

Checklist
for your
first week

How to find
accommodation
in Malmö

Welcome to Malmö!

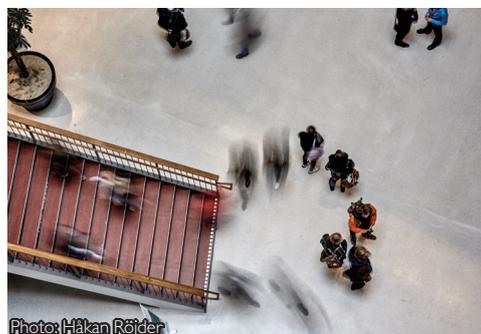
The Survival Guide for you who are a new student

All about
Insparken!



THE **Union**
StudentUnionMalmö

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* Open public activities can only take place if there are no restrictions from the Public Health Agency. that prevent these.

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 you students at Malmö University.

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

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Hello all new students!

We warmly welcome you to Malmö! Isn't it a fantastic city? We might be infamous for our strong winds and screaming seagulls but there are many more things to explore here, in Sweden's most diverse city! Did you know that Malmö has even been awarded the title "Student City of the Year 2021/22"? Here we stand for solidarity, inclusion and equal opportunities for everyone - in this lagom big city you can truly be who you are and there is something to do and experience for everyone's likes and interests. Use the opportunity to take a dip into the sea after a hot sauna at Kallbadhuset! Soak up some vitamin D with an ice cream in your hand at Västra Hamnen! Check out some of the many cafés or bars in Möllan, where you can enjoy food and culture from all over the world at student-friendly prices. Discover all the cafés and experience a Swedish fika! Make sure to find your new favourite falafel spot, because the authentic Malmö-Rulle will undoubtedly become your new best friend after a long night out!

We ourselves have been both new students as well as new in Malmö, just like you! Throughout the years we have explored this amazing city that is full of opportunities, good times and new friendships for life. Now it's your turn to be a part of it!

Student Union Malmö is here to make sure that you get the most out of your time during your studies while also having a rich social life! On top of our own events, we have a bunch of associations and student groups that will likely cover your interests. From lectures on pressing political topics, dancing and other sport activities, feminist or environmental activism, pub and club nights at our student pub, to organised trips abroad - we got it all! If you feel like there is something lacking, you are always welcome to bring in new ideas or even start your own student group or association!

When you feel that your wallet is tight and you can barely afford instant ramen, we have a solution! By becoming a member at the Student Union you get the possibility to stuff your face with ridiculously cheap, yet scrumptious soups during our weekly soup lunches every Wednesday and student breakfasts every month before CSN is payed out. When the Orkanen Library is crammed again you can use Kølsvinet and our study rooms inside to work or hang. You can also use the opportunity to visit our student pub right next door, with student-friendly prices for karaoke, quiz nights and more! Not to mention, by being a member you are eligible for student discounts all over Sweden!

Besides the study-social aspects, we are also always here to support you in any issue that might come up in your education. Feeling treated unfairly? Not enough spaces to study? Not satisfied with the quality of your course? Tell us about it while swinging by the Student Union House and grab a free coffee in Kølsvinet or contact us online - We are always there for you to make sure that your rights are respected and your voices are heard!

In order for that to happen we act as watchdogs behind the scenes of the university, where we sit in all important meetings and committees, and you can become a part of that, too! If you want to make an impact on your programme, you can get active through us and be a student representative for your peers.

As you should have understood by now, you made the right choice coming to Malmö - an exciting and extraordinary city that provides endless possibilities! We are happy to have you and are looking forward to meeting you. Välkommen till Malmö!

Lilli Auginski - President Student Union

Konstantina Klonari - Vice President Student Union

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 6: Where will you live?](#)

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 Canvas. You must order your computer-ID before you can register for your course. You can do it at idservice.mau.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/en.

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 student.mau.se when you search for 'multicard'.

9 Attend Insparken

As a international student, you get a welcoming during the International Introduction. But you are of course also welcome to join the regular introduction weeks called Insparken. Insparken is organized by Festmesteriet and includes activities as city tour, bbq, parties, etc.

[See moire info in this magazine, on Festmesteriet.se or the Festmesteriet Facebook Page..](#)

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:

<https://student.mau.se/en/student-services/it-support/wireless-network/> and you'll be done in no time!

10 Say hello to your ombud

Our student ombuds always work to ensure that you have a good study time. You can get to know the ombud of your faculty at their faculty office or online. This way, you recognize them and vice versa at the faculties if you need to ask something about your studies.

They can also help you get engaged in your studies [See the ombuds' contact information on page 19.](#)

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 <https://malmostudenter.se/en/member/> and follow the instructions, or visit the Union during our office hours. The membership fee is SEK 198/ year or SEK 99 for a semester. [Read more on page 8.](#)

11 Stay updated!

Keep yourself updated on what's happening at the Union by checking out malmostudenter.se. We keep you updated with our web calendar and you can also find us on Canvas.

Also, you can follow the Student Union here:



6 Join an association

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. Can't find anything for you? Start a Student Group or an association yourself! Find out more about Union associations on [page 12: Associations.](#)

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 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 330 000 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 30 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.

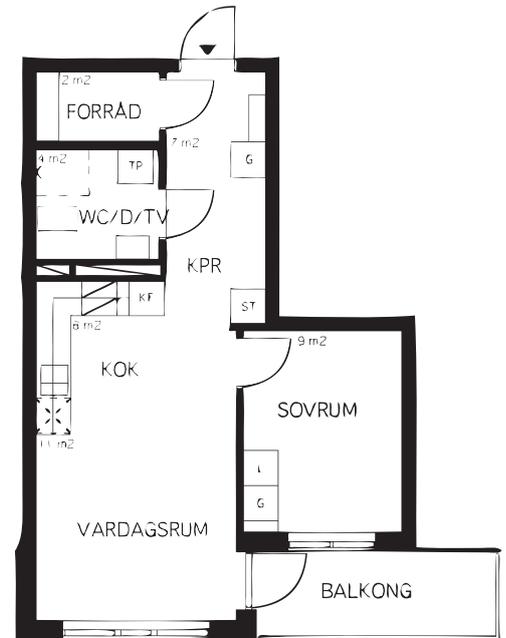
As a final advice on how to get the best out of Malmö, we highly recommend you purchasing a bike. To discover the city on two wheels is not just climate-smart but is also cheap and effective in a city where everything is located at a short distance!

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

PS. For additional recommendations, check out [the Student ombuds' suggestions on page 19](#).

Congrats, you are admitted!

- but where will you live?



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 student apartments are scattered around the city. For an overview of the housing options available check out: mau.se/en/after-admission/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/en/english/housing/ 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. We at the Student Union Malmö also have our own subletting site at hemma.malmostudenter.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 300 kr / 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/en/sofa-project/.

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!

Study more efficiently with the right STUDY TECHNIQUES

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.



Photo: Christoffer Lomfors

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. **At the Union there are spaces for studying, even study rooms for you or your study group.** 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 read-

ing 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: <https://student.mau.se/en/student-services/academic-writing-and-study-techniques/>
- Student Health Service: <https://student.mau.se/en/student-services/student-health-service/>
- Study Guidance: <https://student.mau.se/en/student-services/study-guidance/>
- Careers Service: <https://student.mau.se/en/jobs-and-internships/your-way-to-finding-a-job/#contact>

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 sports, parties and games to foreign politics. 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 STUK 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? The membership fee is 99 kr / semester, you can also choose to buy a one-year-membership for 198 kr. If you are a new member, and have never been registered in the Student Union before, you can easily register at our website malmmostudenter.se/en/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 receptionen@malmmostudenter.se. Once you've paid, your digital Student card STUK and Mecenat card will be sent to you within two working days.

During the first weeks of the semester you can become a member of the Student Union directly at your faculty. Your student ombud 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!

Studying at a distance? We can still help you and we hope you want to be a member to increase our influence to give you the best possible education.

10 reasons to become a Union member:

1. You make sure that your **education and your university is monitored** and thereby ensuring a high quality.
2. You get **personal support** if you end up in trouble.
3. You can always get **coffee, tea and cookies** in Kölsvinet during our opening hours - for free!
4. You get **student discounts** - both local and national.
5. You can attend **fun events like quizzes and parties** and visit the **Student Pub**. *
6. You can join the Union's many **student groups or associations** - or even create your own!
7. You can **start up or join a section** for your program.
8. You can eat **cheap Soup Lunch and Student Breakfast** in the Union building. *
9. You support work **by students for students!**
10. You can book our **study rooms in the Union building** perfect when your faculty is getting fully booked.

THE UNION TOTE BAG

Carry your things around Campus in our sleek tote bag! The tote bag is made after popular demand and can be bought at the Union House reception in Kölsvinet during our opening hours Tuesdays-Thursdays 10-16pm or Fridays 10-13pm.

You can also get it at The Union Days.



Experience live music at THE MUSIC PUB*

During the school year the Union together with Festmesteriet arranges a lovely pub night where we invite local bands and artists that entertains us with live music. Bring your friends, students and none students and discover new music in a setting where the food and drinks (alcohol free available) is cheap and everyone is welcome. (18 age limit, bring ID) Free entrance!

When: In the middle of the semester

Time: 19.00 - 01:00, pub opens 19.00 but first band plays at 20.00.

Where: Student Pub, Bassängkajen 8



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 SEK 99.

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 you can see all local discounts that we have for our members.



STUDENTHÄFTET - SAVE OVER 1500 KR

As a member of the Student Union Malmö, you have the opportunity to collect "Studenthäftet" for free (reg. price for other students: 100kr). "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 15% discount at SJ, and up to 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 Student card STUK 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.

SECRET SEATS*

Are you interested in theater, dance or opera? No matter what we proudly offer our member benefit Secret Seats. The stage companies in Malmö gives you a secret seat (alone or together) on the year's shows for only 100 SEK as a Union member. It can be everything from a balcony seat to front row, it's a secret! See more info on malmmostudenter.se under the tab 'Secret Seats'.

Enjoy 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.

When: Wednesdays starting September

Time: 12 - 13 am

Where: Kølsvinet, Bassängkajen 8



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 CSN, we serve Student Breakfast in Kølsvinet. For only SEK 20, members of the Union can enjoy a classic breakfast buffet, complete with waffles and fresh coffee!

When: Tuesday before CSN. 21 sep, 19 oct, 23 nov.

Time: 9-11 am.

Where: Kølsvinet, Bassängkajen 8

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.

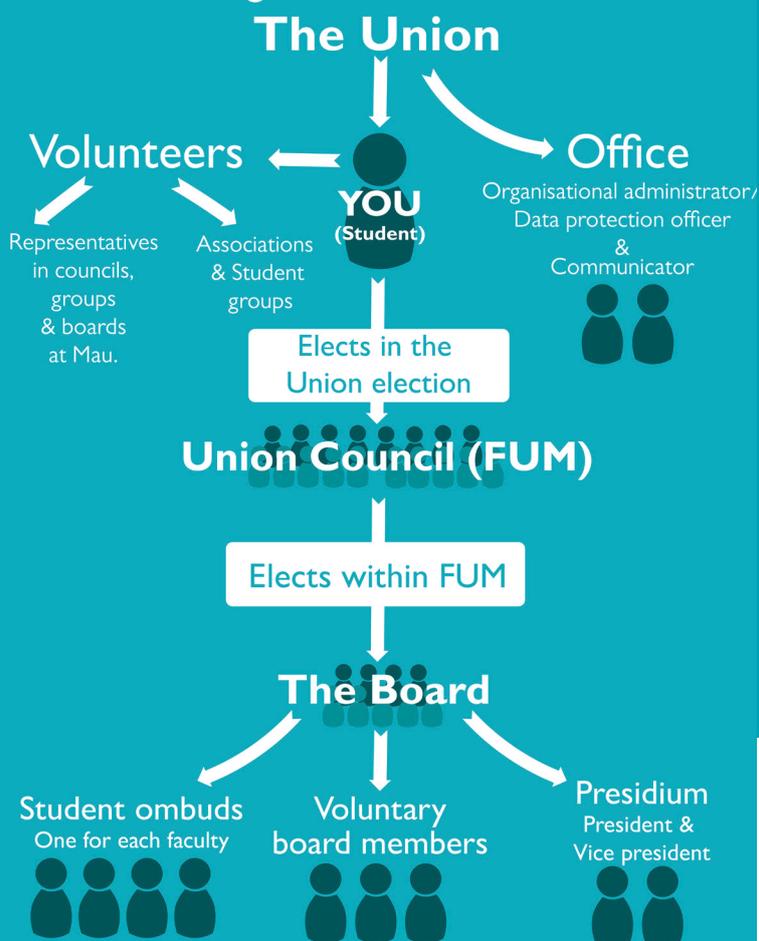
As a active member of the Student Union, you'll get the opportunity to get to know interesting people with similar interests as you, and chances are you'll make friends for life. You choose how much time you'll spend on your commitment, but some things take more time than others. Union involvement also 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 The Student Union Council (FUM)

The word FUM is something you will hear a lot during your time of studies. The Student Union Malmö is governed by a council, which is elected by students. The council (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 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. Would you like to decide what the Union should work with? Then you should be a member of the student council.

What does the Student Union Malmö's organisation look like?



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 ombud. [You'll find the contact details on page 19.](#)

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 ombud. You meet once a month and raise questions concerning your faculty. All students are welcome; contact your student ombud 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 ombud for more information about how you can become the representative at your course or program.



Sections

From 2021, it is possible to start and join sections of your program. Sections are a lot like associations but are linked to your program and are meant to focus on the program's interests. You can, for example, organize parties or hackathons. Contact us for more information and we will tell you more.

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 ombuds 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 Union 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 important meetings, meet a lot of students and learn everything about Malmö University. If you don't want to work full time you can also be part of the Union board as a volunteer, which the board has four of.

Student life

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!

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 ombud for more information. Contact details are on page 19.

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 you are 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 what it's like to run a music pub? Contact us at musicpub@malmostudenter.se.

Coffee with the Union*

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 we give out surveys to get answers on how you perceive your education. Sounds interesting? Check what date the next Union Coffee is with the student ombud at your faculty, we are always in need of a helping hand, and the more we are, the more fun the event gets!

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 receptionen@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.

ALHAMBRA

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

Contact: alhambra@malmostudenter.se

Facebook: Alhambra Malmö

AMNESTY INTERNATIONAL MALMÖ

We are a passionate student group committed to matters of human rights and social justice. We organise events, raise awareness and campaign with Amnesty International Sweden. We seek to engage both Swedish and international students in activism volunteering for human rights issues. All are welcome to join us!

Contact: amnestyinternational@malmostudenter.se

Facebook: Amnesty International Malmö

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: uf@malmostudenter.se

Website: ufmalmo.se

Facebook: UF Malmö - Association of Foreign Affairs

ESN MALMÖ

ESN Malmö is primarily focusing on 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@malmostudenter.se

Website: esnmalmo.org

Facebook: ESN Malmö

FAMUS - FEMINIST ASSOCIATION

FAMUS 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 association welcomes all and works from an including perspective. The membership is a solidarity fee between 40-60 kr.

Contact: famus@malmostudenter.se

Facebook: Feminist Association Malmö Union Students

Instagram: [famus_mau](https://www.instagram.com/famus_mau)

FENIX ENVIRONMENTAL ASSOCIATION

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

Instagram: [fenix_malmo](https://www.instagram.com/fenix_malmo)

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

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 & volleyball. But you have to be quick - the spots fill up quickly.

Contact: ifacadem@malmostudenter.se

Facebook: IF Academ - Malmö University sportassociation





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
Instagram: [lgbtqxstudentsmalmo](#)

MDS - MALMÖ DEBATING SOCIETY

Our newest association with focus on arranging Debates! At the very heart of our association is the passion for debating, freedom of speech and critical thought.

Facebook: Malmö Debating Society

SUM - STUDENT UNION MAGAZINE

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! SUM is sent home to all Union members twice each semester.

Contact: sum@malmostudenter.se
Facebook: SUM - Student Union Magazine
Instagram: [sum_magazine](#)

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!

Kontakt: maus@malmostudenter.se
Facebook: Spelgillet / The Gaming Guild

TRIPLE S - SUSTAINABILITY CONSULTING

Triple S is a student consulting association with a focus on sustainability and sustainable business development. Our mission is to mainstream sustainability both for organizations and young professionals. We advise organizations based on the latest academic knowledge on various subjects relating to market research, strategy development, communication, and marketing concepts for sustainability.

Contact: info@triple-s.se
Facebook: Triple S
Instagram: Triple S - Student Consulting in Sustainability



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 & financial support. Learn more about starting your own association at malmostudenter.se/en/english/associations/. You can also start and join student groups.

COFFEE WITH THE UNION

- WE'LL MEET AT YOUR FACULTY*

Coffee with the Union is held once a month at each faculty. The Student Union visits your faculty to meet with students. Your student ombud is present and you have the chance to tell us what you think about your education and what needs to be improved at Malmö 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! Coffee with the Union is always between 10-14 pm. See more detailed info and the upcoming Coffee with the Union events on our Facebook page.

Coffee
with the Union
is in the middle of
September to
December



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 26th**. 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 student literature.
- The same member may receive the Literature 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.

STUDENT HEALTH SERVICE

At the Student Health Service, you can get different types of support and help. You can get support through a meeting with one of our psychological counsellors or nurses. Our nurses can give you health advice and support to create and maintain sustainable living habits. We can also guide you to the right health care unit. Our nurses are trained to talk with you about sexual health and safe sex. All appointments are free, confidential and noted in your medical record.



In addition to individual help, we also offer:

Open lectures

We also offer open lectures and workshops on various topics, for example When perfect isn't good enough, Get stuff done, Speech anxiety and many more.

Groups

You can join one of our groups for example, Procrastination group or Walking group.

Test your living habits

Carry out an online test to get an overview of your living habits.

Open Door support

If you have been subjected to harassment or sexual harassment, you can receive support from Student Health Service.

More support and service

Malmö university offers a lot more support and services: Study guidance, Academic writing, Learning support, IT-support, University Chaplains and much more.

More info: <https://student.mau.se/en/student-services/>

Don't hesitate to contact us.

Read more: www.mau.se/studenthealth



**MALMÖ
UNIVERSITY**

INSPARKEN / INTRO WEEKS

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 & the association Festmesteriet, organize activities where you get to know new people & your new city. 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 & 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, & Malmö.

Find the schedule at Festmesteriet.se, [Festmesteriet](#) and [Union's Facebook page](#) and in the Facebook group 'Mau Inspark 2021'



SCHEDULE FOR INSPARKEN 2021

(Subject to change)

1/9 Wednesday - Teambuilding

During team building, each team will meet in designated locations to play some games and hang out to get to know each other.

2/9 Thursday - Hang out with your team

This time to get to know your teammates a little more has come, ome and shirt decoration will be available and opportunity to play games! Also on this day, each team will meet at a designated location.

3/9 Friday - City Walk

It's time for the teams to face each other for the first time time! Starting at a designated place, the team will begin its journey through Malmö and then finally meet at one common place! During the hike through Malmö, there is the opportunity to collect lots of points for the team!

4/9 Saturday - Outdoor Masquerade

Which team has the most cohesive costume? We meet in the same place and have some masquerade competitions and have fun together.

5/9 Sunday - General's Day

A quiet but points-filled day. Here we meet where there will be opportunities to collect points in different missions. The day is hosted by the Generals.

6/9 Monday - Game Day

The big game day is here! It's time to play together as a team against the other teams in games like softball, kubb and live 'fia med knuff'.

7/9 Tuesday - Sitting

What's better than a cozy sitting with all the teams? We eat good food together and have fun activities planned for the evening.

8/9 Wednesday - Sitting

What's better than a cozy sitting with all the teams? We eat good food together and have fun activities planned for the evening.

9/9 Thursday - Soap Football

Which team is the best in football when you have a slippery surface? For those who do not want to participate in football, there will be opportunities for other play and hanging out.

10/9 Friday - Captains' Day

The day where the captains are the center of attention is here! The captains are planning an evening full of adventure for you! Maybe they do their own twist on the city walk? Perhaps a "hang out with your gang" - is on the schedule?

11/9 Saturday - Closing Day

We end the Inspark with a day full of fun activities and great company to get the best end to the kick together.

Hi! Would you like to

sleep better?



yes!

Sometimes stress and deadlines can influence how well we sleep. Before heading to bed, take some time to relax and reflect. If you spend a lot of time on social media, try to not use your phone right before bed. You can also try different mediation techniques or breathing exercises. Taking a little walk in the evening or reducing caffeine and nicotine can also be helpful.

eat healthier?



yes!

Eating well on student budget can sometimes be tough! Especially when you don't have much time during the exams. Learning just one or two delicious new recipes that are quick and easy can help you with preparing homemade meals you will love. Adding legumes to your diet is a good thing for you and your wallet. Try to introduce more veggies and fruits to your diet — they make perfect snacks too!

feel closer to your friends?



yes!

People around you can offer you valuable support, so it's important to put some time strengthening those connections. Try to find time to put aside distractions to chat with your friends or family about your day. Holding out a helping hand makes other people happy and it will make you feel happier too — ask your loved ones how they are and listen without judgement.

find a new hobby?



yes!

Learning new things is stimulating and can really help to lift your mood! Keep learning and broadening your horizons. There are many relaxing hobbies that can be done on a student budget — from more active, like jogging to more relaxing like joining a book club or learning how to draw. It's ok to try many different things before you find something for yourself. Remember: it's also ok to try and fail! Your hobby should bring you joy, not stress.

set more goals for yourself?



yes!

Working towards positive and realistic goals can give you extra motivation and structure! Choose a goal that is meaningful to you, not something that is expected of you by others. Remember to celebrate your progress along the way!

find ways to reduce stress?



yes!

Student life can be very stressful but there are some ways to make it easier! You can try to take time to reflect and 'be in the moment'. Although we can't always choose what happens to us, we can often choose our responses to these situations. You can try to find a positive outlet such as talking to your friends or writing down your thoughts. For some people starting a bullet journal or a planner helps them to be more organized and less stressed. Plan your daily schedule in a way that gives you time to recharge and do things that bring you joy. Maybe go outside and take a walk or do something that is relaxing for few hours? Try different ideas to find what works best for you!

If you want to learn more about those questions and techniques to improve your wellbeing always feel free to contact Studenthälsan at studenthalsan@mau.se

BECOME A MEMBER OF THE UNION!

Maybe you're thinking, why should I? In addition to the fact that your membership makes your education better, it is also very fun to be part of the community together with other students. We make sure that you are represented at every level of Malmö University and also give you a great study time in the same package.

You could say that we are like a Trade Union for the students (much like you could find at a job) and we are always on your side! You can easily become a member at malmostudenter.se or by coming by our reception!

10 REASONS TO BE A MEMBER OF THE UNION :



You can attend fun events like parties and quizzes and visit the Student Pub



You can join the Union's many student groups and associations or start your own



You can start up or join sections for your program

Only 99 kr per semester!



You support the work by students for students



You make sure that your education and your University is monitored and thereby ensuring high quality



You get personal support if you end up in trouble



You get student discounts - both local and national



You can always get coffee and tea in Kølsvinet during our opening hours - for free



You can eat cheap Soup Lunch and Student Breakfast in the Union building



You can book our study rooms in the Union building - perfect when there is little space at your faculty

Contact the Union

Reception
Union building, Bassängkajen 8
040 - 665 75 65
Opening and phone hours:
Tuesday - Thursday 10.00 - 16.00, Friday 10.00 - 13.00

receptionen@malmostudenter.se
[/StudentkarenMalmoe](https://www.facebook.com/StudentkarenMalmoe)
[@studentkaren_malmo](https://www.instagram.com/studentkaren_malmo)
twitter.com/malmostudenter

Presidium

President
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Vice President
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0707 - 57 75 62

Student Ombud

Education and Society
Anna Jakobsson
ombudls@malmostudenter.se
0707 57 75 68

Health and Society
Sheikh Farid Uddin Ahmmed
ombudhs@malmostudenter.se
0707 - 57 75 63

Technology and Society
Lisa "Liz" Hofmann
ombudts@malmostudenter.se
0707 - 57 75 69

Culture and Society
Arinzechukwu Onwurah
ombudks@malmostudenter.se
0707 - 57 75 67

malmostudenter.se



Get to know your STUDENT OMBUD

If you have any questions or problems concerning your studies, you can turn to your Student ombud (studentombud). They are more than happy to help you out. The ombuds are elected by students and work as your main Union contact, each with specific knowledge about your faculty. You can find your ombud at your faculty as well as in the Student Union House in Kølsvinet where the Unions reception is. 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!



Sheikh Farid Uddin Ahmmed
Student ombud
Health and society

ombudhs@malmostudenter.se
+46707 577 563
Malmö Sjukhusområde,
Jan Waldenströms gata 25,
room U112

Why did you join the Union?

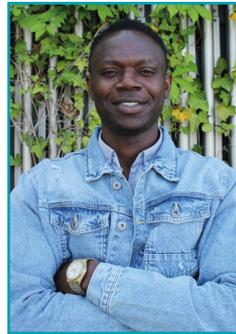
Find out the best opportunity to help the students .

Your best tips about Malmö?

Go for walk around the city , have fika and also enjoy the nice sea side .

Your best advice to a new student?

Study, concentrate and stay focused on your goal. And, also dont forget to enjoy yourself.



Arinzechukwu Onwurah
Student ombud
Culture and society

ombud.ks@malmostudenter.se
+46707 577 567
Niagara
Nordenskiöldsgatan 1,
ground floor

Why did you join the Union?

I joined the union with the intention of been part of the team that put the interest of the students first and to achieve our goals in making Malmö university the best of its kind both in education and social wise.

Your best tips about Malmö?

My best tips about malmö is the connection of the roads that makes it easier for one to walk it's way around the city.

Your best advice to a new student?

My best advice to the new students is to be social and open to ask questions about everything they want to know and do their best to learn Swedish language. That way it will be easier for them to integrate into the new society.



Lisa "Liz" Hofmann
Student ombud
Technology and society

ombudts@malmostudenter.se
+46707 577 569
Niagara
Nordenskiöldsgatan 1,
ground floor

Why did you join the Union?

I joined the union because I wanted to work towards a better experience for all students and actually have an influence rather than just stand by.

Your best tips about Malmö?

Go outside, take a walk in one of the parks, meet up with friends, give the student pub a visit!

Your best advice to a new student?

Don't forget to have fun, get involved in student associations, groups and/or sections, make friends and be an active part of the student life!



Anna Jakobsson
Student ombud
Education and society

ombudls@malmostudenter.se
+46707 577 568
Orkanen
Nordenskiöldsgatan 10,
room C429

Why did you join the Union?

The vice president convinced me!

Your best tips about Malmö?

Dare to be a "tourist" - take a map of the city at the tourist center and ask about points of interest. Then when you are out and about, do not forget to look up - mainly for your safety, but there is also a lot of wonderful art on the facades around Malmö or maybe you will find your new favorite café / shop.

Your best advice to a new student?

Do not be afraid to make your voice heard and ask questions, we are here to learn and develop. Join any of the interest groups that exist, there is usually something for many different interests. Do not forget to have fun!

FIND THE STUDENT UNION

THE UNION HOUSE

The Student Union's reception

Bassängkajen 8,
211 18 Malmö

Opening hours | Tue-Thu 10-16, Fri 10-13

Email | receptionen@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 Obud. You can also email or call the ombuds. Find their contact info [on page 15](#).

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 just SEK 15. Kølsvinet is also available for hire, please check our website malmostudenter.se for more info.

THE UNION ONLINE



canvas

The Union has its own space on Canvas. See what's happening on our calendar and our pages. Join by typing <https://mau.instructure.com/enroll/9MABRG> in your web browser.



www.malmostudenter.se



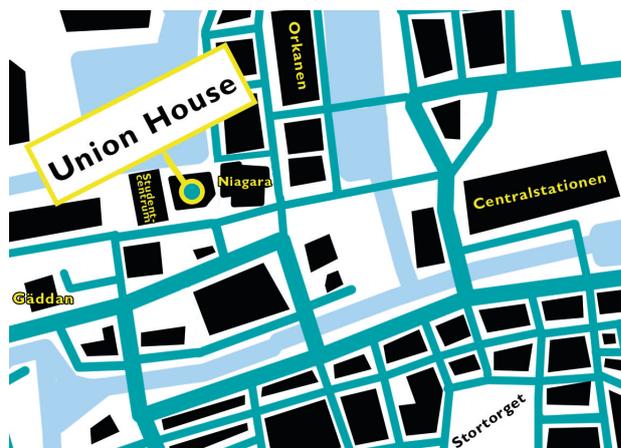
StudentkarenMalmoe



Studentkaren_Malmo



Malmostudenter



THE OMBUDS' OFFICES

Teaching & Society

Orkanen | Nordenskiöldsgatan 10, room C429 Floor 4.

Health & Society

Malmö Sjukhusområde | Jan Waldenströms gata 25, UI 12

Culture & Society

Niagara | Nordenskiöldsgatan 1, ground floor

Technology & Society

Niagara | Nordenskiöldsgatan 1, ground floor

Find our faculty groups on Facebook. Just search for 'Studenter på KS, HS, LS, or TS' depending on what faculty you belong to. Here you can sell and buy literature, ask other students about all kind of stuff and even find housing.



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