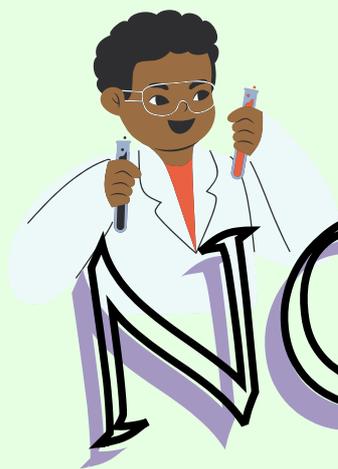
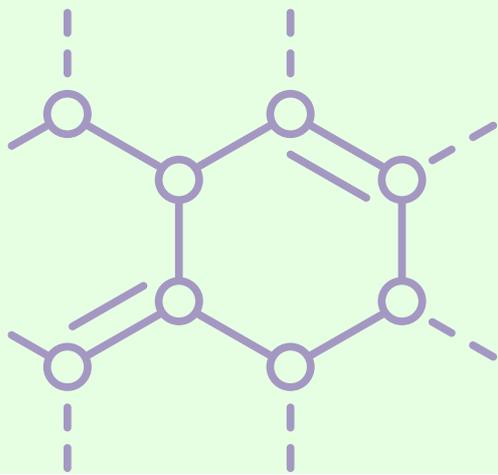


PRESENTING



# NOLLAN HANDBOOK

2022



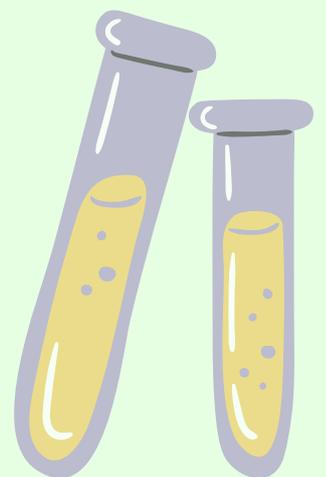


# Congratulations!

Hey smart person,  
Congratulations on your admission to Linköping University! And at that, the Experimental and Industrial Biomedicine programme!?! Wow, pat yourself on the back :D

We, your faddrar (mentors), have designed this handbook for your convenience, so that you can learn a bit about living alone in Sweden and starting your studies at Linköping university.

See you soon,  
Your year 2 faddrar <3



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# LiU Dictionary

1. *LiU* = Linköping University
2. *Campus US* = Medical campus for all medical faculty students (Consensus) and your main place of study
3. *Campus Valla* = Main place of study for all the LiU programmes in Technical (LinTek) and Arts and Sciences (StuFF) faculties
4. *Campus Norrköping* = LiU Campus Located in Norrköping
5. *Studenthuset* = The eye candy library situated at campus Valla
6. *Eftersläpp* = an afterparty
7. *Nollan* = What you are now
8. *Ettan* = What you will become after finishing Nolle-P
9. *Fadder* = Your mentors who will take care of you during your 1st year
10. *Festeri* = Party committees at LiU
11. *Section* = A group of people from each programme that work to better the academic and social life of their programme
12. *BioMed Section* = our section name
13. *FylleCellen* = The BioMed Section Party Committee
14. *Gyckel* = A song with re-written lyrics
15. *Kårhus* = Union house (a place to chill during the day and party at night for all students - there are 5 union houses at LiU)
16. *KK* = Kårhus Kollektivet, a union house in the city where you can party
17. *HG* = Ryds Herrgård, a union house in Ryd
18. *Kårallen* = Union house in Campus Valla
19. *Örat* = Union house in Campus US (the only medical union house)
20. *Trappan* = Union house in Campus Norrköping
21. *Flamman* = A nightclub for students at LiU
22. *Ovve* = Overalls, these are green in colour.
23. *Kravall* = A party where everyone wears their ovve
24. *Finsittning* = Fancy student dinner/banquet; usually drink wine
25. *Fulsittning* = Casual dinner; usually drink fulvin



# To-Do Checklist

- *Social Security Number*: If you're new to Sweden, apply for your social security number (personnummer) at Skatteverket. It will help with registering in the healthcare systems, getting a Swedish bank account, exam registration, etc.
- *LiU Card*: It is a blue/turquoise card that you will use to travel on the campus bus, open doors and rooms and show in an examination. You can get it at the LiU Info Centre in Entrance 76 (Campus US). Don't worry though, we will help all of you get your cards on the same day.
- *Apps to download*: LiU App, Studentkortet & Mecenat (for student discounts), Östgötatrafiken (for bus and train transport), Outlook (for your student emails), SharePoint (for Lisam where you see all your course information, files, etc.)
- *Stationary*: You're going to take a LOOOOT of notes, trust us. So have an adequate amount of notebooks and pens. If you're an iPad note-taker, we strongly recommend the GoodNotes app. It costs 85 SEK (one-time purchase), has amazing features and is a much worth investment! Almost everyone in our class with an iPad has the app.
- *Bike*: It is a convenient mode of transport here in Linköping so we recommend you get one. Wali's Cyckel is a great second-hand bike store in town, we will show you this during the Linköping Tour. Blocket.se is a great place to buy a bike online. If you are more BOUJEE (as you should be), check XXL and BILTEMA.



**PRO TIP:** Join the ESN Linköping Flea Market Facebook group to see if any bikes are being sold there.



# Housing for the homeless

Housing can be tricky at Linköping but after reading this section, you will be better equipped to finding your dream house :)

First and foremost, make sure to sign up for the different housing websites such as (links are in the yellow pages):

1. Studentbostäder
2. Heimstaden
3. Byggvesta
4. Stångåstaden
5. Kombo

These have a queuing system where you will collect one point for each day after your sign-up. Therefore, signing up as soon as possible will be helpful. However, they have another way of accommodation called 'accommodation direct' where you can call and sign a lease on the same day as the advertisement was put up so be on the lookout for these.

Another way of securing housing is to be a part of Facebook groups. Many people post advertisements regularly on there and that's how some of us got our current houses! Below is a list of Facebook groups to join:

1. Lägenheter i Linköping
2. Lägenheter/rum uthyres i Linköping
3. Accommodation for students @ Linköping
4. Lägenheter i Linköping - Öppen grupp



Be careful about scams and always make sure to double check the lease contract -  
- read the document meticulously to avoid any unwanted surprises.

In the end, it is definitely not too difficult to find a house in a corridor room where you will need to share a kitchen with your corridor roommates but if you prefer a studio apartment, there are many options out there! Don't give up hope, you will find your dream house!





# NAVITAS

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LINKÖPING

Furnish your new apartment sustainably and at a low price with Navitas student association's newest committee: LiU Student Secondhand. LiU Student Secondhand runs a secondhand shop in the basement of the A-Huset, entrance 19, Valla with the goal of spreading circularity and improving sustainability among students at LiU. As a LiU student you can both buy secondhand furniture at reasonable prices, but also donate or sell used furniture at no cost for you – perfect if you need some extra money in your pocket. **Welcome!**

Navitas is a sustainability-oriented student association active at Linköping University. The association is driven by dedicated and sustainability-minded students with the main objective of promoting sustainable development by inspiring and educating students about the future's most important issue.

Navitas' web page: [navitas.se](https://navitas.se)

LSSh's web page: [liustudentsecondhand.se](https://liustudentsecondhand.se)



navitas  
liustudentsecondhand



navitas.se  
liustudentsecondhand

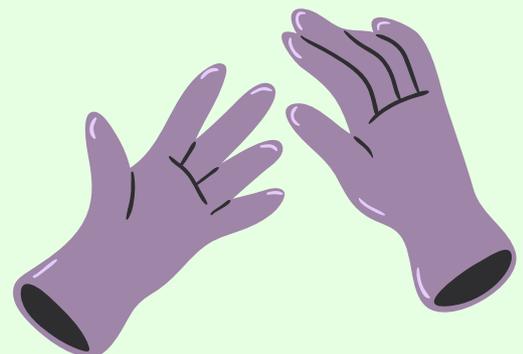
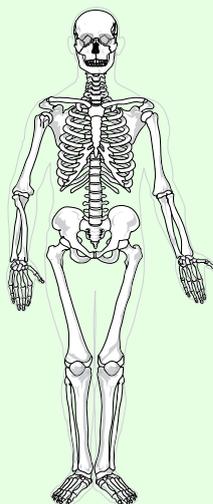
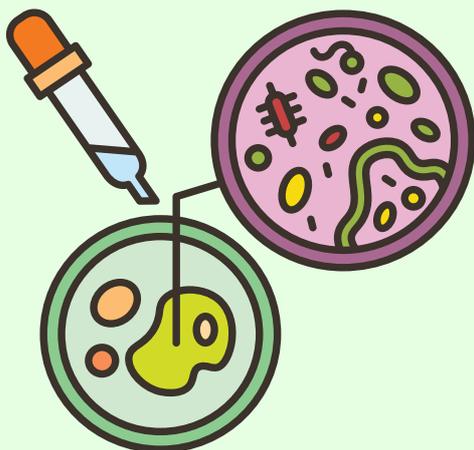
Some of you still might be confused about what this programme entails. Biomedicine is a research field where you will gain immense knowledge about how the body functions from head to toe, **LITERALLY**. More importantly, you will understand how external factors affect different parts of the body. Then you can fight them off with your **NINJA** skills, or not.

The programme also focuses a lot on labs and experiments. This is great as you will learn to apply your theoretical knowledge from the lectures in the experiments that you do. The programme is research-based, so you will write a lot of lab reports, research papers and deliver presentations. These will strengthen your critical thinking and communication skills. Another amazing aspect of this course are the project courses that you will have like Bioentrepreneurship and Product Development, they will give you feel of the future working environments in different jobs across the biomedicine field.

Overall, this programme will open doors for you into the world of medical research and even developing/making medicines. We hope to see you pop off in three years then? ;)

The main focus of the programme is on human processes, however, animal and plant models are studied as well, along with that bacteria.

So, What Have You Actually Gotten Into?



# The Student Union, Section & Party Committee

## *Student Union: Consensus*

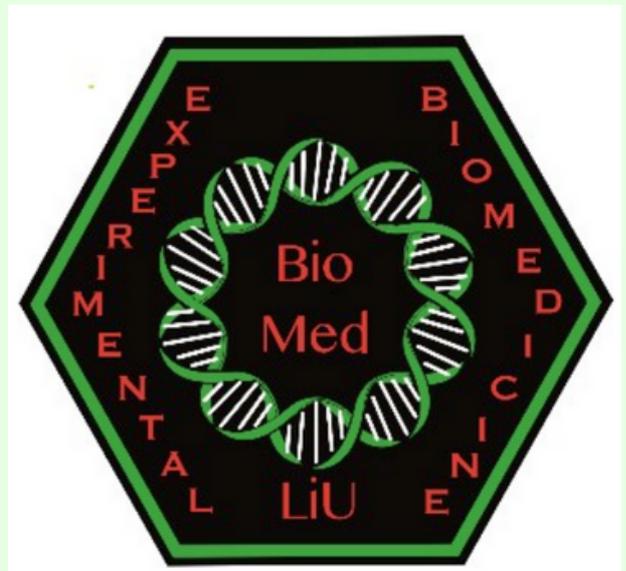
represents all students in MedFak (The Medical Faculty) programs. It monitors the programs' quality, work environment and labour market, in conjunction with the university management. You can get involved by representing your section, as a student union correspondent.



Section's instagram: @consensus\_liu

## *Section: Experimental Biomedicine*

All Nollan are hereby informed that the Section for Experimental Biomedicine is an organisation with no political affiliation and is run solely by the program's students. The section's board meets every three weeks, enjoying tasty fika and lively discussions about the program. The section also organises inspirational evenings with speakers from various workplaces, and adrenalin- packed sports and fitness classes, free of charge only for our program. From the very start of the term, you can get involved in the section, being information manager for the program's first year. This involves sharing information between the class and the section and attending the section's meetings.



Section's instagram: @biomed\_section\_liu

## *Party committee: FylleCellen*

This committee manages everything relating to section parties and social activities. It also holds its own Kravall (see Dictionary) in the spring. When you're bigger, in the third term, you can get involved with FylleCellen. Many of us Faddrar are in this committee.



Section's instagram: @festerietcyllzellen



# Other sections at Campus US

Other than our awesome section, there are five other sections at the Medical Faculty. As you might interact with these other sections during your Nolle-P or during your time at LiU, we think you should know who their logos and who they are.



## Medicinska föreningen

The section for the *Master of Science in Medicine* program. The med students are called 'läkarstudenter' in Swedish, and the program is often abbreviated to 'läk'. They will take care of Nollan who get sick.



## Sjuksköterskesektionen

The section for the *Bachelor of Science in Nursing* program. They are called 'sjuksköterskestudenter' in Swedish, and their program is abbreviated to 'SSK'. They will put bandages on Nollan who get hurt.



## BMA-sektionen

The section for the *Bachelor of Science in Biomedical Analysis* program. Their program is abbreviated to 'BMA'. They will analyse Nollan's blood if Nollan catches the flu.



## Logopedsektionen

The section for the *Master of Science in Speech Language Pathology* program. Speech-Language pathologists are called 'logopeder' in Swedish. They will teach Nollan how to pronounce all Swedish words.



## Fysioterapeutsektionen

The section for the *Bachelor of Science in Physiotherapy* program. Their program is abbreviated to 'FT'. They will help Nollan walk again if Nollan breaks a leg.



# Tips and Tricks for You <3

Here are some of our best tips, as we supposedly can give you good advice ;)

- PLEASE regularly check Lisam and your Outlook email.

News is consistently uploaded on Lisam and you will get a ton of important emails on Outlook so make it a habit.

- Take your first two courses seriously.

Whilst Medical Cell Biology and General Chemistry are considered to be a high school revision with a few additional details, these courses will lay an important foundation for all the courses to come. For example, you will need to use dilution series (from medical cell biology) in many labs, so pay attention and work hard!

- Try to refresh your Excel skills.

You will be making a lot of graphs for different labs and analysing data for experiments with the help of Excel so revise the basic Excel functions using YouTube videos, e.g. how to plot sets of data, add standard deviation, etc.

- Answer your course evaluations forms.

These will be sent to you after every course is complete and answering them will allow the courses to improve.

- It is not necessary to buy course literature.

However, if you want to do so, you can invest in second-hand books as they are worth it for the price. Also check the FB group “[MF:s Bokbörs för Medicinlitteratur](#)”. Also check [Campus Bokhandeln](#).

- Ask questions during your lectures and lab sessions.

The environment and knowledge content can seem intimidating but your professors will appreciate your questions and always do their best to help you. It will improve your learning.

- Buy some stationary if you don't have any, you will need to take a lot of notes.

For all your lab experiments, try to take as detailed notes as possible - it will make your life easier while writing the reports as you don't need to worry about forgetting details.

- You have probably heard this a million times, but PLANNING is KEY.

We promise you this. University life can be overwhelming as there is always a lot going on so making a schedule and planning your time wisely will eliminate some stress

- Wherever you go in town, e.g. to eat at a restaurant, ALWAYS ask if they have a student discount or ”studentrabatt” (in Swedish).

A lot of restaurants do but might not tell you, so if they say yes, you can show your Mecenat or Studentkort card! Congrats on saving money.



# Your Faddrar During Nolle-P



Nicole Wadehul-Emden  
Germany  
Chair



Tilde Löwgren  
Sweden



Elisa Knauer  
Germany



Sai Shivani Devata  
India & Sweden  
Vice-Chair



Nicolas Rivas  
Peru & Spain



Jouman Al Molki  
Syria



Anagha Keshavaprasad  
India  
Treasurer

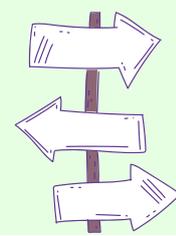


Andi Anderberg  
Sweden



Janani Arunkumar  
India

We, your faddrar (mentor) will guide you throughout your first year at LiU. From difficult redox equations to finding accommodation, we will always be here for you, whatever you need! <3



# FylleCellen (FC)



Hi Nollan and welcome to Linköping!

We are Festeriet FylleCellen (which means drunk tank/drunk cell), the BioMed section's party committee or "festeri" in Swedish! You can recognise us by our green overalls (which are cut off), the black and red stripes on our overalls, as well as our red shoes!

Our tasks include arranging a bunch of fun events for students such as the Kravall (check dictionary), Goldfever, our party Impuls, banquets and other fun activities! We are simply here to make sure you have a good time in between all the lectures, labs and exams!

If you have any questions regarding the social aspects of being a student here at LiU, feel free to ask us! We look forward to partying with you <3

*Find us on social media!*

Instagram: festerietfyllecellen

Facebook: Festeriet Fyllecellen

Much love,

Festeriet FylleCellen <3



# The Nolle-P Sign

**DISCLAIMER:** The following text is **NOT** a work of pure fiction, you actually need to make a Nolle-P sign. Don't worry too much though, as one of our first Nolle-P activities will include making it together, just bring the materials to do so <3

You might know your own name, but the other Nollan certainly don't. Hence you must manufacture and wear your nolle-sign. This is not something that only BioMed Nollan do, Nollan from every program at LiU wear one. Your sign is to be handled with extreme care at all times – guarded with your life, should this be required. It is to be worn around your neck 24/7, which means all the time. If you are found not wearing your sign, there may well be some unpleasant consequences. Faddrar are watching!

Of course, your sign can't have any random design. To avoid you getting more confused than you already are, here is a detailed description of how it should look:

- **Safety:** You must ensure that your nolle-sign is waterproof and fireproof for 5 seconds.
- **Shape:** Take a green material of your choice, and make it into a six-sided hexagon, with each side measuring 12.5 cm.
- **Text:** With a black pen, write very neatly: BioMed.” Your name” and Nollan.
- **Decoration:** Centred on your sign, you should add a 3-dimensional double-stranded DNA  $\alpha$ -helix with six random base pairs. Made from a material of your choice.
- **Cord:** So that you can wear your sign around your neck, attach a durable cord to it.
- **Facility:** You must tie one end of a 10-cm piece of cord to your sign, so the cord hangs freely. To this, you will directly attach something that makes noise (like bells). It's vital that Faddrarna can always hear you while on Campus.

**Note!** Do not forget that your sign must be waterproof, fireproof and make noise.

Good luck, Nollan! <3



# The Ovve (Overalls)

As Nollan, you're going to notice that all the Faddrar wear green overalls. You might wonder, what's that all about?

Every section at LiU has different overalls, to show which section the students belong to. The students at Campus Valla have full overalls, while at MedFak we have bib overalls. At MedBi we have green ones. The overall is a very useful item, since Nollan, as a future term 1 student, will spend a lot of time at Kravaller. Kravaller are parties where everyone has an overall. Krav = Requirement, so Krav + Overall = Kravall. Kravall is also Swedish for a riot, which is sort of funny. The overall is also useful in situations where you want to show where you belong. Different parties have patches made from fabric that you can sew onto your overalls after you've been to the party. This is to show proof of your awesome attendance and also serves as a memory for you.

There are some rules you must obey once you've got your overalls:

- BioMed patch: This should be located by your heart, as the programme will grow close to your heart (pun FULLY intended). We suggest the left chest pocket.
- Consensus patch: Should be on the right side.
- LiU patch: This goes on the back, where the braces come together.
- Name: To help you remember your name after a few hours at a Kravall, you should find a suitable piece of fabric, cut out the letters in your name and sow them on your right trouser leg.

Now your overall is ready to use! When it's Kravall time, and you're buying your ticket, we suggest you also buy the accompanying patch. Sew the patch on your overall as follows: high up on the front if you enjoyed yourself, or on the back in the unlikely event that you didn't.

During Nolle-P, faddrar will tell those of you who want to get your own overall where you can buy them (hint: at Ahlsell), how they can be dyed to the gorgeous olive green of the BioMeds, which patches you need and where they are sewn on, and how you get your name on it. Fear not, we will help you find the perfect ovve!

P.S. - Below you can see the ovve colours for all section at LiU's medical faculty. If you are curious about any ovve colours you see at Campus Valla or in town, here is a link to tell you what programme the colours correspond to:  
[https://en.m.wikipedia.org/wiki/List\\_of\\_student\\_boilersuit\\_colours\\_in\\_Sweden](https://en.m.wikipedia.org/wiki/List_of_student_boilersuit_colours_in_Sweden)



The ovve colours are not very accurate here but you get the idea. You can refer to the Fadder and FC pictures to remember how GREAT our section's ovve look!

WARNING: Ovve are MUCH cuter IRL than they appear to be in the figure.



# Yellow (actually green) Pages

## *On-Call-Faddrar (will find you if you get lost)*

Nicole Wadephul-Emden: [nicwa274@student.liu.se](mailto:nicwa274@student.liu.se) / + 46 79-306 40 88

Sai Shivani Devata: [saide201@student.liu.se](mailto:saide201@student.liu.se) / +46 72-326 18 08

Elisa Knauer: [elikno45@student.liu.se](mailto:elikno45@student.liu.se) / +49 179 4783051

Jouman Al Molki: [joual295@student.liu.se](mailto:joual295@student.liu.se) / +46 72-268 86 04

## *Emergency Numbers*

In case of emergency ambulance/police/fire: 112

Non-emergency police: 114 14

Non-emergency medical advice: 1177 / 1177.se

Information during accidents and crises: 113 13



## *Linköping University*

Facebook: <https://www.facebook.com/liu.international/>

Instagram: @linköping.university

Website: <https://liu.se/>

LiU Student page: <https://www.student.liu.se/?l=en&sc=true>

Map of LiU: <https://old.liu.se/karta/?l=en>

Study counsellor: (DanielAntonsson) [daniel.antonsson@liu.se](mailto:daniel.antonsson@liu.se)



## *Entertainment*

Flamman Pub & Disco: <http://www.flamman.org/>

Kårhuset Kollektive, KK: <http://karhusetkollektivet.se/>

Kårhuset Kårallen: <http://karallen.se/>

Kårhuset Örat: <http://orat.nu/>

Ryds Herrgård[hg]: <http://hg.se/>

VilleValla Pub: <https://www.villevallapub.se/>



## *General Study-related*

Kårservice: <http://karservice.se/english/>

CSN: <https://www.csn.se/>



# Yellow (actually green) Pages

## *Healthcare*

Studenthälsan (Studenthealth): <https://www.student.liu.se/studentstod/studenthalsan?l=en>

Student Priest: <https://www.svenskakyrkan.se/linkoping/kontakta-kyrkan-universitetet>

Region Östergötland: <https://www.regionostergotland.se/>

1177 Vårdguiden: <https://www.1177.se/Ostergotland/>

Health Center: <https://www.regionostergotland.se/Halsa-och-varld/Vardcentraler-och-mottagningar/>

Dental Center: <http://www.xn--folktandvrdenstergotland-s8b34bf.se/>

## *Accommodation*

Studentbostäder: <https://www.studentbostader.se/en>

Stångåstaden: <https://www.stangastaden.se/>

Private Landlords: <https://www.linkoping.se/bygga-bo-och-miljo/bostader-och-offentliga-lokaler/hittabostad/hyresvardar-i-linkoping/>

Kombo: <https://bostad.karservice.se/>

## *Transport*

Östgotatrafiken (for regional public transport): <https://www.ostgotatrafiken.se/>

SJ trains: <https://www.sj.se/#/>

Electric Bike Rental LinBike: <https://linbike.se/>



Good luck  
nollans!



You've  
got this!

# Yellow (actually green) Pages



## Consensus

THE STUDENT UNION OF THE FACULTY OF  
MEDICINE AND HEALTH SCIENCES

**BIG CONGRATULATIONS** to your place here at the  
**Faculty of Medicine and Health Sciences!**

You have an exciting time ahead of you, the beginning of a new part of life that will be absolutely amazing.

Consensus is the Student Union of the Faculty of Medicine and Health Sciences at Linköping University. Together with the section on your program, we make sure that your education maintains the highest quality and that the environment you locate in is the best possible for you to succeed in your studies. As a student union member, you make your voice heard at university and also receive many discounts, for example at the student union buildings and many of their events and free breakfast last week before CSN every month!

Go to [medlem.consensus.liu.se](http://medlem.consensus.liu.se) to become a member!  
You can read more about us and our work at  
[www.consensus.liu.se](http://www.consensus.liu.se).

*We are where you are!*



# Yellow (actually green) Pages

**Having a hard time to find accommodation?  
We can help you!**

Kombo is the student's tenant association that is free of charge. We can help you with finding an accommodation as a new student and other tenant issues.

Contact us:

Our webpage: [bostad.karservice.se](http://bostad.karservice.se)

Our e-mail adress: [bomb@karservice.se](mailto:bomb@karservice.se)

*Welcome to visit us in HusEtt at Campus Valla!*

**KOMBO**   
Studenternas hyresgästorganisation

