Welcome to Lund University!

GENERAL INFORMATION MEETING JANUARY 2020
Welcome

Hanna Gustafzelius & Sara Westman

International coordinators
Division of External Relations
Agenda

• Orientation Weeks
• Getting started at LU
• Health care and insurances
• Student Chaplaincy
• Studentlund
• Fire Department
• Swedish Police
Apply now for autumn 2020 studies

Over 100 international degree programmes – find yours now and apply by 15 January!
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
Student Association Fair

Wednesday 13:00-17:00

AF Building
Welcome Reception

Thursday 18:30-20:00
Main University Building
Excursions and Taste of Sweden

See your ticket for details.
Fika and Board Games

Saturday 11:00-16:00

SOL Center
Treasure Hunt Challenge

Sunday 13:30-17:00

Meeting point SOL center
Concert in Lund Cathedral

Monday 18:00-19:00
International Mentor Programme

- Welcome you to Lund student life
- Mentors are volunteering Swedish and international students
International Desk

• Opening hours: 14-24 January
  Mon-Fri 10-15
• Regular opening hours (from 27 January):
  Mon-Fri 9:30-12:30
• studentreception@lu.se
• Stora Algatan 4
International Desk

• Follow International Desk at Facebook
• Activities during the semester:
  – Play board games at our Game Nights every Monday
  – Seminars, pot luck, excursions, guided tours and more…
#hejlunduni

Use the hashtag #hejlunduni on a photo or video of yourself, along with a short description of your first impressions of Lund!
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
Academic matters
Introduction Meetings

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

• Schedules often in Time Edit

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

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

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

• Session on Academic Culture and Study Skills on Friday
Academic conduct

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

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

- 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 including Windows 8 and other Microsoft 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)

(19)YYMMDD-TXXX

Ex. (19)960714-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](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 make a claim via your coordinator.
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 046 222 43 77

• [Website Link](http://www.lunduniversity.lu.se/student-health)

• Visiting address: Paradisgatan 5B, Lund

• Booked appointments only
Multifaith Chaplaincy

“STUDENTPRÄSTERNAS”, JAN KJELLSTRÖM
Multi-faith Chaplaincy
for students at Lund University
Lutheran, Anglican, Episcopalian, Methodist, Presbyterian, Reformed, Congregational
Contact: Jan Kjellström, International Student Chaplain
Multifaith Student Chaplaincy
0704 22 29 97
jan.kjellstrom@svenskakyrkan.se
www.lundsdomkyrka.se/english

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

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

Islam
Contact: Ali Ibrahim, imam
Islamic Cultural Centre, Lund
073 904 02 12 | arielchafei7@gmail.com
www.islamlund.net

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

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

Our job:

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

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

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

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

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

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

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

• The emergency number in Sweden is 112
International Students
Lund University
Welcome to Lund
How and where can you get in touch with the Police

- The police station in Lund is located on Byggmästaregatan.
- If you have an emergency call 112.
- If you need to get in contact with the police to make a complaint, for example, if your bike is stolen call 114 14.
- You can find more details on www.polisen.se
Traffic

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