Welcome to Lund University!
GENERAL INFORMATION MEETING AUGUST 2019
Welcome

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- International Marketing Managers, Division of External Relations

Arrival Day

• 1800+ international students checked-in during Arrival Day!
• Students from over 110 countries joining us for studies this autumn
• Missing items? All lost and found items from Arrival Day are kept at the International Desk
• Did you get a Welcome Pack? Visit the International Desk (10.00-15.00) and check-in!
Agenda

• Settling in
• Orientation Weeks
• Getting started at LU
• Health care and insurances
• Student Chaplaincy
• Studentlund
• Fire Department
• Swedish Police
Settling in

- Contact your family and friends
- Find nearest supermarket and pharmacy
- Get a second hand bike
- Be on time for meetings, Swedes are punctual =)
Lund University

A world top 100 university
Learn more about Lund University

Find degree programmes
Exchange studies
Work at Lund University
Research excellence

Find researchers and publications in our research portal
PhD positions focused on Agenda 2030
12 positions across 8 faculties
Starting studies with us this autumn 2019?
Learn more about Arrival Day and the Orientation Weeks
Lund University libraries
The University has 26 libraries on campus!
How to find practical information

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

Seminar tomorrow, either 9:30-12:00 or 13:30-16:00
Welcome Reception

Tomorrow, Thursday 18:30 - 20:30

Lund Cathedral
Student Association Fair

• 11:00-17:00 Friday in Gasquesalen
Excursion Days and Dinners

See your ticket for details and FB for updates
Sports and Games Day

Sunday 12:00-15:00 in the City Park (stadsparken)
Eos Language Forum and Basketboll

Saturday 31 August 13:00-17:00

No ticket or sign-up required
International Mentor Programme

Welcome you to Lund student life

Mentors are volunteering Swedish and international students

Questions? fadderi@er.lu.se

Not in a group?

- Tag along with someone who is and ask the mentors if you can join
- Or email fadderi@er.lu.se
International Desk

- Follow International Desk at Facebook
- International Desk Newsletter
- Activities during the semester:
  - Play board games at our Game Nights every Monday
  - Practice your Swedish language skills at the Swedish Lounge every Tuesday
  - Seminars, fika, excursions, guided tours, crafts and more…
International Desk

- Address: Stora Algatan 4
- Orientation office hours (21-30 August):
  - Mon-Fri 10:00 -15:00
- Regular office hours (from 2 September):
  - Mon-Fri 9:30 -12:30
- Email: studentreception@lu.se
- Facebook.com/internationaldesk

NOTE: For academic matters: contact your programme coordinator
#Hejlunduni – Instagram photo competition

- 21 August - 10 September
- Use the hashtag #hejlunduni on a photo or video of yourself, along with a short description of your first impressions of Lund University.
- Be featured on our official @lunduniversity account.
#Hejlunduni – Instagram photo competition

- You get the opportunity to be featured on our official @lunduniversity account.
- In addition, three winners will be selected to receive a Lund University backpack!
- www.lunduniversity.lu.se/hejlunduni
Volunteer as a digital student ambassador

We’re looking for volunteers interested in sharing their LU experience

Instagram (@lunduniversity)

Contact us at degreestudies@lu.se or talk to us after the meeting!
Sustainability in Lund

- Recycling in your accommodation
- Second hand shopping is easy and trendy in Sweden
- Use your bike and public transport. It is very convenient and easy to use
- Tap water is drinkable
Swedish Institute Scholarship

• Collection of the Pre-paid cards.
• Meeting tomorrow 22 August
• Meeting Point: This building (Palaestra).

• Please remember to bring your passport!
Academic matters
Introduction Meetings

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

• The first day of the course is the introduction meeting as well.

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

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

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

• Session on Academic Culture and Study Skills Wednesday 28 August
Academic conduct

• Cheating and plagiarism is **FORBIDDEN!**
• “Urkund” - Advanced software testing all assignments for plagiarism.
• Cheating is a serious offence with strict penalties, such as suspension and report to the home university.
• Suspension may result in the offender getting prohibited from taking exams at Lund University.
• Serious cases of plagiarism will be punished according to Swedish law.
• If in doubt about what is considered cheating/plagiarism, ask your professor **BEFORE** you take your exam/write your assignment.
Student accounts

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

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

Keep your computer healthy during your stay.

Please use:

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

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

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

LADOK, ACCESS CARDS
LU Personal code (Ladok number)

YYMMDD-TXXX

Ex. 980714-T436
Lund University ID/Access card

- ID card within Lund University
- Access card to all premises relevant to your education
- Information about how to get a card available from your coordinator and/or department
- http://www.lunduniversity.lu.se/current-students
Moving to Sweden – how to get a personal identity number

- Skatteverket – The Swedish Tax Agency – is represented outside until 18:00 to inform you about how to apply for a Swedish personal identity number

- Students who will study in Sweden for at least three semesters can apply for a personal identity number

- You will be able to fill out your application today but will have to visit a service office to submit your application in person
Swedish For Immigrants (SFI)

- For students with a Swedish personal identity number from Skatteverket
- Free courses from beginner and onward
- Email: lundavalkomstenvux@lund.se
- https://sites.google.com/skola.lund.se/lundavalkomsten/startsida
- Also available in Malmö and Helsingborg
- Questions? In the building until 18:00
Health care and insurance

EMERGENCY NUMBERS, HEALTH CARE, HEALTH INSURANCE
Emergency numbers

• For emergencies: call 112

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

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

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

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

Students from EU/EES/convention countries:

- Always bring your EHIC card to the clinics and hospital
- Insured according to EU regulations
- Student IN insurance policy – terms and conditions on our website
- Save your receipts

Students from non-EU countries (required to pay tuition)

- FAS+ insurance policy – terms and conditions on our website
- Health insurance, accident, liability and legal expenses cover. Some third party liability.
- Save your receipts!
• Always ask how much it will cost you. Regulations for medical care do not apply to dental care.

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

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

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

• The service provided is confidential but bring an ID.
Do you need help with…

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

Seminars:
• Stress management course
• How to survive the darkness
• Procrastination
Contact

- Student Health Centre
  Phone 046 2224377

- www.lunduniversity.lu.se/student-health

- Visiting address: Paradisgatan 5B, Lund

- Booked appointments only
Multifaith Chaplaincy

“STUDENTPRÄSTERNA”
Multi-faith Chaplaincy for students at Lund University
Lutheran, Anglican, Episcopalian, Methodist, Presbyterian, Reformed, Congregational
Jan Kjellström, International Student Chaplain

Multifaith Student Chaplaincy
0704 22 29 97
jan.kjellstrom@svenskakyrkan.se
www.lundsdomkyrka.se/english

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

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

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

Jewish
Rabbi Rebecca Lillian
+46 73 3 500 195
rabbir.lillian@gmail.com

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

Our job:

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

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

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

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

• Taizé Service first Thursday in every month. 6.30 pm in the Cathedral Crypt
Contact
Jan Kjellström, Student chaplain
jan.kjellstrom@svenskakyrkan.se
0704 22 29 97
www.lundsdomkyrka.se/english
Facebook: www.facebook.com/LundCathedralServicesInEnglish
Studentlund

One membership – The entire student life
Studentlund:
Three memberships in one!
ACADEMIC SOCIETY (AF)

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

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

Student representation, career fairs, student politics, novisch activities etc.
An international student’s take
BECOMING A MEMBER

STEP 1 + STEP 2 = DONE!

REGISTER ONLINE AT STUDENTLUND.SE

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

YOU ARE NOW A MEMBER AND CAN TAKE PART OF THE STUDENT LIFE INSTANTLY! YOUR STUDENT CARD WILL BE MAILED TO YOUR HOME ADDRESS.
Take note!

Today: If you are unable to register online, students from Studentlund will help you with the registration at the Student Association Fair today 15.00-18.00 at the AF-building. You can also visit a nation during their opening hours to get help registering.

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

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

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

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

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

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

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

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

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

• The Emergency number in Sweden is 112
Traffic

- The same traffic rules that apply for cars or buses also applies for bicycles
- Bicycles need to have brakes, lights, and reflectors
- It is not allowed to ride more than one adult on a bicycle
- Seatbelts are required to use on buses
- Be careful to not buy a stolen bike
Narcotics and alcohol

• In Sweden it is considered illegal to use or posses narcotics. Cannabis is a drug and therefore illegal.
• Possession or being under the influence of drugs results in a fine.
• If you have medical drugs, keep the doctor’s prescription at hand
• To buy alcohol you need to be 20 years or older
Safety in Lund

• Lock your bike with proper locks
• Keep an eye on belongings such as computers, phones
• Use your common sense
• Use reflectors
Get in touch with the Police

• Located close to Lund C
• For emergency call 112
• Non-emergency contact with police call 114
• More info on www.polisen.se
Need more information?

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

Tomorrow, Thursday 18:30 - 20:30

See you there!
Welcome to Lund!

Greetings from the Alumni Network
International Students
Lund University
Welcome to Lund
How and where can you get in touch with the Police

- Located close to Lund C
- For emergency call 112.
- Non-emergency contact with police call 114 14 get in contact with the police to make a complaint, for example, if your bike is stolen call 114 14.
- You can find more details on www.polisen.se
Traffic

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

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

• In Sweden it is considered illegal to use or posses narcotics.
• Possession or being under the influence of drugs results in a fixed penalty, a fine.
• Cannabis is a drug and therefore illegal.
• To buy medicine in Sweden, you need a prescription from a doctor.
• You do not need a prescription for common painkillers which contain for example, ibuprofen.