Time to Go

EXTERNAL RELATIONS
Programme

• Practical issues
• Lund University Abroad
• Insurance during your time abroad
• Cultural experiences
• Student ambassador
• Meet and mingle with other students
Practical issues

SARA WESTMAN, INTERNATIONAL COORDINATOR
Before your departure

• Follow instructions from your faculty and coordinator at LU as well as instructions from the host university
• Contact your faculty about your study plan
• Kammarkollegiet (Student UT)
• CSN
• Visa application
• Vaccination [www.vaccinationsguiden.se](http://www.vaccinationsguiden.se) (före resan)
• Scholarships: 
  [www.lu.se/stipendier](http://www.lu.se/stipendier) 
  [www.lunduniversity.lu.se/scholarships-for-current-students](http://www.lunduniversity.lu.se/scholarships-for-current-students)
Erasmus+

- Learning Agreement for studies/traineeships. Approval of study plan signed by home university, partner university and student (for transfer of credits)
- Erasmus+ scholarship (studies or internship)
  www.lu.se/erasmus
  www.lunduniversity.lu.se/erasmus-mobility-programme
- Extra scholarship for travelling with train
- Extra scholarship for students with children
- Language test before and after exchange (mandatory) OLS
- Possibilities to take language courses online (optional)
- Erasmus Mobility Tool (mandatory survey report after mobility)
- Confirmation of Study Period (after mobility)
- Contact person: Ingrid.Temler@er.lu.se
- Brexit
CSN

• Student aid and additional loan
• Read more and apply: www.csn.se/utomlands
• Apply for full year
• Remember you need to prove the dates of the study period
  (Letter of Acceptance, Academic Calendar, Course catalogue)
Looking for a tenant?

BoPoolen is run by the Lund University Student Unions

• Help students at LU find safe accommodation
• Work for a more secure housing situation in Lund
• Encourages people living in Lund to sublet rooms
• Provide support and advice for those who want to rent or sublet housing
• All ads on housing are previewed and approved
• Information is available in both Swedish and English
• Bopoolen’s services are free
• www.bopoolen.nu
Important documents to bring

- Letter of Acceptance
- Up-to-date Ladok transcript
- Learning Agreement
- Insurance documentation
- Financial documentation (CSN, bank)
- Valid passport and visa
- Vaccination history
- Medication
During your time abroad

• Orientation/Introduction week
• Changes in study plan (stay in touch with your home department)
• Registration in Ladok via Studentportalen
• Represent LU
• Apply for courses at LU next semester
• Current e-mail address
• In case of emergency
Follow our students abroad on Instagram @lund_university_abroad

- See the everyday life of our students abroad
- Get information about upcoming events, deadlines etc.
- Be inspired to take new opportunities
- Post your questions to our students
- You can become a guest instgrammer yourself while abroad, contact: lunduniversityabroad@er.lu.se
Insurance

YLVA SÖRHEDE, INSURANCE COORDINATOR
Student OUT insurance

- 24-hours a day in the country of studies
- Also other countries if part of studies
- Two weeks before and after
- During direct travel
- Holidays
MEDICAL INSURANCE CARD

Issued under the authority of KAMMARKOLLEGLET, 651 80 KARLSTAD, SWEDEN
Phone +46 54 22 12 00 Fax +46 54 15 56 10 E-mail: forskrings@kammarkolleglet.se

Insured
(namn): Anna Anderson
Policy holder
(myndighet): Lund University
Insurance policy no.
(myndighetens org.nr): 202100-3211
Valid through
(fr.o.m. – t.o.m.): 5 aug 2015 – 5 jan 2016

KAMMARKOLLEGLET

This is to certify that the insured is covered by an insurance, provided by Kammarkolleglet and guaranteeing:

Full coverage of medical costs in the event of medical emergency.
No limitation in amount.
Full coverage of costs for medical evacuation and/or repatriation.
No limitation in amount.
Liability coverage upp to SEK 10 million.

There is no deductible to the insurance.

In case of emergency, please contact:
Falck Global Assistance
Phone: +46 8 587 717 49
Fax: +46 8 505 939 13
E-mail: fga@se.falck.com
The insurance includes

- Emergency medical and dental care (pre-existing conditions are covered in case of emergency)
- Not covered for planned care.
- Home transport cover due to serious illness, extensive personal injury or deceased person
- Property cover (deductible 1,500 sek)
- Liability cover (up to 10 million sek)
- Legal expenses cover
- Personal injury cover
- Please read the full terms and conditions on www.kammarkollegiet.se
How does the insurance work?

- Call or email Falck Global Assistance
- Pay the fee if possible
- Save all original receipts
- File claim form
- Save other possible documents (police report)?
- Coordinators signature, LU send claim form
- Kammarkollegiet evaluates
- Refund after a couple of weeks
- Find Claim form on [www.kammarkollegiet.se](http://www.kammarkollegiet.se) (insurance, Student OUT)
Extra insurance?

- Some universities require that you issue their insurance due to laws and regulations in the country
- Try to waive forsakring@kammarkollegiet.se
Travelling within EU/EEA?
Don’t forget

• Original receipts
• Avoid unnecessary situations
• Do not break the law!
• Medicine
• ”Resklar” app, Ministry of foreign affairs
• In case of emergency, contact LU coordinator
Questions?

Welcome to contact student insurance coordinator Ylva Sörhede

ylva.sorhede@er.lu.se
046-222 01 15
Cultural experiences

SARA WESTMAN INTERNATIONAL COORDINATOR
www.worldvaluesurvey.org The Inglehart-Weizel Cultural map
Some potential challenges

• Academic system
• Studies
• Administration
• Accommodation
• Finding friends
• Language skills – academic
• Figuring out culture – how to do things, how to make yourself understood
• Language and identity
• Time management
Cultural adjustment

Selection/Arrival
Fascination

Surface
Adjustment

Integration/
Acceptance

Application
Anxiety

Initial Culture
Shock

Mental
Isolation

NORMAL LEVEL OF FEELING
Selection/Arrival Fascination

Surface Adjustment

Integration/Acceptance

Reintegration into Home Culture

Application Anxiety

Initial Culture Shock

Mental Isolation

"Reverse Culture" Shock (Upon return home)
I want to stay away!

- Do an internship. Erasmus scholarships available.
- Do your bachelor/master thesis there. Supervisor at LU?
- Find your future dream job
- Apply for courses
- PhD positions
- MFS in developing countries
I want to stay away!

- Do an internship. Erasmus scholarships available.
- Do your bachelor/master thesis there. Supervisor at LU?
- Find your future dream job
- Apply for courses
- PhD positions
- MFS in developing countries
- Find love
When I was on my exchange…

• Help LU students who are thinking of doing an exchange
• Find new contexts and challenges
• Become an international mentor
ME WHEN PROFESORA STARTS SPEAKING SPANISH

ON THE FIRST DAY OF CLASS

makeameme.org
How many universities are there in the world?
Bluetooth.
Wireless communication.
Student ambassador situations

• Volunteer to participate at student fairs that are organized by your host university

• Participate in” Pre-departure events for international students accepted to LU

• Take part in alumni events organised by LU or the local Swedish Consulate

• Share your Lund experience with your new classmates
Where to find information - English

www.lunduniversity.lu.se

>Current students
>Study abroad opportunities

• Checklist
• Powerpoint presentation slides
• Link to YouTube film
• PDF of brochure

You can contact studentreception@lu.se in advance for materials.
Mingle