



MALMÖ UNIVERSITETS

# Inspark 2022



**Kåren**  
Studentkåren Malmö



FESTMESTERIET



**MALMÖ  
UNIVERSITET**



City of Malmö



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# WELCOME

Congratulations on your admission and Welcome to Malmö University!

In order for you to feel welcome and not too lost in the beginning, you will undergo a kick-in ("inspark"). It extends over the first 2 weeks and together we will try to make these weeks some of the most fun in your life!

Since the inspark has such a packed schedule, it is not certain that you will be able to take part in everything, and that is perfectly okay. You choose which activities you want to participate in. Something that is certain, however, is that you will meet a lot of friends and have a lot of fun in the meantime!

During these two weeks, you have Captains and Faddrar who will guide you and if you ever feel insecure/scared/confused... (whatever), just ask one of us. With that said, we look forward to meeting you and getting to know you!

Are you ready, nolla? 

See you soon!



# WHAT IS AN INSPARK?

The inspark is Nollan's introduction to Student Life at Malmö University. Participating in the various activities is not mandatory but Nollan is really recommended to participate as much as he/she can and wants, as the purpose is to help Nollan find its place at Malmö University, in the class and give him/her as good a start in life at Malmö University as possible!

**Information and updates about all events take place via social media:**



MAU Inspark 2022 [Official]



mau\_inspark



MAU Inspark 2022 [Green Team]



MAU Inspark 2022 [Yellow Team]



MAU Inspark 2022 [Blue Team]



MAU Inspark 2022 [Red Team]

The inspark at Malmö University grows with every year and it is organized on behalf of the Student Union Malmö in cooperation with Festmesteriet. During the inspark, Nollan competes in teams with its faculty through a friendly points collection that takes place throughout all the days. To show which team Nollan belongs to, it is possible to buy an "ove" or a t-shirt in your team's color. This is of course completely voluntary, but is recommended so that Nollan does not have to worry about soiling his/her own clothes during all activities and games.

*Faculty? Ove? Union? Fest?*  
More information down below.

Check out our website!!





# Management

## THE PROJECT GROUP



### (GENERALS)

The project group are the ones who planned and executed the inspark. This long, intense and fun work has been going on for almost a year so that Nollan can get as fun an inspark as possible.

## CAPTAINS

*Captain my captain!*



The captains make sure that the project group's plans actually become a reality. They are your lifeline during the inspark and the driving force in all activities. Thanks to their enormous commitment, steady leadership and their hard hand around the steering wheel, the inspark becomes a reality. Do not forget to show your captain your appreciation!

## FADDRAR

The Faddrar are your right hand during the inspark and they make sure you have fun. They are out in the field with you to show you how to walk on a plank - this is not their first time out at sea!







## THE FINEST GARMENT YOU HAVE!

The overall, or "owe", is an extremely practical garment with many possibilities. Each faculty has its own color for easy recognition by people from other faculties.

**Yellow** - Faculty of Education and Society

**Blue** - Faculty of Culture and Society

**Red** - Faculty of Health and Society

**Green** - Faculty of Technology and Society

It's fun to swap ove-strips with someone from another faculty. But keep in mind that changing other parts, such as pockets or collars can have a strong meaning, something the nolla should know before making a change.

**Leg** - Friendship

**Collar** - Steady relationship

**Back pocket** - Make out

**Front pocket** - Very close friendship

If the ove should get dirty, the nolla does best to ignore it. There are restrictions on how the ove can be washed which says that the nolla must be dressed in the ove during the wash.

At various occasions and events, it will be possible to buy patches. These are fun to collect and glue/sew on to your ove. Older and wise students often have many fine patches. Especially many. And above all fine.





# OVVE-RULES

- The ovve may only be washed with you wearing it.
- The ovve must not be cut.
- The Student Union's mark may not be covered.
- You may not harm someone else's ovve without their permission.
- Owen is your holiest and finest garment and is worn at various student events unless otherwise stated.
- If you change programs you cut half of the ovve and sew it together with your new color.
- Taking someone's ovve-virginity is done by biting off the small note at the side pocket (with consent of course).







# Sittningar

A sitting is a big dinner with good food, drinks, songs and sometimes spex. It is good to keep track of whether it is an ovve-sitting or a suited sitting ("Finsittning"). At an ovve-sitting, Nollan must wear its ovve and at a suited sitting Nollan, as the name suggests, must wear elegant clothes.

## Examples of dress codes:

- Dark Suit - A dark suit (black, gray, brown or dark blue), or a finer dress/skirt (over the knee) with a top.
- Relaxed elegant - Finer everyday clothes. A jacket combined with something else, or just something you feel good in.
- Theme accordingly - Some sittningar have themes that you need to dress for.
- Ovve - :)

# Academic Quarter

... means that a time is specified a quarter before the actual time. If it says 10.00, it actually means 10.15. If, on the other hand, the event starts at exactly ten, you say "ten dot dot". This is printed in text as 10.00 (..).

After 18.00 on the other hand, double quarter applies - ie if it says 19.00 the event starts at 19.30 (unless dot dot applies). This is so that Nollan will have time to put on its evening attire. Double quarter also applies throughout the whole day on weekends.

Is Nollan confused? Nollan will learn, Nollan will not have to worry.



# Student Union

The student union is the students' voice towards the university and a meeting place for all students.

The union's main task is to monitor the educations but does so much more such as working with the students' work environment, study grant issues, contact with business, entertainment, parties and leisure activities.

The union's expedition is located at Bassängkajen 8 in Malmö. Here you will also find the union's full-time employees - the wonderful students who take a break from their studies for a year to work wholeheartedly for the union.

*P.s. The student union's owe is turquoise!*

*P.s.p.s How many student union logos can you find in this booklet? You'll find the answer on the last page!*



[malmostudenter.se](http://malmostudenter.se)



Studentkåren Malmö



studentkaren\_malmo

## Festmesteriet



Festmesteriet is the heart of student life here in Malmö and one of the Union's largest student associations. They organize fun events such as pub nights, theme parties, clubs and much, much, much more.

The association consists of students who never get bored together and often go on their own excursions such as go-carting or go for a drink tasting. Sometimes they go abroad or go camping. Do you want to be a part of this community? Of course you want to!

Come to the Monday meetings 17.00-18.00 for more info!

*When? Every Monday... 17.00 (..).*



festmesteriet



Festmesteriet Malmö



festmesteriet.se



# THE UNIONS EVENT SYMBOLS

*Can be seen in the inspark schedule and in future events!*



Swedish



English



Swe/Eng



Accessibility adapted



Cert. of vaccination  
required



High volume



Alcohol occurs



Blinking lights



Crowding



Digital event



## *Student Health*



If you ever feel unwell or experience something you're uncomfortable with (*before, during or after the inspark*), you can always turn to help from the Student Health.

The Student Health helps you with questions and concerns regarding your health, your state of mind and your studies. Curators, nurses and public health scientists work here and you can call, email, book an appointment or drop in. All contact is of course free of charge, confidential and is documented.

Do you feel that you do not really dare to make contact yourself? Turn to someone from the management and we will help you.



[student.mau.se/stod/studenthalsan/](https://student.mau.se/stod/studenthalsan/)





# STUDIES AND INSPARK

The inspark is fun, but it's intense already from day 1 and it can feel both stressful and scary.

For many, it is the first time they study at a university and some have taken breaks from high school so the knowledge may need to be dusted off a bit before getting started.

Faddrar and older students are full of knowledge about how to manage to study and participating in the inspark at the same time, or how to nail the first exams on the first try. Below are some tips that nollan will need to be able to navigate the university's complex world.

Tips:

- Stay in school after the lectures during the first time and study together with your new classmates. It helps a lot to sort out the problems in a group.
- Lectures go VERY FAST and it's not just you who thinks so. But you will get used to it quickly and find a technique that works for you.
- During the inspark, it is okay to end up a bit out of phase, but try not to slack for more than a week.
- And perhaps most important of all - when the exam week comes, be sure to be in phase! Then you can start studying properly without having to catch up and the exam will go as in a dream (ie absolutely fantastic of course)!

Good luck!



# ALCOHOL AND INSPARK

During certain events and sessions that Nollan is invited to, there will be alcohol. It may be served, be in the bar or be brought by Nollan itself.

As a Nolla, it is very important to know that there is a strict alcohol and drug policy at all events, which means that those who do not want to drink should NEVER need to do it. A no is a no and must be accepted by all. Should you, against all odds, feel that someone (consciously or unconsciously) is trying to get you/someone else to drink more than you want, tell someone from the management and you will solve it together.

The Nolla should also know that drinking games such as Lambo are **not** allowed during the inspark.

During all events, there will be sober people in the management. Do not hesitate to talk to them no matter what.



[malmostudenter.se](http://malmostudenter.se)



[inspark.malmostudenter.se](http://inspark.malmostudenter.se)



[mau.se](http://mau.se)





# EQUAL TREATMENT

The purpose of insparken is to promote the study social environment of university members. Taking part in activities should be fun and it should be a natural feature.

It is important for Nollan to know that there is a strict equal treatment policy during the whole inspark. If you ever feel or see someone else being treated badly/unfairly during the inspark, we encourage you to talk to someone from the management directly.



[malmostudenter.se](http://malmostudenter.se)



[inspark.malmostudenter.se](http://inspark.malmostudenter.se)



[mau.se](http://mau.se)



# Glasy



**Academic Quarter** - Times are stated a quarter before the actual time so that students will arrive on time (but lead to students always being a quarter late to everything else).

**Anxiety** - See Tenta.

**Before** - See Better.

**Better** - Se Before.

**Campus** - University area

**Canvas** - Portal for the various courses with information and course material.

**Captain** - An extremely wise, older course that makes the inspark possible!

**"Eftersläpp"** - Dance floor and bar that opens after sittningar when there is no pandemic.

**Fadder** - A wise, older student who makes sure that Nollan is well during the inspark.

**Festmesteriet** - The association that makes student life more fun.

**"Hemhemma"** - Where you grew up/come from.

**Housing Allowance ("Bostadsbidrag")** - Money that Nollan may be entitled to but probably has not yet checked out at the Swedish Social Insurance Agency.

**Ladok notification** - See Panic. The email announcing that your exam results are available to view.

**"Mellanfest"** - Party between sitting and eftersläpp.

**Nolla** - You! A new student in training.



**"Omtenta"** - See the exam, but the same thing again. Sleep tight, we've all been there.

**One night stand** - Study technology that involves studying standing all night to avoid falling asleep. However, the management wants the Nolla to sleep properly.

**Ovve** - The finest, holiest, most practical garment available. The Nolla can fit everything needed and does not have to think about what to wear for trousers.

**Panic** - See Ladok notification.

**Sittning** - A fun event where the Nolla is served food, drink and entertainment.

**Skånska** - A Swedish dialect the Nolla should learn. Especially to understand certain lectures.

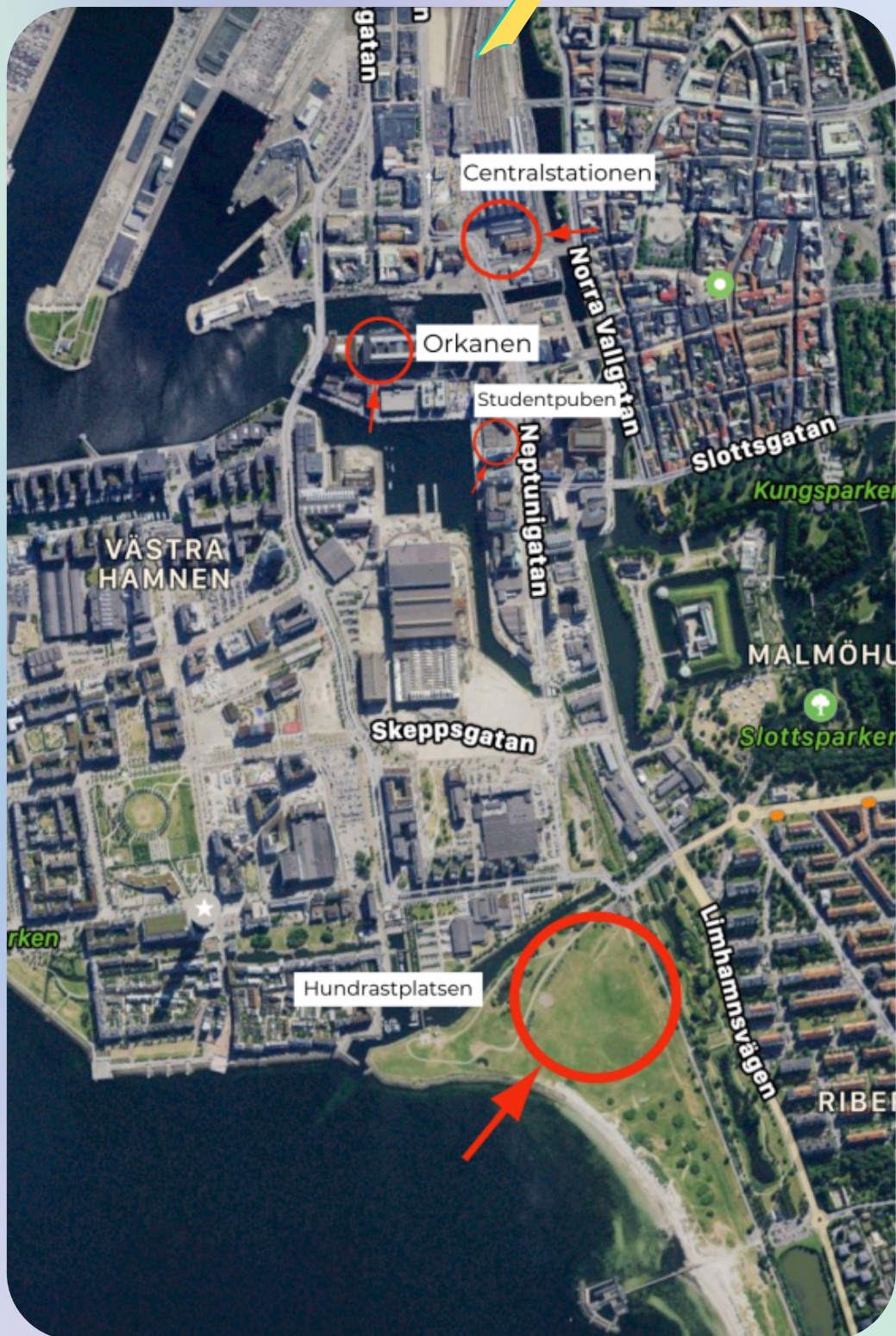
**Student Union** - The organization that keeps track of your education, your rights and ensures that you, among other things, can have fun in the pub.

**Tenta** - See Anxiety. 5-hour examination where you show what you learned when you studied the last week.





# Map



## STUDENTPUBEN

Bassängkajen 8  
211 18 Malmö



## RIBERSBORGS HUNDRASTPLATS

Ribersborgsstigen  
217 59 Malmö





# Schedule

MON	TUE	WED	THUR	FRI	SAT	SUN
22 AUG	23 AUG	24 AUG	25 AUG	26 AUG	27 AUG	28 AUG
						Ovreförsäljning
29 AUG	30 AUG	31 AUG	1 SEP	2 SEP	3 SEP	4 SEP
Ovreförsäljning	Ovreförsäljning	Stora Speldagen	Föreningsmäss & Pub	Stadsvandrin g klubb	Maskeraden	Nollan vilar!
	TeamBuilding					
5 SEP	6 SEP	7 SEP	8 SEP	9 SEP	10 SEP	11 SEP
QCK		Finsitning	Kaptenernas dag	Såpadagen	24H Race	24H Race
	Nollan vilar!	Eftersläpp				

Be sure to check out our Google calendar for times and more info about events such as ticket sales etc! Link is on the website!



# Event Info

## BUY YOUR OVVE

At this day you'll have the chance to get your dear ovve, a t-shirt in your team's color and pick up your nolle-bracelet that you will wear throughout the whole inspark. You can also buy your first ovve-patch at a special price! You also get to meet some in our fantastic team, so come and hang out, ask questions and socialize, woho!

**Place:** Studentpuben/Kölis\*

**Remember:** to be able to purchase an ovve, union membership is required!



## TEAMBUILDING

Get to know your team, your faculty and your new friends! Join in on the fun games and create history through nolle-dances and team shants that will later be used throughout the inspark.

**TeamBuilding place:** See our social medias/digital calendar!\*\*

**Turning place:** Ribergsborgs Hundrastplats\*\*

**Attire:** Ovve



## THE BIG GAME DAY

It's time! The Big Game Day is here and it means rounders, tug of war, life-size ludo and much more. Victory gives points to your team, so bring out your running shoes, put an extra belt in the ovve and fill your water bottle. May the best nolla win!

**Place:** Ribergsborgs Hundrastplats\*\* 17:30(..)

**Attire:** Ovve

**Bring tip:** Mosquito repellent



## ASSOCIATION FAIR & PUB

Meet associations under the Student Union Malmö! Expand your social network, mingle with like-minded people, or why not join an association already at the fair? There'll be something for everyone! At 21:00 we'll get a visit in Arrsalen, when the comedians will present to us a show we will never forget! After that, the pub is open until midnight for further mingling.

**Place:** Studentpuben\* 19:00(..)

**Attire:** Ovve



## CITY MARCH

Finally! Walk with your team through Malmö and collect lots of points through missions and challenges. Compete against the other teams through team calls and nolle-dances, and acquire the special city-walk-patch. After the march the Studen pub will open up for dance!

**Place:** Johanneskyrkan\*\* 17.30(..)

**Attire:** Ovve, comfortable shoes



\*No food or drink is allowed inside.

\*\*Own food and drinks should be brought.



## THE MASQUERADE

Party with all the faculties - the masquerade is here! Each team is assigned a secret theme and the best disguise wins a great prize. Mingle, dance and have fun!

**Plats:** Studentpuben\* 22:00(..)

**Attire:** Theme accordingly- presented in your faculty facebook group



## QGK (QUIZ, GAMES & KARAOKE)

Play games, mingle, talk, compete in quizzes with great prizes, sing karaoke and just enjoy a wonderful evening in the student pub!

**Place:** Studentpuben\* 18:00(..)

**Attire:** Owe



## SUITED SITTING & AFTER PARTY NOLLAN BECOMES AN ETTA!



Time to bring out the nice shoes! We are welcomed into Vinkällaren where we'll be served dinner and a drink. After the sitting, the nolla is officially an etta and we toast this with a grandiose after party at Privé!

**Place:** Vinkällaren\* 17:00(..)

**Attire:** Dark Suit

**Remember:** A ticket to the sitting is required! The after party is open to anyone with a insparks-bracelet, subject to availability.



## THE DAY OF THE CAPTAINS

A day of adventure! Us in the management do not yet know what the dear captains have planned for their now ettor. Info will come out in the facebook groups as the day gets closer!

**Place:** ?\*\*

**Attire:** Owe



## THE SOAP DAY

The popular soap day is here! Collect points for your team by e.g. win the grand soap football cup! Other stations will also be on site for scoring points. Take the chance to wash your owe for the first time (see info on page 7 in the nolleguide), or why not acquire the magnificent soap-patch? Anyway, it's a day you will never forget!

**Place:** Ribergsborgs Hundrastplats\*\* 17:30(..)

**Attire:** Owe

**Bring tip:** Mosquito repellent, extra socks



## 24H RACE - THE WINNERS OF INSPARKEN ARE PRESENTED!

The day has come... the fun, wonderful, tough, and intense 24H race is finally here! Can you survive 24 hours with 24 challenges, 0 hours of sleep and 0 mg caffeine? We shall see! The survivors get the infamous 24H Survivor patch to decorate their owe with.

NOTE! You do not have to be there 24H in a row to be able to collect awesome points to your team! At the end of this race, the winners of the entire inspark are presented, so make sure not to miss it!

**Place:** Kölsvinet (two doors to the right of Studentpuben)\*\* 10:00(..) - 10:00(..)(+1)

**Attire:** Owe



\*No food or drink is allowed inside.

\*\*Own food and drinks should be brought.



# DO YOU HAVE ANY QUESTIONS?

Contact us and we will answer your thoughts!



[inspark.malmostudenter.se](https://inspark.malmostudenter.se)



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