

Checklist
for your
first week

Welcome to Malmö!

- A survival guide for new students

How to find
accommodation
in Malmö



THE **Union**
StudentUnionMalmö

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Photo: Håkan Röjander



Photo: Martin Magntorn



Photo: Leif Johansson



Photo: Apelöga

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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

Welcome to Malmö! How do you like it this far? Have you had good weather? Have you had bad (aka: normal) weather? Do you know what fika is yet? Have you visited our lovely beach? How many languages have you heard in our lovely city this far? Did you like the falafel? Have you visited our beach sauna yet?

We were once new students and new in Malmö, just like you! Throughout the years we have explored this lovely city that is full of happiness and diversity, and now it is time for YOU to be part of it! Above we mentioned some of the “must dos” that we ourselves have discovered in Malmö, and that we want you to be able to enjoy from the very start, and there are plenty more! And, of course we have saved our best discovery of the student life in Malmö to the very last, namely the Student Union!

We at the Student Union are here to help you in whatever you may need during your time as a student. **If you are bored**, we will entertain you! We have a lot of associations formed by students, which offer you several kinds of activities all the way from trips inside and outside of Sweden, to lectures about foreign politics, workshops about LGBTQ questions and the environment, to pub nights and parties at our student pub; and many more!

If you feel that you are being treated unfairly, that there is not enough study rooms in the University, that the food at the cafeteria isn't delicious enough, or that the University should improve something in general, then we have student influence for you! In the Union we are present in all the bodies and organs of the University, speaking the voice of the

students, and YOU can be our voice! We welcome all students to participate in our work to make the life of students better both socially and academically, so if you have something to say come and speak with us!

If you feel that Sweden is -oh so expensive- and can't even afford toilet paper anymore, then we have great discounts for you! By becoming a Union member you receive a membership card that gives you discounts all over town and all over Sweden! We also offer extremely cheap weekly soup lunches for our members, a very cheap and cosy pub, and a monthly -even cheaper- student breakfast.

If you feel that you have nowhere to hang out, or that all the study rooms in the University are taken, then you are always welcome to hang out at the Student Union House. We have a whole building that is open for students during the day, where you can come to talk to us, study, or just hang out on our cosy couches while you drink some (free) coffee with friends. We are a welcoming place!

So, as you now have realised, you made the right choice by coming to Malmö! Not only because it is an amazing city, but also because of all the opportunities that you have here as a student! In the Student Union we are a group of people from all over the world working for you, and we ourselves are also students! So join us, talk to us, study with us, travel with us, drink coffee with us, eat soup with us, party with us, and let's together enjoy our lives as students to the maximum!

Jenny Börjeson, union president 16/17

Borislava Koycehva, acting vice union president 16/17

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 start possible!

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 6: Where should you stay?](#)

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 14.](#)

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/.

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.

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.

9 Have our Soup Lunch

Every Wednesday, the Union serves a soup lunch in Kølsvinet. For only 15 SEK, members of the Union, can buy vegetarian soup including bread and coffee. Check our Facebook page to find out what soup we are serving.

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!

10 Join an association

Alongside your studies you need social activities. Within the Student Union we have a wide variety of associations. Choose what suits you best, perhaps choir, foreign affairs, environment, language exchange or feminism? You find all associations at [page 11](#).

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 79 SEK/ semester.

11 Have Union Coffee

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, and of course, we always treat you to a cup of coffee!

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 11; Associations](#).

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_Malmoe](https://instagram.com/Studentkaren_Malmoe)

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.

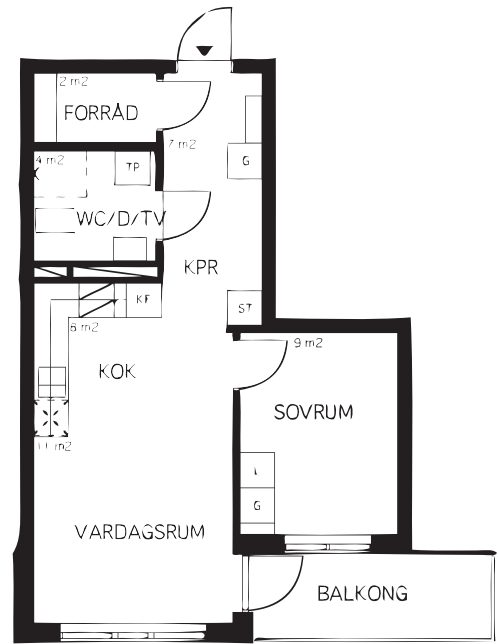
As a final advice on how to get the best out of Malmö, we highly recommend you purchasing a bike. To discover the city on two wheels is not just climate-smart but is also cheap and effective in a city where everything is located at a short distance!

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](#).

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 by the 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 initiate 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 favourite 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@karen.mah.se.

The membership fee is 79 kr/ semester. 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.
7. **You get the awesome student magazine Mahskara** sent directly to your home.
8. **You support work by students for students!**

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 158 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 malmmostudenter.se/medlem/rabatter you can see all local discounts that we have for our members.

STUDENTHÄFTET - SAVE OVER SEK 1500

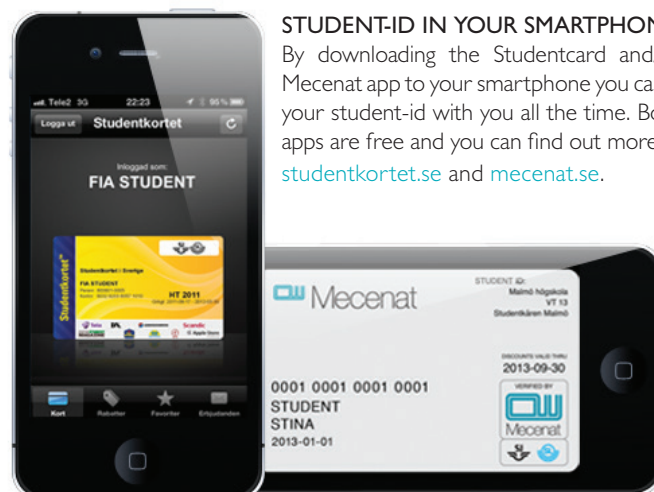
As a member of the Student Union Malmö, you have the opportunity to collect "Studenthäftet" for free (reg. price for other students 100 kr). "Studenthäftet" is a small coupon booklet filled with local discounts and offers at cafes, restaurants, nightlife and stores. With the discounts in the booklet 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% off when you travel with SJ and the opportunity to buy Skånetrafiken's Jojo Student - a monthly commuting card. Find out more at skanetrafiken.se and sj.se. Don't forget that you need to have your Mecenat- or Studentcard with you when you travel. You are entitled to the discount if your study pace is at least 75%, that is 22,5 credits per semester.

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.



THE MALMÖ STAGES

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.

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



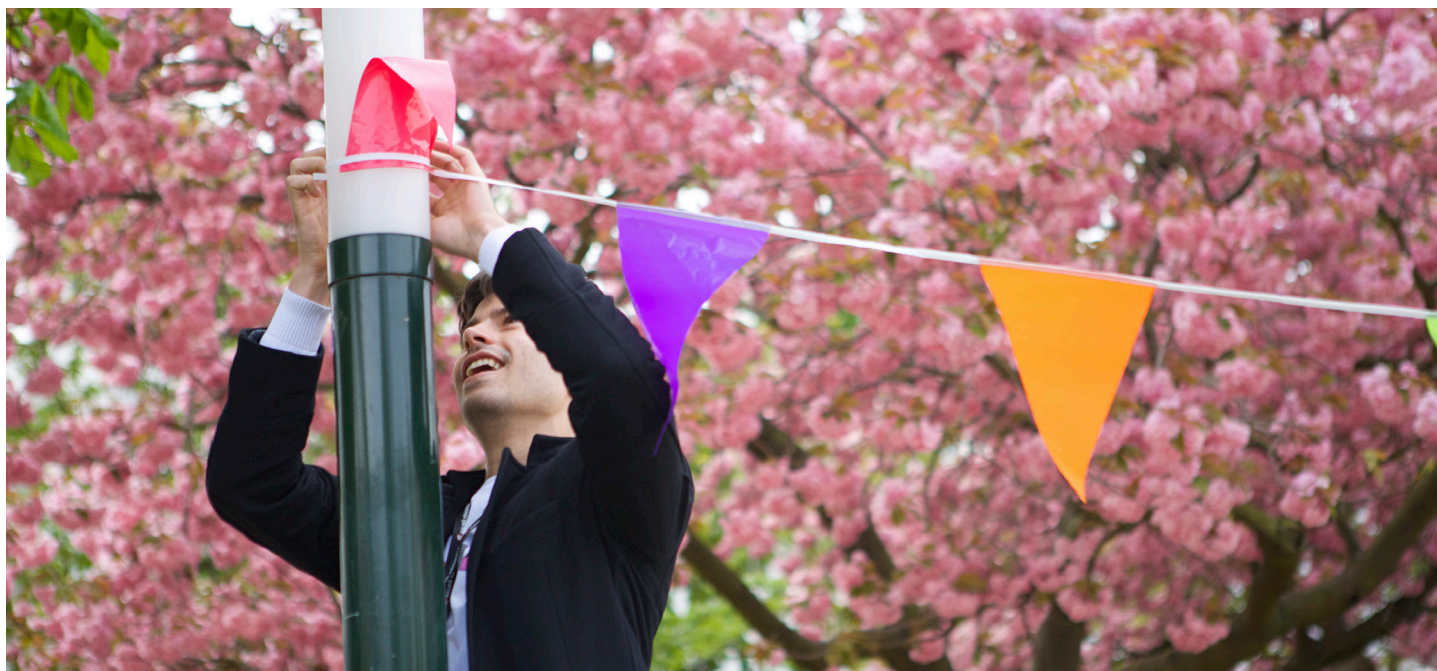
conducted via the student committees. Each faculty has its own student committee consisting of dedicated students and the faculty's student representative. You meet once a month and raise questions concerning your faculty. All students are welcome; contact your student representative for more info.

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.

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!

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? Here we need the help from someone who is a morning person, and of course we will give you free breakfast!

Music picnic

The last Friday every month the Union organizes music picnic in Kølsvinet. Local bands are playing and there is an open stage for those who dare. Do you want to help plan the event, or maybe you/your band wants to perform? Contact pontus.kallstrom@karen.mah.se.

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.

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 paolo.alexandriyski@karen.mah.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)

UF organizes 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 ufmalmo.se



ESN MALMÖ

ESN Malmö is primarily for international students, but of course, all students are welcome! Do you like parties, games, food, traveling and meeting new people from all over the world? Contact ESN!

Contact: esnmalmö@esnsverige.org esnmalmö.org



MALMÖ STUDENT CHOIR (MaSK)

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

Contact: malmstudentkor@karen.mah.se Facebook: Malmö Studentkör



SOCIAL SALON

Social salon is mainly directed towards social work students. The goal of the association is to broaden, deepen and promote issues regarding social work.

Contact: socialsalong@karen.mah.se Facebook: Social salon



FESTMESTERIET

The purpose of Festmesteriet is to develop, expand, and support social events for the students at Malmö University. Festmesteriet is running the Student Pub, organizes parties, club nights, movie nights, and game nights.

Contact: festmesteriet@karen.mah.se festmesteriet.se



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@karen.mah.se Facebook: LGBTQ Students 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: ifacadem@karen.mah.se www.ifacadem.se



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@karen.mah.se Facebook: Alhambra Malmö



MHFF - MALMÖ UNIVERSITY FEMINIST ASSOCIATION

MHFF is a meeting place and community for you who identify as a feminist. The goal is to increase awareness of feminist issues and its work is permeated by an intersectional perspective. The membership is free!

Contact: mhff@karen.mah.se Facebook: MHFF



MAHSKARA

Are you interested in writing, interviewing, photographing, illustrating or maybe web publishing? Join in and create Sweden's hottest student magazine! Mahskara is sent home to all Union members twice/semester.

Contact: mahskara@karen.mah.se mahskara.se



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@karen.mah.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@karen.mah.se Facebook: Glee club - verdandi



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-health-services/

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

Careers Service: www.mah.se/english/Student/Careers-service/

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 to 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

LITERARY 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 literary scholarship - a contribution of 500 SEK awarded to three members at the beginning of the semester.

How to apply:

Send a short text describing why you should win to inforum@karen.mah.se before February 3rd. 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.

WELCOME TO THE UNIONS MUSIC PICNIC

The last Friday of every month the Union organizes music picnic in Kølsvinet. We invite local bands and artists, and always start the evening with an open stage for those who dare! Bring your own picnic and enjoy a wonderful musical evening in Kølsvinet! Music picnic is free and open to everyone, so you are welcome to bring your family and friends even if they are not students. We offer snacks and an amazing mood!

When? Last Friday each month

Where? Kølsvinet, Bassängkajen 8

Time? Starts 18:00

DO YOU OR YOUR BAND WANT TO PERFORM FOR STUDENTS?

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

Do not hesitate to contact
pontus.kallstrom@karen.mah.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
@karen.mah.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
@karen.mah.se
phone: 0707 577 567

Why did you join the Union? It felt like the best way to get to know other students. After a while I became more interested in the work of the Union and wanted to get more involved in all the work they do for the students!

Your best tips about Malmö? The most important tip: eat falafel. A lot! Then bike to Västra Hamnen with your friends to enjoy the sea and the sunset. Every time you sit there you will realise how amazing it is to live in Malmö!

Your best advice to a new student? Be brave and open-minded, whatever happens. Try new things and give new people, school projects, events and hobbies a chance.



Paolo Alexandriyski
Student representative
Technology and society

email: paolo.alexandriyski
@karen.mah.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.



Pontus Källström
Student representative
Education and society

email: pontus.kallstrom
@karen.mah.se
phone: 0707 577 568

Why did you join the Union? Because it is so much fun, and I saw my chance to influence the University's work with different issues.

Your best tips about Malmö?

Take a walk in the beautiful parks, and if you get bored of the city you can always go by train to Copenhagen.

Your best advice to a new student?

JOIN THE STUDENT UNION OF COURSE ;)

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 ▶

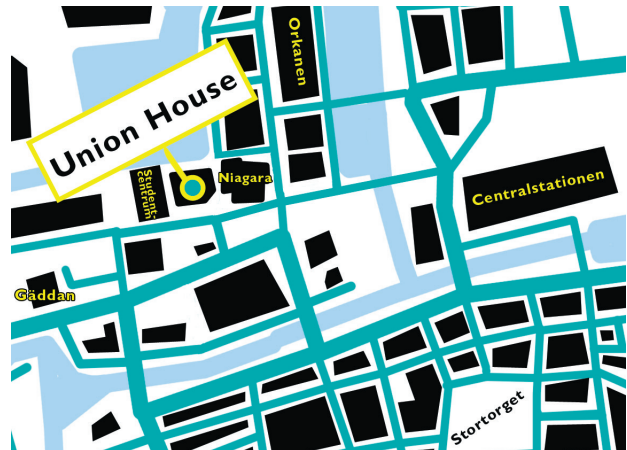


VISIT THE UNION

THE UNION HOUSE

Bassängkajen 8
211 18 Malmö

Opening hours | Tue-Thu 10-16, Fri 10-13
Email | kansliet@karen.mah.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

The Union House | Bassängkajen 8, 3rd floor

Technology & Society

The Union House | Bassängkajen 8, 3rd 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/StudentkarenMalmoe



twitter.com/malmostudenter



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