

Checklist
for your
first week

How to find
accommodation
in Malmö

Welcome to Malmö!

- A survival guide for new students

Initiation weeks
INSPARK
2017

CONTENTS



Photo: Håkan Röjler



Photo: Apelöga



Photo: David Bergström



This magazine is a product of the Student Union Malmö. If you have any questions or comments, you are welcome to contact us at inforum@malmostudenter.se.

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Chronicle from the Union president and vice president.....3

Checklist for your first week....4

Welcome to Malmö.....5

Initiation weeks 2017.....6

Where will you stay?.....7

Why should I become a member?.....8

Discounts & Benefits.....9

Get involved.....10

Union associations.....12

Study techniques.....14

Union Coffee & Literature scholarship.....16

Music Pub.....17

Your representatives.....18

The Student Union Malmö is a non-profit, non-political and non-religious organization. The Student Union Malmö is working for a better education and a safer student life for the students at Malmö University.

Welcome all new students!



Photo: Erika Persson

First of all we would like to give all new students a very warm welcome to Malmö! Except from strong wind and screaming seagulls there are many things to explore in Sweden's most continental city. If you are a food lover like us, you should visit Möllan, where you can enjoy food from all over the world, and to student friendly prices. We our self have been both new students and new in this city. Through the years we have explored this amazing city that is full of happiness, love and diversity. And now it's your turn to be a part of it!

To study at a University means a whole lot of reading, exams and seminars, but your time as a student can be so much more. That's why the Student Union Malmö is here to make sure you get the best student life! With passionate and engaged students, we are working to create a strong student influence so that we together can make an impact and improve our education. All students are more than welcome to be a part of our work, so, do you want to make your voice heard? Come to the Union!

The Union is also here to make sure you have fun outside of your studies. One way to enrich your spare time is to join one of our associations. They all offer a wide variety of activities, everything from international travels, interesting workshops and seminars, to pub and club nights. As a member of the Union you also get to take part of our cheap soup lunch and student breakfast, as well as our cozy music nights in the student pub, where you have the chance to perform for other students.

As a new student and Malmö resident you have probably already noticed the housing shorting for students in this city. We hope that you have managed to find an accommodation. During this operational year, we at the Union will focus even more to improve the living situation for students. All students have the right to find a good and safe accommodation during their study period.

Something else that we students are lacking is good study space at the University. Since the existing group rooms and study spots are so popular it's not always easy to find a good place to open your books. But you should know that you are always welcome to Kølsvinet, the hang out spot in the union building that's open for our members. This is the place to be! Talk to the union people, get a cup of free coffee, study or just hang out with your friends.

As you now have realized, you made a good decision to come to Malmö and Malmö University. Not just because its such an amazing city, but also because of the endless opportunities you have here as a student. We at the Union are also students, from all over the world, who work for YOU and your education. So, become a member, talk to us, study with us, travel with us, have a cup of coffee with us, eat soup with us, party with us, and let us all have the best student life together!

Pontus Källström, Union President 17/18

Rebecka Welander, Union Vice President 17/18

CHECKLIST

- things to get done
your first weeks

At the beginning of the semester, there are many things that need to be fixed, as well as much to learn and a lot to keep track of! To make things easier for you as a new student, we've put together a checklist of key things you should do to get the best possible start!

1 Find accommodation

To find a place to live is often the first problem to solve. We know how difficult it is for students to find accommodation in Malmö, so we have gathered some tips that hopefully can be helpful. [Read our advices on page 7: Where should you stay?](#)

2 Get a Computer-ID

You need your computer-ID to log on to computers, accessing the wireless network, and It's learning. You must order your computer-ID before you can register for your course. You can do it at idservice.mah.se/.

3 Get a Multicard

Your multicard functions both as your library card, copy card, and access card. You can apply for a Multicard at Orkanen and Health and society. More information is available at mah.se/multicard.

4 Get a Wi-Fi account

To be able to connect to Malmö University's wireless network, Eduroam, you need to create a Wi-Fi account. Follow the steps in this guide: mah.se/english/Student/ITsupport/Programmes-and-Services/Eduroam-english/ and you'll be done in no time!

5 Join the Student Union

Whether you need help with school, to find a nightclub or just a microwave to warm up your lunch, the Student Union is here for you. To become a member, head to malmostudenter.se/english/become-member/ and follow the instructions, or visit the Union during our office hours. The membership fee is 158 SEK/ year.

6 Join ESN Malmö

ESN Malmö arranges lots of activities for International Students. Find out more about ESN and the other Union associations on [page 12: Associations](#).

7 Literature scholarship

When the course starts, many new textbooks need to be purchased, putting a strain on the already thin student wallet. Apply for the Union's literary scholarship - a contribution of SEK 500 that is awarded to 3 members at the start of the semester. [Find out more on page 16](#).

8 Get a bicycle

Biking is a smooth way of getting around in Malmö, both cheaper and more environmentally friendly than taking the bus! Check out Malmö City bicycle auctions for bike bargains or get a one-year subscription for rental bikes at malmobybike.se/en.

9 Attend Insparken

As a international student, you get a 10 day long welcoming during the International Introduction. But you are of course also welcome to join the Swedish introduction weeks called Insparken. Insparken is organized by Festmesteriet and includes activities as city tour, bbq, movie night, etc. Full schedule at [page 6, Insparken 2017](#).

10 Get your ticket

On September 6th, Festmesteriet organizes this semester's first dinner party for all new students. For information on how to purchase tickets, visit festmesteriet.se. Remember to buy your ticket early - they usually sell out in a flash!

11 Attend the Union Days

The Union days is a student fair organized in the beginning of the semester where you get the chance to meet the Union, our associations, various companies and the university services. The dates for the Union days are: September 19th at Niagara, 20th at Orkanen and 21st at Health and society.

12 Stay Updated!

Keep yourself updated on what's happening at the Union by checking out malmostudenter.se. Also, you can follow us at:
facebook.com/StudentkarenMalmoe
twitter.com/malmostudenter
[Instagram @Studentkaren_Malmo](https://instagram.com/Studentkaren_Malmo)

Welcome to Malmö!



Photo: Werner Nystrand

Welcome to Malmö, a student city in the making! Malmö is an open and dynamic city with people, culture, language and cuisine from every corner of the world! Malmö offers various cultural experiences, beach life and a diversity of events and activities. Malmö is an arena for discoveries and development, this is where ideas are born!

Congratulations! As a prospective student and Malmö resident you will arrive to a fun and exciting city within one of Europe's most expansive regions! Malmö is in the middle of a dynamic change from being a traditional industrial town, to becoming a versatile student city with a flourishing cultural life. Malmö University has left its mark on the city as well as the Öresund bridge, our springboard to Copenhagen and the rest of the world. The city vibrates of energy and young people, exciting cultural events, fun club happenings and a wide range of culinary experiences, with dishes from all over the world - a student city to enjoy!

With over 300 000 inhabitants, Malmö is Sweden's third largest city, and the perfect size for a city. You can easily get around the city on foot, by bike or public transportation. Thanks to the City Tunnel you can go between Malmö

Central Station and the Triangeln Station in only 3 minutes, and the travel time to Copenhagen is now only 33 minutes. On the way there, you will pass by Hyllie, where you will find Emporia, Scandinavia's largest shopping mall.

Malmö is a city of diversity, where over 170 nationalities are represented, which of course, also has enriched the city's commercial sector, the range of cultural experiences, and recreational activities. Malmö offers something for everyone! For more information about what is going on right now, visit the city's official tourist guide at www.malmotown.com.

In Malmö, you are never far from the city nor the beach. In this "great little city", all distances are short! Our well-visited city beach, Ribban, is within convenient walking distance from the city center! The beach is 4 km long, and if you're not into feeling the sand under your toes, there is plenty of grass areas and docks for you to use.

Malmö is sometimes called the City of Parks. No other city in Sweden has so many and such beautiful parks as Malmö. In total there are 15 major parks in Malmö that when the weather allows, attracts both young and old for relaxation and entertainment. The uniqueness of Malmö's

parks is that each one has a very special character. Stapelbäddsparken is for example a park for action-filled activities, while Bulltofta serves as a great lung of forest in the middle of the city. Pildammsparken is a haven for those who want to stroll around and relax, while Dania Park is the perfect place for sunbathing. Our favorite is the charming Folkets Park, which in addition to large lawns, a fabulous cultural center, a traditional dance palaces and beautiful outdoor cafés, also offers adventure golf, a terrarium and a large park square with lots of activities for the children. In the summer, garage sales, concerts and outdoor cinema is organized. The updated program can be found on malmofolketspark.se.

As a final advice on how to get the best out of Malmö, we highly recommend you purchasing a bike. To discover the city on two wheels is not just climate-smart but is also cheap and effective in a city where everything is located at a short distance!

So once again, a warm welcome to Malmö, we hope you will enjoy the city as much as we do!

P.S. For additional recommendations, check out [the Student representatives suggestions on page 18](#).

INSPARKEN 2017

Arriving in a new city can sometimes be overwhelming. Far away from family and friends, it's easy to feel a bit lonely. At the beginning of each semester, the Union and the association Festmesteriet, organize daily activities where you get to know new people and your new city, over two fully crammed weeks. It's the perfect opportunity to kick start your time in Malmö!

The initiation weeks (Insparken) are often the first opportunity for new students to meet new friends. To hang out during fun and exciting activities is often a good icebreaker. Insparken is organized by Festmesteriet, the Union's official party association.

During Insparken you will get divided into teams with other students from your faculty, your team competes against all the other teams during the day and at night you all come together to party! Every team gets their own fadders, who are here to welcome you and to answer your questions about the Student Union, the University, and Malmö.



Schedule for Insparken

Tuesday 29/8 - Teambuilding

We start off with activities for you to get to know your captains, fadders and your teammates. Afterwards all teams meet up in the Student pub*. We meet at your faculty 17.00.

Wednesday 30/8 - City Tour

You and your teammates gather points for your team by solving different tasks around Malmö. We meet at Triangeln/St. Johannes Church at 16.00. Club night in the Student pub* until 03.00.

Thursday 31/8 - Pub quiz & karaoke

Pub quiz in the Student pub*. After the quiz you get to show off both your singing voice and your dancing skills when it's karaoke-time! Student pub 19.00 - 01.00.

Friday 1/9 - Team day

Hang out with your team mates and prepare for the masquerade. Activities and more info will be announced in your teams Facebook group.

Saturday 2/9 - Masquerade

Masquerade party! One of the most popular nights where you get a chance to shine with your team. Student pub* 23.00 - 03.00.

Sunday 3/9 - Soap soccer**

It's time for our traditional soap soccer tournament. Durable clothes are recommended. We meet at "T-bryggan" at Ribban beach 15.00.

Monday 4/9 - Game and Movie Night

Video game tournaments in FIFA and COD, movies, board games and table tennis. Snacks and soft drinks are sold at the bar. Student pub* and Kølsvinet* from 17:00.

Tuesday 5/9 - Comedy Night

Professional comedians from different parts of the world gives you a 2 hour long stand-up show that you absolutely can not miss. Student pub* 18:00.

Wednesday 6/9 - Welcome dinner

It's finally time for the semesters first "sittning" (fancy dinner), with after party at the Student pub*. Get your ticket and more info at festmesteriet.se.

Thursday 7/9 - Pentathlon**

Pentathlon in true Olympic spirit. May the best team win! The evening ends in the student pub*. We meet at "Musikkullarna" in West Harbour at 17.00.

Friday 8/9 Barbeque

After a couple of intense days we're winding down with a cosy barbeque. Bring your own food and an extra sweater. Kølsvinet* 17.00.

Sat 9/9 to Sun 10/9 - 24h race

The epic final! Can you stay awake for 24 hours? Activities each hour. Rules: no caffeine, one unit of liquid each hour, no sleep! Kølsvinet* 10:00 - 10:00.

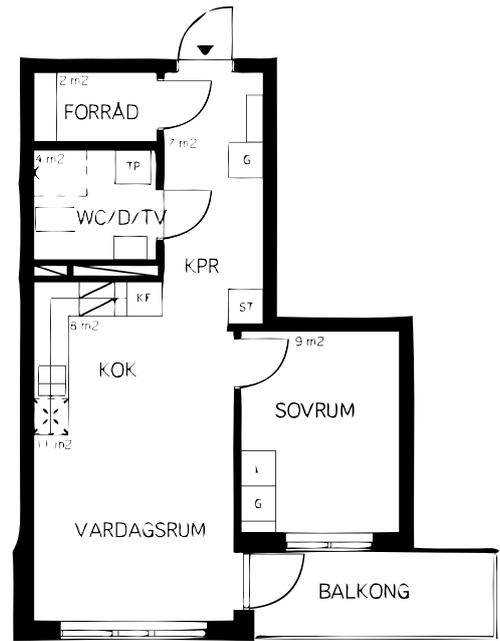
* You can bring your own food and beverages to Kølsvinet. No outside food or beverages can be brought into the student pub. You can buy this in the bar.

** If the weather is bad we'll spend the evening in Kølsvinet with other activities.

More info about Insparken and maps to the different locations can be found at festmesteriet.se.

Congrats, you are admitted!

- but where will you stay?



Malmö is an interesting and dynamic city where much has happened in recent years. Malmö University has left its mark on the city, as well as the Öresund Bridge; our springboard to Copenhagen and the rest of the world. Malmö bristles with young people, exciting cultural events, fun club happenings and a wide range of food experiences with dishes from all over the world! It's a city where a lot of people want to live!

Malmö is growing bigger every day; however, it is not a city solely dedicated to students, as you'll find out when it comes to housing. Unfortunately, Malmö hosts only a small number of student residences. Because of this, it is a good idea to look for housing in Malmö with open eyes. It is more likely that you end up sharing a flat with other students, renting a private room in someone's apartment or house, subletting, or buying an apartment rather than in a typical student dorm. We have put together our best advices to give you a head start in your quest for a roof over your head.

Malmö does not have a campus, so the about 2000 student apartments are scattered around the city. For an overview of the housing options available check out: www.mah.se/housing where you will find links to a great number of housing mediating offices, sublet sites and hostels, to give you a good start in your hunt for accommodation.

At the Unions website malmostudenter.se, we have gathered contact information to a majority of the housing agents in the region. It can be a good idea to try contacting some of the smaller agencies, where there might be less competition. You should also check out the page malmostudenter.se/nystudent/bostad where you can find more tips to help you in your search.

There is an abundance of subletting sites and the biggest and most frequently used is: www.blocket.se, where many people choose to place their ads. There are mainly sublets and private rooms in bigger apartments, which may serve as the perfect solution if your stay is not too long or if you want to live with locals. Malmö University also have their own subletting site at hemma.mah.se/en, where people upload their own ads.

Be careful when renting through private ads and beware of fraudsters! Do not send any money through Western Union or any other money exchange system. Never pay deposits in advance without having signed a contract and seen the flat.

Another suggestion is to get registered at Malmö's housing queue: www.boplatssyd.se. The price to register is SEK 300/ year, but register in time - the queues for central 1 and 2 room apartments are long. However, it is a good idea to team up with some friends or fellow students and apply for bigger flats, the queues for them are a bit shorter.

If you are running out of options, the Union has an emergency solution called the Sofa Project, which helps students who, at the beginning of the semester, are left without a place to stay. Through the project we initiates a contact between incoming students and the volunteers who have a free spot on their sofas. The idea is to give students time to familiarize themselves with the housing system in Malmö and find a more permanent accommodation. Check it out at: malmostudenter.se/ny-student/soffprojektet.

If you still don't have a place to stay, please contact us at the Student union and we will do our best to help you!

Why should I be a member?

- By becoming a member in the Union you engage in your studies!

The Union consists of students who work for students. We are here to make your everyday life easier with the benefits and discounts we offer to you, and through social activities where you can meet new people outside of your studies. Most of all we monitor your education and help you if you get in trouble. We are always on the student's side!

The Student Union Malmö works daily to make your time at Malmö University as good as possible. The Union's primary task is student influence and monitoring the educations, which means that the Union represent students in all the committees and bodies that exist at Malmö University. In all decisions taken regarding students, the Union is there, to bring in the student perspective.

In addition to being represented in the university boards and bodies, and given personal support, you as a member of the Union also get to attend seminars, clubs, and career days. You have the opportunity to take part in your favorite activities or to try out new ones through our associations. They offer everything from choir singing and foreign politics, to floor hockey and travels. If you are new in town, this is a perfect opportunity to meet new friends who share your interests! You also get a student ID (Student card and Mecenat card) and local discounts. Learn more about these on the next page. Another membership benefit that you can read more about on the next page is our weekly Soup Lunch and monthly Student Breakfast. It's hard to find a meal cheaper than that!

How do I join the Union? If you are a new member, and have never been registered in the Student Union before, you can easily register at our website malmostudenter.se/english/become-member/. Follow the instructions on how to register and pay the fee. If you don't have a Swedish social security number, you can use the P or T number given to you by the university. This is found on your multi card. You pay via internet bank or by using your credit card. You can also get a paper invoice by emailing us at kansliet@malmostudenter.se. The membership fee is 79 kr/ semester, you can also choose to buy a one-year-membership for 158 kr. Once you've paid, your Student card and Mecenat card will be sent to you within two weeks.

During the first weeks of the semester you can become a member of the Student Union directly at your faculty. Your student representative will be present at your faculty during this week and you have the opportunity to pay your membership fee right away. But the easiest way to become a member is to visit the Union Building. Then you'll also get the opportunity to check out our facilities, and we offer all members free coffee!

8 reasons to become a Union member:

1. **You make sure that the university is monitored** and you thereby get a high quality education.
2. **You get personal support** if you get into trouble.
3. **You get student discounts** - both local and national.
4. **You can attend fun parties** and visit our Student Pub.
5. **You can join one of the many Union associations** or start your own.
6. **You can buy our cheap Soup lunch** and Student breakfast at the Union.
7. **You get the awesome student magazine Mahskara** sent directly to your home.
8. **You support work by students for students!**

Visit The Union Days - Get free bike lights!



If you are really quick to sign up for membership in the Union you can be one of the 100 students that gets a free bike light. The Union Days is a student fair in the beginning of the semester, where you get the chance to meet the Union, our associations, various companies and the university. The first 30 students at each faculty that becomes a member during the Union days get free bike lights! You also get the chance to compete for a goodie bag stuffed with nice prizes!

The Union Days (Kårens dagar):

September 19: Niagara

September 20: Orkanen

September 21: Health & society (SUS)

Discounts & benefits

By becoming a member of the Student Union Malmö you gain access to a variety of different benefits and local discounts on spare time activities, clothes and public transportation. We are always on the hunt for exciting collaborations, to be able to offer you interesting and price worthy bargains! For current deals, please check out our webpage. You don't need to use many of the discounts to earn the membership fee of 79 SEK.

Discounts

Besides discounts on the commuting card at Skånetrafiken and train travel across Sweden with SJ, we have a lot of local discounts on everything from cultural events such as the current theatre productions and club events, to clothing stores and restaurant visits. On our website malmostudenter.se/medlem/rabatter you can see all local discounts that we have for our members.

STUDENTHÄFTET - SAVE OVER SEK 1500

As a member of the Student Union Malmö, you have the opportunity to collect "Studenthäftet" for free (reg. price for other students 100 kr). "Studenthäftet" is a small coupon booklet filled with local discounts and offers at cafes, restaurants, nightlife and stores. With the discounts in the booklet you are able to save over SEK 1500. Pick yours up at the Student Union Building. Offer valid while supplies last.

SKÅNETRAFIKEN & SJ

As a student you get up to 30% discount at SJ, and 25% discount when you buy a ticket or a 30 days card with the Skånetrafiken app. Don't forget that you always have to carry your Mecenat- or Studentkortet card when you travel. For the discount at Skånetrafiken, you need to study at a pace of 50% or more, during at least 10 cohesive weeks/semester. Find out more at skanetrafiiken.se.

THE MALMÖ STAGES

In Malmö, no one needs to miss out on cultural events due to living on a student budget! Malmö City Theatre, Malmö Opera, Malmö Symphony orchestra as well as the Dance theater gives all students a 50% discount. The only thing you have to do is to show your student id when buying tickets. Premieres and guest shows are not included in the discount. Learn more at mah.se/sceningang.



STUDENT-ID IN YOUR SMARTPHONE
By downloading the Studentcard and/or Mecenat app to your smartphone you carry your student-id with you all the time. Both apps are free and you can find out more at studentkortet.se and mecenat.se.



You'll find the cheapest lunch in Malmö at THE UNION SOUP LUNCH

It's hardly a secret that a student gets by on a tight budget, and it's not often that you have money left to indulge in a lunch out. Therefore, the Student Union organizes a budget lunch in the form of vegetarian soup every Wednesday at Kølsvinet!

The price is only SEK 15 for members of the Union. This will give you one serving of vegetarian soup, including bread and coffee. If you are not a member, you can sign up for membership on the spot. Keep an eye on the Union's Facebook page during the morning to find out what kind of soup is served on the specific day.

Where: Kølsvinet, Bassängkajen 8

When: Wednesdays between 12:00 - 13:00



Do not miss our STUDENT BREAKFAST

We've all heard that breakfast is the most important meal of the day, but as a student, you can't always afford a nutritious morning meal. To make sure that growling stomachs won't disturb your lectures, the Union now serves Student Breakfast.

Once a month, the Tuesday before the 25th, we serve breakfast in Kølsvinet. For only SEK 20, members of the Union can enjoy a classic breakfast buffet, and fresh coffee!

Where: Kølsvinet, Bassängkajen 8

When: The Tuesday before the 25th each month.

Time: 9:00 - 11:00

Get more out of your time as a student:

GET INVOLVED IN THE UNION!

Getting involved in the Student Union is not only fun and a great way to meet new friends, it also gives you important experience for your future career. There are a variety of things to get involved in within the Student Union, choose the one that suits your interest best.

As a active member of the Student Union, you'll get the opportunity to get to know interesting people with similar interests as you, and chances are you'll make friends for life. You choose how much time you'll spend on your commitment, but some things take more time than others. Union involvement also gives you valuable experiences, and you will always receive a certificate stating that you have been active in the Student Union. This certificate provides you with a head start when you finish your education and begin to look for a job, as many employers see it as a big plus to have engaged alongside your studies.

To make your choice a bit easier, we have divided the Union's activities in two different parts. If you want to be involved in making important decisions both within the University and the Union, **student influence and representation** is your thing. For example, you can be a student representative in one of the university's committees, improve your education as a course or program representative, or influence the Union's work. Would you rather become awesome at planning events and activities, then **student life** is your thing. Take part in organizing everything from soup lunches to the Union's annual festival. The only one that limits what can be done is you!

Student influence and representation

Committees and bodies

The Union represents the students in all committees, groups and bodies of Malmö University. The student perspective is extremely important to the university and serves as a tool to improve education quality. The Union appoints representatives to these committees through five different meetings, called FORUM. For more information about FORUM please contact your student representative. [You'll find the contact details on page 18.](#)

At your faculty

Parts of the Student Unions work in the faculties are



conducted via the student committees. Each faculty has its own student committee consisting of dedicated students and the faculty's student representative. You meet once a month and raise questions concerning your faculty. All students are welcome; contact your student representative for more info.

At your program or course

Perhaps the most important part of student influence at Malmö University is the students' right to influence their own education. On all programs and courses there are course and program representatives. As a representative you forward your classmates' opinions and attend meetings that affect your education. Contact your student representative for more information about how you can become the representative at your course or program.

Influence at the Student Union

Would you rather decide what the Union should work with? Then you should be a member of the student council. The Student Union Malmö is governed by a council, which is elected by students. The council - or FUM - is the Union's highest decision-making body and is responsible for all decisions and all activities within the Union. FUM consists of 29 members. 19 of them are elected by students in the Union election every spring, and another 10 are elected at FORUM in the beginning of the fall semester. FUM meets 5-6 times a year and takes all general decisions for the entire year.



Working at the Student Union

You also have the opportunity to work full time at the Union. The Union has a president, a vice president and four student representatives who are full time remunerated, and have taken a break from their studies to work a year for the Union. To be able to get one of the positions, you must first be a candidate in the election, become one of the 19 candidates elected for FUM and then apply for the position you want. Working at the Union is stressful and demanding but also incredibly fun and enriching. You will attend long meetings, meet a lot of students and learn everything about Malmö University.

Student life

Union Coffee

Once a month the Union visits your faculty and you get the opportunity to make your voice heard! We offer coffee, have exciting competitions and sometimes we give out surveys to get answers on how you perceive your education. There are lots of fun things that we need your help with, everything from making coffee and talk to students, to carry tables and compile surveys. Sounds interesting? Check what date the next Union Coffee is with the student representative at your faculty, we are always in need of a helping hand, and the more we are, the more fun the event gets!

What is required of you?

How much of your spare time you need to spend on your Union involvement depends on what you are active in. As a FUM member, you should for example be able to spend a few hours for each council meeting, the meetings are held 5-6 times a year. If you choose to help out during Union Coffee, you'll have to spend a few days each semester. In the end, it is you who decide how much or how little you want to get involved. Talk with your student representative for more information. Contact details are on page 18.

Soup lunch

The saying "too many cooks spoil the broth" does not apply at the Union! Every Wednesday we like to be a big and happy group cooking and serving soup lunch in Kølsvinet. Do you think that cooking in a group is the most fun? Can you peel a few kilos of carrots without any problems? Do you have a delicious soup recipe that you'd love to try out? Then this is your thing! Help us with shopping the ingredients, cooking and serving the soup!

Student breakfast

Student breakfast is organized the Tuesday before the 25th each month. It is the Unions way to ensure that students can start their day with a proper morning meal! Don't mind making some coffee? No previous experience needed, but it's a big plus if your a morning person! If not, we keep the coffee close, and of course we will give you free breakfast!

Music Pub

The last Friday every month the Union and Festmesteriet organize Music Pub in the student pub. We invite local bands and artists to entertain us with live music. Do you want to help plan the event, or do you/your band wants to perform? Would you like to learn more about sound and light technology or maybe just help us fill the snacks in the bowl? Contact us at musicpub@malmostudenter.se.

Contact

Does anything above sounds like something that you want to get involved in? Or do you just want us to add you on our list of volunteers? Send your contact details to info@malmostudenter.se and we will get back to you with further information.

Would you rather put your involvement in any of the Union's associations? Check them out on the next page!

UNION ASSOCIATIONS

Along with school stuff, you also need social activities. The Student Union Malmö offers a wide range of associations that are open for all members. You choose if you just want to participate in the various activities or if you want to be more active in planning and organizing the activities. Associations are often an excellent platform to learn more while you get to hang out with others who share your interests.

ASSOCIATION OF FOREIGN AFFAIRS (UF)

The Association of foreign affairs organizes lectures and seminars where politicians, academics, diplomats and journalists are invited to share their experiences and knowledge in the international political arena. UF also organizes Pub Quiz, movie nights, trips and debate clubs.

Contact: info@ufmalmo.se

Website: ufmalmo.se

Facebook: UF Malmö - Association of Foreign Affairs



ESN MALMÖ

ESN Malmö is primarily focusing at creating the best student life possible for international students, but of course, all students are welcome! ESN organize the introduction weeks in the beginning of August when the new international students arrive, and then have lots of activities through out the semester such as parties, games, food and travels! Get to know new people from all over the world!

Contact: esnmalmo@esnsweden.org

Website: esnmalmo.org

Facebook: ESN Malmö

MALMÖ STUDENT CHOIR (MaSK)

MaSK is for you who want to sing and find new musical friends. MaSK rehears once a week, gives concerts each semester and organizes social gatherings for the choir members!

Contact: malmostudentkor@malmostudenter.se

Facebook: Malmö Studentkör MaSK

FESTMESTERIET

Festmesteriet handles most of the festivities organized for students at Malmö University. They work hard to develop and widen the range of social events. Festmesteriet runs the student pub, which is open Wednesdays and Fridays. They also organize "Insparken" for new students, and club nights, game nights and much more. Want to know more about how to run a pub, organize club nights or work in the bar? Then you should join Festmesteriet!

Contact: festmesteriet@malmostudenter.se

Website: festmesteriet.se

Facebook: Festmesteriet Malmö

SOCIAL SALONG

Social Salong is mainly directed towards social work students, but of course everyone is welcome! They organize lectures and seminars with the goal to broaden, deepen and promote issues regarding social work.

Contact: socialsalong@malmostudenter.se

Facebook: Social salong

LGBTQ STUDENTS MALMÖ

LGBTQ students Malmö aim to be both a safe meeting point for students, but also a political actor that challenges the university when it comes to LGBTQ+ related issues. The association have an international focus so that as many students as possible can participate.

Contact: lgbtq@malmostudenter.se

Facebook: LGBTQ Students Malmö





ALHAMBRA

Alhambra is Malmö's Muslim student association. Alhambra organizes seminars, lectures and activities for its members. Everyone is welcome, regardless of religious affiliation!

Contact: alhambra@malmostudenter.se

Facebook: Alhambra Malmö

IF ACADEM

IF Academ is a sports club at Orkanen for members of the Student Union. Everyone is welcome, from beginners to experienced athletes. You can choose from soccer, badminton, basketball, floor hockey, ice hockey and volleyball. But you have to be quick - the spots fill up quickly.

Contact: mahifacadem@malmostudenter.se

Web site: www.ifacadem.se

Facebook: If Academ - Malmö högskolas idrottsförening

MILJÖFÖRENINGEN FENIX

Fenix work with the environment as a starting point and aims to create a commitment to the environment, sustainable development and fair trade among the university students.

Contact: fenix@malmostudenter.se

Facebook: Fenix Miljöförening

GLEE CLUB

Just like in the TV show Glee, this group meets to share their joy of music and dancing. Glee club also organizes workshops where professionals share their experiences. Everyone is welcome!

Contact: gleeclub@malmostudenter.se

Facebook: Malmö University - GLEE CLUB

STUDENT THEATER MALMÖ

Student Theater Malmö is the student association for you who are passionate about theater and acting! The association meets one afternoon a week for theater activities and improvisation exercises.

Contact: studentteatern@malmostudenter.se

Facebook: StudentTeatern Malmö

MAHSKARA

Are you interested in writing, interviewing, photographing, illustrating or maybe web publishing? Do you want to learn more about how a magazine is made and contribute with your skills? Join in and create Sweden's hottest student magazine! Mahskara is sent home to all Union members twice each semester.

Contact: mahskara@malmostudenter.se

Website: mahskara.se

Facebook: Mahskara

THE GAMING GUILD

The Gaming guild is an association aiming for unity and fun with classic and new board games. They have gaming events two times every month that are open for all students at Malmö University. Entrance is free and membership to the association can be obtained at every event. Welcome!

Facebook: Spelgillet / The Gaming Guild

Can't find an association that suits you?

Feel free to start a new one! The Student Union Malmö supports associations with facilities, IT- services and financial support. Learn more about starting your own association at malmostudenter.se.

Study more efficiently with the right STUDY TECHNIQUES

Photo: Christoffer Lomfors

With an accurate study technique, your studies will become more efficient, easier, and more fun! Putting some initial efforts in adopting the right study skills will benefit you for the rest of your life. Here we present various tips on studying and whom to contact if you want further information or individual support.

University studies differ in many ways from high school studies. University studies are driven by each student's individual responsibility for his or her study situation, with less supervised lectures, multiple overlapping group projects, and extensive course literature. It can be difficult both to adjust to the new settings and demands and to organize your time so that you get 40 hours per week dedicated to studies and lectures. What happens if I miss a lecture? How much do I have to read each day? Do I have to read everything? These are common questions to deal with when becoming a university student.



We all have our individual way to learn new things. Some of us learn by listening, others by watching, and others learn best by doing. No way is more efficient than the other - just different. That is why it is important to think through previous learning occasions and to find out what learning looks like for you, so that you can adjust your study technique accordingly!

Even if you are excited about your new studies, things sometimes does not work out as you've planned. If so, it can be a relief to have someone to turn to for advice and support. The Study and Career Counseling center organizes individual counseling and workshops in study and learning techniques. If you don't feel secure with your study techniques and learning skills, it can lead to feelings of stress and anxiety.

It can be difficult to find the right balance between studies and social activities, with the consequence of falling behind the schedule (or the opposite: not having time for anything else besides the studies!). Neither situation is ideal and either situation could harm your health and wellbeing. If you need help with these types of issues, you are welcome to contact the Student Health Service. They will provide you with good advice and accurate support for your individual situation. The Student health service also arranges workshops in how to overcome speech anxiety.

We have put together some general tips and suggestions on how to start improving your learning skills and study technique.

1. Look over your study environment, that is, the place where most of the learning happens. Malmö University offers different types of environments: group rooms and common spaces for studying at your faculty and school library, quiet reading rooms, and open spaces like cafés. The study environment has a huge impact on your study results, and it is crucial that you find the environment best suited for you. The majority find it easiest to focus when it is quiet and calm, but some of us find it helpful with music playing or just a surrounding "buzz".

2. Make it a habit to remind yourself why you want to study and remind yourself about the end goal. Use this technique when finding it hard to start reading your course literature: what do you gain from reading this book or article? More useful advice is to start with the general picture before digging into details. Look through the table of contents and the chapter outlines, browse through the book, read whatever catches your eye, and look for summaries. This makes it easier to understand the main message of the book and you can focus on what parts and chapters are relevant for your aims.

3. Try to make the reading as active as possible by underlining important passages and key concepts. Make your own summary of your underlining and go back to it before the exam.

4. Don't forget to take a break every now and then! Most people can keep focus and concentration for 30 to 45 minutes at a time, so make sure you take smaller "leg stretchers" instead of a few longer breaks. That will increase your stamina and you will certainly remember more!

5. Have you heard the phrase "a sound mind in a sound body"? Adopting that line of reason will get you far! Make sure to establish everyday routines, with healthy and varied eating habits, regular exercise and above all, make sure you get the sleep you need. A lack of routines can lead to unwanted feelings of stress or situations of "express-studying" the night before an exam.

More information

Writing Centre: www.mah.se/english/Student/Student-services/writing-centre

Student Health Service: www.mah.se/english/Student/Student-services/Student-Health-Service/

Study Guidance: www.mah.se/english/Education/Study-Guidance/

Careers Service: www.mah.se/english/Student/Student-services/career-services/

Welcome to Malmö University!

There are many activities planned by the university for you as a new student, make sure you don't miss out on any of them.

SEPT.

26

Open your eyes to Malmö

An exhibition of associations to get involved in. With a mix of 70 NGOs, sports clubs and other associations, this is a golden opportunity to find a new interest.

SEPT.

27

Study abroad fair

Are you planning to go abroad for one semester during your studies? This is a fantastic chance to meet fellow students who have been on an exchange and get more information on how to apply.

OCT.

11

Afternoon tea - open house at the Student Centre

The Student Centre serves tea, coffee and cake and informs you of its services, support and activities.

mah.se

facebook.com/MalmoUniversity

twitter: @MalmoUniversity

instagram: @malmostudent

snapchat: malmostudent



MALMÖ UNIVERSITY

UNION COFFEE

- WE'LL MEET AT YOUR FACULTY

Union Coffee is held once a month at each faculty. The Student Union visits your faculty to meet with students. Your student representative is present and you have the chance to tell us what you think about your education and what needs to be improved at the university.

The event may differ slightly from month to month. Sometimes we have a special theme that we focus on, maybe we ask you to answer questions in a survey, sometimes we bring an interesting company, and we always treat you with a cup of coffee!

Keep an eye on our webpage malmostudenter.se or Facebook page to see which date we will show up at your faculty!



Apply for the Union's

LITERATURE SCHOLARSHIP

At the beginning of a course, many new textbooks often need to be purchased, putting a strain on an already thin student wallet. You now have the opportunity to apply for the Student Union literature scholarship - a contribution of SEK 500 awarded to three members at the beginning of the semester.

How to apply:

Send a short text describing why you should win to inforum@malmostudenter.se before September 22nd. Your text may not exceed 100 words in length, otherwise the application will be disqualified. Be sure to include your name and personal number when you email. The winner will be contacted personally by the Student Union Malmö, and then presented with his/her motivation on the Student Union website.

Rules:

- Only members of the Student Union Malmö may apply for the scholarship.
- The scholarship will be paid out in the form of a gift certificate of SEK 500 to use for textbooks.
- The same member may receive the scholarship only once per operational year.
- The Student Union Malmö selects the winner, and the decision cannot be appealed.
- Sitting council members can not be awarded the scholarship.

LAST FRIDAY EVERY MONTH

MUSIC PUB

The last Friday of every month, the Union together with Festmesteriet, is organizing an awesome pub night where we invite local bands and artists to entertain us with live music! Bring your friends, Bring your friends, students and non-students, and discover new music in an environment where the beer is cheap and *everyone is welcome! Free entrance!

* Age: 18, valid ID required. If you are not a member of the Student Union Malmö, you need to sign up on the list at the entrance.

When? Last Friday each month

Where? Student Pub, Bassängkajen 8

Time? Starts 19:00

DO YOU OR YOUR
BAND WANT TO
PERFORM FOR
STUDENTS?

We are constantly looking for local talents who want to gain more experience or simply share their music. Apart from the Music Pub, you can get the chance to perform during other events, as for example our soup lunches.

Do not hesitate to contact us at musicpub@malmostudenter.se if you are interested!



STUDENTOMBUD - Get to know your Union representatives!

If you have any questions or problems concerning your studies, you can turn to your student representative (studentombud). They are more than happy to help you out. The representatives are elected by students and work as your main Union contact, each with specific knowledge about your faculty. You can find your representative at your faculty as well as in the Student Union House (Kølsvinet). Do you want to get to know them better? Read their tips on how to optimize your student life in Malmö or pop by their office at your faculty to say hello!



Pontus Nilsson
Student representative
Health and society

email: pontus.nilsson@malmostudenter.se
phone: 0707 577 563

Why did you join the Union? Out of curiosity. I was curious about what I could do in addition to my studies, and for my fellow students.

Your best tips about Malmö? Each neighborhood has its own soul, find the places that suit you! Whenever you want to go it is just a bike ride away!

Your best advice to a new student? The University is not as scary as it may seem, take it easy and enjoy the time! Get involved in the Union, it is both educational and fun!



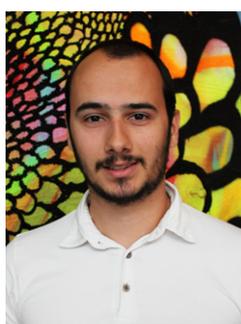
Ilona Karppinen
Student representative
Culture and society

email: ilona.karppinen@malmostudenter.se
phone: 0707 577 567

Why did you join the Union? Because everyone seemed to have so much fun in the Union! It was a natural way to get to know other students and get into the student life when I knew no one from the town.

Your best tips about Malmö? Eat falafel, a lot! Then grab your friends and bike to the beach to enjoy the sunset and sea view. Every time you sit there you will realize how amazing it is to live in Malmö!

Your best advice to a new student? Be brave and try as many new things as you can! And if you have any questions, stop by at Kårhuset and we will do our best to help you!



Paolo Alexandriyski
Student representative
Technology and society

email: paolo.alexandriyski@malmostudenter.se
phone: 0707 577 569

Why did you join the Union? I joined the Union because it is the perfect place for internationals and locals to meet! If you ever need a place to discover the culture of the University, the Union is the perfect place!

Your best tips about Malmö? Get a bike, bike around and get to know the city. The city is full of small hidden secrets!

Your best advice to a new student? Take the opportunity to spend as much time as possible with other students, who knows where you'll be in a few years.



Yuliy Konstantinov
Student representative
Education and society

email: yuliy.konstantinov@malmostudenter.se
phone: 0707 577 568

Why did you join the Union? To work for fellow students, help them get the best experience during their stay here and contribute to the development of our university.

Your best tips about Malmö? Be curious and stay informed! For such a small city, Malmö offers a vast range of social and cultural activities, you will always find something for yourself.

Your best advice to a new student? Take initiative! Do not be passive – meet as many people as you can, involve yourself in associations, projects or maybe even start something of your own.

Wherever, whenever.

With our new rental bikes it's easy to get around Malmö, all year, around the clock. You have the option of buying an annual ticket at a very low cost or a ticket for one or three days. Do what the residents and visitors of Malmö do nowadays - cycle! A fantastic way of experiencing Malmö.

malmobybike.se



MALMÖ ▶

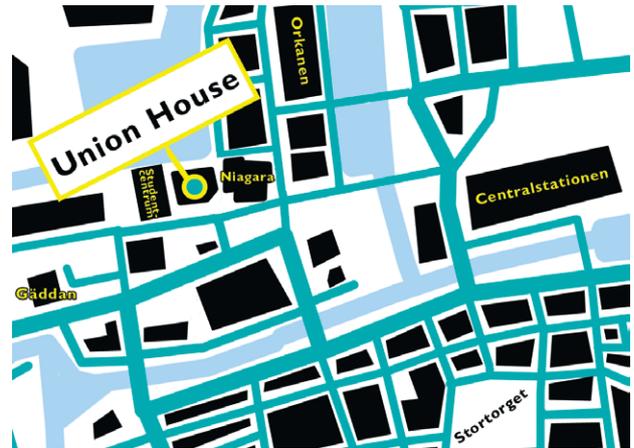


VISIT THE UNION

THE UNION HOUSE

Bassängkajen 8
211 18 Malmö

Opening hours | Tue-Thu 10-16, Fri 10-13
Email | kansliet@malmostudenter.se
Phone | 040 665 75 65



THE UNION OFFICES

In addition to our main office at the Union House, we also have local offices at some of the faculties, where you can meet your Student Union representative (studentombud). You can also email or call the representatives. Find their contact info [on page 18](#).

Teaching & Society

Orkanen | Nordenskiöldsgatan 10, room C429

Health & Society

SUS/HS | Södra förstadsgatan 101, room U112

Culture & Society

Niagara | Nordenskiöldsgatan 1, ground floor

Technology & Society

Niagara | Nordenskiöldsgatan 1, ground floor

KØLSVINET

Kølsvinet is the Unions venue at the Union House. Here you as a member can have a cup of coffee, hang out with friends or study. This is also where most of the Student Union activities are held, and every Wednesday, you as a member can buy a soup lunch for a just SEK 15. Kølsvinet is also available for hire, please check our website malmostudenter.se for more info.



Check out our wall painting in Kølsvinet made by artist Carolina Falkholt!

ONLINE



malmostudenter.se



facebook.com/StudentkarenMalmo



twitter.com/malmostudenter



[@Studentkaren_Malmo](https://www.instagram.com/Studentkaren_Malmo)