

# NOLLE-P HANDBOOK

## 2023

Var hälsad!

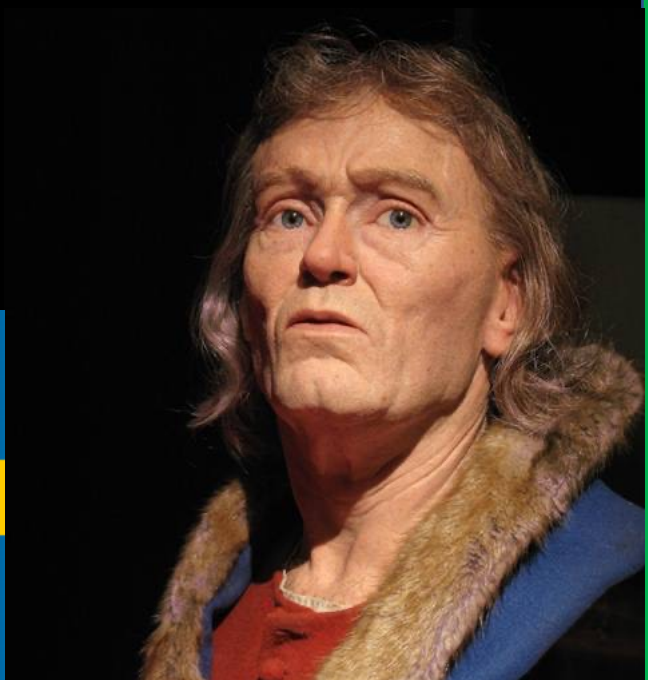
My name is Birger Jarl and I am the founder of Sweden, which I founded almost a 1000 years ago!

I first dare to say that you have made a wise choice when it comes to your education! It is thanks to our knowledge in genetics that it is possible for me to show myself to you in my true glory, even if it was a long time ago since I died... Maybe you will be the person that can bring me back to life for real in the future with your "soon to gather knowledge"?!

To those of you that are new in Sweden, I sincerely hope you will find your visit very pleasant! Sometime during your education, I would recommend that you visit the beautiful and grandiose town of Stockholm which I also founded! (City is probably a more accurate term now!)

I hope this booklet will give you all the important information you need for the start of your studies at Linköping University. It will also give you a little bit of knowledge about my country Sweden and interesting things that can be seen here!

I know that my friends Henric, Sonja, Alexander and Selma, and the other faddrar as well, have worked very hard to make your first week (The Welcoming Week) as good and fun as possible with a lot of activities, which I hope will give you memories for life!



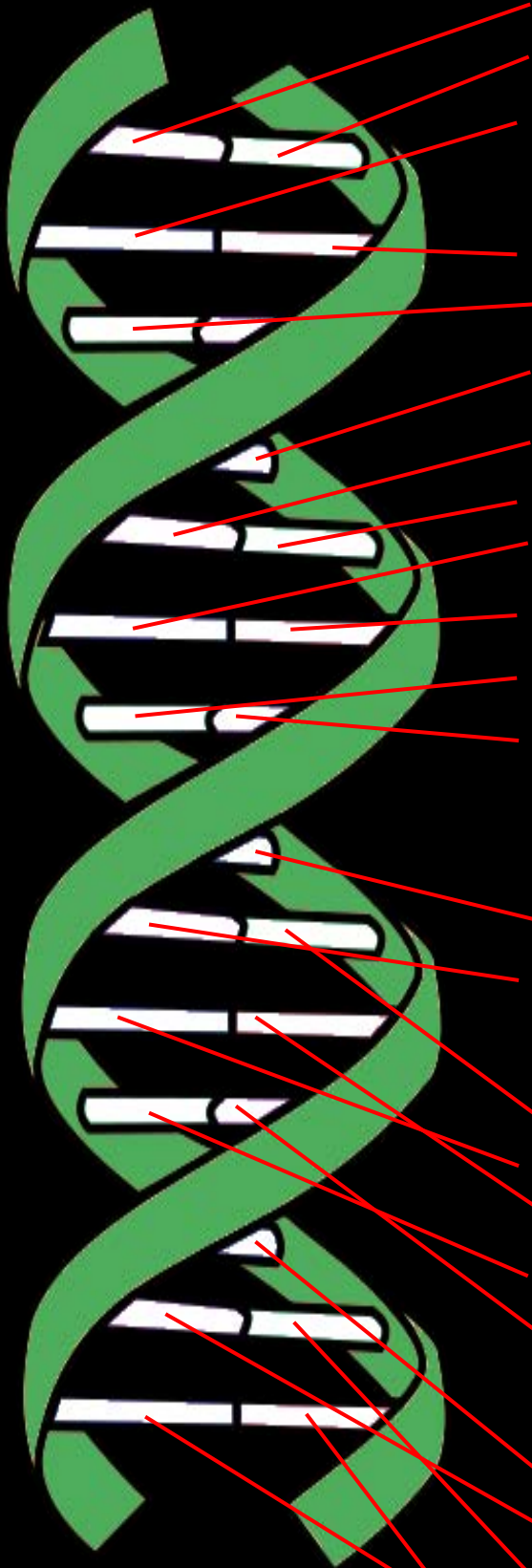
Hallå där!

My name is Nils Holgersson and I am here to enlighten you about the journey you are about to make through the Nolle-P booklet but also Sweden! Your journey will not follow the same path as my journey, which Selma Lagerlöf so kindly wrote down for me, however, I promise it will be of the same epicness and awe!

Let's go!



# Table of Contents



[Moder Svea Greet you Welcome](#)

[The Welcoming Committee](#)

[The Faddrar](#)

[Housing and Accommodation](#)

[Registration in Sweden](#)

[Getting a Swedish ID Card,  
Mecenat Card \(Student ID\) and  
Swedish Language Course](#)

[Bank Account and](#)

[Swish and Bank-ID](#)

[Swedish SIM Card](#)

[Important Phone Numbers to  
Know](#)

[Transport in Linköping](#)

[Long Distance Travels](#)

[LiU organisations, Student  
Unions/Sections and Party-  
committees](#)

[Extracurricular Activities and  
Student Associations](#)

[BioMed Backpack](#)

[Swedish words to know](#)

[Swedish Student Traditions](#)

[Map of Linköping](#)

[Some last information](#)



Var hälsad!

My name is Moder Svea and I am the personification of Sweden! On the following page you can see the people that I sent out on the quest to help you in the beginning of your studies and maybe the beginning of your time in Sweden! I promise that they will take good care of you; they are full of student life wisdom!

PS: If you visit Stockholm sometime, I hope that you come by and greet me! You can find me at "Stora Nygatan" wearing my very nice and highly glorious stone appearance!





## The Welcoming Committee



Henric



Sonja



Selma



Alexander



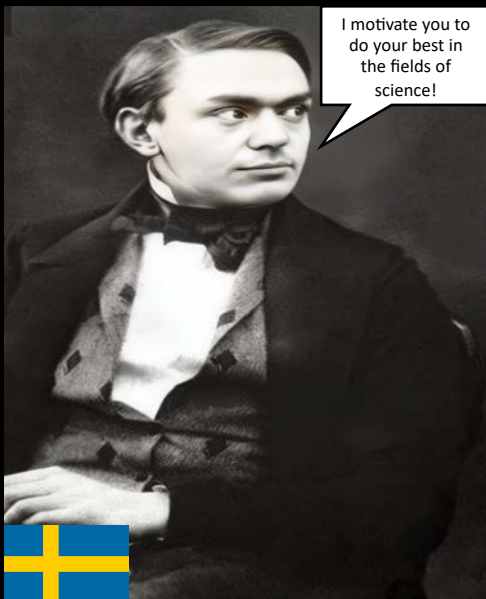
## The Faddrar



Alexander



Takayoshi



Alfred



Svenja





## Housing and Accommodation

Finding a place to live can be tough in a student city - but have no fear! There are several places where you can find a roof above your head in

Linköping. Remember: **Queuing is key!** A lot of the websites for student apartments have a queueing system, for every day you are registered on the website you get a point. When applying for an apartment, the one with the most points gets the first offer, and if they choose to not accept it, the offer instead goes to the second in the queue and so on.

**Studentbostäder (Student apartments):** Offers housing for registered students at Linköping University. If you are a new student or an exchange student, you can get a corridor room, but we recommend registering in advance to start collecting points for that sweet apartment as soon as possible! Studentbostäder also offers “Accommodation direct”, where they have rooms and apartments that currently have no residents, and the first one to show interest gets it!

Homepage: [studentbostader.se](http://studentbostader.se)

**KOMBO:** KOMBO is a collaboration of the student's unions aiming to make living and studying easier. On their webpage you can find apartments to rent.

Homepage: [bostad.karservice.se/](http://bostad.karservice.se/)

**Landlords:** If you prefer a landlord that is not associated with student apartments, check out Linköping county's web page where they list several landlords in town (the web page is in Swedish, but you can easily access the list and go to each individual landlord's website for information in English!)

You find the list here: [www.linkoping.se/bygga-bo-och-miljo/bostader-och-offentliga-lokaler/hitta-bostad/](http://www.linkoping.se/bygga-bo-och-miljo/bostader-och-offentliga-lokaler/hitta-bostad/)

**ByggVesta** is recommended by the university itself as a great place to look for an apartment. Homepage: [www.byggvesta.se/](http://www.byggvesta.se/) (You will need a Swedish personal number to register).

**Heimstaden:** Here you can start queuing 3 months before moving.

<https://heimstaden.com/se/>



## Facebook groups, such as:

“Lägenheter i Linköping” - [www.facebook.com/groups/363618940460377](https://www.facebook.com/groups/363618940460377)

“Bostad Linköping” - [www.facebook.com/groups/340566159421217](https://www.facebook.com/groups/340566159421217)

“Accommodation for Students @ Linköping University” -  
[www.facebook.com/groups/152512118288068](https://www.facebook.com/groups/152512118288068)

These are all good places to look for people renting out apartments second hand.

**Bostadsportal:** Bostadsportal is a web site where people can upload apartments, rooms and collective housing. You can find all the available apartments here: [bostadsportal.se](https://bostadsportal.se)

**Blocket.se** is a web page where people from all over Sweden sell and rent out all kinds of tools, furniture as well as houses and apartments. Have a look at this web site to find a second hand flat. [blocket.se](https://blocket.se)

“ESN Linköping Flea Market” Facebook group is also a good place to get second hand furniture or accommodation. As a lot of international students regularly arrive to and leave Linköping, there is always some good stuff that you can find. The website: [www.facebook.com/groups/www.esnlinkoping.org](https://www.facebook.com/groups/www.esnlinkoping.org)

**LiU Student Secondhand** is an organisation where you can find all sorts of secondhand items that former students left behind and can be bought way cheaper than new furniture or books. On certain days they even offer home delivery of bigger pieces of furniture. [www.facebook.com/liustudentsecondhand/](https://www.facebook.com/liustudentsecondhand/)





## Registration in Sweden

If you come to Sweden for a 2 year Master programme you need to get registered and you will receive a personal number or “personnummer” as it is called in Swedish. This is very important and required for a lot of functions in the bank and health care system etc. Once you arrive in Linköping, you will first need to go to the Infocenter in Campus Valla (Studenthuset) or Campus US (Entry 76) and get your LiU Card. We recommend you to do this as soon as possible! They will go through the registration for the programme. You should bring your ID/passport and the admission letter.

After getting registered with LiU you should go to the Swedish Tax Agency (Skatteverket) in town to get registered here and receive a personal number. You can find the list of documents that you need to bring through this link:

<https://www.skatteverket.se/servicelankar/%20otherlanguages/inenglish/individualsandemployees/%20movingtosweden.4.7be5268414bea064694c40c.html>

We recommend you to have everything ready once you arrive in Linköping as getting a personal identity number can take a lot of time. It can take anything from a few weeks to several months.

After your visit to Skatteverket a letter will be sent to you with your new personal identity number. So, when giving your address at Skatteverket you should make sure that you not only write your house number but also your specific room or apartment number indicated with the letters LGH (example: Linköping Street 5, LGH 1509). This is especially important for students who are living in corridor rooms because otherwise letters might be sent back to Skatteverket.

Once you have your personal number, there are many services and discounts that you can get access to. On the next page we will give you three recommendations.



## **1. Getting a Swedish ID Card**

As soon as you get your personal number you can make an appointment at Skatteverket to apply for a Swedish ID. This is needed for opening a bank account at some banks and using BankID and Swish. Be aware of the fact that Skatteverket doesn't accept an ID card from your country even if you're an EU citizen, so make sure to bring your passport with you.

## **2. Mecenat card (student ID)**

This will give you:

- identification as student for student tickets on buses/trains
- many student discounts (e.g. gym, clothing etc.)
- access to student pubs, clubs and parties

To apply for the card, (<https://mecenat.com/se>) you will need: Name, student ID card number, certificate of registration (you can get this on Ladok

(<https://www.student.ladok.se>) after registering your courses) and your address.

## **3. Swedish Language Course**

If you are interested in staying or working in Sweden, than knowing how to speak Swedish is an advantage. The Swedish Government offers a free Swedish course for foreigners who have a personal number. You can apply for the course after you get your personal number. In Linköping, the contact information for The SFI (Swedish For Immigrants) class can be found at:

<https://www.linkoping.se/forskola-och-utbildning/vuxenutbildning/sfi/>

The University will also offer Swedish classes, which are free to students from the EU only, unfortunately. Information about this course should have already reached you by email. If you missed signing up for it, you can still sign up for next semester.





## Bank Account

To get a bank account in Sweden you need to have a personal number and some banks even ask for a Swedish ID card. There are different banks existing that you can check out: SWEDBANK, SEB, Länsförsäkringar Östergötland, ICA Bank, Nordea, etc.

## Swish and Bank-ID

Swish is a very useful and powerful app in Sweden. It is connected to your phone number and your bank account. People with Swish can easily transfer money between one another using phone numbers. In order to use Swish you need an ID security app that is connected to your bank. It is called BankID and is needed both to apply for Swish and to sign every Swish transfer with a code or fingerprint. BankID is also often used to identify yourself or to log in to more “official” sites like housing agencies or the Swedish online healthcare guide “1177”. Never sign a BankID request if someone calls you and asks you to or if you haven’t initiated the login or a Swish transaction yourself as this could be a scam!



swish<sup>®</sup>



## Swedish SIM card

Most places have WIFI but when you are going to be here for a longer time, a Swedish SIM card is recommended. There are several companies with different options to choose from. They all usually have student discounts and homepages you can visit to see what kind of deal you can get. If you want to, there are also stores in the city where you can talk to someone, so they can help you out with a deal that is most suitable for you. Remember to double check between the different companies so you get the cheapest and best one and read or ask about the conditions or length of contract etc. Something to also keep in mind is that most of the companies do want you to have a Swedish personal number so get that as soon as possible. Down below we have listed some telephone companies from where you can get a sim card. Some of the homepages can be translated into English but some don't have that option, in that case we recommend looking up “kontakta oss” or “Kundservice”. There will be an option like “chatta med oss” or “Ring oss” where you will be able to talk to a person in English.

## Companies

3: <https://www.tre.se> Tele2: <https://www.tele2.se>

Telenor: <https://www.telenor.se>

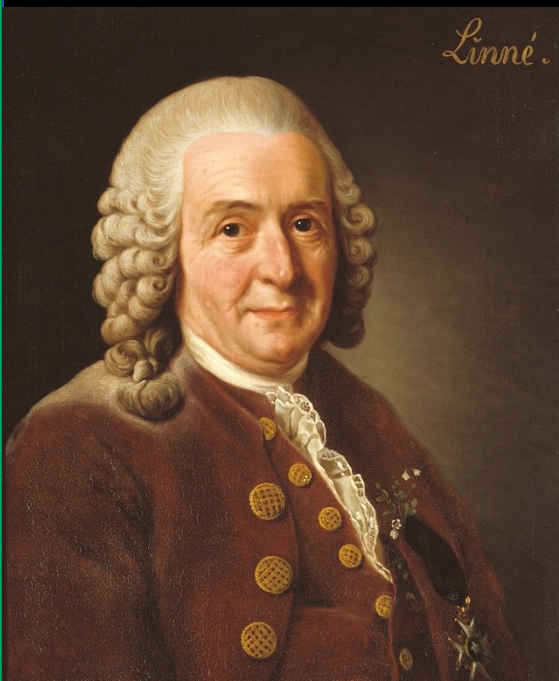
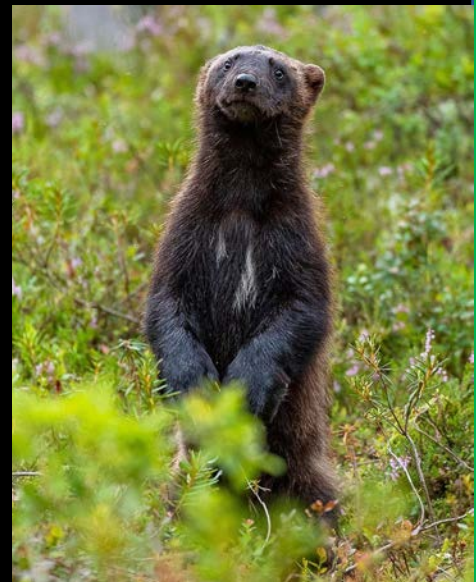
Telia: <https://www.telia.se>

Hallon (cheap): <https://www.hallon.se>

Halebop: <https://shop.halebop.se>

Vimla (cheap): <https://vimla.se>

Comviq (subscription only): <https://www.comviq.se>





### Extra tip

Lycamobile is a good option if you live alone and don't want to pay for an expensive WiFi subscription.

You can get the biggest bundle with around 20 GB of data and use your phone as hotspot in case you don't watch long movies or play a lot of video games etc...

Also, it is a nice option to talk to your family in various countries for a cheap price if they have lycamobile as well - <https://www.lycamobile.se/en/>

### Important phone numbers to know

Emergencies (Firefighters, Police and Ambulance) –

**112**

Police (Not emergency) – 11414

Healthcare advice – 1177

In case of poisoning (Not emergency) – 010-456 6700

Campus Security – 013-28 58 88

**Vid nödsituation  
ring 112**

**In case of emergency  
call 112**

## Transport in Linköping

Going from one place to another in Linköping is quite easy; you can choose to go by bike or by bus. Linköping has great local bus traffic, which will make it easy for you as a new student to move around in the city. Here we will give you some examples for bus lines that are good to know about when you are new in Linköping.

In the beginning you will potentially be moving a bit back and forth between the two campuses we have in Linköping. One is close to the city centre and integrated into the hospital called US (which stands for University Hospital, US). Campus Valla is located in a part of Linköping called Valla, where you will have your first course. Later on most of the courses will be located at Campus US.

## Bus Lines

**Campus bus:** You can take it to travel between Campus Valla and US and if you want to, it can also take you all the way to Norrköping. The best part about the campus bus is that it is free! You only need to scan your LiU card, and you are good to go. The campus bus runs between US and Norrköping from 06:00 to 18:20, Mondays to Fridays.

**Nr 4:** this one is a great one since it can take you from Resecentrum (train station) all the way to Lambohov and on the way it will go by both US and Campus Valla (Nobelorget).

Continue on the next page...





**Nr 3:** most important for people living in Ryd. It runs between Ryd and Linköping centrum and stops at Resecentrum. If you live in Ryd you will be close to Campus Valla (Solhaga) and can probably walk or take the bike for lectures or activities on this campus. Going to the hospital campus will take you around 15-20 minutes by bike from Ryd.

There are of course a lot more bus lines but these are the most important ones to get you started. For more information go to Östgötatrafiken's (bus company) homepage (it can be translated into English). There you can get information about the different buses and ticket prices. There are student discounts and to get access to it you need to show your Mecenat card or any card with the travel symbol on it. <https://www.ostgotatrafiken.se/>. We do recommend that you download the app ÖstgötaTrafiken, to buy tickets and search for different travel options between the bus stops.

Side note: remember that Swedes do not like to stand close to each other at bus stops but are happy to help if you have questions about different routes and when and where the bus is going. Queuing to enter the bus is the usual way Swedes get on a bus. If there are empty seats on the bus never go and sit beside someone you don't know, Swedes does not like this.

**Bikes are the most common modes of transport in Linköping.** In your first week you could purchase a bike from a store, namely Jula and Biltema. Most students get second-hand bikes. The best place to find them is on the ESN flea market Facebook page, Facebook marketplace, Valla cykelservice or the ISA Telegram group chat.

Note: In Sweden it is obligatory to have a bell on your bike, and front (white/yellow) and rear (red) lights when riding the bike in the dark.



## Long distance travels

All long-distance buses leave at the bus terminal near the central station. Several buses per day leave to close destinations like Stockholm (3h), Gothenburg (4h) and Uppsala (4h). But also, long-distance routes for example to bigger cities in Denmark, Norway or Germany can be visited by bus. To find more about nearby destinations, prices and timetables check out the homepages of Flixbus ([www.flixbus.se](http://www.flixbus.se)) and Nettbuss (<https://www.bus4you.se>). Flixbus for example offers 14 direct destinations starting from Linköping!

Travelling by bus takes time but in comparison to the train it is often the cheaper alternative. However, travelling by train is faster and more comfortable and if you book early enough or take the last-minute tickets you get a good price as well. With the high-speed train, you are in Stockholm within just 1.5 hours or you can ride 3.5 hours in the other direction and get off at Copenhagen central station (Denmark).

Also, do not miss destinations like Jönköping (at the beautiful lake Vättern), Huskvarna, Malmö and Lund on your way down to Denmark! Train companies are privatised in Sweden. All the different companies you can check and book online on the SJ website [www.sj.se](http://www.sj.se) or their app. For the booking it is important to keep in mind that there are always student or youth (under 26 years) tickets available! So, if you book a bus or train ticket online do not forget to choose the student price and take your valid Mecenat card with you! To make it even easier to book and plan your journey in and around Linköping, Östgötatrafiken, Flixbus, SJ etc. offer apps for your smartphone.





If you want to travel even further you can fly from Linköping Airport, Stockholm Skavsta, Stockholm Arlanda or Copenhagen Airport. With the bus company Flygbussarna ([www.flygbussarna.se](http://www.flygbussarna.se)) you arrive at Stockholm Skavsta within 90 minutes.

If you depart from Stockholm Arlanda you can take a Flixbus, Swebus or the train directly to the airport. If you travel with the airline SAS look out for the “SAS youth ticket”! Until you turn 26 the ticket offers pretty good discounts. Also travelling in a group is worth it with SAS, you can get up to 35% and some other extra benefits. Therefore, you should visit the following website: [www.sas.se](http://www.sas.se)

No worries, students above 26 can get some special prices by booking with KiLROY ([www.travels.kilroy.se](http://www.travels.kilroy.se)). If you plan a trip by flight, check directly at the airline’s webpages. Flights can be much cheaper here than at other travel booking portals.

Get yourself and your friends ready to travel! One day city trips to Norrköping, Stockholm and Göteborg are a good start. You can take a bus to Norrköping and switch to a local bus line which brings you to smaller towns, villages or starting points for hikes (maybe in Kolmården and Vikbolandet). You should also check the destinations of the local city buses to discover Linköping’s surroundings or take your bike and make a tour along the Göta Kanal to Bergs Slussar.



## **LiU organisations, Student Unions/Sections and Party-committees**

LiU has around 38900 students and 4,000 employees on four different campuses (Campus Valla and the University Hospital in Linköping, Campus Norrköping, and Campus Lidingö). The MSc Experimental and Medical Bioscience programme has the University Hospital (US) as its main campus, but some courses are located on Campus Valla.

In general, there are 4 faculties at LIU: Arts and Sciences (FilFak), Educational Sciences (UV), Medicine and Health Sciences (MedFak), and the Institute of Technology (TekFak). Our programme belongs to MedFak. For more information about the organisation of LiU follow this link: <https://liu.se/en/about-liu/organisation>

There are also 3 student unions - **Consensus**, **LinTek** and **StuFF** - representing the four faculties. Consensus is the student union of MedFak and they are working with a range of matters to improve our education and student life. The members of Consensus decide what the student union should think, say and work with. For example, the student unions helped to establish the free University bus going between the Linköping and Norrköping campuses. The board of Consensus consists of students at MedFak and, in short, they help and support the students with matters concerning examinations, internships, teachers, supervisors, and work environment. For more information about Consensus follow this link: <https://consensus.liu.se/in-english>

Each study programme has a section board made of student electives. The sections of MedFak function as the student representatives within the Consensus union. There are 9 student sections belonging to Consensus, including ours - Medical Biology section (BioMed). BioMed is the joint section of the bachelor programme “Experimental and Industrial Biomedicine” and the master programme “Experimental and Medical Biosciences”. The section works to represent students’ opinions about the education and student life at all deciding organs within the programme and faculty. The section makes sure that your voice as a student is heard. For more information about your section follow this link: <https://www.consensus.liu.se/sektionerna/medbi>

Each section also has a party-committee or "festeri" which organises a lot of social activities, parties and events for students at that programme. BioMed’s party-committee is called “FylleCellen”. There are also a variety of student associations that bring people with different interests together.



## Fyllecellen

Hej Nollan (new students) and welcome to Linköping.

We are Fyllecellen (a play on words meaning drunk tank/drunk cell), the Biomedical section's party committee or "festeri" as it is known in Sweden! You can recognize us by the black and red stripes on our olive-green overalls, which are cut off, as well as our red shoes.

Our tasks include arranging a bunch of fun events for students such as the kravall (see the dictionary), Goldfever, Impuls, banquets and other fun activities. We are simply here to make sure that 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 hope to see you this fall!!

Much love,  
Festeriet Fyllecellen

Follow us on social media!

Instagram: <https://www.instagram.com/festerietfyllecellen/>

Facebook: <https://www.facebook.com/Fyllecellen>



## Extracurricular activities

LiU has a very rich student life with many different student organisations you can join and lots of activities to attend, depending on what your interests are. Here is a list of student organisations (with brief descriptions) that you can check out if you want – participating in the student life is a great way to make new friends! You can also visit <https://studentlivet.se/orbi-associations/> for more information about student organisations.

**LiU iGEM:** Representing LiU in the international competition in synthetic biology. Each year a group of students works on a scientific project of their own choosing. They do all the planning/organising and lab work themselves. Check out this year's amazing project:

Homepage: <https://www.facebook.com/LiUiGEM/>

Instagram: [https://www.instagram.com/liu\\_igem/](https://www.instagram.com/liu_igem/)

## Student Associations

### International student organizations

**AIESEC:** Association for developing youth leadership through cross-cultural exchange. [aiesec.org/](http://aiesec.org/)

**East Asian Association:** Association by and for students interested in East Asia. Organizes language exchange events and cultural activities, such as cooking and movie events. [eastasian.studorg.liu.se/](http://eastasian.studorg.liu.se/)

**ESN Linköping:** Arranges activities for both exchange students and Swedish students. [www.esnlinkoping.org/](http://www.esnlinkoping.org/)

**IAESTE:** International Association for Exchange of Students for Technical Experience. [iaeste.se/en/](http://iaeste.se/en/)

**ISA:** The International Student Association. Organizes various activities and events ranging from seminars and workshops to parties. [isa.studorg.liu.se/](http://isa.studorg.liu.se/)

**ISO:** Indian Student Organization. A student governed organization for people who are interested in Indian culture and their values.

[www.facebook.com/pg/IndianStudentsOrg](https://www.facebook.com/pg/IndianStudentsOrg)





## Computers and electronics (Student Associations)

**Admittansen:** Admittansen is a non-profit electronics club in Linköping open to students, alumni and staff of Linköping University. [admittansen.se/in-english/](http://admittansen.se/in-english/)

**FIA:** An association for Autonomous Intelligent Systems. Their goal is to increase the interest in robotics and artificial intelligence. [fiarobotics.se/](http://fiarobotics.se/) (Swedish)

**LiThe El:** Student electronics association. [litheel.org/info/](http://litheel.org/info/) (Swedish)

**LiThe Kod:** Student computer programming association. [lithekod.se/](http://lithekod.se/) (Swedish)

**LiU 3D:** Association for 3D printing. [www.facebook.com/LiU3D](https://www.facebook.com/LiU3D) (Swedish)

**Lysator:** Academic computer association for students and employees at LiU. [www.lysator.liu.se/english/](http://www.lysator.liu.se/english/)

## Film, Photography and Media (Student Associations)

**Kultingen:** A magazine for students written by students. [foreningen.tidskriftenkult.se/](http://foreningen.tidskriftenkult.se/) (Swedish)

**LinoFilm:** A student film and television association. [www.facebook.com/LinoFilm/](https://www.facebook.com/LinoFilm/)

**Linslusen:** A photography association. [www.linslusenlkpg.se/in-english/](http://www.linslusenlkpg.se/in-english/)

**Stubinen:** A student cinema in Norrköping. [stubinen.org/](http://stubinen.org/)

## Human rights and politics (Student Associations)

**IFMSA:** International Federation of Medical Students Association. [www.ifmsa.se/linkoping/?lang=en](http://www.ifmsa.se/linkoping/?lang=en)

**Foreign affairs student association:** The Student Association of Foreign Affairs at Linköping University is a politically and religiously independent non-profit association. [www.uflinkoping.org/](http://www.uflinkoping.org/)



## Exercise and sports (Student Associations)

**BioMed Sport Activity:** The section arranges various sport activities such as running and outdoor workouts for the students in the programme. More information will come when the autumn semester starts.

**AC studenterna:** A student football team.  
[idrottonline.se/ACStudenterna-Fotboll](http://idrottonline.se/ACStudenterna-Fotboll) (Swedish)

**Campushallen/LSIF:** Linköping Student Sports Association, which also runs a large fitness center on Campus Valla. [www.campushallen.se](http://www.campushallen.se) (Swedish)

**Dance Machine:** A dance group that promotes the joy of dancing and appears at University events.  
[www.facebook.com/dancemachine.liu](http://www.facebook.com/dancemachine.liu)

**FLUGA:** Linköping University's fly-fishing club.  
[flugfiskeliu.weebly.com/in-english.html](http://flugfiskeliu.weebly.com/in-english.html)

**HKL Make Believes:** Student ice-hockey association with yearly try-outs for the team in September.  
[makebelieves.se](http://makebelieves.se) (Swedish)

**Klätterklubben:** Climbing and bouldering association. [linkopingsklatterklubb.se](http://linkopingsklatterklubb.se) (Swedish)

**LARK:** Equestrian sport association. If you love horses, you are welcome to join!  
[www.facebook.com/LinkopingsAkademiskaRidklubb](http://www.facebook.com/LinkopingsAkademiskaRidklubb)

**Linköpings nycirkusförening:** Association for juggling, unicycling, acrobatics and other circus arts.  
[www.cirkusemma.se/linkopingsnycirkusforening/](http://www.cirkusemma.se/linkopingsnycirkusforening/) (Swedish)

**LiThe Vilse:** Student orienteering association.  
[vilse.studorg.liu.se/english.php](http://vilse.studorg.liu.se/english.php) (Swedish)

**LiTHE Syra:** Jogging/running association. [www.lithesyra.org/](http://www.lithesyra.org/) (Swedish)

**LiU AIF:** Linköping Student Academic Sports Club. They include associations for football, floorball, tennis, squash, swimming, basketball, handball, paddle and golf  
[www.svenskalag.se/liuaif/sida/36340/short-info-in-english](http://www.svenskalag.se/liuaif/sida/36340/short-info-in-english)

**LiU Water & Wind:** Linköping University Water and Wind Sports association.  
[www.liuwaterwind.se/](http://www.liuwaterwind.se/) (Swedish)

**LuFF:** Linköping University Flying Club. [www.lfk.se/](http://www.lfk.se/) (Swedish)

**PAFF:** Outdoor and hiking association in Norrköping. [paff.nu/](http://paff.nu/) (Swedish)



## Music/Choirs (Student Associations)

**Chorus Lin:** A mixed student choir. [www.choruslin.se/wp/](http://www.choruslin.se/wp/) (Swedish)

**Linköpings Studentsångare:** An academic men's student choir. [www.lkss.se/](http://www.lkss.se/) (Swedish)

**Linköpings indie kör:** A mixed choir singing indie music. [www.linkopingsindiekor.se/](http://www.linkopingsindiekor.se/) (Swedish)

**Linnea:** Academic women's student choir. [damkorenlinnea.se/](http://damkorenlinnea.se/) (Swedish)

**LiThösen:** Student choir for women. [www.lihtosen.se/](http://www.lihtosen.se/) (Swedish)

**Novakören:** Student choir in Norrköping.

[www.facebook.com/novakorennkpg](https://www.facebook.com/novakorennkpg) (Swedish)

**Röda Arméns Gosskör:** Red Army Men's Choir. Politically neutral. [rag.lysator.liu.se/](http://rag.lysator.liu.se/) (Swedish)

**SKÖN:** Mixed student choir based in Norrköping. [www.skon.nu/](http://www.skon.nu/) (Swedish)

## Orchestras and Bands

**Linköpings akademiska orkester:** Linköping Academic Orchestra. [laorkester.se/](http://laorkester.se/) (Swedish)

**LiThe Blås:** Student orchestra. [www.litheblas.org/sv/](http://www.litheblas.org/sv/) (Swedish)

**Strängar och Rör:** Student folk musicians of Linköping.

[www.facebook.com/LinkopingsStudentspelmanslag/](https://www.facebook.com/LinkopingsStudentspelmanslag/)

**Lusen Big Band:** Linköping University's Big band. Homepage (in Swedish): [lusenbigband.se/](http://lusenbigband.se/)

## DJ associations (Student Associations)

**fortel:** DJ association. [forte.studorg.liu.se/](http://forte.studorg.liu.se/) (Swedish)

**John Doe:** Works to spread and broaden the music culture in Linköping. [www.klubbjohndoe.com/](http://www.klubbjohndoe.com/) (Swedish)

**Valla Skivgarde:** DJ association that also organizes events and rents out sound and light equipment. [www.vallaskivgarde.se/](http://www.vallaskivgarde.se/) (Swedish)



## Coffee and cafés (Student Associations)

**Café Örat** (Campus US): Student café with the cheapest coffee (and tea). LiU card is needed to be able to enter the house.

**DeliMarché** (Campus US): Café and restaurant conveniently located in building 421 but is the most expensive.

**Pressbyrån/7-Eleven** (Campus US): Inside the hospital you'll find Pressbyrån and 7-eleven that have coffee, tea, food and other stuff. There is a student discount on the coffee making it cheaper than DeliMarché. Good opening hours.

**Café Byttan** (Campus Valla): Student café with student friendly prices located in Studenthuset. Here you can buy a reusable cup as an environmentally friendly alternative, also the coffee becomes cheaper and you can replace an old cup for a new one in the café.

**Pressbyrån** (Campus Valla): Student discount on coffee and better opening hours than most of the cafés in Valla. Located next to Studenthuset.

**Baljan** (Campus Valla): A student café located in Kårallen. Here you can buy coffee and fika for student friendly prices. [www.facebook.com/sektionscafe.baljan/](http://www.facebook.com/sektionscafe.baljan/)

**Studentfiket**: A student café in Norrköping. [www.studentfiket.com/](http://www.studentfiket.com/) (Swedish)

## Pubs and clubs (Student Associations)

**Kårhuset Kollektivet (KK)**: Student club in the city center that houses student parties. Pay attention to posters on campus/events on facebook. [karhusetkollektivet.se/](http://karhusetkollektivet.se/)

**Kårallen**: Housing of different student parties. Located in Campus Valla. Pay attention to posters in the campus/events on Facebook.

**Flamman**: A student pub and disco. [www.flamman.org/](http://www.flamman.org/) (Swedish)

**VilleValla Pub**: A student pub. [www.villevallapub.se/english](http://www.villevallapub.se/english)

**Ryds Herrgård [hg]** - Student pub in Ryd





## Religion (Student Associations)

**Fisherman's Friend:** A Christian Student organization.

[www.facebook.com/FishermansFriendLiU/](https://www.facebook.com/FishermansFriendLiU/) (Swedish)

**Ny Generation:** A Christian Student organization.

[www.facebook.com/NyGenerationLiU/](https://www.facebook.com/NyGenerationLiU/) (Swedish)

**SAAF LiU:** Syriac/Aramaic Academics at Linköping University.

[saafsverige.com/?pageID=912](http://saafsverige.com/?pageID=912)

## Spex (Student Associations)

Spex (pronounced exactly like "specks") is a special genre of comedic musical theater performed and written by university students in Sweden and parts of Finland. It commonly involves audience interaction, fun musical numbers and unexpected plot twists.

**Holgerspexet:** Holgerspexet is a student theater association at Linköping University which has staged public spex performances every fall since 1998. Between 60 and 80 students from all faculties at Linköping University are engaged in the preparations for the set of shows each year. Homepage: [holgerspexet.se/](http://holgerspexet.se/)

**Linköpings Studentspex:** Student Spex association, first started in 1979.

[www.studentspex.se/spex-in-english/](http://www.studentspex.se/spex-in-english/)

## Other associations (Student Associations)

**Navitas:** Sustainability association, with the purpose to inspire, educate and bring together students who are interested in sustainability and the environment.

[www.navitas.se/](http://www.navitas.se/) (Swedish)

**Ahead maths coaching:** Association that helps students at Swedish high schools to learn maths. [www.aheadcoachning.se/](http://www.aheadcoachning.se/) (Swedish)

**Dragon's Den:** An association for board games and role playing by and for students. [www.dragonsden.se/](http://www.dragonsden.se/)

**Gen!us:** Association with the purpose to increase gender awareness and equality at Linköping University. [www.facebook.com/liuGENIUS](https://www.facebook.com/liuGENIUS)

**LiRMA:** Linköping Riichi Mahjong Association.

[www.facebook.com/lirmamahjong/](https://www.facebook.com/lirmamahjong/)

**LiVA:** Linköping Vegan Association. [www.facebook.com/Livastudentforening/](https://www.facebook.com/Livastudentforening/) (Swedish)

**LiU Gamers:** LiU Gamers is a non-profit student association for all who are interested in gaming. [www.facebook.com/LiUGamers/](https://www.facebook.com/LiUGamers/)

**Sweden Liute Magiskt:** Organizes activities related to Harry Potter.

[www.facebook.com/LiuteMagiskt/](https://www.facebook.com/LiuteMagiskt/)

**NärCon:** A gaming and cosplay festival. [www.narcon.se/](http://www.narcon.se/)

**Nördboet:** A board game association in Norrköping.

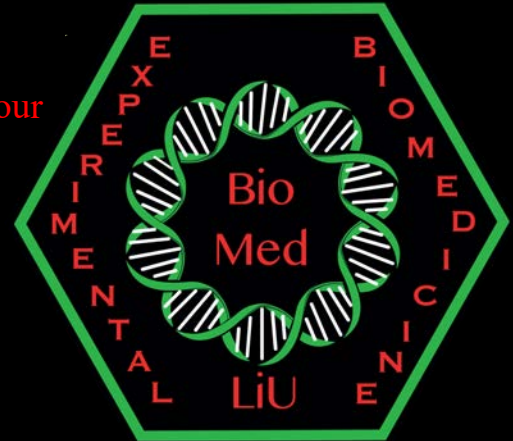
[www.facebook.com/nordboetnorrkoping](https://www.facebook.com/nordboetnorrkoping) (Swedish)

For more information about student organizations and other activities outside of your studies follow this link: [www.student.liu.se/vid-sidan-av-studierna/studentorganisationer/foreningar?l=en](http://www.student.liu.se/vid-sidan-av-studierna/studentorganisationer/foreningar?l=en)

## BioMed Backpack

Do you struggle with the carrying of your books and fika to the lectures, or do you just want to show off your coolness? In either case the BioMed Backpack has come to your rescue! Packed with 100% awesomeness and of a rarity not even Nobel Prize Winners can compete with, you can make sure that if you carry the BioMed Backpack, the BioMed Backpack will carry you to eternal honor and glory!

Stay tuned for more information about ordering your own BioMed Backpack!





## Swedish words to know

LiU offers Swedish courses for international students, and you should all have received an email in May/June about this. If you have not received this email and are interested, or want further information, please contact Daniel Antonsson, [daniel.antonsson@liu.se](mailto:daniel.antonsson@liu.se). Here are some useful words to get you started!

Swedish	English
Fika	A coffee break, usually accompanied with pastries, sandwiches etc.
Öl	Beer
Kaffe	Coffee
Tack	Thank you
Varsågod	You're welcome
Ursäkta (mig)	Excuse (me)
Förlåt	Sorry
Hej/Hallå/Tjena/Tja	Hello/Hi/Hey (from most formal to most informal, Hej is used most frequently)
Hej då	Goodbye
Skål!	Cheers!
Ja	Yes
Nej	No
Kanske	Maybe
Lagom	Just the right amount
Hjälp!	Help!
Jag älskar biologi	I love biology
Grattis	Congratulations
Bra	Good
Dåligt	Bad
Sex	Six/Sex
Han	He
Hon	She
Hen	They (singular)
Slut	Finish/End
Kram	Hug
Puss	Kiss

## Swedish Student traditions

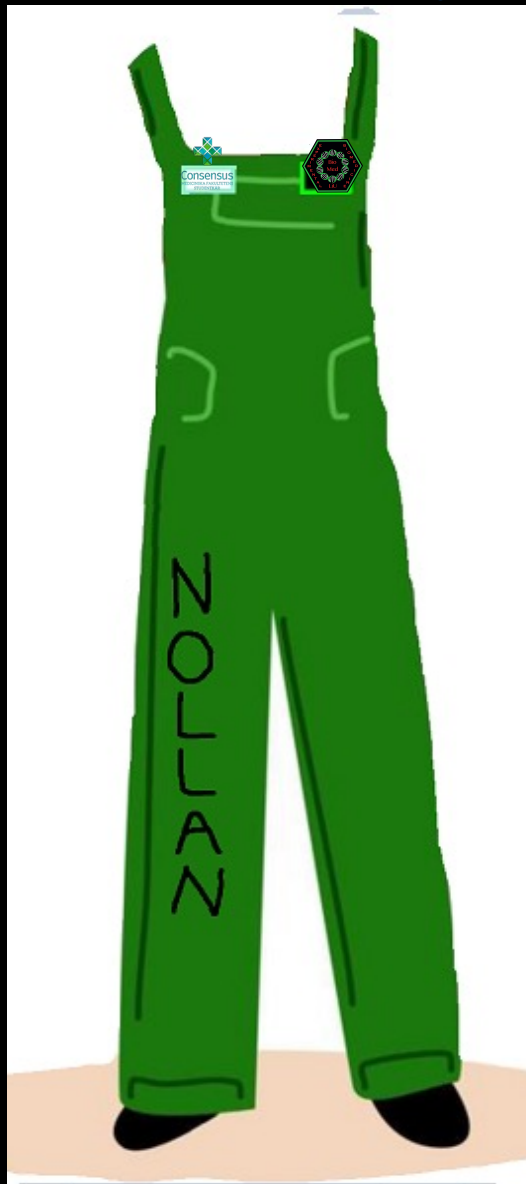
As a Nollan, you're going to notice that the Faddrar wear green overalls. You might wonder, what's that all about? The overall is a fun Swedish student tradition to represent your study program! Each program and education has overalls in their own color. As Biomed students you will wear a beautiful olive green overall.

The overall is the perfect clothing choice for events like kravaller or similar occasions. It can be worn in any type of weather and withstands both rain and dirt. Students can decorate their overalls with patches they purchase or trade with other students. After Nolle-P, new students will have the opportunity to buy their own overalls. Faddrarna will tell those of you who want to get your own overall where you can buy them. Other useful things the faddrar will learn Nollan is how the overalls can be dyed to the gorgeous olive green of the BioMeds, which patches you need and where they are sown on and how you get your name on it. For more information about the overalls and to study other sections overalls visit:

<https://studentlivet.se/studentkultur/traditioner/ovve-guide/>

**On the right side of your chest, you should wear the Consensus patch.**

**The student's name usually adorns the right leg so that everyone can see.**



**On the left side of your chest, you should wear the Biomed section patch.**

**The rest of the overall is up to your creativity! Fill it with party/ section/ activity patches or let your friends write fun things on it!**



## Map of Linköping

1. Campus Valla is a hub of activity for students of engineering, humanities, education, and social sciences. During your first term, you'll have a few courses here. This campus is home to Kårallen, where lively events called 'kravall' are held, and Campushallen, a sports and fitness center.

2. Ryd is a popular residential area for many students. Here you'll find [hg], a spot where you can grab a drink, a meal, and meet up with friends.

3. Irrblosset is a housing option for some Nollan students. It's conveniently located near both MedFak and Valla, and Villevalla is close by for socializing over drinks.

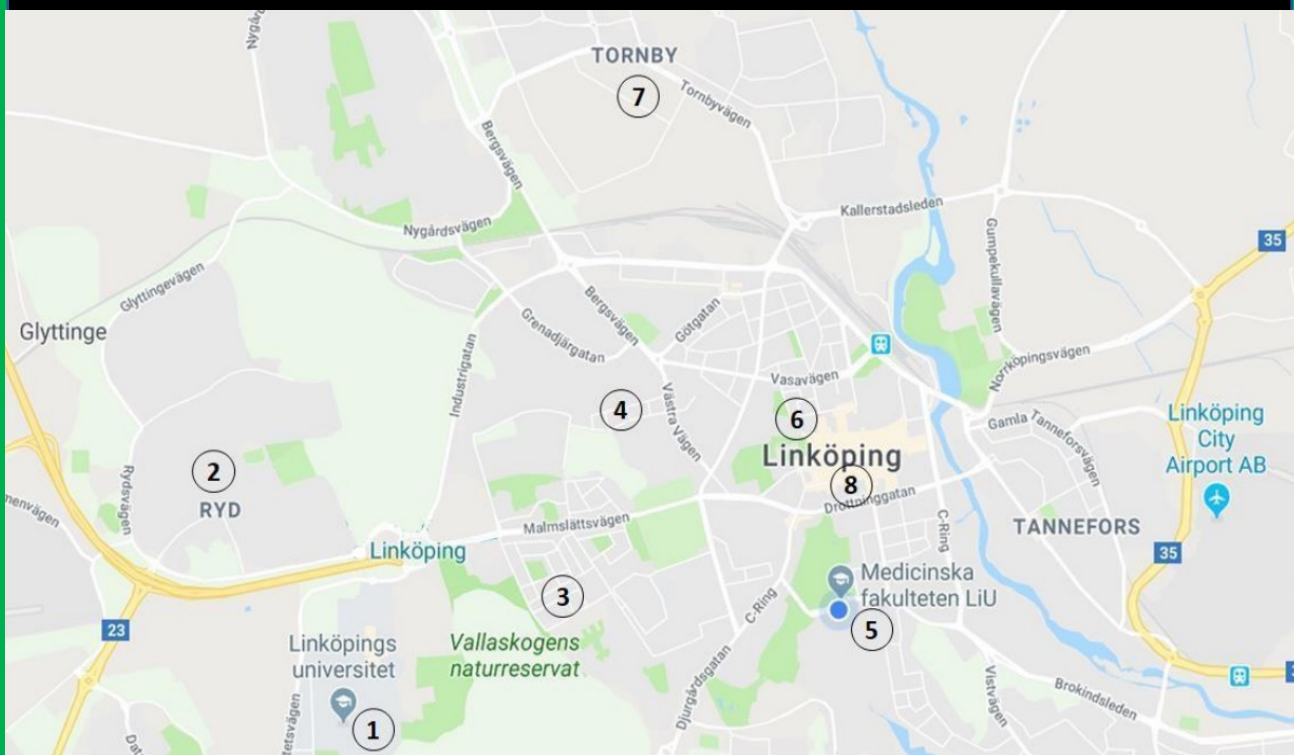
4. Flamman is another great option for student housing, because it's situated near both the city center and MedFak. Plus, it boasts a student pub with the same name!

5. MedFak, formerly known as HU (Hälsouniversitetet/Health University), is now the Faculty of Medicine and Health Sciences. You'll be spending a lot of time here during your studies.

6. Kårhuset Kollektivet, now referred to as KK, was previously known as Nationernas Hus (or NH). It's a student union building where you can socialize, party, and study during the day, just like at other union buildings.

7. Tornby is a shopping destination with numerous stores such as IKEA and ICA Maxi, among others.

8. Wiktors Kläder is where you can purchase your overalls as a student. The address is Nygatan 29, located between Trädgårdstorget and Hospitalstorget. However, the faddrar will fix this for you!





Hmm, this really is a fine sample, unfortunately it is not my favorite species which is *Linnaea borealis*!

However, as you maybe remember we meet on page 12 in Uppsala. If you did not recognize me then, I am Carl von Linné, the man who structured nature they say.

If you sometime visit Uppsala I really recommend that you follow in my footsteps and walk in the paths of "Linnéstigarna". Which are the exact same pathes as I took 300 years ago. I also recommend that you visit my beautiful garden "Linnéträdgården" with 8000 different species.

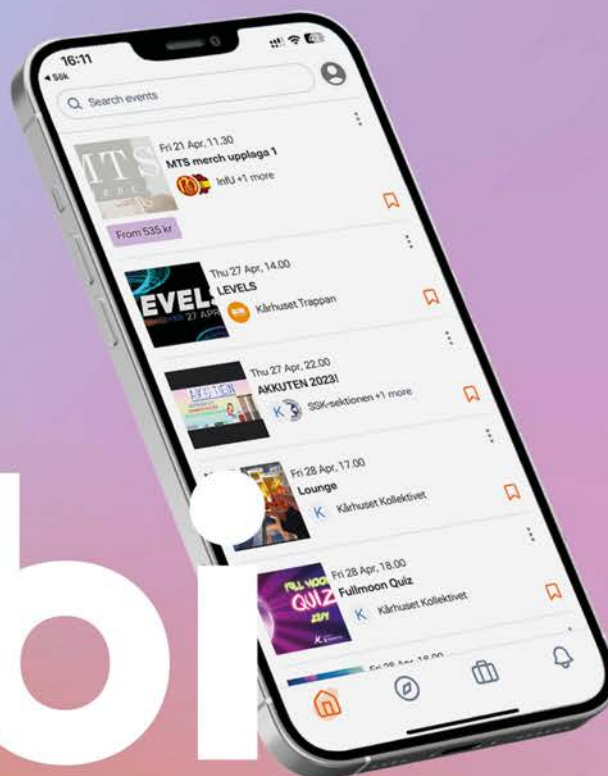
During the Welcome week it may happen that you walk in the woods and then it is good to know that in Sweden the freedom of roam is well developed. For example you are allowed to camp almost everywhere in nature, as long as you don't mess up anything. You are also allowed to pick berries and mushrooms everywhere. You can also pick flowers if they are not of a protected species. However, you are not allowed to break sticks from living trees but can pick sticks that lay on the ground.

I finally hope that you will enjoy the welcome week and your studies at the mastersprogram, it is very nice I can tell!

PS: On the following pages there are some extra information from Consensus among others.



# orbi



## THE TICKET TO STUDENT LIFE

Download the Orbi app to access all events and activities related to you, your section, and reception.

You can book and pay for all tickets directly in the app.  
PS! Use your LiU email to log in.



[orbiapp.io](https://orbiapp.io)



**KÅRSERVICE**  
ÖSTERGÖTLAND AB

# Welcome to the students' living room!

At Linköping University there are union houses owned by the unions StuFF, Lintek and Consensus, and run by Kårservice. You can go to the union houses just to eat, hang out, pub or club, but also work voluntarily and find hundreds of fellow students!

You can find all the events at our union houses on [Studentlivet.se](http://Studentlivet.se) or in the Orbi app!



## Our union houses:



### Kårallen

Kårallen is located at Campus Valla. Here you can find study places during the day, and in the evenings pubs, dinner sittings, parties and "kravaller". At Kårallen you can also find rooms for student associations and offices.



### Kårhuset Kollektivet

Kårhuset Kollektivet is located on Ågatan in central Linköping. At KK, study places are offered during the day Monday-Friday, and in the evenings there are dinner sittings, nightclubs & house parties. Forumteatern is also located in the building, where events can be held by external customers.



### Ryds Herrgård (HG)

Ryds Herrgård is located in Ryd, and offers study places Monday-Friday. Here you can also attend dinner sittings as well as pubs and nightclubs where band gigs can take place.



### Örat

Örat is located at Campus US, and here is a café run by Consensus. A pub is arranged about every two weeks, and dinner sittings with up to 80 persons can be held.



### Trappan

Campus Norrköping's union house Trappan is located next to "strömmen" adjacent to Campus. Trappan offers study places during the daytime Monday-Friday. You can also attend pubs, nightclubs and dinner sittings!



### Kårhusett

Kårhusett is located at Campus Valla, and here you can find association rooms where the associations come together and plan events for the students. Kårhusett also serves as a venue where business and students meet! Kårservice is also in this building.

Read more at [karservice.se](http://karservice.se)



# New student and nowhere to live? We will help you find a home!

At Kombo we will help you with:

Finding an  
accommodation

Free legal  
advice

Emergency  
accommodation

Read more at our website [bostad.karservice.se](http://bostad.karservice.se)  
Or contact us via [bostad@karservice.se](mailto:bostad@karservice.se)

You can also **visit us** in Kårhusett on  
Campus Valla

**KOMBO**   
Studenternas hyresgästorganisation

A part of

 **KÅRSERVICE**  
ÖSTERGÖTLAND AB

## Keep up with the student life at LiU!

Visit **Studentlivet.se** - Your guide to a study  
social life at Linköping University! There you will  
find all the events and associations to get  
involved in.

Download the **Orbi app!**  
Here you are able to buy  
**the tickets** to the events  
during the reception!



**Association gallery** - Find  
over 150 associations to get  
involved in and find friends  
for life.

**All the events** gathered  
at one place in an event  
calendar.



**New - The student overall  
guide!** What is an "ovve"?  
Find out on the website!



 **STUDENTLIVET.SE**

Follow **Studentlivet.se**  
on Instagram and  
participate in  
competitions, get tips  
and guides!



A part of

 **KÅRSERVICE**  
ÖSTERGÖTLAND AB





# KALASMOTTAGNINGEN 2023

Discover more of LiU and find new friends at Sweden's biggest event for new students, **KALAS!**

**SEPTEMBER 6th** is your chance for an insight into the amazing student life LiU has to offer!

Start the day at our **KALAS FAIR** where you meet all our exciting student associations and several companies.

Then, continue to our **KALAS FESTIVAL** with a stage show, food trucks, carousels and much more!

Admission is **FREE!** – Hope to see you there!



[kalas.liu.se](https://kalas.liu.se)





# Welcome

## to the Student Health Care!

We offer individual counselling, guidance, workshops and lectures which help you as a student to change, develop and feel better about yourself.

- ♥ All counselling is confidential, free of charge and you will talk to qualified personnel.
- ♥ To us, no issues are too small, too big or wrong!
- ♥ We offer workshops and lectures on for example stress, motivation, mindfulness and self-compassion.  
You can find our entire workshop offering online.

The Student Health Care works with issues regarding health and lifestyle, alcohol and drugs, and support for students with disabilities.

Contact the Student Health  
**You find us at Liunet**



# CONSENSUS congratulates you to your place!

## *What is Consensus?*

Consensus is the student union for all students at the Medical faculty at Linköping University. Together with the section on your program, we ensure that your education and working environment are of the highest quality.

## *Why should I become a member?*

You make your voice heard at the university and get the chance to improve your education!

You get access to lots of discounts to the cafe/pub 'Örat' and to parties at our union houses!

You get free breakfast the last week before CSN every month!

## *Cool! How do I become a member?*

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



Consensus  
MEDICINSKA FAKULTETENS STUDENTKÅR





Hej där!  
My name is Pippi Långstrump and I am pretty strong  
as you can see!

Now the Booklet of Wisdom has come to an end. I  
hope you got great use of it and that you reread it  
many times!

May the faddrar be with you!



Neigh!  
Neigh!