Welcome to Lund University!

HELSINGBORG STUDENTS GENERAL INFORMATION
MEETING 2019
Welcome

• Isabelle Jönsson

International coordinator
Division of External Relations
International Desk
Agenda

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

Service Management
• Annika Permevik
• Britta Persson

Strategic Communication
• Lena Rolén

Energy-efficient and Environmental Building Design
• Lykke Jacobson
How to find practical information

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

- Welcome Reception tomorrow 18:30-20:30 in Lund Cathedral
- Bus will depart from Campus 17:30. Be there 17:15! Departure from Lund 20:30 (sharp!) by Stortorget
- Exchange students: Pre-registration day tomorrow
- Student Association Fair, Friday 11:00-17:00
- Excursions Saturday to Söderåsen departing from Helsingborg. Ticket required!
Orientation Weeks

- Academic Culture and Study Skills 14:00-15:30  
  August 26 room C163 (new venue)

- Cultural Adjustment and Swedishness 14:00-16:30  
  August 27 room C163 (new venue)
International Mentor Programme

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

- Opening hours: 21-30 August Mon-Fri 10-15
- Regular opening hours (from 2 September): Mon-Fri 9:30-12:30
- studentreception@lu.se
- Stora Algatan 4
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…
#hejlunduni

Use the hashtag #hejlunduni on a photo or video of yourself, along with a short description of your first impressions!
You get the opportunity to be featured on our official @lunduniversity account.

In addition, two winners will be selected to receive a Lund University backpack!

www.lunduniversity.lu.se/hejlunduni
Sustainability

- Recycling in your accommodation
- Second hand shopping is easy and trendy
- Bike and public transport are convenient and easy to use
- Tap water is potable
Academic matters
Introduction Meetings

• Go to the Pre-Registration meeting or Introduction meetings

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

• Schedules often in Time Edit

• If you can’t find your schedule: contact the department or your coordinator
• 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 Monday 26 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](http://www.student.lu.se)
• Wireless Network (Eduroam)
• Access to student computers
• Access to different resources at your faculty
• LUBsearch the electronic library
• Student e-mail 25GB/storage 5 GB
• A number of free programs
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 services

LADOK, ACCESS CARDS
LU Personal code (Ladok number)

(19)YYMMDD-TXXX

Ex. (19)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
Health care and insurance

EMERGENCY NUMBERS, HEALTH CARE, HEALTH INSURANCE
Emergency numbers

• For emergencies: call 112

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

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

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

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

Students from EU/EES/convention countries:
• Always bring your EHIC card to the clinics and hospital
• Insured according to EU regulations

Students from non-EU/EES/convention countries: Student IN insurance [www.kammarkollegiet.se](http://www.kammarkollegiet.se)
• Valid 24 hours per day in Sweden
• More information available on [http://www.lunduniversity.lu.se/current-students/health-care/medical-insurance](http://www.lunduniversity.lu.se/current-students/health-care/medical-insurance)
• Save your receipts!
• 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
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
- Panic attacks
- Family problems
- Relationship problems
- Crisis reactions
- Anxiety
- Procrastination
- Stress
- Sleeping problems
- Adjustment difficulties
- Concentration problems
- Self-confidence issues
- Harassments
- Academic difficulties
Courses and seminars

Seminars:

• 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

• Only booked appointments, in Helsingborg also
Seminar: Cultural Adjustment and Swedishness

Tuesday 27 August 14.00-16.30

Seminar hosted by the Student Health Care Center

Panel with experts (students)
Multifaith Chaplaincy

JESSICA G. NORDQVIST
Multi-faith Chaplaincy for students at Lund University
Multi-faith Chaplaincy for students at Lund University
Catholic
Contact: Domican Björn Engdahl
Catholic Student Chaplaincy
0762 76 36 67 | bjorn@dominkan.nu

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

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

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

Buddhism
Contact: Dharma master Ming Bao
info@taozen.se
Studentprästerna i Lund
Welcome to Student Chaplains

- Confidential help and advice
- Takes part in groups of crisis management and provides educational workshops
- Counseling groups such as grief group
- Help students find congregation
- We are for you as a student, but also for employees at LU
- Regardless of faith or belief, you are welcome.
Contact

Jessica G Nordqvist
jessica.g.nordqvist@svenskakyrkan.se
0703726106

Besöksrum C119

Tue 9-15
Wed 11-15
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 representation, career fairs, student politics, novisch activities etc.
Helsingborg students

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

Kateryna, the group's mom
Curry king Adnan
The dancing queen Solmaz
Ellinor, the karaoke queen
Chang, the Stockholm Lover
Lisa, the networker
The Jodel-King Alex
The project

- Student project for Agora
- Who is Agora?
- 2 weeks of fun and activities
- Tickets purchase + Questions
Swedish Fire Department
Smoke alarm

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

It is your responsibility to make sure your smoke alarm is working. Test it!

Make sure the battery is working, replace it if it is not working.
Causes of fires

Most common is fire on the stove. Often late at night or early morning.

Buy a falafel or a kebab on your way home!
In case of fire

- Never enter a smoke filled area.
- Stay in your room/apartment and close the door and windows.
- Call 112.
International Students
Lund University
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

• 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 at Berga Allé 25 (northern part of Helsingborg)
- For emergency call 112
- Non-emergency contact with police call 114
- More info on www.polisen.se
Summary

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