and laboratories are held.

Those students that follow a longer programme can usually be expected to take several courses from other departments but have a “home” department in charge of the whole programme. The departments at Lund University are located in several different areas of Lund and virtually all of them have their own homepage reached through the www.lunduniversity.lu.se homepage domain. The departments work together in the same research and educational centres and almost all of the departments belong to a specific faculty, e.g. the School of Economics and Management, the Faculty of Engineering (LTH) and the Faculty of Social Sciences.

A full list of the faculties, departments and centres at Lund University can be found on www.lunduniversity.lu.se/about-lund-university/faculties-departments-centres
Study administration

REGISTRATION AND ENROLMENT
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 the course administrator beforehand so that you do not lose your place in the course.

STUDY STRUCTURE
Studies are usually performed one course at a time, with an examination or essay at the end of each individual course concluding the course. Studies at the School of Economics and Management and at the Faculty of Engineering are an exception in that two or more courses can run parallel to each other.

Courses can run anywhere from 2 to 20 weeks long, with most running 5, 10 or 20 weeks. The duration and extent of courses and programmes are expressed in a system of credits (högskolepoäng). The Swedish credit system is the same as the European 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 (15 U.S. or Canadian semester credits). Single subject courses vary in length from 7.5 to 60 credits. Methods of instruction and the 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 10 hours, and rely more on the students’ individual reading or self-study time. 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 you fail an examination, it is possible to re-take the examination later on in the semester or year. Only successfully completed courses are recorded on your official transcript. All student records at Lund University are kept in the student registration system Ladok.

STUDENT DOCUMENTATION REGISTER (LADOK)
Ladok is the name of the database record system used at Lund University to document students and their study results. Ladok contains the following information about bachelor and master students: name and personal identity number, general eligibility for university studies, admission to courses/programmes, registration on every course each term, credits taken and degrees. Registration and academic results are documented and input into Ladok by the departments concerned.

Due to Swedish law regarding the principle of public access to official records (Offentlighetsprincipen) all records published in Ladok are accessible to the public in Sweden. If you want to learn more about Offentlighetsprincipen please visit www.government.se/sb/d/2853/a/18096

Transcripts and results
All students at Lund University, who have a StiL-account, get a message to their personal Lund University email address each time any result from an examination has been registered in Ladok. By logging in to the Student Portal (see chapter 7) with the StiL-account details, it is also possible for you to print verifiable transcripts of records and registration
certificates. If you need a signed and stamped transcript of records or registration certificate, the student receptions at the different faculties or the International Desk can be of help.

**Ladok identity number**

International students, who do not have Swedish personal identity number are registered with a temporary identity number in Ladok. This number consists of a student birthdate and the letter P (exchange students) or the letter T (international programme or course students) and three digits. If you receive a Swedish personal identity number while you study at Lund University, please notify the Ladok department of your new identity number.

**GRADING SYSTEM**

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. 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. For all courses in architecture, the grading scale only includes the grade “Godkänd” (Pass). Industrial design uses the three level grading scale (5, 4, 3) and the one level scale “Godkänd” (Pass) are both used.

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.

**STUDIES FOR THE UPCOMING SEMESTER**

In some degree programmes at Lund University, students are required to apply for courses for the upcoming semester through www.universityadmission.se. In other degree programmes the application for the following semester is made automatically. Please follow the instructions from your programme coordinator thoroughly.

Exchange students can in some cases extend their studies at Lund University, but this wish has to be communicated with their coordinator several months beforehand.

Course students who want to continue their studies at Lund University has to apply in the available application rounds published on www.universityadmissions.se.
Libraries

Lund University has one of Sweden’s oldest and largest research library networks, with more than 30 libraries across the campus. Usually each faculty has its own library and course specific materials can often be found there as well as reference copies of course required books for most courses and programs.

There is also the main university library referred to as UB (Universitetsbiblioteket). The University Library is perhaps the most unique. Founded in 1666, at the same time as the university, it is housed in a magnificent building and holds large collections extending over 2000 years, covering practically all languages and subject fields. In addition, the electronic library collection includes more than 15 000 e-journals, 500 databases and many e-books, dictionaries and encyclopedias – this is a goldmine for students and researchers!

LIBRARY CARD
To apply for a Library card go to the main University Library (UB):
1. Log in as a guest (egs) at any computer in the University Library
2. Follow the link “Apply for a library card”.
3. Fill out the form, confirm and send it.
4. Enter your birth date (yymmdd) and initials using CAPITAL LETTERS. For example, 801224JD for Jane Doe born 24 December 1980. If you have a 10 digit Swedish Social Security number then use that (no letters, -T numbers will not work)
5. Collect your library card at the Information Desk after 5-10 minutes. Be sure to bring your ID and your Letter of Acceptance (if you are an exchange student) or Notification of Selection Results.

More information
Website: www.lub.lu.se
The libraries and a map of their locations can be found on page: www.lub.lu.se/biblioteken.html
CHAPTER 2: STUDIES AT LUND UNIVERSITY

Academic Calendar 2014-2016

**Autumn semester 2014**
Monday 1 September - Sunday 18 January

**Spring semester 2015**
Monday 19 January - Sunday 7 June

**Autumn semester 2015 (preliminary)**
31 August – 15 January

**Spring semester 2016 (preliminary)**
18 January – 3 June

The exact duration of the semesters may vary slightly from faculty to faculty and also from year to year, depending on which weekday the official dates are that year. It is therefore advisable to check for exact dates directly with the department(s) concerned.

**CHRISTMAS HOLIDAYS**
There is no official break in the academic calendar for Christmas, however in practice there is usually a break from classes over the Christmas/New Year’s period. The exact dates are determined by each department, please check with the programme/department to confirm when classes/assignments are paused.

**EASTER HOLIDAYS**
As with Christmas, there is no official break in the academic calendar for Easter, however in practice there is usually a break in classes around the time of the public holidays (often the Thursday is taken as a free day but this is not official. Good Friday and Easter Monday are official holidays). The exact dates are determined by each department so please check with the programme/department to confirm when classes/assignments pause.
Academic honesty and plagiarism

Students are expected to uphold the standards of academic honesty at Lund University. Cheating and plagiarism are treated very seriously. An employee at Lund University who has cause to suspect an attempt by a student to deceive, by prohibited aids or other means, during examinations or other forms of assessment of study performance, is obliged to report this. Invigilators at the examinations will check on students and proved or suspected cheating will be reported to the Vice-chancellor who then reports to the Disciplinary Committee. The suspected student will then have a hearing where the Committee may issue a warning or suspend the student from classes and other university activities for a period of time. The same procedure is used for suspected plagiarism.

WHAT IS PLAGIARISM?
Lund University uses the following definitions of plagiarism and deceitful plagiarism and it applies to first-, second- and third-cycle education:

Plagiarism is a lack of independence in the design and/or wording of academic work presented by a student compared to the level of independence required by the educational context.

Deceitful plagiarism is a lack of independence combined with an intent on the part of the student to present the work of others as his or her own.*

*from Guidelines and regulations on plagiarism and deceitful plagiarism in first-, second- and third-cycle education at Lund University, (Reg. no LS 2010/722)

Quotation marks, citations and references are important tools for demonstrating independence in written work and indicating what sources have been used.

Three quick examples of plagiarism:

- A false claim that you have written a paper, when it is in fact another student who has done all work. It is considered plagiarism even if the other student has given his/her permission.
- If you rewrite, or paraphrase, a section from a book/article/website without mentioning that the information is from that source.
- To copy a section of a book/article/website without mentioning that the information is copied from that source.

The Higher Education Ordinance does not specify that the person who cheats has to do so for his or her own personal advantage. This means that even a student who provides unauthorised assistance to another student, for example by handing over his or her work, may be found guilty of attempting “by prohibited aids or other means... to deceive during examinations or other forms of assessment of study performance” and thus become the object of disciplinary measures.

HOW DOES LUND UNIVERSITY WORK WITH PLAGIARISM?
Lund University has a long experience of combating plagiarism. All advisers and teachers are educated to look for signs of plagiarism in the students’ work. As a complement Lund University also uses complex computer software to scan all essays to find traces of plagiarism. Students may be required to submit
their essays to *Urkund*, a computer program which is used to detect plagiarism.

**WHAT DOES LUND UNIVERSITY DEMAND FROM YOU AS A STUDENT?**
First of all, Lund University recommends you to pay attention to all information regarding academic writing that can be found on the university homepage and at the webpage of your specific department. You must always state the source when using other people’s work in your own text, regardless if the source is a book, a magazine article, the Internet or even a verbal communication. As long as you take notice of the rules of academic writing and implement these methods in your work you will not only be free of plagiarism, but also be able to publish a better essay. It is in your very best interest to read about academic writing and work in that manner.

Visit [www.lub.lu.se/en/write-cite.html](http://www.lub.lu.se/en/write-cite.html) for more information about how to write and cite texts in your studies at Lund University.

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**Academic Support**

**THE ACADEMIC SUPPORT CENTRE**
The Academic Support Centre (ASC) aims to foster and promote good communication and study practices among students across Lund University. They are a free service open to all students studying courses and programmes conducted in English and provide individual and group consultations, workshops, and seminars on topics including, but not limited to:

### The academic writing process:
- researching
- brainstorming
- pre-writing
- drafting and argument-building
- avoiding plagiarism
- clarifying and cohering
- revising
- editing

### Speaking and presentation skills:
- structuring an effective presentation
- using visual aids
- overcoming nervousness
- practicing delivery
- pronunciation and prosody

### Reading and study skills:
- time management and prioritising
- thinking critically
- reading strategies

**Contact information and appointments**
Website: [www.lunduniversity.lu.se/academic-support](http://www.lunduniversity.lu.se/academic-support)
Email: English.support@stu.lu.se
Phone: 046-222 36 95
Skype: academic.support.centre
Twitter: @ASCatLU

To make an appointment, email your name, department, and brief description of your concern to the language consultant at ASC. The consultant is available about once per month at Campus Helsingborg and can also meet on Skype with students located outside of Lund.

Check the website for upcoming workshops/seminars and for quick tips and notices, follow the ASC on Twitter.
CHAPTER 2: STUDIES AT LUND UNIVERSITY

What you need to know about appointments
Many students make an appointment to discuss and “workshop” a text they’re currently working on. Through this, we hope you will not only improve your text, but improve overall as a writer and thinker. Texts can be a lab report, a final essay, a Statement of Purpose letter, a presentation, a bachelor’s/master’s thesis, or something else. Regardless of the type of text, the earlier in the writing process you set up an appointment, the better. You will have revisions to make after you meet with the ASC consultant, and you’ll want plenty of time before the deadline to make them. You might also want to make a follow-up appointment or two. In fact, we strongly encourage most students to make multiple follow-up appointments; the more you discuss your text, the better it will become. That said, appointment times tend to fill up quickly, especially from mid- to late-semester, so book your spot well in advance of when you’d like to come in. If you’re bringing a specific assignment, we ask that you email a copy to the consultant at least 48 hours in before your appointment time.

Some students like to come early in the term with their syllabus and reading list to make sense of it and plan their weekly study schedule. We also recommend this type of meeting if you start to feel overwhelmed with your reading list or work load at any point during the semester. You are welcome to make an appointment for any other English or study concern. You and the ASC consultant can work together to develop a personalised plan to help you improve. All appointments are confidential unless otherwise discussed.

Please note! The ASC aims to equip you with the skills necessary to become better writers and presenters in English, and for this reason we do not provide drop-off editing services. The ASC is independent of any faculty and cannot predict or guarantee your grade.

LUND UNIVERSITY’S ACADEMIC CULTURE
You will face lots of new challenges—personal, cultural, and academic—during your time at Lund University (LU), and that’s a good thing! Part of the university experience is learning to overcome trials on the way to your degree. But just as we wouldn’t expect you to find your way to the bank without directions or know what a “fika” is without a Swedish lesson, neither do we expect you to deal with new academic expectations without explanations and support. The following text will help familiarise you with academic culture at Lund University.

Casual Classroom
While you might be used to addressing your professors as Dr. Chang or Professor Smith, in Sweden you’ll be on a first-name basis, just Johan or Anna. As this custom implies, most professors de-emphasize hierarchical lecturing in the classroom in favour of inclusive discussions. Not only are you allowed to speak your mind, you will be encouraged to use critical thinking skills to engage your classmates and professors in debate. Keep up with your reading schedule for each class so you feel confident in contributing, and don’t hesitate to ask questions, either. Active students get the most out of class time.

40-hour work week
Most departments and professors expect that full-time students devote 35-40 hours per week, the same as a normal work week, to their studies. This includes attending lectures, reading, and completing assignments.
This concept may not be a challenge in itself, but you might find it difficult to schedule your time effectively. Start by noting the time that has been scheduled for you: lectures. In general, class is not held as often at Lund University as it might be in the academic environments you and other international students come from.

You will most likely take one course at a time, and it might meet as little as twice per week for a total of four hours in the classroom. That leaves 36 additional hours in your academic work week. Those hours will be some mixture of reading course material, reviewing your notes, studying for exams, and writing essays. Professors will most likely give you a long list of reading assignments, so break it into smaller, more manageable bits and schedule reading time every day.

**Independent work**

For most of you, your final term at the University will be spent writing a thesis. Students often feel overwhelmed and stressed during the thesis process because for some, it’s completely new. Researching and writing a long text with a well-evidenced contribution to your academic field in grammatically correct English is meant to be the greatest academic challenge of your degree. You will undertake this challenge with relatively little input from staff or faculty; it is your responsibility to produce a quality thesis on time. Your department will provide a supervisor, but his/her role varies greatly among departments. Some check up on you only one once or twice before the deadline.

The most successful students start thinking about their thesis before their final term, strictly schedule their researching and writing time, create and participate in peer writing groups, and visit the Academic Support Centre with questions and concerns about the writing process.
USEFUL RESOURCES

AWELU - Academic Writing in English at Lund University
AWELU is an online resource platform for academic writing in English at Lund University. The platform contains both information about English language and how to write different kinds of texts. You’ll find a general introduction to academic writing in English, including correct language, text structure, academic honesty and referencing, as well as examples and practical advice for writers.

Also published on AWELU are common template documents for administrative writing and a glossary of terms specific to the academic world.

AWELU Online resource: www.lu.se/awelu

General Academic Writing
Handouts on a variety of writing and grammar topics from the University of North Carolina: writingcenter.unc.edu/handouts/

Online Writing Lab (OWL) at Purdue University with writing resources and instructional material: owl.english.purdue.edu/owl/

Online writing tutorials from Yale’s Graduate School writing center: www.yale.edu/graduateschool/writing/tutorials.html

Web tutorial for international students on avoiding plagiarism, a joint venture from several Danish universities: www.en.stopplagiat.nu/

Thesis Writing
*The Thesis Whisperer* blog with advice and discussions about research writing written by the Director of Research Training at the Australian National University: thesiswhisperer.com

*Explorations of Style* blog supporting a discussion about academic writing geared toward graduate students, often with practical tips, written by a Senior Lecturer in English and Writing Support at the University of Toronto’s School of Graduate Studies: explorationsofstyle.com

For a longer list of web resources, visit the ASC website (see above).

Student rights and student influence

STUDENT RIGHTS AND INFLUENCE
Your rights as a student in relation to the University and your department are regulated partly in acts and ordinances and partly in decisions by the University, in particular in the list of Student Rights.

In order to make it easier for students to exercise influence over their education and situation, all regulations governing student influence are gathered in a single document

Policy and regulations for student influence at Lund University.

EQUAL TREATMENT
All activities at Lund University are based on principles of gender equality and the encouragement of ethnic and social diversity. University operations aim to provide opportunities for everyone to develop based on personal circumstances and independently of irrelevant distinctions of persons based
on sex, ethnicity, religion or religious beliefs, sexual orientation and/or disability. The University has a zero-tolerance policy regarding discrimination.

Find the policies for student influence, student rights and equal treatment:
Website: www.lunduniversity.lu.se/current-students/student-rights-and-rules

COMPLAINTS INVOLVING STUDIES OR DISCRIMINATION
For help or complaints involving your studies or discrimination, the first thing you should do is to try and resolve the problem directly with the person/people concerned. If this is not possible, you should contact your programme/course coordinator or the head of the department to discuss the issue or complaint.

The Student Unions
If the problem or complaint lies with your programme/course coordinator or head of department, or if you do not feel comfortable approaching either of those people, you should contact the student union for your relevant faculty. In Sweden, the role of the Student Unions is to ensure your interests are represented at the university and they can bring forward any issues you may have to the University. They can help deal mainly with issues of your studies or learning environment.

Contact details to the student unions:
Website: studentlund.se/kontakt-karer/

Student ombudsman
The student unions also have a collective organisation called Lunds Universitets Studentkår (LUS) or Lund University Student Unions Association. Here they have a student ombudsman whom you can contact. The student ombudsman helps to ensure the University is fulfilling their legal obligation to see that Lund University’s students receive an education free from discrimination or unfair treatment. The student ombudsman will give advice and information on how to make your complaint or how to proceed based on your problem.

Contact details to the student ombudsman:
Email: studentombud@lus.lu.se

Getting your degree

LUND UNIVERSITY DEGREE OFFICE
Website: www.lunduniversity.lu.se/current-students/apply-for-degree-certificate
Email: examen@stu.lu.se

TO APPLY FOR A DEGREE
When you have completed your degree studies at Lund University you can apply for your degree certificate. A degree certificate is not issued automatically, but issued upon your request to the Degree Office.

Please note that the Faculty of Engineering and the Faculty of Medicine have their own degree offices.

The general processing time for degree application to the central Degree Office is 6-8 weeks. Processing times might vary during the year depending on the office’s workload. You are responsible for the information in your application and that it is complete and accurate.
LU Accommodation

LU Accommodation (LUACC) is a part of Lund University and offers housing for international students. To be able to rent a room from LU Accommodation you have to be a student of Lund University. For any specific information regarding your housing area (like internet connection or laundry facilities) please see the LUACC webpage stated below.

LU Accommodation or Lund University does not own any of the housing areas or buildings. These are owned by private landlords, but contracts are always signed between the student and LU Accommodation. You are very welcome to contact LU Accommodation by telephone, e-mail or by visiting their office. Please note that many people contact LU Accommodation in the beginning of every semester (August, September and January) and during these weeks it might take some extra time before they can get back to you.

Contact details
Telephone 046-222 01 00
(press 2 for English and 1 for accommodation)
weekdays between 9.00 and 16.00
E-mail: luacc@se.lu.se

For information regarding housing guarantee and application process:
www.lunduniversity.lu.se/housing

For information regarding housing areas, rent payment, etc: www5.lu.se/lu-accommodation

Address: Wistrupsgatan 8, Lund, visiting hours Monday-Friday 13.00 - 15.00
CHAPTER 3: ACCOMMODATION

RENT AND PAYMENT OF RENT

Rental period
Rooms offered by LU Accommodation are rented for the full academic semester, from the middle of August to the end of December (autumn semester) and from the beginning of January to the middle of June (spring semester). Please check your rental period before you book any flights home. It is not possible to stay in the room after your rental period has ended.

The maximum rental period is until the end of an academic year. This is regardless of your arrival date. Please note, if you are staying longer than to the end of the academic year and are a non-fee paying student, it is very important that you register with AF Bostäder as soon as possible to get on their waiting list for accommodation. There is however an exception for non-EU/EEA students required to pay tuition fees and are admitted to full-time studies of at least 30 ECTS. These students have a housing guarantee for the normal duration of a study programme (1-3 years).

Payment of rent
Rental payments will be paid in advance before the last day of the month, for example, the payment deadline for the rent of May will be on the 30th of April. The rent has to be paid using a credit card, through the online service found when logging in to your online housing account. You will pay rent for the whole rental period, which is stated on your contract. If you for any reason cannot use a credit card online, please contact LU Accommodation as soon as possible.

EXTENSION OF THE HOUSING CONTRACT
The rental period, the period when you hold the contract of your room, is stated on your contract. The rooms are rented out for whole terms and academic years. You will have to prove that you are a student of Lund University to be able to extend your housing contract, by showing your letter of acceptance or notification of selection results.

You may extend your housing contract until the end of the academic year (July), but not longer. If you are staying for one more term or year you will have to search for housing at AFB or the private market for your second year. Please note that special rules apply for students with a housing guarantee.

Extension of your contract has to be done before the extension deadline: 23 October for the spring semester and 23 April for the summer extension. It is very important that you respect the deadlines, no extensions are made after the deadline.

CANCELLATION OF THE CONTRACT
All rooms and apartments are rented out for the entire academic semester or year. If you of any reason want to cancel your housing contract earlier, the cancellation period is three full calendar months. This means that if you want your housing contract to end on the 30 April, you will have to contact us before the 31 January. To cancel you contract please contact LU Accommodation.

INTERNET CONNECTION – GENERAL INFORMATION
All housing areas have internet connection in the rooms. There is no wireless internet connection in any area; you will need a computer network cable. The cable is not provided. If you experience any problems with your internet connection, please read the following advice:
Please try your computer and network cord in
a network socket in a friend’s apartment. Turn off any firewall (Windows firewall as well) and disconnect any router. If all settings and hardware looks OK, please restart your computer and try to connect again. If you still have problems, please try the following:

- click ‘start’ and then ‘run’ to open a dos window
- type cmd then OK
- type ‘ipconfig /release’ and then enter (you should get IP addresses 0.0.0.0)
- type ‘ipconfig /renew’ and then enter (you should get an IP address). Please write down the IP address you get.
- Try to connect again.
- If you still have a problem. Restart your computer.

**How to find your MAC address:**
Start, chose run, write ipconfig /all. Scroll down to “Local Area Connection”, now you can see the physical address. The address consists of 12 digits (0-9) and/or (a-f).

**Network setting**
Start, control panel, network connections, right click on LAN icon, chose properties, mark “Internet Protocol (TCP/IP)”, properties, chose automatic IP address and DNS, press OK. Go to start -> run -> type “cmd” -> type “ipconfig /release ->Enter -> type ipconfig/renew

**INFORMATION FOR STUDENTS LIVING IN A HOUSE OWNED BY AF BOSTÄDER**

<table>
<thead>
<tr>
<th>Building</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delphi</td>
<td>Magistratsvägen</td>
</tr>
<tr>
<td>Kämnärsrätten</td>
<td>Kämnärvägen</td>
</tr>
<tr>
<td>Nya Magasinet</td>
<td>Spolegatan</td>
</tr>
<tr>
<td>Parentesen</td>
<td>Södra Esplanaden</td>
</tr>
<tr>
<td>Sparta</td>
<td>Tunavägen</td>
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<tr>
<td>Ulrikedal</td>
<td>Ulrikedalsvägen</td>
</tr>
<tr>
<td>Vildanden</td>
<td>Ällingavägen</td>
</tr>
</tbody>
</table>

As a tenant in one of the buildings owned by AF Bostäder you will have access to fault report and booking of a laundry session through their website: www.afb.se. To access this service you have been registered at the AFB-website. Log in-information has been sent individually to each student by e-mail from an e-mail address belonging to AFB. Please search for the information in your email-inbox. If you have not received this information please contact LU Accommodation.
Membership in Studentlund required
As a tenant in one of the buildings owned by AF Bostäder, a membership of Studentlund is required (please see chapter 5). For registration and more information please visit www.studentlund.se/eng. If the enrollment and membership requirements are not met (AF Bostäder checks this on an ongoing basis), a tenant might risk his or her tenancy contract.

FAQ – FREQUENTLY ASKED QUESTIONS TO LU ACCOMMODATION

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

Can I extend the contract?
All rooms and apartments are rented out for the academic year (August to June). If you wish to stay longer than the agreed initial period, an extension may be granted by LU Accommodation, maximum until the end of the academic year (beginning of June) with an extra extension for summer, until the middle of July.

Students who pay tuition fee may extend their contract for the whole period of study. Information on how to extend your contract will be sent in an email in March/April and September/October. All extensions have to be made at the office of LU Accommodation.

What happens if I lose my key?
Lost keys must be reported to LU Accommodation immediately, by telephone or by visiting the office. If your keys have not been returned to LU Accommodation within two weeks, you have to pay for a lock change.

Can I change room?
No, LU Accommodation does not make any room changes. If you experience anything that makes you feel unsafe or unhappy with your room, please contact LU Accommodation for assistance.

How do I cancel the contract?
You can cancel the contract anytime, with three (3) full calendar month notice. This means that if you for example cancel your contract during September, it will end on the last day of December. Please visit LU Accommodation to cancel the contract.

Am I allowed to share a single room with a friend or partner?
Single rooms are for one person only. You are not permitted to share with anyone in single rooms. Unfortunately, LU Accommodation cannot offer family accommodation.

Can I sub-let my room/apartment?
No. The housing contract you sign is for you and for you alone. Once LU Accommodation discovers that someone else is living in your room they will terminate your housing contract.

IMPORTANT DATES 2014/2015
23 October 2014: Extension deadline for the spring semester
31 December 2014: General end of the autumn rental period
23 April 2015: Extension deadline for the summer semester
15 June 2015: General end of the spring rental period
AF Bostäder (AFB)

AFB was founded by the Academic Society in Lund in 1850 and is today an independent foundation providing approx. 6000 student rooms for Lund University students in 11 different areas of Lund city (e.g. Sparta, Kämnarsrätten, Delfi and Vildanden). If you study in Lund for more than one semester and have not secured accommodation for the full time of your studies at Lund University, it is recommended to apply for housing through AF Bostäder (AFB). The demand for student accommodation from AFB is high and it is therefore strongly recommended that you register in the AFB housing queue as soon as you arrive, if you have not done so already in your pre-arrival preparations.

Since the foundation is connected to the Academic Society it is required that AFB housing applicants and tenants are members of Studentlund.

More information and contact details to AF Bostäder
Website: www.afb.se/en
Tel: 046-19 15 00
Email: info@afb.se
Visiting address: Tunavägen 39 C, Sparta

The Academic Society (AF) has an employed “housing ombudsman” (bostadsombudsman or “BOMB”) who is the student representative within the AFB foundation. All students are welcome to contact the Bostadsombudsman for questions about student housing in Lund. The Bostadsombudsman is a student chosen by the Academic Society council and holds the post for one year.

Contact details to Bostadsombudsmannen:
Email: bomben@afb.se
Bopoolen

The Housing Pool, “Bopoolen”, is a website for housing advertisements run by the Lund University Student Unions (LUS). The service is managed via their website www.bopoolen.nu where you can post ads for housing 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 and information about laws and regulations. (Note: the end of the web address is .NU, not www.bopoolen.SE, which is a privately run website) The draft contracts are available in both English and Swedish.

BOPOOLEN CHECK-LIST FOR “HOUSE HUNTING”

Websites – Visit BoPoolen.nu and other websites with housing ads as often as possible to check for available housing. Personal contact is very important and competition is fierce. Again, it is key to show interest and to make a good impression. The best way to make contact is by phone. Many advertisers get hundreds of emails, so think about how you can stand out in the crowd.

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. If you put a lot of effort into your ad you are much more likely to be contacted.

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 center 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 their dream apartment. However, you can always demand that your living standard meet all legal requirements for housing. Written agreement – When you find housing, make sure to sign a written agreement and keep your own copy of it. It is the easiest way to prevent problems that might occur in the future. You can find draft contracts under “Laws & regulations” on the BoPoolen website, www.bopoolen.nu.

BoPoolsen advice on how to avoid 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, but it is not possible for them to prevent anyone from contacting you through an ad for housing needed. It is always important to stay alert and know the warning signs of a fraud.

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
deal quickly
• The landlord doesn’t want to give you their real name and birth date.

Advice on how to avoid housing fraudsters
• Ask for the landlords full name, address and birth date. Name and phone number can easily be changed.
• Look up the address of the apartment online to make sure it is real.
• Google the name and email address the landlord is using. If you are dealing with a fraudster you might find warnings online. Also look through the lists provided on www.bopoolen.nu.
• 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).
• Do not send money through Western Union.

More information and contact details to BoPoolen:
www.bopoolen.nu
Tel: 046-21 14 205
Email: bopoolen@lus.lu.se
Visiting address (during the semester):
Sandgatan 2, AF-building, 3rd floor
Housing at a student nation

Most of the student nations in Lund provide a number of housing for some of their members. In order to apply for accommodation at a student nation you need to be an active member of the nation or provide proof that you are very interested in becoming a very active member at the nation. Please contact the “Husförman” at your nation for more information about housing.

Temporary housing – hostels and hotels

Lund Tourist Office can help you book a hotel in Lund and a booking service for hotels and B&B’s is available on their website.

More information and contact details to Lund Tourist Office
www.visitlund.se/en
Tel: 046-35 50 40
Email: turistbyran@lund.se

More information and contact details to Svenska Turistföreningen
www.svenskaturistforeningen.se/en/
Email: info@stfturist.se

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

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

STF Vandrarhem Malmö City Booked through
www.svenskaturistforeningen.se/en/
Tel: 040-611 62 25
Email: malmo.city@stfturist.se

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

STF Vandrarhem Malmö
Booked through www.svenskaturistforeningen.se/en/
Tel: 040-822 20
Email: malmo.eksfalt@stfturist.se

Torget Vandrarhem och Lågprishotell (in the town of Kävlinge)
Website: www.torgethotell.com
Tel: 046-540 80 05
Email: torgethotell@gmail.com
Emergency help

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

112 is an emergency number called for emergency assistance when there is danger to life, property or environment. 112 is for those who require immediate assistance from, for example, the police, rescue service or ambulance.

**OTHER LANGUAGES**

The operators who answer 112 calls speak Swedish and English. If there is time, they can be assisted by an interpreter, but this can delay the call. When you dial 112, you reach the following:

- Police
- Fire department
- Ambulance
- Sea rescue services
- Air rescue services
- Mountain rescue services
- Poison information
- Customs authorities, for drug tips
- On-call priests
- Social emergency services
- SOS Alarm
- SOS Alarm’s website has more information on what happens when you call 112.

When calling 112, the emergency operator will ask: “what has happened?” to determine whether you need an ambulance, the fire department or the police. You will also be asked: “where has it happened?” And “from which number/address are you calling?”

Emergency calls on public telephones are free of charge. Push the emergency button and dial 112.

Health care

The Swedish health care system is financed by a social insurance that provides all citizens with subsidized health care through the government. There are both public and private health care providers. If you have obtained a Swedish personal identity number you are entitled to health care at the standard patient fees, with the exception of surgery and hospital stay. Dental care is not fully subsidised and is therefore relatively expensive in Sweden.

**Hospitals (sjukhus)**

In an emergency, the emergency number 112 should always be used. For emergencies regarding health and life it is also possible to go directly to the emergency ward (akutmottagning) of a hospital (universitetssjukhuset or lasarettet), 24-hours a day:

- Universitetssjukhuset Lund
  Klinikgatan 15, Lund

- Universitetssjukhuset Malmö
  Södra Förstads gatan 101, Malmö

- Lasarett Helsingborg
  Södra Vallgatan 5, 251 87, Helsingborg
  Hospital information tel. 042-406 12 60

**Poisoning (förgiftning)**

Dial 112 in case of emergency poisoning and ask for poison information. Open 24 hours a day.
Emergency psychiatric care
Dial 046-17 41 00 for acute emotional or mental conditions (‘psykiatrisk akutmottagning’). The clinic is located on Baravägen 1 in Lund.

For non-emergencies, see Student Health (Studenthälso) below.

Non-emergency health care: 1177
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 will refer you to a local healthcare centre.

You can call most of the health care clinics (vårdcentral) on weekdays 8.00 a.m.–5 p.m to make an appointment. For other times, ask for help at 1177. For a person with a Swedish personal identity number, the cost for each visit ranges from 150 sek to 400 sek. It can be around 1300 SEK if you do not have a Swedish personal identity number. Bring your id, insurance information and proof that you are a student. Keep your receipts in case you need to use the health insurance.

HEALTH CARE IN SWEDEN
As with anything, there are different cultural experiences and expectations while going to a doctor or dentist. Please keep in mind the following when entering the health care system here in Sweden:

- If your situation is not an emergency, it is better to call the Health care clinic and book an appointment. You should not visit the Emergency Room for non-emergency health care.
- If you do have a situation which is urgent but not an emergency, call the health care clinic in the morning and see if they have an appointment for that day letting them know your problem
- Let the nurse know about special requests when you book. For example, if there is a doctor who speak your language or can work in English or if you would prefer a male or female doctor. There is no guarantee they can help with these requests but you can always ask.
- It is also quite common that people do not go to the doctor if they have a cold or cough but perhaps go to the pharmacy or call 1177 instead for advice.
- Do not be afraid to ask questions to the nurse or doctor.

It is difficult to outline all the cultural differences in the health care system. So if you would like help, have questions about insurance/payment or find the Swedish health care system confusing, please feel free to visit the International Desk and they will be happy to let you know about what you can expect and what you need to do beforehand.

HEALTH CARE CLINICS (VÅRDCENTRAL)
The answering machine messages at the health care centres are usually in Swedish. If so, just wait for a nurse to answer and you will be able to speak English.

IN LUND
CENTRAL LUND
Capio city clinic Clemenstorget
Clemenstorget 5
Tel: 046-270 00 00

Capio city clinic Sankt Laurentiigatan
Sankt Laurentiigatan 10
Tel. 046-280 14 40

Laurentii clinic
Stora Södergatan 4
Tel: 046-280 57 00
Vårdcentral Södertull
Helgeandsgatan 16
Tel: 046-275 19 00

NORTHERN LUND
Vårdcentral Sankt Hans
Fäladstorget 22
Tel: 046-19 93 00

Vårdcentral Norra Fäladen
Fäladstorget 4 & 18
Tel: 046-275 21 00 (message in English)

Vårdcentral Nöbbelöv
Nöbbelövs torg 1
Tel: 046-275 22 50 (message in English)

SOUTHERN LUND
Vårdcentral Sankt Lars
St Lars Area, building 6
Tel: 046-275 22 00 (message in English)

EASTERN LUND
Vårdcentral Linero/ Östra Torn
Vikingavägen 31
Tel: 046-275 20 50 (message in English)

WESTERN LUND
Vårdcentral Måsen
Örnvägen 28
Tel: 046-275 19 50 (message in English)

IN Malmö
NEAR SEGE PARK
Vårdcentral Granen
Grangatan 11
Tel: 040-623 42 00

NEAR MALMÖ STUDENTHUS
Vårdcentral Rosengården
Bennets väg 8
Tel: 040-623 43 00

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

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

Vårdcentral Eden
Möllevångsgatan 44
Tel: 040-623 91 00

NEAR RÖNNEN
Vårdcentral Granen (see ‘near Sege Park’)

Capio Citykliniken Malmö Singelgatan
Singelgatan 2
Tel: 040-600 28 00

IN HELSINGBORG
IN THE CITY CENTRE
Capio Citykliniken Helsingborg Söder
Södergatan 11 A-D
Tel: 042-17 31 00

Vårdcentralen Tågaborg
Tågagatan 38
Tel: 042-406 08 20

Midwife (Barnmorska)
If you need birth control, to take a pregnancy test or have other such questions, you can visit your local midwife at a midwife centre (barnmorskemottagning). This is free for residents (bring your European health insurance card or id if you have a Swedish personal number).
MIDWIFE CENTRES IN LUND:

LUND CITY CENTRE
Barnmorskemottagning Södertull
Helgeandsgatan 16
Tel: 046-17 64 30

Capio
Clemensstorget 5
Tel: 046-270 00 00

NORTHERN LUND
Barnmorskemottagning Norra Fäladen
Fäladstorget 18
Tel: 046-17 50 15

EAST LUND/LINERO
Barnmorskemottagningen Linero
Vikingavägen 31
Tel: 046-17 68 50

S:T LARS AREA
Admira kvinnohälsa
Sankt Lars väg 45 A
Tel: 046-30 30 90 (message in English)
Or book an appointment online at: www.admirakvinnohalsa.se/en.html

HEALTH CARE FEES IN SKÅNE 2013
Persons with a Swedish personal identity number or a EHIC card will be charged the standard basic health care fees in the list below. The fee is paid, preferably by card, at the reception at the health care clinic when you arrive. Basic fees plus much higher fees will be charged for persons without a Swedish personal identity number or European health insurance card.

Costs if you have a Swedish personal identity number or EHIC card
Visit to a health care clinic:
Chosen health care clinic 160 kr
Other health care clinic 220 kr

Visit to a nurse 0 kr
Visit to a hospital or specialist care:
Physician consultation 300 kr
Physician consultation from referral 200 kr
Other specialist care 200 kr
Emergency care 400 kr
Other visits
Maternity clinic or child welfare center 0 kr
Habilitation 0 kr
Mammography 120 kr
Private physical therapy (not at health care clinic) 200 kr

Fees can be found on www.1177.se/Skane/Regler-och-rattigheter/Patientavgifter-i-Skane/

Contact the health care provider if you will not be able to come to your appointment. The cancellation should be made at least 24 hours before the visit. If you miss an appointment, you will be charged double the fee.

If you have to stay in a hospital expect to pay a fee per overnight.

DENTISTS (TANGLÄKARE)
For dental care you can visit the district dental clinic (Folk tandvården), find a private dentist or visit the dental school in Malmö. Folk tandvården is often located in the same area as the public health care clinic. For a list of all locations visit this link: www.skane.se/templates/page.aspx?id=150625

A general note about dentistry in Sweden, make sure you talk with the dentist about:
• How the procedure will go
• If you would or would not like a local anesthetic (your gums or tooth numbed)
• Possible pain medications after a more involved procedure
• X-rays
• The billing process
District dental clinics in Lund (Folktantandvården)
The only district dental clinic in Lund which takes new patients, is:
Nöbbelöv
Nöbbelövs Torg 1
Tel: 046-275 91 00

To find private dentists visit: www.eniro.se, search for ‘privata tandläkare’ in ‘Lund.’ if you are living in Malmö or Helsingborg then search for ‘privata tandläkare’ in “Malmö” or “Helsingborg”.

Here are a few which can be found in Lund though more can be found by searching on the internet:
S:t Petri Tandvård
S:t Petri Kyrkog. 7
Tel: 046 - 211 17 04

Mark Evetovics Tandläkare
Klosterg. 3 E
Tel: 046 – 12 77 01

Dental school in Malmö (Tandvårdshögskolan)
The Dental School in Malmö can be good if you are in need of dental care but cannot pay the full costs of a regular dentist. Call for an appointment.

Tandvårdshögskolan
Carl Gustafs väg 34
Tel: 040-665 84 28

Emergencies
For emergencies you may be able to see a dentist without an appointment, but call first. Monday-Friday 8:00-15:00, call: 040-623 02 42. Other times, call 1177, and ask for an on-call dentist (jourhavande tandläkare).

PHARMACY (APOTEK)
Pharmacies have most types of medication and health care products but you can also buy some medicines such as pain relief tablets or antacids without a prescription at most grocery stores. However, for advice about symptoms or medications, a wider variety of products or to have prescription filled, you should visit a pharmacy. Locations can be found all around Lund, including near the hospital or a health care clinic.

Two locations in Lund with longer open hours are listed below:
Aptek Mårtenstorget 12
Tel: 0771-405 405
Opening hours: 09:00-20:00 Monday-Friday, 09:00-19:00 Saturday, 10:00-19:00 Sunday

Lund, Skånes universitetssjukhus
Getingevägen 8
Tel: 010-49 47 400
Opening hours: 08:00-18:00 Monday- Friday, 10:00-15:00 Saturday-Sunday

Medstop Apotek S:t Hans
Fäladstorget 20
Tel: 077-444 11 11 (message in English)
Opening hours: 09:00 - 18:00 Monday-Friday, Saturday 10:00 - 14:00
Medical Insurance

Depending on your citizenship, and if you are an exchange student or degree student, different regulations apply when it comes to your medical insurance coverage and to filing a medical insurance claim. Unless you are a citizen of the EU/EEA or Switzerland with EHIC, you need to pay your expenses initially at the health care clinic and then go through the insurance claims procedure in order to get reimbursed by the insurance agency.

For more information:
Website: www.lunduniversity.lu.se/current-students/health-care/medical-insurance

GENERAL STUDENT INSURANCE
All students in Sweden are covered by accident insurance while on university premises and on their way to and from the university. Very specific definitions apply. Please get in contact with your department if something happens.

EXCHANGE STUDENTS WITHIN A FORMAL EXCHANGE AGREEMENT

Exchange students – EU/EEA citizens and Switzerland
You are entitled to access public medical services if you first register with the social insurance office in your home country. You will be issued with a European Health Insurance Card (EHIC). You need to have the card with you when you seek medical attention at the health care clinic or hospital in Sweden. Hereby, you will pay Swedish patient fees directly and do not need to make an insurance claim. You are also covered by our Student IN insurance in Sweden (except health care if you have an EHIC). Please see below for more information.

Exchange students – non EU/EEA citizens
The Swedish government provides special insurance for exchange students (Student IN) to provide, for example, accident coverage, coverage for medical expenses (where no other cover exists) and liability coverage. It only covers you in Sweden. You will not receive a certificate automatically, but your exchange studies coordinator can issue one for you if needed.

In order to make a health insurance claim, bring the original receipts and a completed Student IN claim form to your exchange studies coordinator. Your claim will be sent to the Legal, Finance and Administrative Services Agency (Kammarkollegiet) via your coordinator. Please make a copy of the claim form and receipts to keep for your own records.

DEGREE STUDENTS

Registration in the Population Register in Sweden
If you have a Residence Permit valid for at least 12 months, you should register in the Population Register (Folkbokföringen) in Sweden. Population registration is made at the local Swedish Tax Office (please see chapter 9). Through the population registration, you will receive your Swedish Personal Identity Number (Personnummer). When you are registered, you are entitled to the same health benefits and pay the same patient fees as Swedish citizens.

Tuition fee paying students and scholarship holders
If you are a non-EU/EEA student required to pay tuition fees for your studies at Lund
University, you are also covered by a special insurance provided by the Swedish government, FAS+. If you are a non-EU/EEA student who is required to pay tuition fees, you are covered by this insurance regardless how long your study period is (if it is less or more than 12 months).

This insurance includes accident coverage, costs for home transport in case of illness or accident, liability coverage, legal expenses and property coverage. The insurance is valid when you are in the Schengen area (property coverage is only valid in Sweden). For travel outside the Schengen area you will need additional insurance coverage.

In order to file a claim, complete the FAS+ claim form and give it to your programme coordinator together with your original receipts. They will arrange for the form to be signed and sent directly to the Legal, Finance and Administrative Services Agency (Kammarkollegiet). Please make a copy of the claim form and receipts to keep for your own records.

Non tuition fee paying students – EU/EEA citizens and Switzerland
You are entitled to access public medical services if you first register with the social insurance office in your home country. You will be issued with a European Health Insurance Card (EHIC). You need to have the card with you when you seek medical attention at the health care clinic or hospital in Sweden. Hereby, you will pay Swedish patient fees directly and do not need to make an insurance claim. You are also covered by our Student IN insurance (except health care if you have an EHIC) in Sweden. In order to make a health insurance claim, bring the original receipts and a completed Student IN claim form to your programme coordinator. Remember to always make a copy of the claim form and receipts to keep for your own records.

Students with dual citizenships
EU/EEA and Swizz citizens are in general entitled to a European Health Insurance Card (EHIC) from the home country. In some cases, students with dual citizenships, an EU and non EU citizenship, who have not lived in EU/EEA for a while may not be able to receive the EHIC-card. We urge students with dual citizenships to investigate if it is possible for them to receive an EHIC-card or not. If it is not possible to receive the EHIC, the student needs to get a hold of a document from the authorities in his/her home country within in EU/EEA stating that the EHIC is not provided.

Non tuition fee students studying free-standing courses
Students studying freestanding courses, or a course package not leading to a degree and not admitted to a degree programme at Lund University, are not covered by insurance from Lund University.

ERASMUS MUNDUS SCHOLARSHIP HOLDERS
If you are covered by the Kammarkollegiet Erasmus Mundus insurance, you can file an insurance claim by completing the Erasmus Mundus claim form and contacting the Erasmus Mundus coordinator. Remember to include your original receipts with the claim form. Your claim will be sent to the Legal, Finance and Administrative Services Agency (Kammarkollegiet) via your coordinator.

INCOMING INTERNS
Incoming interns are covered by a special insurance provided by the Swedish government, GIF, maximum of 365 days. This insurance includes accident coverage, costs for home
transport in case of illness or accident, liability coverage, legal expenses and property coverage. The insurance is valid in the Schengen area (property coverage is only valid in Sweden). For travel outside the Schengen area you will need additional insurance coverage, which you should issue in your home country. In order to make a health insurance claim, bring the original receipts and a completed GILF claim form and contact your department/division. Your claim will be sent to the Legal, Finance and Administrative Services Agency (Kammarkollegiet) via your department/division. Please make a copy of the claim form and receipts to keep for your own records.

DENTAL CARE
Please note that regulations for medical care do not apply to dental care. In most cases international students are not entitled to subsidized dental treatments (n.b. specific conditions for students covered by FAS+ insurance), no matter if they are registered as residents or not, and will generally have to pay the total cost of a treatment.

USEFUL LINKS
Kammarkollegiet, the Legal, Finance and Administrative Services Agency is a Swedish government agency providing which provide insurance mentioned above. For more information about the insurance terms the claim forms, please visit their website. Website: www.kammarkollegiet.se/insurance

Försäkringskassan, the Swedish Social Insurance Agency, is a Swedish government agency responsible for large parts of the public social security systems. You can find useful information about health care and dental care for international students on their website. Please note, most of the information from Försäkringskassan is aimed to Swedish citizens or people registered in the Swedish Population Register with a Swedish personal identity number. Website: www.forsakringskassan.se/sprak/eng/

Click on the link “If you fall ill” and open the pdf-documents “Health care in Sweden for foreign students” and “Dental care in Sweden for foreign students”.

More information from the Swedish Institute about Medical insurance and care in Sweden. Website: www.studyinsweden.se/Living-in-Sweden/Medical-insurance/

HOME AND TRAVEL INSURANCE
We strongly recommend you to have home or renters insurance during your stay in Sweden. If something is stolen from your room, or if your or your landlord’s property is damaged/lost during your rental period, you are responsible for covering the repair or replacement costs. If you have home insurance in your home country, make sure that you are still covered during the time that you are in Sweden.

Most Swedish insurance companies require that their customers have a Swedish personal identity number. However, you can ask each insurance company regarding their specific requirements.

A selection of Swedish insurance companies: Folksam, www.folksam.se/forsakringar
If Skadeförsäkring, www.if.se
Länsförsäkringar, www.lansforsakringar.se/privat/forsakringar/
Trygg-Hansa, www.trygghansa.se/privat/forsakringar/
The Swedish Police

CONTACTING THE SWEDISH POLICE
Call 112 for urgent help from the police. Ring 114 14 for other matters pertaining to police reports, tip-offs and information.

114 14 - Telephone number to the Police
Call 114 14 for all matters except for urgent help by the police. They are open for calls around the clock, seven days a week, all year round and speak Swedish and English.

114 14 has an automated telephone service with four choices:
• Police report regarding a crime or a notification of loss - press 1.
• Tip-off the police - press 2.
• Passports, opening hours or general questions - press 3.
• To speak directly with a person or switchboard operator - press 0 or wait.
• For information in English, please hold.

When filing a report, state:
• Your personal details. If you are filing a report on behalf of another person, you need to provide personal information for the both of you.
• Time and place of the crime, in as much detail as possible.
• In the case of fraud or crime connected to the internet, save as much documentation as possible. You do not need to submit this information when reporting the crime. The police may request the information at a later stage of the investigation.
• If you have lost your passport or national ID card, you must always report this to the Swedish Police so that it can be blocked.

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

Lund Police station
Visiting address: Byggmästaregatan 1

Malmö Police stations
Visiting addresses: Storgatan 43, Drottninggatan 18, Eriksfältsgatan 100, Sturkögatan 10 (Lost property), Von lingens väg 130 b

Helsingborg Police station
Visiting address: Berga Allé 25
Lund University Campus Security

In an emergency, you should always call the national emergency phone number 112.

However, if something happens on campus, during your studies you can call the campus security number 046-222 07 00. When calling the campus security number you will be connected to a security guard or university emergency personnel. Campus security is available all days, 24 hours per day.

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

If something happens at your student housing you can call the LU Accommodation emergency number 046-222 08 00.

If something has happened, e.g. a threatening situation on campus, vandalism, lost access card etc, you should also make an incident report to the campus security office.

More information and contact details to Lund University Campus Security:
Website: www.lu.se/alarm
Tel: 046-222 07 00

Student Health Centre

Student Health Counselling is a service for all students at Lund University. The centre has counsellors, nurses, psychologists, psychiatrists and a physiotherapist. The centre is a complement to other public and private health clinics in Lund. The staff at the Student Health Centre works primarily with problems that affect your ability to study - i.e. stress, worry, anxiety, depression and/or academic difficulties.

The staff at the Student Health Centre understand how difficult it can be to adjust to life in a new country. As professional listeners they are here to support you and to assist you in overcoming any obstacles you may encounter. Their work is of course confidential. Visits cost 60 SEK each.

You need to make an appointment to see the Student Health Counsellors, but you can also ask questions or get advice over the phone - do not hesitate to give them a call!

If your problem is not within the range of the Student Health Centre, they will advise you on where else you can turn to. Please note that the Student Health Centre does not provide counselling or make appointments by email.

More information and contact details to the Student Health Centre:
Website: www.lunduniversity.lu.se/current-students/health-care/student-health-counselling
Tel: 046-222 43 77
Phone hours: Monday-Wednesday and Friday 13.00-14.30
Visiting address: Paradisgatan 5B
CHAPTER 5: STUDENTLUND - STUDENTLIFE IN LUND

Studentlife in Lund

The student life in Lund is unique and vibrant. The combination of nations, students’ unions and the Academic Society is not only one-of-a-kind, it is one of the main reasons why new students flock to Lund every semester. The student life gives you many opportunities for personal development and enables you to gain valuable knowledge and experiences outside the lecture halls.

TAKE PART IN IT ALL
As a new student in Lund you might notice that the student life is broad and comprehensive. It may seem hard to get to know every single part of the unique world that is the student life of Lund. But don’t worry! The student organisations that constitute the student life are always working hard to make sure that you always feel welcome.

One great way to get involved in the student life is to become active in some organisation. Both the nations, the students’ unions and the Academic Society are run by students who voluntarily work for the different organisations.

If you are interested in getting active in an organisation, visit or contact the organisation and they’ll help you!

“HÄLSNINGSGILLET”
Every semester a large exhibition/greeting guild, called Hälsningsgillet, is arranged to inform new students about what student life in Lund contains. If you are new in Lund, this fair is the perfect opportunity to meet with your student union and to find the student nation that suits you. If you want to get involved in student life, you have lots of activities to choose from: theater, radio, television, cooking, sports and more. At Hälsningsgillet, the entire Lund student life is represented with a large number of associations, federations and enterprises with activities and offerings for students.

GET MORE INFORMATION
You will find updated information about student life activities through the Studentlund website:
Website: www.studentlund.se
Facebook: www.facebook.com/studentlund
Studentlund membership

WHAT IT IS
Studentlund is collaboration between 12 nations, 6 student unions and the Academic Society. Together these organisations represent the major part of the student life in Lund. You can join Studentlund by purchasing a membership. By joining you become a member of all three student organisations; one student nation, one student union and the Academic Society.

The vast majority of these student organisations’ activities are only available to members of Studentlund so becoming a member of Studentlund is the first step towards becoming a part of the student life in Lund.

THE STUDENT NATIONS
The nations’ primary task is organising extracurricular social activities. The nations’ main activities comprise of serving food and running pub and club nights, but they also include sporting activities, nation newspapers, choirs, grants and accommodation.

THE STUDENT UNIONS
The students’ unions guarantee high quality in education at the University by monitoring education and organising student influence through some 1,000 posts at all levels within the University. In addition to monitoring education, the unions arrange careers fairs, lectures, welcome activities for new students and other social activities.
CHAPTER 5: STUDENTLUND - STUDENT LIFE IN LUND

THE ACADEMIC SOCIETY
The third cog in the Lund student machine is the Academic Society (AF). AF’s breadth 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, not least in the study areas and activities in Café Athen and AF Bostäder is Lund’s largest provider of student accommodation.

WHY YOU SHOULD JOIN
Membership in Studentlund gives you access to a lot of the activities that makes Lund such a fantastic city in which to study. As a member of Studentlund you have access to everything from cheap accommodation to good food, fun nightclubs, interesting talks, exciting media, guaranteed monitoring of education, entertaining theatre, considerable student influence within the University, municipality and region, grants and student discounts.

HOW TO BECOME A MEMBER
Being a member of Studentlund really 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. Lund University students who conduct most of their studies in Malmö or Helsingborg may in some cases have the option to join only a student union or only a nation and AF.

You register in two steps:
Step 1. Register with Studentlund
After you have been admitted to the University you can register as a member of Studentlund on the website, www.studentlund.se.

Step 2. Choose and register at a nation
When you are done with step 1 you will be able to choose which nation you want to be a member of. You register in a nation by visiting the nation’s house during the registration period. It’s your own choice which nation you want to become a member of. You will find all the information about the nations later in this guide!

When you have completed these steps your student-ID will be posted to the address you entered when registering in step 1. Make sure that your account on www.studentlund.se is updated with your Swedish postal address.

STUDENTLUND.SE AND THE STUDENTLUND APP
As a new student at Lund University you are bombarded with information about different activities and organisations that you can join. Therefore, Studentlund have collected all the information that you need to know on the Studentlund webpage www.studentlund.se and on the application for iPhone, iPad and Android.

Both the webpage and application offer you an event calendar, maps, information about Studentlund, the Nations, the Academic Society and the Unions, information about how to take part in the student life and various other activities as well as, answers to frequently asked questions. The webpage and the app are available in both Swedish and English and all the information is regularly updated.
CHAPTER 5: STUDENTLUND - STUDENT LIFE IN LUND

The Student Nations

The nations are essentially large social clubs forming the heart of students’ extracurricular life in Lund. Contrary to the political-sounding appellation, the nations are named for geographical locations in Sweden. There are currently thirteen nations in Lund. Membership in a nation provides students with the chance to really get to know Swedish student culture. The nations are NOT excluding clubs nor are they like fraternities/sororities. To participate in the nations’ activities you’ll need to be a member of Studentlund.

The nations were originally created so students moving to Lund from different parts of Sweden could socialise with other students from their native regions and catch up on the news from home. That’s why the nations’ are named after different cities or areas in Sweden. Just like today, extracurricular activities were held such as parties, clubs, and cultural events so that students could develop their social lives while receiving their formal education at the university. Today, 337 years after the first nation was founded, much has changed but the nations’ original purpose remains: to provide students with a good and congenial atmosphere while they live and study in Lund.

Students are responsible for the management of the nations. Only students work within the nations and most of them do so on a voluntary basis. Being active in a nation will give you the opportunity to participate in a wide range of activities and a chance to get to know Swedes and the Swedish culture. As a student you are encouraged to visit the different nations, feel the atmosphere and join the one where you feel the most comfortable.

Good to know is that even though you join one nation your student card will give you access to activities at all the other nations.

WHAT DO THE NATIONS OFFER? - LUND STUDENT NATIONS PRESENT THEMSELVES

The nations offers a very wide range of activities and services, including lunches, pubs, housing opportunities, sports, night clubs, nation magazines, choirs, formal balls, traditional festivities among many other things. In general terms, the nations offer similar activities – but with different flavours. The activities are usually based around a nation ‘house’ (the nation’s headquarters), where some of the members live and the nation’s office is located. Below the student nations present themselves.

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

“Blekingska Nation is probably the best nation to join if you are interested in music. With the legendary indie pop club Indigo, Blekingska has been a leading name in the indie music scene of southern Sweden since the club was founded 1994. The Cardigans, Niki and the Dove, The Radio Dept. and Shout Out Louds are just a few of the many bands that have visited us. Blekingska also has the club Heartbeats, which focuses on electronic music of the non-mainstream variety. We also have pubs with quizzes, beer tastings...”
and open-mic nights, a delicious brunch buffet every other Saturday, and various kinds of cafés.

As a member you will always get a discount on the fee for the clubs, and you will also be prioritized when buying tickets to our concerts and other events. We also offer housing: Blekingska has one of the largest amounts of rooms and apartments to rent relative to our member count, so it’s always easy to find a place to live.”

**Göteborgs Nation**

Address: Östra Vallgatan 47, Lund
Tel: 046-12 50 00
E-mail: info@goteborgsnation.com
Webpage: www.goteborgsnation.com
Facebook: www.facebook.com/goteborgs

“Göteborgs Nation is known for being enthusiastic and having fun with all our events. We may be small, but we do things in a big way! We have a large selection of activities and enriching events and the nation is proud to have the highest pub in Lund – Kajutan.

Nation members are warmly invited to get involved in some of our committees. The event and party committee has many sections that are responsible for pub nights, nightclubs, dinners, etc. Other committees work on our blog, spex, sports and athletics, and culture, too! Besides our usual activities, the Nation arranges yearly events such as the Gustavus Adolphus Ball, which is Scandinavia’s largest student ball. We also hold a Christmas Party, First of May celebration, Crayfish Party, theme parties and the Newcomer’s Reception. Please feel welcome to help prepare these festivities, or simply attend them!”

**Helsingkrona Nation**

Address: Tornavägen 3, Lund
Tel: 046-14 60 64
E-mail: expen@helsingkrona.se
Webpage: www.helsingkrona.se
Facebook: www.facebook.com/helsingkrona

“The nation house and activities are located on Tornavägen 3, where we have LTH as neighbours. Hence it is not very surprising that a many of our members also are students at LTH. But our heart, warmth and family feeling has spread across the Lund and we have members who study everything from medicine to law and language. The warmth and welcoming feeling is something we value and are proud of.

Helsingkrona aims to promote good relationships between students during their university time by offering a variety of activities such as; pubs, nightclubs, lunch, balls, sports and culture. To take our responsibility for students’ wellbeing and comfort a step further, Helsingkrona has also decided to build a new house with 69 apartments, which will be ready for the autumn semester 2015, to help with the housing shortage in Lund.”

**Hallands Nation**

Address: Thomanders Väg 3, Lund
Tel: 046-15 91 91
E-mail: expen@hallandsnation.se
Webpage: www.hallandsnation.se
Facebook: www.facebook.com/Hallandsnation

“Our unique mix is what makes us special. Hallands Nation is a melting pot consisting of people studying law, science, business and much more. There’s always something going on and it’s very easy to get involved in one of our many projects. Here you’ll
We serve lunch every Monday, arrange pubs on Wednesday’s and Fridays along with our very popular nightclub, Club 3, which is open Fridays from 22-02. On Sundays you’ll be able to enjoy our tasty sunny day brunch!

Other activities you can participate in are: writing for our magazine, play a variety of sports such as floorball, volleyball and football, sing in the choir, find some love with speed dating and much more.”

“Kalmar Nation is Lund’s Pub nation. Here you are never anonymous and you get to know a lot of people and quickly become a “Kalmarite”. There is always a lot going on at Kalmar nation. Amongst other things our pub is open twice a week. We have the very popular Pub Piraya on Tuesdays, the only nation pub open on that day, and the Friday pub Kaggen, where we, during the summer, have after-work in our inner courtyard and throughout the year serve the city’s greatest home-made burgers. Both pubs have a large variety of beer, whiskey and both sweet and dry cider.

Kalmar Nation
Address: Biskopsgatan 12, Lund
Tel: 046-14 36 70
E-mail: q@kalmarnation.nu
Webpage: www.kalmarnation.nu
Facebook: www.facebook.com/kalmarnationlund

find Studentlunds most delightful pub atmosphere, namely our library where we can offer the largest collection of beer and whiskey. Every now and then you’ll be able to watch a stunning game of football live from the Champions league or enjoy a thrilling quiz presented by our quizmaster.
On Thursdays, we serve the hungry student a well-priced gourmet lunch and on Saturdays we have a great Brunch for the tired student. We also play basketball every Sunday, have a popular choir and loads of other cultural activities. During the semester we arrange big Novisch parties, Christmas parties, workers parties and much more. Experience Lund through Kalmar nation!”

Kristianstads Nation
Address: Tornavägen 7, Lund
Tel: 046-14 80 18
E-mail: expen@krischan.se
Webpage: www.krischan.se
Facebook: www.facebook.com/krischansta

“Kristianstads nation, also known as “Krischan”, may not be one of the largest nations in Lund but, what we lack in size, we most certainly make up in charm. At Krischan everybody is welcome, whether you just want to enjoy our activities or if you would like to become more active in the nation. Krischan is a warm and welcoming nation with a lot of international students who are active in our activities. If you come to Krischan, we will make sure that you do not feel lonely in the crowd.

We have a broad spectrum of activities, everything from lunches and volleyball tournaments to our club – Club Lyset – which gives you the best music and the best Friday night experience in Lund! Our ball, Snapphanefesten, is the funniest ball in Lund and has a long history. Another activity of high caliber held at Krischan is the Spääx. We also have a sauna, and we are the only nation with an outdoor pool! This makes Krischan a great place for chilling out when it’s time for not studying.”
Lunds Nation
Address: Agardhsgatan 1, Lund
Tel: 0735-14 60 60, weekdays 10.00-13:00
E-mail: info@lundsnation.se
Webpage: www.lundsnation.se
Facebook: www.facebook.com/lundsnation

“Lunds Nation is the largest nation in Lund with about 4000 members. Our building is located in the middle of town on Agardhsgatan and houses 128 bedsits/ efficiencies and 22 flats and during 2014, we’re adding three new houses with an additional 123 flats.

Lunds Nation serves lunch on weekdays at noon. The weekends feature a brunch at noon on both Saturday and Sunday, as well as Sunday dinner at 6. Besides our culinary committee, Lunds Nation has two nightclubs, both of which are open from 10 p.m. to 2 a.m.: Penthouse on Thursdays and Playground on Saturdays. Dinner parties (“sittningar”) are held at 7 p.m. on the same evenings as the nightclubs. Reservations for the dinners must be made by telephone or e-mail.

Apart from these weekly features, Lund’s Nation holds four large social events each term. The autumn and spring terms both begin with a Newcomer’s Reception to welcome our new members. Autumn festivities continue with our rendition of the Bavarian October Fest, November’s Scanian Goose Banquet, while the year comes to a festive close with our extremely popular Christmas Party. Our largest affair, the banquet and ball known as Finn, is held during the spring term.”

Malmö Nation
Address: Östra Vallgatan 51, Lund
Tel: 046-12 78 02
E-mail: expen@malmonation.com
Webpage: www.malmonation.com
Facebook: www.facebook.com/malmonation

“Malmö Nation – the nation with a fantastic mix of tradition and renewal! Our size gives our members fantastic opportunities to work in one of our countless sections, where you’ll get working experience and friends for life. Our big traditional parties are spread out over the year but the most extraordinary experience is our Spring Ball. In the autumn, no nation in Lund can claim to be a part of Skåne without a traditional Eel party. In the beginning of each semester Malmö Nation has its Novischparty for its new members, which is a good opportunity to meet new people. We also have three nightclubs, after school, lunches, a choir, three course dinners on Sunday nights and a lot more. Visit our reception or webpage and get more information.”

Sydskånska Nation
Address: Tornavägen 5, Lund
Tel: 046-12 26 90
E-mail: expen@sydskanska.se
Webpage: www.sydskanska.se
Facebook: www.facebook.com/sydskanska

“Sydskånska Nation is Lund’s primary music nation. This is the place where music matters, something that shows not only in our normal activities but also in all of our clubs.

One might ask why clubs in plural? We’d like to think that when it comes to partying and good music, there is more than the generic “party hits” played on the radio. There is lots more. Not only that, there is also a lot of different music out there. This means we need to
have several different clubs in order to cater to everyone’s needs. We have everything from our extraordinary pop club Heartland to Sweden’s oldest hip-hop club Svartklubben to the cool vibes of Electrified. Newcomers at Sydskånska this year is the funky soul-club Foxen and the deeply resonating dubstep club Basbehov.

Whether you and your friends are looking for a good bite to eat, a relaxing place to talk about the adventures of the past week or a warm place to have a cool beer or two Sydskånska Nation has it. If music matters to you as much as it does to us you should definitely stop by!

Västgöta Nation
Address: Tornavägen 17-19, Lund
Tel: 046-14 59 04
E-mail: nationen@vgnation.se
Webpage: www.vgnation.se
Facebook: www.facebook.com/vgnation

“Västgöta Nation offers you a friendly and welcoming environment. It’s easy to get involved, meet new friends, work in one of our bars or cook food.

Wednesday is our big club day, Metro, averaging 500 happy, socializing and dancing guests. Our members also get a discount on the entry fee. Before the club starts you can experience a “sittning”, a 3-course dinner that’s definitely something out of the ordinary. On Thursdays we serve great soup lunch with dessert, and every third week we arrange Tapas evenings. Fridays offer you great food and Pr. Pong club. Saturdays we have Breakfast at Tiffanys, a breakfast buffet. Sundays offer you an American Breakfast. Four times each semester we arrange a special gourmet restaurant called Pirum. We also offer a lot of other activities like sports. Västgöta nation also arranges pub-crawl, the Big novischparty, Kvalborg, our ball Nyckelorden and a lot of activities for our nation staff.”

Wermlands Nation
Address: Stora Tvärgatan 13, Lund
Tel: 046-211 44 20
E-mail: exp@wermlandsnation.se
Webpage: www.wermlandsnation.se
Facebook: www.facebook.com/Wermlands

“Wermlands Nation is your environmentally friendly nation. By going to Wermlands, you’ll make an ecologically good choice and contribute to raising awareness about the environmental issues of our time. We continually work on having less and less of a negative impact on the environment and towards making it a better one. At Wermlands Nation you can attend environmentally friendly events, such as eco pubs, clubs and sit-down-dinners.

Wermlands Nation values culture and creativity. This you can see in our active web magazine Samojeden, our photo lab, our “spex” (theater club), the Gudrun choir and events such as trivia quizzes, wine tasting and reading circles. Wermlands’ clubs also makes Lund’s club scene more creative and innovative. At Wermlands Nation, you’ll have a genuinely fun time at our playful clubs; experience them on Saturday nights.

Wermlands Nation is also known for its good food and cozy atmosphere. You’ll find themed pubs on Wednesdays, brunch on Saturdays and on a Sunday dinner to wrap up the week, and you can trust us to always serve good vegetarian alternatives. The nation has a tradition of being open and friendly to everyone. You’ll find us centrally located just south of Botulfsplatsen.”
Östgöta Nation
Address: Adelgatan 4, Lund
Tel: 046-12 03 20
E-mail: expen@ostgota.nu
Webpage: www.ostgota.nu
Facebook: www.facebook.com/Ostgota

“When you make your decision to come to us here at Östgöta Nation, you make a decision you will never regret! As a student in Lund one can either enjoy the nations by what they have to offer in terms of night clubs, dinners, lunches and other activities, or one can choose to become one of the “workers” who make all these great activities possible!

Volunteering at Östgöta nation is a great way to have fun and meet lots of new friends. Interested? All contact information required is available on the nations website, or if you are a novisch, a new student, you can participate in the “Novisch Programme” at start of the term and through there come in contact with the nations activities.

As a “novisch”, Östgöta Nation can offer several activities where you get to know both students already in the nation and also other novisches. If you want to participate in these activities you simply let it be known at the registration that you want to participate in the Novisch Programme. You will later be placed in a group together with other novisches and mentors, which we call ‘faddrar’, which are simply students that have been active in the nation for some time. Together you will have a lot of fun! For example there will be a Novisch Pub where all novisches and their mentors meet up for the first time, other activities are the Novisch Day and of course, not to be forgotten, the great Novisch Party! “

Smålands Nation
Smålands Nation has chosen not to be a part of the Studentlund collaboration. If you want to know more about Småland’s nation, please visit www.smalands.org.
The Student Unions

Via the student unions at Lund University, students are represented in decision- and policy-making boards that concern university education at every level within the University. Beyond this the unions also arrange social activities, welcome activities for new students and career fairs. As a student you can easily get involved in the unions’ work!

There are several student unions at Lund University, and the student union to which you belong depends on the subject you study. In Lund, you will find student unions that cover the faculties of Engineering, Humanities, Law, Medicine, Theology, Science and Mathematics as well as Social Sciences. There is also a student union for students at the School of Economics and Management. The students at the various academies in Malmö (Art, Music and Theatre) have their own student unions.

In this part of the guide you will find a presentation of all student unions and information about their contribution to the student life in Lund.

**LUS**

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

LUS has about 150 elected student representatives that are continuously involved in various negotiations with the University. The two full-time representatives meet with the vice-chancellor at least once a week, and also sit on the University steering committee responsible for general operating policy and procedures.

**LUNDAGÅRD**

LUS also publishes Lundagård, the monthly student magazine, whose purpose is to examine issues relevant to university and student life. This is the oldest student publication in Sweden, and its contents include investigative and expository news stories, as well as cultural articles and editorials.

All students are welcome to express their views through this medium. The magazine has three remunerated editors, but generally speaking, all other work is volunteer work. If you’re interested in working with Lundagård, send them an email with examples of your writing.

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

**THE STUDENT UNIONS INTRODUCE THEMSELVES**

**Lund’s Faculty of Engineering Student Union, Tekonologkåren vid LTH - TLTH**

Address: John Ericssons Väg 3A, Lund
E-mail: expen@tlth.lth.se
Webpage: www.tlth.lth.se

“The Student Union at the Faculty of Engineering is the largest union in Lund by membership. The Union monitors all engineering education for quality, but also engages in extensive corporate contact work and diverse social activities.
The Union is famous for its annual introductory program, the Nollning, which works to ensure that all new students are well received and introduced to life at LTH. The Union also arranges ARKAD, a grand career fair where members have ample opportunity to meet possible future employers from diverse fields. The Union employs ten full-time officials annually as well as about one thousand volunteers.”

**The Law student Union**  
*Juridiska Föreningen - JF*  
Address: Winstrupsgatan 8, Lund  
E-mail: jf@jf.se  
Webpage: www.jf.se

“The Law student Union welcomes all international law students to Lund. We are based just around the corner from the Faculty of Law and you are always welcome to visit us during lunch hours for lunch or at any other time for a free coffee.

The Law student Union (referred to as “JF”) arranges several social activities. After School is a great opportunity to finish the week with a great dinner, cold drinks together with other law students.

JF arranges proms and parties with more than 500 guests, sports activities, ski trips, spex, golf tournaments and so much more.”

**The Science Student Union at Lund University, Lunds Naturvetarkår - LUNA**  
Address: Sölvegatan 27, Lund  
E-mail: luna@luna.lu.se  
Webpage: www.luna.lu.se  
Facebook: www.facebook.com/lundsnaturvetarkar

“The Science Student Union, LUNA, is the union for all science students in Lund! Through us, you get the chance to influence your education and have fun at the same time. Visit our career fair in the spring semester and do not miss our inspirational lectures and annual bike trips!

In the beginning of December LUNA, together with HTS, arranges a glamorous and unforgettable evening with dinner and dance, called “Lunära högtiden”. We are located in the Astronomy Building and you are always welcome if you have any questions or just want to have some coffee and a nice chat!”

**The Student Union of Humanities and Theology, Humanistiska och Teologiska Studentkåren - HTS**  
Address: SOL-centrum, Absalon (Helgonabacken 12, Lund)  
Webpage: www.hts.lu.se  
E-mail: exp@hts.lu.se  
Facebook: www.facebook.com/htslund

“The Student Union of Humanities and Theology (HTS) is the Student Union for you who study in the field of Humanities and Theology. In the spring semester HTS organises a career fair where employers can introduce their businesses and meet their future employees. Each semester,

HTS host freshman weeks to welcome new students. Our goal is for new students to meet new people and learn what it is like to study in Lund. HTS host Café Multilingua. It’s a weekly event where students meet and speak the foreign language they study or help teach others their mother-tongue. This takes place in a relaxed atmosphere, with coffee and cookies.”
Corpus Medicum - Student Union at Lunds Faculty of Medicine, Studentföreningarna SSGI, MF och VÅVS vid Medicinska Fakulteten

MF:
Address: Sölvegatan 19, Lund
E-mail: ordf@mfskane.se
Tel: 046-222 06 80
Webpage: mfskane.se

VÅVS:
Address: Baravägen 3, Lund
E-mail: vavs@vavs.lu.se
Tel: 046-222 18 85

SSGI:
E-mail: ssgi@ssgi.lu.se
Tel: 046-22 49 64

“Corpus Medicum is the Student Union at Lunds Faculty of Medicine. Corpus Medicum consists of three sections: Medicinska Föreningen (MF; medicine, biomedicine, speech pathology and audiology), Vårdvetenskapliga Studentföreningen (VÅVS; nursing and occupational therapy) and Sydsvenska Sjukgymnastinstitutet (SSGI; physiotherapy). The sections work independently, but we also collaborate around specific issues and we all strive towards a common quest: to make your time in Lund the best possible time ever!

In addition to our engagement in improving your educational quality we provide lots of social events such as pubs, lunches, sporting activities, brunches and bigger parties.”

The Social Sciences Student Union, Lunds Samhällsvetarkår
Address: Paradisgatan 5:S, Lund
E-mail: info@samvetet.lu.se
Webpage: www.samvetet.org
Facebook: www.facebook.com/Samhallsvetarkaren
“The Social Sciences Student Union represents all students at the Faculty of Social Sciences. Our main task is to improve the quality of education for all students at the faculty. To do this, we need your opinions, experiences and engagement to help us in improving education quality.

We arrange different career connection activities to support you after graduation. The Union also has social activities that our members organize like inspirational lectures, languages cafés and our own bar. So if you want to get active and or improve your Lund University experience you are welcome to contact us!”

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

“LundaEkonomerna’s activities are divided into three main areas; education, social and career. Getting involved in the union gives you valuable experiences for the future and you will meet a lot of interesting people. Through our business activities, we establish contacts between our members and the business world. We organise career fairs, offer our members to participate in case competitions as well as seminars with several companies.

Through our social activities, we aim to create a sense of community for our members. We organise parties, sport activities and our yearly winter ball, which is one of the highlights of the year!”

Malmö Faculty of Fine and Performing Arts Student Union, Studentkåren vid konstnärliga fakulteten i Malmö
Address, music: Ystadsvägen 25, Malmö
Webpage, music: www.skfm.se

“The Student Union at Malmö Faculty of Fine and Performing Arts is the student union for students of music, theatre and art who study at Lund University, the schools of fine and performing arts are situated in Malmö.

The student union consists of three parts: music, art and theatre. We focus on ensuring the high quality and standards of our education, and work actively together with representatives from outside the university. The union also arranges social activities to help making you time as a student as fun and interesting as possible.”

Lund University’s Doctoral Student Union, Lunds Doktorandkår
Address: AF-borgen, 3rd floor, Sandgatan 2, Lund
E-mail: ldk@ldk.lu.se
Webpage: www.ldk.lu.se

“Research students from all faculties except the Faculty of Engineering(LTH) belong to Lund’s Doctoral Student Union. Union members are welcome to contact or become involved with the specific council that deals with practical questions pertaining to research studies.

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

The Academic society (AF) and the big AF-building in the middle of Lundagård is one of the most famous landmarks in Lund. In Swedish this bastion of student life is known as the AF-borgen (the AF-castle) – a name to remember. This building is the centre of operations for the Academic Society and other student organisations, mainly within culture and media. You are always welcome here to study, take a coffee break in Café Athens or to ask any questions concerning student life in Lund.

MEMBERSHIP

If you have registered with Studentlund, then you automatically become a member of the Academic Society. Benefits to membership include:

- Being able to queue for student housing within AF Bostäder
- Permission to apply for various scholarships and grants each term
- Discount in Café Athens
- Free or reduced entry to various events at the Academic Society. You are also welcome to participate in the activities within the Academic Society.

THE ACADEMIC SOCIETY COMMITTEES

The Academic society has 12 committees. You can either just take part of the broad variety these committees offer or get active.

Studentinfo

Studentinfo is an information desk where you can get all the information you need when you are a student in Lund. In Studentinfo you can also buy tickets for different student
events and purchase the profile products of the university. You find them in the foyer of the AF-building.

**Klädkammaren**
At Klädkammaren, “the Wardrobe”, you can rent masquerade costumes for student friendly prices and get help with different sowing projects. Klädkammaren is located in the basement in the AF-building.

**Arkiv och Studentmuseum**
In the Student Archive, located in the basement in the AF-building, you can find all interesting information about student history in Lund.

**Boelspexarna and Lundaspexarna**
The AF spex organisations have one production each semester when they perform a spex, which is a musical-like mix of spoken text and songs, a good amount of satire and parody. You cannot leave Lund without have seen a spex!

**Studentafton**
Studentafton arranges lecture evenings with interesting and famous people, both Swedish and international.

**Ordkonst**
Are you interested in writing? Ordkonst is a literature committee with their own literary magazine.

**Konstsamlingen**
The art collection is working with preserving and displaying the many pieces of art that are owned by the Academic Society.

**RadioAF**
The Student Radio-channel, providing a broad spectrum of cultural content. Listen to the programmes or get involved and help them produce radio shows.

**Lunds Studentteater**
The student theatre is the organisation for those of you who are interested in taking part in a theatre production.

**Marskaleriet**
Marskaleriet are working with the representation of the Academic Society at formal events such as professor inaugurations.
CHAPTER 5: STUDENTLUND - STUDENT LIFE IN LUND

Studentlund A-Z

ANMODAN
An invite to a formal party, such as a ball or dinner party. Getting an "anmodan" means that you are invited to buy a ticket to the ball.

BAL
The Swedish word for ball. A formal party, usually at AF-borgen. At the balls you are served a fine three-course dinner, there is a full entertainment, ballroom dancing and ceremonial elements. Both the students’ unions, the nations and the Academic Society arrange balls.

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

FÖRMAN/TJÄNSTEMAN
A student who is responsible for a specific activity (such as a club, a lunch, sports etc) at a nation.

INSPEKTOR
Swedish word for Inspector. Every nation has an inspektor who is an academic teacher (often a professor) that has the highest supervision of the nation.

KURATEL
Other names for the Nation Board. It consists of a few people who work full- or halftime at the nation. The Qurator is the nation’s leader and has the ultimate responsibility

LUNDAGÅRD
May refer to two different things: a student newspaper or a park in the middle of Lund (in which the AF building is situated)

NOVISCH
New students who have not previously studied at Lund University.

PRESIDIUM
The Presidium consists of the person who is president and the person who is vice president of an association, meeting, or other organized group of people. Each of them can be called “Presidial”. The student unions and the Academic Society are led by a Presidium.

SEXA
The word means light meal after a party, e.g. a student ball. It can also refer to a party for the students who have worked at for example a nation club or bar.

SPEX
A spex is a musical farce loosely based on historical and/or mythological events.

SISTE APRIL
Siste April, or Valborg, takes place on 30 April every year and is one of the biggest student events of the year. A traditional Siste April in Lund begins with breakfast with sill (herring) in Stadsparken, a visit to at least one student nation and a barbecue.

SITTNING
A three-course dinner for students in different contexts, well-planned or spontaneous, often containing a lot of songs. Most of the nation’s clubs in Lund offers a sittning before the club starts. You can book a sittning for you and your friends or classmates by contacting the nations.
CHAPTER 6: FINANCIAL MATTERS

Banking in Sweden

In Sweden, banks are generally open Monday to Friday 10.00 to 15.00 (3pm). Some banks have extended opening hours on Thursdays. There are several different banks available in Lund, Helsingborg and Malmö. There is no specific bank connected to Lund University.

In the information below you can find the contact details for the largest bank branches. The different bank branches require different documentation from you as an international customer. Requirements for opening a Swedish bank account normally include a minimum stay of 12 months as well as a Swedish personal number. A Swedish personal number can only be obtained if you have a residence permit valid in Sweden for 12 months or longer.

EXCHANGE STUDENTS

It is strongly recommended that exchange students make banking arrangements from their home bank. Students staying in Sweden for less than six months will experience difficulties to open a bank account. Banks require a Swedish personal identity number (for some or all services) which is only available to international students staying in Sweden for 12 months or more.

SWEDISH PERSONAL IDENTITY NUMBER

Banks require a Swedish personal identity number (for some or all services) which is only available to international students staying in Sweden for 12 months or more. Please visit page 76 for more information about the Swedish personal identity number.

BANKING IN SWEDEN

When you plan to open a Swedish bank account, please note the following:

- Most Swedish banks will charge you fees for different services. Ask about fees before choosing your bank.

- In general, the banks do not provide international students with credit/debit cards for online payments.

- Most credit cards are accepted in Sweden. If you have a credit card from home you can use it in Sweden.

- Do not bring large amounts of cash to the bank. Money laundering legislation requires the bank to ask questions about large cash transactions. If a customer does not present identification or provide a satisfactory explanation as to why the customer wants the bank to perform a certain service, the bank is not permitted to perform the requested service under the risk of criminal penalties and sanctions.

- Do not use traveler’s or bank cheques. When opening a Swedish account you will get an IBAN nr and SWIFT nr, which enables you or your family to easily transfer money from your home account to your Swedish account.
CHAPTER 6: FINANCIAL MATTERS

BANKS IN LUND
Danske Bank
Address: Grönegatan 4B
Tel: 046-288 99 50
Web: www.danskebank.se
Debit card: Maestro
Requires Swedish personal number for:
Internet banking
Mobile App

Färs & Frosta Sparbank
Address: Lilla Fiskaregatan 21
Tel: 0771-12 20 00
Web: www.fofspar.se
Debit card: Maestro
Internet banking (available in English)

Nordea
Address: Stora Södergatan 2
Tel: 0771-22 44 88
www.nordea.se
Requires Swedish personal identity number for all services.

SEB
Address: Kyrkogatan 1
Tel: 0771-36 53 65
www.seb.se
Debit card: Maestro
Requires Swedish personal number for:
Internet banking
Mobile app

Sparbanken Öresund
Address: Mårtenstorget 2
Tel: 046-16 75 00
www.sparbankenfinn.se
Requires Swedish personal number for:
Debit card: Maestro
Internet banking
Mobile app

Additional documentation:
• Valid ID (Swedish ID or valid Passport)
• A form from the tax office (Personbevis) showing you are living in Sweden. This ‘Personbevis’ can be ordered on-line once you have received your Swedish personal identity number.
• Admission letter showing the duration of your studies

BANKS IN HELSINGBORG
Forex
Järnvägsgatan 13, Tel: 042 18 71 90
Knutpunkten level 1, Tel: 042-24 47 00
Web: www.forex.se (in English)

Handelsbanken
Nelly Krooks Gata 10, Tel: 042 287 900
Stortorget 7, Tel: 042 17 71 00
Gasverksgatan 9, Tel: 046 37 24 40
Web: www.handelsbanken.se (in English)

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

SEB
Landskronavägen 25A, Tel: 042-448 02 10
Stortorget 2, Tel: 042-448 02 60
Web: www.seb.se

Swedbank
Järnvägsgatan 5
Tel: 042-18 80 00
Web: www.swedbank.se
BANKS IN MÅLMÖ

Forex
Malmö Central station, Tel: 040-304031
Gustav Adolfs Torg, Tel: 040-232320
Station Triangeln, Tel: 040-611 94 34
Web: www.forex.se (in English)

Handelsbanken (in the city centre)
Lundavägen 78, Tel: 040-38 15 80
Södertorgatan 10, Tel: 040-24 50 07
Spångatan 3, Tel: 040-664 13 00
Web: www.handelsbanken.se (in English)

Nordea
Södertorgatan 5
Tel: 0771-22 44 88
Web: www.nordea.se

SEB (in the city centre)
Östergatan 39
Triangeln, Södra Förstadsgatan 44,
Tel: 0771-365 365
Web: www.seb.se

Swedbank (in the city centre)
Gustav Adolfs Torg, Stadt Hamburgsgatan 2
Tel: 040-24 20 00
Södra Förstadsgatan 99b Tel: 040-32 64 60
Regementsgatan 15 Tel: 040-98 82 30
Web: www.swedbank.se

PAYING YOUR BILLS

If you do not have a bank account with internet banking services, Kassagirot, allows you to pay your bills at a local convenience store more cheaply than at the bank office.

Kassagirot Services

In Lund
Direkten Jackpottbutiken, Nordanväg 7-9
Lindahls tobak, Trollebergsvägen 5

In Målmö and Helsingborg
There are several Kassagirot services in Målmö and Helsingborg. Please visit www.kassagirot.se/index.php/soek-butik and in the list for “Kommun” choose Målmö or Helsingborg.

You can also pay your bills at a Forex office for a lower fee than at the banks.
Tuition payments during your studies

INVOICES FOR YOUR NEXT TUITION FEE INSTALMENT
For students who pay tuition fees (generally all non-EU/EEA degree students), you pay your first instalment of the tuition fee for the first semester of studies before you arrive at Lund University. Thereafter, an invoice is generated and sent to you via the Student Portal in advance of each following semester of studies.

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

The instructions and accepted methods of payment are explained in the Student Portal.

Questions can be directed to tuitionfees@eken.lu.se.

Please note that it can take a few days after your payment has been made until it is noted in LADOK and you are able to register in the Student Portal for the courses/the semester you are about to start.

PAYMENT FOR EXTRA COURSES
Degree programmes are made up of several courses, each worth a certain value of ECTS credits. In a degree programme you usually complete 30 ECTS credits per semester, or a total of 60 ECTS credits per year. Note that some degree programmes have a structure where you complete slightly more than 30 ECTS credits in one semester and slightly less than 30 ECTS credits the next semester. However the overall total of credits for the full degree programme will still be either 60 ECTS for a 1-year programme, 120 ECTS credits for a 2-year programme or 180 ECTS credits for a 3-year programme.

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

Extra ECTS credits (the courses) will show in your LADOK record at Lund University, which is checked each semester. If you have exceeded the number of credits required for your degree programme within a semester of studies (i.e. by more than 3 ECTS credits), an invoice will be generated and sent to you for payment via the Student Portal.
Students with a Lund University Global Scholarship or a Swedish Institute scholarship
For students who have been awarded the Lund University Global Scholarship or a Swedish Institute scholarship, the scholarship money can only be applied to the degree programme to which it was awarded. Therefore if you wish to take additional ECTS credits (i.e. another course outside of the ECTS requirements of the programme to which you are enrolled), then you will be invoiced for those extra ECTS credits.

Students with Erasmus Mundus Action 2 scholarships
For students who have been awarded an Erasmus Mundus Action 2 scholarship, this can only be applied to the programme or courses to which it was awarded. If you wish to take any additional ECTS credits you will have to pay tuition fees for those credits.

MORE INFORMATION
More information about tuition fee payments can be found on www.lunduniversity.lu.se/current-students/tuition-payments-during-studies
Part-time jobs

Finding and getting a part-time job in Sweden can be quite difficult. Many students are looking for part-time jobs in Lund and Malmö, hence the demand for part-time jobs exceeds the supply. Most employers also require Swedish language skills. With this in mind, it is not recommended to try and finance your stay in Sweden by working. Make sure you can cover your living costs using other resources.

If you are looking for a job in Sweden, it is recommended to start your search at the Swedish Public Employment Service (Arbetsförmedlingen). Arbetsförmedlingen can be reached online and you can also call the customer service or visit the local Arbetsförmedlingen office.

More information and contact details to Arbetsförmedlingen:
Website: www.arbetsformedlingen.se/Globalmeny/Other-languages/Languages/English-engelska.html
Tel: 0771-416 416

Swedish job sites in English:
Jobs in Stockholm (and the rest of Sweden) www.jobsinstockholm.com

The Local job site:
www.thelocal.se/jobs/

I Work: iwork.iagora.com/jobs/Sweden/Entry--level_job/listing/index.html

Swedish Job: swedishjob.com
Xpats: www.xpats.nu
Workey: www.workey.se

Internships:
www.learning-by-doing.se
www.traineesearch.se
http://www.traineeguiden.se
www.studyinsweden.se/How-To-Apply/Traineeships/
www.traineeprograms.com/en/companies
www.careerjet.se/swedish-trainee-jobb.html

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

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

There is also always the old fashioned way of finding a job; by visiting cafés, restaurants, stores etc., handing out your CV, contact companies you are interested in and ask for their student relations officer, ask your department if they are in need of student assistants and put up notes in the local grocery store notice boards for baby sitting, dog walking, tutoring or the like.
The Student Reception

INTERNATIONAL DESK
All international students at Lund University are welcome to visit or contact the International Desk at the Student Reception. Throughout the semester you are welcome to contact the International Desk with all sorts of non-academic issues. All questions are welcome; everything from how to find your department to where you can buy a bike.

The Newsletter
Two times per month the International Desk Newsletter is sent by email to all international degree students and exchange students at Lund University. The newsletter is filled with useful information about Swedish culture, news and events in Lund and Skåne. If you have not received the newsletter, but would like to, you are welcome to start your subscription by visiting the International Desk website (please see below).

The events
The International Desk organises a number of game nights, excursions and guided tours during the semester that you are welcome to join. Once a week the International Desk open their basement lounge for Swedish Lounge where international students can practice their Swedish language skills together with Swedish students.

Information about our events is always included in the newsletter and published on the International Desk Facebook page (please see right).

The Student Reception – other services
The Student Reception can help you with certificates of registration and transcripts of records, maps, brochures and other practical matters that you need help with during your studies at Lund University. You also find the StiL student support team at the Student Reception.

CONTACT DETAILS TO THE STUDENT RECEPTION
Visiting address Stora Algatan 4, ground floor
Phone 046-222 01 00

International Desk
E-mail studentreception@lu.se
www.lunduniversity.lu.se/international-desk

Facebook
www.facebook.com/internationaldesk
www.facebook.com/
studentservicelundsuniversitet

StiL and Student Computer Support
Please see “StiL and the Student Portal”
The Student Portal and student account

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

All international students receive their StiL account details before the semester starts.

THE STUDENT PORTAL
The Student Portal (Studentportalen) is your personal portal at Lund University where you can:
- access your student email
- download computer software to your computer
- download and print official transcripts and certificates of registration
- register for courses
- inform the University of a change of address
- find email addresses to other students
- put money on your printing card
- see what is going on at the University through the calendar
- find useful web links, for example, to Bopoolen and Skånetrafiken

You reach the Student Portal at www.student.lu.se

EMAIL ACCOUNT
All students at Lund University have a Google Apps email account. Your Google Apps account gives you:
- an email account
- a calendar
- Google Docs (a web-based “office system” through which you can share documents with fellow students)
- Google Talk (through which you can chat with your friends)
- the ability to create your own website

All communication from your teachers and your department at Lund University will be sent to your StiL account email. It is therefore very important that you check your student email frequently or forward it to the email address you use regularly.

You reach your email account through the Student Portal or on webmail.student.lu.se

SOFTWARE
As a student you can download a number of programmes with license at the Student Portal: Eduroam, EndNote, Reference Manager, SPSS, Staroffice, VPN, Windows and almost every Microsoft programme except Microsoft Office. Your faculty may also provide other programmes for download.
**STIL-SUPPORT**
If you have questions about StiL or problems with your account, you are welcome to contact the StiL-support team.

**More information and contact details to the StiL support team:**
Website: www.student.lu.se
Tel: 046-222 01 00
Altered office hours during the start of a new semester. Please visit the website mentioned above for updated information.
Visiting address: Student Reception at Stora Algatan 4, ground floor
E-mail stil@er.lu.se

**LIVE@LUND**
Live@Lund is a web based study portal used by several programmes and courses at Lund University. Live@Lund offers the ability to communicate, discuss and announce various changes and information within a student’s course and is accessed with your StiL login details. You receive more information from your department at Lund University if you should use Live@Lund during your studies. Please note that there is a separate support team for Live@Lund.

**More information and contact details to the Live@Lund support:**
Website: liveatlund.lu.se
Tel: 046-222 34 10
Phone hours: Monday-Friday 13.00-14.30
Email: live@ehl.lu.se
Internet access on campus

Lund University offers two wireless networks available on campus; LU weblogon and Eduroam. Your StiL details are your login information to get access to these wireless networks. If you are experiencing any problems with your StiL details, please contact the StiL support team.

**LU WEBLOGON**
LU weblogon requires a keycode, which is changed two times per year. The current keycode for autumn 2014 is lu2014-2 and for spring it will change to lu2015-1 (changes from 1 January). The LU weblogon network is unencrypted.

**EDUROAM**
Eduroam is an encrypted network and a collaboration between a number of universities around the world. If you have an active Eduroam account from another university, you can use it to login into Eduroam at Lund University. Students from Lund University can connect to other Eduroam networks around the world. Eduroam is also available at the libraries in Lund Municipality as well as at CRC in Malmö.

**MOBILE BROADBAND**
If you cannot get internet connection in your student accommodation, you can look up the possibility of buying a mobile broadband. A mobile broadband dongle with a refill service (you can surf for a limited period of time for a certain amount of money) can be bought in most electronic stores in Sweden. Common service providers are Tele2 Comviq, Telia, 3 and Telenor.

For information about electronic and computer stores in Lund, please go to chapter 9.

**More information:**
How to setup Eduroam on your computer.
Website: www.student.lu.se
Under “start” click on “Support” and “Wireless network”.
About Eduroam: www.eduroam.org

**VPN - VIRTUAL PRIVATE NETWORK**
VPN (Virtual Private Network) is a technology that allows you to be logged on the University’s computer network regardless of where in the world you are. You can then get access to services at the Lund network even when using another operator. VPN gives you an IP address that belongs to Lund University. This means that your computer is perceived by the Lund University network as if you are sitting directly connected to the network, which is a requirement for some services.

More information and the VPN software can be found in the Student Portal. Log in, select “My Services” and then “Download software”.

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CHAPTER 7: STUDENT SERVICES

Copying services

SERVICES AT LUND UNIVERSITY

Secure print
Secure Print is a new printing and copying system for students at Lund University. To get access the system you first need to create an account with the copying payment service (please see “Useful links”)

If you do not have a Swedish personal identity number, you will receive a request from the system, asking you for a copy of your id/passport and proof that you are admitted to Lund University. When you have submitted this information, money can be transferred to the PayEx-account. After the money has been transferred, you submit the autopay agreement. By submitting the autopay agreement you agree that money are transferred automatically from your PayEx-account when you print and make copies through the Secure Print system. For more instructions on how to make the autopay agreement please see “Useful links”.

You can also pay using coins at the Main University Library (UB). Choose the printer UBCoin where print outs cost 1 SEK per black and white A4 page.

Useful links
Establish a PayEx account: wallit.payex.com
Instructions about autopay agreements: www.ub.lu.se/services/copying-printing

For students at Campus Helsingborg, the Faculty of Medicine and the Faculty of Law, see special information about charging print accounts below.

Campus Helsingborg
You charge your printing account at My Campus and not at the central Print and copy account like the rest of the students at Lund University.

Faculty of Medicine
It is only possible to deposit money into the print account for the faculty printers/copiers in the reception areas of the BMC, CRC and HSC and all Medical Faculty Library. The Faculty of Medicine students cannot benefit from the money they put in through Secure Print on the faculty printers/copiers.

Faculty of Law
It is only possible to deposit money into the print account for the faculty printers/copiers in the reception desk at Juridicum. The Faculty of Law students cannot benefit from the money they put in through Secure Print on the faculty printers/copiers.
LU Access card (LU-kortet)

All students at Lund University should get a LU access card, “LU-kortet”. The LU access card works as a identity card within Lund University and gives you access to the facilities you need during your studies. Please note, it does not function as a general identity card or student card outside the university.

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

Information about the opening hours of each card station can be found on:
www5.lu.se/o.o.i.s/4678
Remember to bring your photo ID!

Venture Lab

VentureLab is Lund University’s platform for students who want to start, or are thinking about starting, a business. VentureLab’s aim is to inspire students at Lund University to get interested in entrepreneurship and see their ideas to fruition.

The main focuses are:

• Arranging activities to inspire and educate the students in the field of entrepreneurship and business startup and development.

• Offering business coaches to students to help them develop their ideas. VentureLab encourages and supports all ideas, whether they are commercial, in a project phase, or a part of your education; they even welcome students who don’t have any ideas but might just want to get connected in the innovation sector in Lund or help another company start up.

• Running a business incubator, which supplies newly started businesses with office space and support for one year.

All services that VentureLab provides are free to take part in. VentureLab is open for all students at Lund University, regardless of what you are studying and what your idea’s all about – it could be a product or a service, newly invented or old – in any case you are most welcome to contact Venture Lab. If you have a business idea, or if you are curious about finding out more about how to start your own company, please contact Venture Lab.

Contact details
Website: www.venturelab.lu.se
Facebook:
www.facebook.com/venturelablund
Email: info@venturelab.lu.se
Visiting address: Ideon Agora, Schelevägen 15A, Lund
Career Services

FACULTY CAREERS SERVICES
Students have access to dedicated careers services provided from their relevant faculty. Please visit www.lunduniversity.lu.se/current-students/careers-service for links to the different career service centers.

CENTRAL CAREERS SERVICE
The University’s central Careers Service offers a range of careers seminars in English.

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

EMPLOYMENT DATABASE “MYCAREER”
All students at Lund University can register with the Careers Services’ website MyCareer through which more than 1 000 companies and organisations advertise their jobs, internships, thesis projects and postdoctoral positions to Lund University students.
MyCareer website: mycareer.lu.se

Study Guidance

The central Study Guidance Service offers guidance and information prior to making educational and professional choices. They help you to clarify interests and abilities prior to, and during your studies. The Study Guidance Service welcomes both current students at Lund University and those who are thinking of studying.

More information and contact details to the central Study Guidance Service:
Website: www.lunduniversity.lu.se/current-students/student-services/study-guidance
Email: studievagledning@stu.lu.se (for questions or to book an appointment)

Study guidance and study information are also offered through the different Lund University departments, where you can access more detailed subject-related guidance in regards to the programmes and courses that are available in that particular department.

Contact details for different faculties and subject areas can be found on www.lunduniversity.lu.se/contact-us
CHAPTER 7: STUDENT SERVICES

Students with disabilities

If you have a disability and would like to study at Lund University, the Pedagogical support team can provide you with support during your studies. In order to receive support, you must have a certificate stating that your disability is permanent.

LEARNING SUPPORT
At Lund University the Pedagogical support team offers the following forms of learning support:

- Note-taking
- Examination arrangements
- Talking books
- Contact with specialist teachers
- Mentors

HOUSING, PERSONAL ASSISTANCE, TRANSPORT
Unfortunately the Pedagogical support team cannot help you find adapted accommodation for people with disabilities. If you have special accommodation requirements, please contact AF Bostäder, who manage a small number of adapted residences for people with disabilities in Lund.

It is not possible to receive help with personal assistance from the University, neither during teaching nor during your free time. In order to receive personal assistance, you must have a Swedish personal identity number. For more information, please contact the Lund Municipality and ask about ‘LSS’ (Act concerning Support and Service for Persons with Certain Functional Impairments). A Swedish personal identity number is also a requirement for you to have access to transport services to and from lectures and in your free time. For more information, please contact Lund Municipality and ask about community transport (‘färdtjänst’).

EXCHANGE STUDENTS
If you come to Lund University on an exchange programme, your coordinator at your home university must contact the Pedagogical support team well before your arrival.

INTERNATIONAL STUDENTS (NON-EXCHANGE)
If you are an independent student, or ‘free-mover’, the Pedagogical support does not need to have any contact with your previous university. You should contact them yourself to let them know that you are going to study at Lund University. The Pedagogical support team asks that you contact them well before your studies begin and also send your certificate stating your disability so that they can schedule a meeting at the start of your studies.

More information and contact details
Please note that the first step in making arrangements for students admitted to studies is to send in a copy of your certificate of disability, in English and signed by a doctor, to: Pedagogical Support, Lund University PO Box 117, 221 00, Sweden

Website: www.lunduniversity.lu.se/international-students/apply-fees-scholarships-housing/faq-help-and-special-needs/students-with-disabilities

Contact details to staff at the Pedagogical support can be found on the website above.
Travelling by train, bus and car

SKÅNETRAFIKEN
Skånetrafiken is responsible for public transport on city buses, region buses and trains in most cities in Skåne. If you plan to travel in the region it is primarily with Skånetrafiken who you will travel with.

More information about Skånetrafiken:
Website: www.skanetrafiken.se
Customer service: 0771 – 77 77 77

No tickets sold on buses or trains
Please note that cash is not accepted as payment on board buses or trains. When travelling by train in Skåne or Denmark you have to buy your ticket before you board the train. Failure to produce a valid ticket/travel card on demand will render a penalty fee.

The Jojo Card
A Jojo Card is the easiest payment if you are travelling by bus or train, especially if you will commute. There are mainly two different kinds of Jojo Cards; Jojo Discount card and Jojo Period card. The Jojo Discount card is the cheapest and easiest option for the occasional traveller. The card offers a 20% discount on all travel in Skåne. The card also offers a 20% discount to Denmark as well as on Öresund trains in the counties of Blekinge, Halland and Kronoberg.

The Jojo Period card is for commuters in Sweden. It is a travel card for a period of 30 days from the date you activate the card.

Student discount
Jojo Student card is a discounted card offered to students and gives you 30% discount on a Jojo Period Card (not the Jojo Discount Card). The first time you buy your Jojo Student card you need to visit one of the Customer Service Centres and bring certain documentation. Please visit Skånetrafiken website (see above), click on “Visitor”, “For students” (in the menu) and “Travelcard Student” and finally “Student travelcard - Skåne” to find more information about the documents you
need to bring to the Customer Service Centre to buy a Jojo student card.

Please note that you have to be registered at the University in order to buy a Jojo student card, which usually happens when you have visited the introduction meeting of your programme or course. Hence, you can usually not buy a Jojo student card before the introduction meeting. If you still need to travel with Skånetrafiken before you are registered at the University, you can buy a Jojo Discount card, which gives you a 20% discount on your travels.

**To buy and top up your Jojo card**
The jojo cards can be bought at the Skånetrafiken office at train stations. The Jojo Discount cards (loaded with 200 or 50 SEK) can also be bought at several different service centres around Lund:
- Pressbyrån
- 7-eleven
- Coop
- Statoil (on Magistratsvägen)

The easiest way to top up your Jojo Discount Card and/or Jojo Period Card is at ticket machines at train stations. You can also top up your card at their Customer Service Centres and selected ticket agents.

For more information about the service centres in Lund and Skåne, please visit: www.skanetrafiken.se (Click “Visitor”, “Where to buy” and “Customer Service centers and ticket agents”)

**City buses**
All city buses in Lund, Malmö and Helsingborg are green and have routes covering most of the cities. Fares and routes can be found on the Skånetrafiken website if you click on “Travel planner”.

Please note that it is not possible to buy tickets on the city buses with cash or credit card. Instead you pay with the Jojo-card, prepaid ticket or 24/72 hour ticket. You can buy a prepaid ticket at Skånetrafikens costumer center or at Lunds Tourist office. With the prepaid tickets you choose yourself when you want to go.

**Regional buses**
The regional buses in Skåne are yellow and travel mostly between the cities, towns and villages in Skåne. Please note that it is not possible to buy tickets on the regional buses with cash. On the yellow regional buses you can pay with Jojo-card, debit/credit card, and 24/72 hour ticket. The 24/72 hour ticket can be bought at Skånetrafiken customer centre and at Lund tourist office. When travelling with a regional bus, tell the driver your destination in order to pay the correct fare. Then hold your card in front of the card reader and your journey will be registered and the correct amount will be drawn from your card. If you are travelling further by train or by ferry please ask the driver for a receipt.

**BY NATIONAL RAILWAY SERVICES**
The Swedish rail network is operated by a few major train operators; SJ, Tågkompaniet, Veolia Transport and Inlandsbanan. The Swedish high-speed train X 2000, travels at up to 200 km/hour (125 mph) on all major routes.

More information about SJ (Statens järnvägar): www.sj.se
**DRIVING**

In Sweden, like in most other European countries, cars are driven on the right-hand side of the road. You have to be at least 18 years old and hold a driver’s license to drive a car. You must have the license with you whenever you drive. Before you place yourself behind the wheel in Sweden, please make sure you have informed yourself of the Swedish traffic rules and regulations.

Some basic regulations are:

- **Law**, even when sitting in the back seat requires wearing seat belts when travelling in a car.
- **Headlights** must be used 24 hours a day.
- **Speed limits** range from 110 km/h (65mph) on main highways, 70 km/h (43mph) on smaller roads, and 50 km/h (31mph) or 30 km/h (18mph) in towns and cities.
- **The legal alcohol limit** in Sweden is stringent, and alcohol should be avoided completely when driving.

In certain cases, driver’s licenses from other countries are valid in Sweden. You can find necessary information on www.korkortsportalen.se/andra-sprak/ in the pdf-document “Foreign Driver’s Licenses”. The regulations regarding driving licenses differ depending if you have license from the EU or from outside the EU.

You can use a non-EU driver’s license for a maximum of one year in Sweden. If your driving license does not have a photograph, it is only valid together with an identification document with a photograph. If your license is not designed according to the United Nations Conventions on Road Traffic, and if it is not written in English, German or French, it is only valid in combination with a certified translation into English, German, French, Swedish, Danish or Norwegian. A driver’s license from a non-EEA country cannot be exchanged for a Swedish drivers license.

**Gasoline**

- Most gas stations are self-service, open 7 days a week, and some are open 24 hours.
- An average litre of gas (95 octane) costs about SEK 15.
- Major credit cards are usually accepted. At self-service stations you pay through automated machines which accept credit cards and SEK 20, 50, 100 or 500 notes.

**Rent a car**

Rental companies in Lund:

- **Avis Biluthyrning Lund**
  Website: www.avis.se
  Tel. 046-14 50 30

- **Hertz Biluthyrning**
  Website: www.hertz.com
  Tel. 046-30 60 12

- **Folkes Biluthyrning AB**
  Tel. 046-35 41 40
  Website: www.folkesbiluthyrning.se

- **Budget Biluthyrning**
  Tel. 010-494 82 40
  Website: www.budget.se

**TAXI**

- **Taxi Skåne**
  Tel: 046-330 330, from Malmö 040-330 330

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

- **Taxi 020**
  Tel: 020-20 20 40
Biking

HOW TO GET A BIKE
Although the public transport services are good, a bicycle is by far the quickest and easiest way to get around in Lund.
If you want to purchase a second-hand bicycle in Lund, try:

Lundaböcker
Address Kiliansgatan 11
Phone 046-240 70 38

Begagnade cyklar/ Used bikes
Address: Fabriksgatan 2
Phone: 046-15 14 15

Harrys Cykel/bikes
Address Banvaktsgatan 2
Phone 046-211 69 46

Cykellab1
Address Tornavägen 13
Phone 0708-55 54 11

The city of Lund arranges a bike auction with used bikes a few times every semester.

There are many places to buy a new bike in Lund. For a more complete list, visit gulasi-dorna.eniro.se and search for ‘cykel’ in ‘Lund.’

Things to consider when buying a used bike
When buying a bicycle you should carefully check its equipment. It can be tempting to buy a used bike since it usually can be bought at a lower price than a new one. However, it can save you a lot of money to check the status of the bike before you buy it:
• Is the chain rusty or black with oil? That can be a sign that it needs to be replaced.
• Used bikes are often in need of new tires etc.
• Do the brakes work properly?
• Do the lights on the bike function?
• Look at the bike’s general condition. Be-ware of rusty bikes!
• Try the bike; brakes, acceleration, gear.
• The best test you can do is to bike uphill. If it feels ok, then it is good bike.

Keep in mind that bicycles are in great de-
mand, so be sure to get a good lock for it!

One of the first things you also should con-
der when planning to buy a used bike is the
risk of it being stolen property. Bike theft
is one of the most common crimes in Lund
and Swedish law states that a stolen bike
will always be returned to its rightful owner,
even if you have bought it in good faith. A
person who has bought stolen property does
not have the right to any compensation. There-
fore, there are a few important things to
consider before buying a used bike:

Is it stolen?
• Consider the price; if the deal sounds too
good, it probably is. Be very careful if the
price of the bike is very low in relation to
the value.
• Be careful if the seller has many used
bikes on sale at the same time.
• Ask where the bike is bought and ask to
see receipts from previous owners.
• Ask for a receipt with the seller’s name
and ask to see an id.
• Note the frame number on the bike or
the SEC-number. You can then contact
the police in order to find out if the bike
is reported stolen.

TRAFFIC REGULATIONS

Do remember that because of large
numbers of bicycle riders, the police put in a
lot of effort to check that everyone follows
the traffic regulations and on-the-spot fines
may be issued for disobeying the rules of
the road.

• In Sweden the traffic always goes to the
RIGHT! This includes bikes.
• Bicycle crossing - indicated with white
squares in the road. As a cyclist, be care-
ful and just cross the road if it can be
done without danger. You must still yield
to traffic. When you come down the road
from a cycle path, you also must give way.
• Pedestrian crossing - It is not forbidden
for bikes to cross a road at a pedestrian
crossing, but the crossing is meant for
pedestrians and it is therefore inappro-
priate to bike there. If you get off the bike
and walk instead, the same rules apply as
for pedestrians. Cyclists, who choose to
cross at a crosswalk on their bike, must
give way or yield to pedestrians and to
vehicles.
• Pedestrian walking area - When riding on
a pedestrian street, bike at a walking pace
and give way to pedestrians.
• To turn left - Indicate with your arm that
you wish to turn left in good time before
you start turning and in this way, you will
help others on the road to know where
you are going. If there is a lot of traf-
cic or if you are unsure, you can make a
“big turn”. Stay to the right and continue
straight across the intersecting road.
When it is free, you can complete the left
turn by cycling across the road.

• Biking on a bike path - If there is a bike
path, you will normally use it. The rules
for placement are the same as on the
road: you ride on the right side and pass on the left.

- According to Swedish law, a bike must have reflectors on both wheels and also a proper front and rear light for cycling after dark.
- **Giving way/yield** (see sign) means being prepared to slow down or stop. You may proceed only if it can be done without danger or obstruction.
- **Stop** (see sign) means STOP for all vehicles, including bikes.

**Useful links about biking in Lund**
Take some time to learn the different traffic signs and regulation before you take your first bike ride.

The most common Swedish road signs are presented on [www.en.wikipedia.org/wiki/Road_signs_in_Sweden](http://www.en.wikipedia.org/wiki/Road_signs_in_Sweden)

Bicycle map of Lund City and the city surroundings:

Information from the EU about traffic rules and regulations for cyclists and their vehicles:
SWEDISH TRADITIONS
During your time in Sweden you will encounter many Swedish traditions and festivities.

Many of the festivities and holidays are connected to the changing season. If you are curious about the mythical Midsummer in June, Lucia in December or the crayfish party in September, you can find a lot of useful information on official site of Sweden: www.sweden.se/traditions/

Public holidays

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<td>Christmas Day</td>
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<td>Boxing Day</td>
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International students who will study in Sweden for more than 12 months can apply for registration in the Swedish population register. By registering in the Swedish population register you can obtain a 10-digit Swedish personal identity number, a “personnummer”. The issuing authority is the Swedish Tax Agency, Skatteverket.

If you are eligible to register in the Swedish population register, but were not able to visit the Tax Agency on Arrival Day, you can visit the Tax Agency in Malmö.

Make sure you bring the following documents when visiting the Tax Agency:
• a valid passport
• a residence permit and residence permit card if you are a citizen of a country outside the EU/EEA
• As a student, you must provide, a matriculation letter or proof of registration as a student at a university or college. Also bring a certificate of admission from your school showing the time period of your studies.
• as an EU-citizen, EHIC. You need to show that you have comprehensive health insurance valid for a year in Sweden (for students the European health insurance card should be shown).
• as an EU-citizen, you need to provide a self-signed assurance that you have sufficient funds for your support for the duration of your studies.

More information and contact details to the Tax Office:
Website: www.skatteverket.se/otherlanguages/inenglish/individualemployees
Service tel: 0771-567 567
Visiting address Malmö: Kattsundsgatan 7, Malmö

HEALTH CARE WITH A SWEDISH PERSONAL IDENTITY NUMBER
If you are registered in the Population Register in Sweden, you are entitled to all health care in Sweden for the Swedish patient fee. Please go to chapter 4 for more information.

SFI – SWEDISH FOR IMMIGRANTS
SFI, Svenska för invandrare, is a national free Swedish language course offered to immigrants who have received a Swedish personal identity number. The course is offered by the municipality you are registered in.
Visa, residence permit

The Swedish Migration Board, Migrationsverket, is the authority which receives applications from people wishing to visit or settle in Sweden. The Migration Board handle matters concerning visa, extension of residence permits, right of residence etc.

**EXTENSION OF A RESIDENCE PERMIT**

You must apply for an extension of your permit at least 30 days before your current permit expires. The Migration Board does not send out reminders. Make sure to extend your passport if it is about to expire — you cannot obtain a permit for longer than your passport’s period of validity.

You can apply for an extension of your residence permit online on the Migration Board website. The waiting time is approx. 5 months when you apply for a residence permit extension.

Your municipality (kommun)

The municipalities of Sweden (kommun) are its lower-level local government entities. The 290 municipalities are organized into 21 counties (län), which are upper-level local government entities.

The municipal governments are responsible for a large proportion of local services, including schools, tourist information, libraries, care of elderly and physical planning. If you live in Lund, you live in Lunds kommun, in Helsingborg, in Helsingborgs kommun and in Malmö, Malmö kommun.

**More information and contact details to the Swedish Migration Board:**
Website: www.migrationsverket.se
Service tel: 0771-235 235
Visiting address, Malmö (permit unit): Celsiusgatan 35

**More information about Lund city, Malmö city and Helsingborg city:**
Website, Lund: www.lund.se/en/
Tourist information, Lund: www.visitlund.se

Website, Malmö: www.malmo.se/
Tourist information, Malmö:
www.malmotown.com/en/

Website, Helsingborg: www.helsingborg.se/
Medborgare/toppmeny/english/
Learn Swedish - ”Tala svenska!”

PRACTICING YOUR SWEDISH LANGUAGE SKILLS IN EVERYDAY LIFE

Here are some quick tips for you to learn the language while taking part in everyday life in Lund:

• Listen to and read Swedish every day! Read the Swedish papers, watch Swedish television, listen to the Swedish radio stations or eavesdrop on the Swedes’ conversations around you. If you keep listening and reading you will get used to the language. One hour of listening or reading is more effective than many hours of class time.

• When going shopping, translate your shopping list into Swedish before you leave the house, otherwise you might end up with “gräddfil” in your coffee instead of milk! All the various elements of life in Sweden have a vocabulary. Bring your dictionary with you all the time, to the laundry room, food store, nation etc and look up words and phrases from various signs, books, posters.

• Throw away your inhibitions! Take a good hard look at your fear and toss it away. It is just a barrier between you and the mastery of the Swedish language. If you meet someone who speaks Swedish, be brave and speak. Don’t worry about mistakes. Just try to communicate.

SWEDISH LANGUAGE COURSES

Students with a Swedish personal identity number: SFI

SFI, Svenska för invandrare, is a national free Swedish language course offered to immigrants who have received a Swedish personal identity number. The course is offered by the municipality a student is registered in. As soon as a student has received his/her Swedish personal identity number, it is possible to sign up for state-funded courses, commonly referred to as SFI. SFI courses are administered by each municipality; contact your municipality for information on courses in your area.

More information about SFI in Lund, Malmö and Helsingborg:

Website, Malmö: www.malmo.se/medborgare/forskola--utbildning/utbildning-for-vuxna/svenskundervisning-for-invandrare-sfi.html (in Swedish)
Website, Helsingborg: www.helsingborg.se/Medborgare/toppmeny/english/preschool-and-education/ (bottom of the page)

Folkuniversitetet

Folkuniversitetet is a non-profit adult education association offering a wide range of courses throughout Sweden, including Swedish courses for all ability levels.

More information about courses and fees: www.folkuniversitetet.se/Har-finns-vi/Lund/Svenska-som-frammande-sprak/
Swedish courses for exchange students
Formal exchange students at Lund University are offered a short introductory course in Swedish during the Orientation programme. As an added value to the student exchange programme and to awake an interest in the language and culture of the host country as well as to facilitate communication, Lund University also offers Swedish Language courses to exchange students during the semester. More information about these courses is provided from the exchange student coordinators.

Swedish courses for students on a one-year degree programme
All international students admitted to a one-year degree programme are offered the opportunity to apply for an introductory course in Swedish during the Introduction programme.

LANGUAGE CAFÉS AT LUND UNIVERSITY

The Swedish Lounge
The International Desk Swedish Lounge is offered once a week every semester. At the Swedish Lounge international students have the opportunity to practice their Swedish language skills together with Swedish speakers. More information is provided in the International Desk newsletter and on the International Desk Facebook page.

Café Multilingua
Café Multilingua is a language café offered by the student union at the faculties of Humanities and Theology, HTS. Every week a big group of students gather to practice many different languages. The Café is open to all students who would like to practice their language skills or help other students improve their skills.
CHAPTER 9: LIVING IN SWEDEN

SHIPPING A-Z

BOOKSTORES (BOKHANDEL)
Akademibokhandeln is the biggest bookstore in Lund and the stores in Stortorget and in the AF-building have a wide selection of course literature.

You can both buy and sell used course literature in Andrahandsbokhandeln on Winstrups-gatan 9 in Lund.

There are also several online bookstores available:
- Adlibris, www.adlibris.se
- Bokus, www.bokus.se
- Amazon (UK), www.amazon.co.uk
- CDON, www.cdon.se

Please note that you usually need to pay with credit card or invoice (which requires a Swedish personal identity number) when buying books online.

ELECTRONIC STORES AND COMPUTER STORES, LUND

Lund city centre:
GH Data
Bankgatan 4
Website: www.ghdata.se

Kjell & Company
Stora Södergatan 58
Website: www.kjell.com/butiker/lund-city

Nova shopping centre:
Electronic stores:
Elgiganten (www.elgiganten.se)
Siba (www.siba.se)
Media Markt (www.mediamarkt.se)

FURNITURE AND BED LINEN

In Lund city centre:
Hemtex, Mårtenstorget 11
Åhléns, Stora Södergatan 6

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

IKEA
In Malmö; local bus 7 or 33 or train and get off on Svågertorp station.
In Helsingborg you find IKEA by Väla shopping centre (see below).

OPENING HOURS
The regular store hours in Sweden are between 10am to 6pm Monday to Friday, 10am to 2pm 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 Sundays. Big grocery stores are in general open 8am to 9pm most days of the week.

PHONE SERVICES
There are several companies on the market that provide mobile phone services. Please note that not all mobile phones are compatible with the European mobile phones network. A refill phone card is provided in the welcome package available to all new international students. You can refill your phone card or get a new one in convenient stores such as 7-eleven and Pressbyrån. New mobile phones can be purchased at one of the many phone retailers Telia, Telenor, The Phone House, Elgiganten, Siba or Media Markt.
If you choose to use the refill card provided in the welcome package, you can activate the card in the Telia store.

**Mobile phone services in Lund**

**Telia**  
Address, Lund: Knut den Stores Torg, Lund

**The Phone House**  
Address, Lund: Mårtenstorget 10

**Telenor**  
Address: Västra Mårtensgatan 2

**POST OFFICE**

The post offices, Posten, in Sweden have been replaced by stores which have postal services. You can find their locations all around the cities in many of the larger grocery stores. Posten have some pre-paid boxes and envelopes, but you can also buy stamps there. More information can be found on www.posten.se/en/

**SYSTEMBOLAGET**

Alcohol is only sold in special shops called Systembolaget usually open Monday-Friday 10.00 to 18.00 and Saturday until 15.00. Some stores are open until 19.00. Please note that you must be at least 20 years old to buy alcoholic beverages. Be prepared to show your ID.

**SECOND-HAND SHOPPING**

Flea market and second-hand shops are quite common in Lund. Every Saturday morning during the spring you can find a flea market on Södra Esplanaden in Lund.

Along Stora Södergatan you can find several second-hand shops where you can buy clothes, furniture, books etc. for a bargain.

**Erikshjälpen**  
Address: Stora Södergatan 25  
Opening hours: Tuesday-Thursday 11-18, Saturday 11-15
Amnesty
Address: Bredgatan 8
Opening hours: Tuesday-Friday 16-18, Saturday 10-14

Lions Club
Address: Lilla Fiskaregatan 4

Uggleboden
Address: Råbygatan 17
Opening hours: Mon-Fri 10-18

Humana
Address: Bankgatan 15a
Opening hours: Mon-Fri 11-18, Sat 11-15

Röda Korset Kupan
Address: Tullgatan 14
Opening hours: Mon-Thurs 12-16, Fri 14-18, Sat 10-14

Svalorna
Address: Spolegatan 5 (entrance through courtyard at #7)

SHIPPING CENTERS
Nova, Lund
Nova is a shopping center in the outskirts of Lund city centre. The mall includes more than 70 shops. In the area, you can also find several electronic stores, home accessory stores etc. How to get there: You can reach Nova by bike or by local bus 5 or regional buses 126 and 137. The bus stops close to Nova is Företagsvägen and Fjelierondellen.

Väla, Helsingborg
Väla is one of the biggest fashion shopping centres in Sweden with 180 stores and next door to IKEA. How to get there: You reach Väla with city bus 22 or regional buses 230, 506 and 520 from Knutpunkten. Väla is the end station of the bus lines.

Emporia, Malmö
Emporia is one of the newest shopping centres in the region. The shopping centre is easily reached by train to Hyllie station.

TIPPING
Tipping a special services provided by hotel staff is fine, but it is not expected and is simply a matter of personal taste.

At restaurants, a service charge is included in the bill, but a small gratuity is expected for evening meals. Taxi drivers should be given a few extra kronor, if you are happy with the service. Porters and cloakroom attendants often charge fixed fees. You do not have to tip your hairdresser.

SUPERMARKETS
Supermarkets are open all week and generally open from 8.00 in the morning until 22.00.

There is usually a supermarket located close to the student accommodation areas in Lund. Examples of the most common supermarkets in Sweden are ICA, Coop, Willys, Lidl and Netto.

SHOPPING FOOD IN SWEDEN
Finding your way in a new country with different food products can be a bit of a challenge. On the next page we have compiled a list of useful information and a dictionary that you can during your first visits to a Swedish supermarket.
**Going to the Supermarket**

Here is some useful information that may be useful to you when you visit a Swedish supermarket:

- The smallest coin used in Sweden is “krona” (kr/SEK). Prices can be stated with smaller amounts, for example, 14,90 kr, but prices are always rounded up to the nearest 1 krona.
- Plastic and paper bags are found by the checkout and cost extra.
- Unless you use a supermarket’s self scan service, the fruit and vegetables are weighed by the cashier.
- The sales tax for food (moms) and groceries is 25%. The cost of sales tax is always included in the price on the price tag.
- “Extrapris” means that the price has been temporarily reduced.
- “Bäst före” means “Best Before”, and indicates that the product should be consumed before that date printed on the product.

**Swedish food products**

“Blodpudding” - black pudding (made from pigs’ blood)
“Falukorv” - a type of pork sausage
“Isterband” - spiced sausage (pork)
“Tubost” - cheese in tubes, many different flavours
“Leverpastej” - live pâté (less fancy Swedish version from the French delicacy, from pork)
“Kaviar” - caviar (less fancy Swedish version of regular caviar, served on a tube)

**A small food dictionary**

Almond - Mandel
Apple - Äpple
Banana - Banan
Beef - Nöt
Butter - Smör
Carrot - Morot
Cheese - Ost
Chicken - Kyckling
Cod – Torsk
Egg - Ägg
Flour - Mjöl
Garlic - Vitlök
Ginger - Ingefära
Gluten free - Glutenfri
Graham/Wholemeal flour - Grahamsmjöl
Herring - Sill
Lactose free - Laktosfri
Lemon - Citron
Milk - Mjölk (do not confuse with “Filmjölk” which is non-sweetened type of yogurt)
Minced beef - Köttfärs/Nötfärs
Minced pork and beef - Blandfärs
Mushroom - Svamp
Oats - Havregryn
Onion - Lök
Orange - Apelsin
Peanuts - Jordnötter
Pepper - Peppar
Pork - Fläsk
Potato - Potatis
Rye - Råg
Salmon - Lax
Salt - Salt
Sausage - Korv (usually contain pork)
Shrimp - Räkor
Sour cream - Crème fraiche or Grädfil, different fat contents
Sugar - Socker
Turkey - Kalkon
Wheat/white flour - Vetemjöl
Whole grain - Fullkorn
Yogurt - Yoghurt
Gyms and fitness centers

GERDAHALLEN
Gerdahallen is run as a Lund University foundation and is one of the biggest fitness and training centres in Sweden. Its main purpose is to offer students and university staff an opportunity to exercise at substantially subsidized prices. Gerdahallen offers approx. 200 classes every week including aerobics, pilates, boxing, funk and zumba and has also a large gym for men and women. There is also a separate gym for women only.

More information about Gerdahallen:
Website: www.gerdahallen.lu.se
Address: Helgonavägen 8

VICTORIASTADION
At Viktoriastadion you can use the gym at very student friendly fees. Located in the same facilities are ATL tennis, squash and badminton courts as well as the indoor handball, football and basketball courts.

More information about Viktoriastadion:
Website: www.lugimotion.se (Swedish)
Address: Lovisastigen 2-4

Other gyms and fitness centres in Lund:
Friskis & Svettis, lund.friskissvettis.se
Address: Gustavshemsvägen 1

ACTIC OLYMPEN
(in the Sparta building), www.actic.se
Address: Tunavägen 39 H

ACTIC DELPHINEN
(by Delfi), www.actic.se
Address: Magistratsvägen 59

FITNESS24SEVEN
www.fitness24seven.com
Address: Kattesund 1
Sport teams and swimming pools

Many of the student nations offer different kinds of sport teams, such as football and volleyball. Please visit the nations’ websites, which can be found through www.studentlund.se.

Below is a selection of sport clubs. The email address stated will take you to the secretariat of each club. Please note that the clubs are generally organised on a volunteer basis and are not connected to Lund University.

**BASKET**

EOS Lund
www6.idrottonline.se/EosLundBF-Basket
Email: info@eoslund.se

**FOOTBALL/SOCCER**

Lund SK
Website: www.lundssk.se
Email: kansli@lsk.net

Lunds BOIS
Website:
www6.idrottonline.se/LundsBOIS-Fotboll/
Email: kansliet@lundsbois.se

Lunds BK
Website:
www6.idrottonline.se/LundsBK-Fotboll/
Email: kansli@lundsbk.se

**HANDBALL**

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

**ROWING**

Malmö Rowing Club (Malmö Roddklubb)
Website: malmo.skanerodd.se/
Email: malmo@skanerodd.se

**RUGBY**

Lugi Lions Rugby club
Website: lugirugby.com/
Email: kontakt@lugirugby.com

**TENNIS AND BADMINTON**

Tennis
ATL (tennis, squash and badminton courts),
Website: atllund.se
Location: Victoriasdion on Lovisastigen in Lund

Gerdahallen
www.gerdahallen.lu.se/tennis-main.aspx
Location: Helgonavägen 8 in Lund

**HÖGEVALLSBADET**

Indoor public swimming pool, open all year. Offers adventure bath, water slides, climbing wall and outdoor pool.
Address: Högevallsagatan 1
Website: www.hogeavall.se

**DELPHINENBADET**

Indoor public swimming pool, open all year round. Located by Delfi and Kämnärsrätten student accommodation areas.
Address: Magistratsvägen 55A
Website: www.actic.se

**OPEN-AIR SWIMMING – KÄLLBYBADET**

Only open in summer.
Address: Badarevägen
Website: www.lund.se/bad (Swedish)
Faith and Spirituality

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. 70% of the population in Sweden are members of the Church of Sweden (Svenska Kyrkan), which is Lutheran. Around 160,000 Catholics are registered in Sweden and the Muslim community makes up the largest single group of non-Christians.

**STUDENT CHAPLAINS (STUDENTPRÄSTERNAN)**

Students of all faiths are welcome to the Student Chaplains office in Lund. The Student Chaplains in Lund serve all students and employees of the University. Three ministers of the Church of Sweden, one pastor and one deacon of the Mission Covenant Church, work together. Their office can be found on the 4th floor in the AF-building.

You are welcome to visit the Student Chaplains irrespective of your faith or religion. The chaplains provide personal and spiritual counseling and support. All visits are free of charge and confidential. The Student Chaplains can also help you to contact any local church or religious body, other than the church of Sweden.
More information and contact details to the Student Chaplains:
Website: studentprasterna.wordpress.com/in-english/ and www.lundsdomkyrka.se/english/
Contact person: Jan Kjellström
Email: jan.kjellstrom@svenskakyrkan.se
Tel: 0705 58 77 68

RELIGIOUS BODIES IN LUND
Church of Sweden, Lund Cathedral
Website: www.lundsdomkyrka.se/english/
Lutheran, Anglican, Episcopal, Methodist, Presbyterian, Reformed, Congregational
Contact: International student chaplaincy, Jan Kjellström
Email: jan.kjellstrom@svenskakyrkan.se

Catholic
Contact: Catholic Student Chaplaincy
Website: www.dominolund.wordpress.com

Pentecostal, Baptist
Email: torben75@yahoo.com (African)
davidneil72@hotmail.com (English)
adfontes.international@gmail.com

Jewish
Email: jfm@algonet.se
Website: Jewish community of Malmö
www.jfm.se/in-english.html

Islam
Email: ali_ii46@hotmail.com (Lund) and icmalmo@mosken.se (Malmö)
Website: Islamic Center Malmö, www.mosken.se

Buddhist
Email: phra_tongchai@yahoo.com

Other churches and religious bodies
Please contact the International Student Chaplaincy.

Matters of the heart

PROJECT 6 (P6)
P6 is an independent organisation working for Lund’s University students to promote sexual health on a physical, emotional and social level. This is done by offering education and arranging the well-known condom-raids at nation parties. P6 offers a wide range of social and educational activities for its members such as as workshops and lectures, members’ evenings, LGBTQ group, condom raids, education weekend and radio broadcasting.

All students are very welcome to pick up free condoms, lube etc in the P6 office on the 4th floor in the AF Building. The office is manned by P6 Educators, students who have completed the education weekend, and they’re more than happy to answer any questions you might have regarding sexual health.

Membership in P6 is free and without obligations. Become a member through their website. As a member you will receive the weekly newsletter, where you can read all about the upcoming events.

STI’S AND GETTING TESTED
It is free of charge to test yourself for the sexually transmitted infections (STIs) chlamydia, gonorrhea, syphilis and HIV in Sweden. You can find more information about the locations where you can get test on projekt6.se/en/testa-sig/
Information and advice on STI’s can be found on projekt6.se/en/information/konssjukdomar/

**LGBTQ STUDENTS**

LGBTQ Students Lund (HBTQ-Studenterna Lund) is part of the student organisation Projekt Sex (P6). It addresses the needs of Lund University’s lesbian, gay, bisexual, transgender and queer students in particular, although LGBTQ allies and all other interested persons are welcome.

The LGBTQ students arrange social activities for their members such as the LGBTQ brunch and they also have a discussion group called Café Tove, a forum for talking about LGBTQ-related themes. Membership is free and you decide how involved you want to be.

To become a member please fill out the P6 membership form on: projekt6.se/en/om/bli-medlem/

Both P6 (the umbrella organisation) and LGBTQ Students Lund are member-based. This means that they arrange activities based on what their members request. You are always welcome to suggest a new activity, attend the board meetings and propose new ways to contribute to the continued development of the organization.

**More information and contact details to Project 6:**

Website: projekt6.se/en/
Email: p6@projekt6.se
Facebook: www.facebook.com/ProjektSex
Culture

**KULTURMEJERIET**
Mejeriet in the south of Lund is an event centre where many things happen. They have movie nights which include outdoor movie nights during the summer, Doc Lounge where modern documentaries are shown every Tuesday during the term, musical concerts with many well-known bands and singers as well as club days/night (Cubana Club, jazz lunches, and more). Check out their website for the latest information about concerts and clubs.

More information about Kulturmejeriet:
Website: www.kulturmejeriet.se
Address: Stora Södergatan 64

**CINEMA (BIO)**
Most blockbuster movies are shown on the SF cinemas in Sweden. In the larger cities there is usually at least one SF cinema available. The regular ticket price is approx. 110 SEK but there are student discounts if you choose to watch a movie on a week night.
Website: www.sf.se (Swedish)
Address, Lund: Västra Mårtensgatan 12

In Lund you can also find Kino which is a cinema showing independent movies, documentaries and live streaming from the National Theatre in London, the Met in New York etc.
Website: www.kino.nu (Swedish)
Address: Kyrkogatan 3, Lund

**MUSEUMS**
The Museum of Sketches and Public Art (Skissernas Museum)
The Museum of Sketches is owned by Lund University and is a unique museum with its focus on the artistic process and public art.

There is no entrance fee for students and the museums holds guided tours in English on a regular basis.
Website: www.adk.lu.se
Address: Finngatan 2 (by the University Main library)

**Lund Konsthall**
In the middle of the city, by Mårtenstorget, you find Lund Konsthall with exhibits of international contemporary art. This museum is always free of charge.
Website: www.lundskonsthall.se
Address: Mårtenstorget 3

**Kulturen**
Kulturen is the biggest museum in Skåne, the southernmost province of Sweden, and the second oldest open-air museum in the world. There are now more than thirty buildings, moved and re-erected in Kulturen to fill two blocks of the city of Lund. The buildings show how people have lived and worked in Sweden through the ages. The museum offers 20 exhibitions and programme activities around Swedish festivities such as Christmas, Easter and Midsummer.
Website: www.kulturen.com
Address: Tegnérsplatsen, Lund

**CULTURE IN MÅLÖ AND HELSINGBORG**
Malmö and Helsingborg offers a wide variety of cultural activities. You can find more information on www.helsingborg.se/Medborgare/toppmeny/english/see-and-do/ and www.malmotown.com
**Nature**

**THE RIGHT OF PUBLIC ACCESS (ALLEMANSRÄTT)**
In Sweden, there is a law known as Allemansrätt which gives everyone the right to walk, cycle, ride a horse or ski freely in the countryside, even if it is privately owned. However, this freedom also entails an important code or responsibility. The owners of the property, and equally, the wildlife must not be disturbed. You may pitch your tent for a night or two in the countryside as long as you do not disturb the landowner or cause damage to nature. You are allowed to pick berries and mushrooms, but obviously you are not allowed to break branches or damage crops, fences or other property. Great care must be taken with fires and a permit must be bought before fishing.

**More information about the Right of Public Access:**
Website: www.swedishepa.se/Enjoying-nature/The-Right-of-Public-Access/

**PARKS**

**The Botanical Gardens**
An oasis in Lund city centre with 7000 species and greenhouses with nine different climate zones. Free of charge to go in the greenhouse which is open from 11-15 every day!
Website: www.botaniskatradgarden.se
Address: Östra Vallgatan 20

**Stadsparken**
Stadsparken, the city park in Lund, is the most popular park and you can enjoy musical performances and other events year round. Every year on the 30th of April, the park fills up with about 27 000 students celebrating Walpurgis Night (Valbord) and the Last Day of April.

**St Hans Backar**
In the park St Hans Backar close to Delfi and Kämnarsrätten, you have one of the best views of the region. It is also a perfect place to play outdoor games and have a barbecue.

**NATURE AREAS CLOSE TO LUND**

**Dalby Söderskog – national park with a rich plant and animal life.**
Website: www.swedishepa.se/Enjoying-nature/Protected-areas/National-Parks/Dalby-Soderskog/

**Skrylle**
Popular open-air recreation area with numerous jogging and walking tracks.
Website: www.skryllegarden.se
Romeleåsen ridge – many walking trails in beautiful scenery. Walking maps available from Lund tourist office.
Explore the Skåne region

Sometimes it can be nice to take a break from your studies and have a change of scenery. We have therefore put together a small selection of easy day trips.

**SKÅNE ZOO**
Where: Skånes Djurpark in Höör  
Website: www.skanesdjurpark.com (Site in English: click on the flag)  
What: This is a small zoo with different Nordic animals. It is great for a day trip and you can bring your own picnic to the park. Some examples of the animals are: moose, foxes, beavers, different types of deer and birds.  
How: Take the train to Höör station and change to yellow bus 15 (ask the driver if it goes to Skånes Djurpark to be sure). Single tickets cost 69 SEK. The park costs 120 SEK in low season (1/1 - 31/3) and 180 SEK in high season (1/4 - 30/9).

**VEN ISLAND**
Where: Ven Island  
What: This is a small island where Tycho Brahe had his observatory and is great for picnics, renting a bike to ride around and to see the Tycho Brahe observatory.  
How: Take the train to Landskrona station where you will have to change to a city bus to Skeppsbrokajen (the harbor) which should cost approx. 69 SEK one-way. From there, you can catch the ferry to the island (90 SEK). The ferry leaves approx. every one and a half hours and you can see the times on: www.ventrafiken.se/index.php/en/  
Once on the island, it is best to rent a bike to explore the island.

**TOUR OF DENMARK**
Where: Helsingør in Denmark, Kronborg Castle (Hamlet’s Castle) with the possibility to visit the modern art museum, Louisiana and all the fun in Copenhagen.  
What: Helsingør is a small town with old streets and many restaurants. It is nice to wander around in and is also the location of ‘Hamlet’s Castle’ Kronborg. Louisiana is a great modern art museum.  
How: Take the train to Helsingborg C (located in the building Knutpunkten) and just upstairs you can get on the ferry to Denmark. You can buy a special Øresundsrunt ticket (249 SEK) which enables you to travel up the coast of Sweden, take the ferry over to Denmark and then take the Danish trains back to Lund (or vice versa but you cannot travel back the way you came so if you go over the bridge first then you must take the ferry back). This ticket is good for 2 days as well so you can make a night of it if you wish. On the Danish side is also a great modern art museum called Louisiana which costs 95 DKK (www.louisiana.dk/dk/Service+Menu+Right/English). You then continue to Copenhagen and stop if you wish or head back to Lund over the bridge. The Øresundsrunt ticket can give some discounts to museums and you can ask about it when you buy the ticket at Skånetrafiken.

**SKRYLLESKOGEN**
Where/What: Skrylleskogen nature park  
How: You take regional bus 159 from place M (on the corner near ICA Malmborgs and the train station). Use your Jojo card to buy your ticket and the cost will be 40 SEK each way. The bus runs Wednesday-Friday from Lund C to Skryllegården. Check the Skånetrafiken website for the time schedule, www.skanetrafiken.se.
LUND UNIVERSITY WEBSITE
Find more information, news and updates for current students at Lund University at our website
www.lunduniversity.lu.se/current-students

LUND UNIVERSITY ON FACEBOOK
Follow us on Facebook and have your questions answered at our international Facebook Pages:
www.facebook.com/internationaldesk
www.facebook.com/lunduniversity

LUND UNIVERSITY ON TWITTER AND INSTAGRAM
Student life at Lund University is great - but don't take our word for it! Follow our student Tweeters @LundUniStudent and on Instagram www.instagram.com/lunduniversity