

Welcome to the student city of

MALMÖ

A survival guide for new students



Checklist for your first week

Everything you need to fix your first week to get started - page. 6

How to find accommodation in Malmö

We list all the tips for finding accommodation for your studies - page 7

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PHOTO: Håkan Röjder

The Student Union Malmö is a non-profit, politically and religiously independent organization. The Student Union Malmö works for better education and a more enjoyable student life for 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@malmmostudenter.se.

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Hey all new students!

I 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!

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!

I myself have been a new student as well as new in Malmö, just like you! Throughout the years I 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, student groups and sections that will likely cover your interests. From lectures on pressing political topics, singing 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, association or section!

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 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. Welcome to Malmö!

Bijana Drfjaca

President of the Student Union Malmö



PHOTO: Apelöga

Welcome to Malmö!

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. Get on this journey!

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 360 000 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 three 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 four 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.

"The City of parks"

Malmö is sometimes called "the City of Parks" and 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 mal-mofolketspark.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!

Join us at Insparken!

Being new to a city can feel like getting lost in a whirlwind of unfamiliar faces without a GPS. But don't worry! We have the solution; join us at Insparken! It's like an introductory party of joy and community that sweeps in and takes you on a crazy ride where you get to know new people and your new student city.

Between September 3 and 15, Insparken will be the epicenter of the craziest party in town. Two weeks of laughter, screams and sensations where you'll feel like part of a big, beautiful family of new friends. Is there anything better?

The Inspark gives you the chance to explore your new city as if you were an adventurer in an Indiana Jones movie with fun and exciting activities that are a perfect icebreaker. You'll be divided into teams with other students from your faculty, and then compete and socialize with students from across the university to see who are the real champions. The activities are led by captains with the help of mentors who are with your team throughout the Insparken and can answer questions about the Union, the University and about Malmö.

The Inspark is organized by the student association Festmesteriet together with the Student Union Malmö and the Inspark's generals. It is for everyone, is free and requires no registration and is completely voluntary to participate in without any mean elements. You simply come and go as you like.

Join us at Insparken for memorable moments that are just the beginning of your student life. Who knows, you might find your future best friend among all this chaos and laughter!



Follow Insparken:



inspark.malmostudenter.se



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



[MAU Inspark 2024](https://www.facebook.com/MAU-Inspark-2024)



Some of Insparken's activities - Insparken 2024 | September 3 - 15

September 1 - 3 - Overall sale

Load up before Kick-off by get your very own student overalls. Colors according to team classification.

Keep in mind: Membership in the Malmö Student Union is required for the purchase of an overall!

Teambuilding

Finally, Insparken kicks off for real! Get to know your team and prepare to claim the win.

City walk

Walk with your team through Malmö and collect points together through various missions and challenges. Be sure to practice your team chants and dances and compete against the other teams.

Big game day

Compete against the other teams in brännboll, tug-of-war, human ludo and much more.

Generals' Day

No one knows yet what our dear generals have planned for this day. Info will be published in the respective Facebook group.

Captains' Day

No one knows yet what our dear captains have planned for this day. Info will be published in the respective Facebook group.

Soap football

Perhaps the kick-offs most popular activity. Get ready to face the other teams in a game of football, on a tarp, covered in slippery soap. We encourage no broken bones! If you don't want to join and play, you are of course welcome to cheer on your team members! There will also be other activities available.

Association Fair

Meet the student union's various associations and sections. Expand your social network, mingle with like-minded people, or why not join an association already in place? Here is something for everyone! During the fair, there will also be the opportunity to buy quantities of different patches for the student overalls.

24h Race

Of course, Insparken ends with the traditional 24h race! Can you survive 24 hours without sleep and without caffeine? Every full hour, the participants are given a new mission and at hour 24, Insparken's winner is revealed! Everyone who survives the 24h race also gets a unique patch to show off their survival skills. It will be possible to go out and buy food and the like.

NOTE. You don't have to be there for 24 hours straight to collect points for the team!

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 a 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 the next page: Where will you live?**

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.

3 Get a multocard

Your multocard 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'.

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

5 Join the Student Union

Whether you need help with school, to find a nightclub or just a microwave to warm up your lunch, the Student Union is here for you. To become a member, head to malmostudenter.se/en/member and follow the instructions, or visit the Union during our office hours. The membership fee is 198 SEK per year or 99 SEK per semester. **Read more on page 9.**

6 Join an association/section

För att bli medlem i Kåren kan du antingen gå in på: Along with school stuff, you also need social activities. The Student Union Malmö offers a wide range of associations and sections for your programme that are open for all members. Can't find anything for you? Start a Student Group, an association or a section yourself! Find out more about Union associations on [page 13 and 14.](#)

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 three members at the start of the semester. **Find out more on page 15.**

8 Get a bike

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

9 Attend at 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 and parties. **Find out more on previous page.**

10 Say hello to you student 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.

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 and social media on the back of this magazine.

Congrats, you are admitted!

- but where will you live?

Malmö is an interesting and dynamic city where much has happened and changed in recent years. The university has left its mark and so has the Öresund Bridge; our connection to Copenhagen and the rest of the world.

Malmö is not only a student city, which is also reflected in the housing market with a relatively low number of student housing. Therefore, it is good to look for housing in Malmö with open eyes, you may not end up in a regular student corridor first but in other options such as shared, private room in someone else's house or apartment sublet apartment, rental apartment or condominium.

Malmö does not have a campus, but student accommodation is scattered throughout the city. To give an overview of the different accommodation options the city has to offer, Malmö University has put together a list with contact details of the main housing agencies, sublets and hostels, check it out at: mau.se/utbildning/bostad or scan the QR-code further down.

On the Union's website malmostudenter.se/bostad we have gathered most housing agencies in the region, where you can also find some smaller agencies that not as many people know about and where the competition may be less.

There are a whole host of secondary market sites. One of the biggest is blocket.se, where many private individuals choose to post ads. These are often temporary sublets or private rooms in someone's apartment or house, but it might be the perfect solution if you're only going to be studying in Malmö for a short time, or if you're looking to live with other people.

Another tip is to register in Malmö's housing agency's joint housing queue, boplatssyd.se. It costs 300 SEK per year for a place in the queue, but in exchange you only have one place to keep track of. Here it is important to be out in good time if you want a central one-bedroom, two-bedroom or student accommodation. On the other hand, demand is not as great if you can imagine living on the outskirts of town or joining forces with other students to rent a larger apartment together.



PHOTO: Anna Wahlgren

The Union's housing portal

The Student Union also has its own agency for secondary accommodation on hemma.malmostudenter.se, where private individuals post their ads. However, be careful when you rent through private individuals! It is easy to fall victim to scammers so remember not to send money in advance, in general, you should avoid landlords who require you to pay in advance before you have seen the accommodation.

The Union's Sofa project

If you've tried all the options and are still without a roof over your head when the semester starts, there is also the emergency solution of sleeping on someone else's couch. The Union has the Sofa Project, where we work to find temporary beds for students by mediating contacts between incoming students and volunteers who are prepared to provide a bed. This way, you gain some time to find a more permanent accommodation.

If you still can't find a place to stay, contact us at the Student Union and we will help you further.



Scan and read more about how to find accommodation on our website.

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. 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. Motivation

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. Active reading

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.



PHOTO: Håkan Røjder

4. Taking breaks

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 routines

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 INFO:

Writing centre:

student.mau.se/en/student-services/the-writing-centre-and-support/

Student Health Service:

student.mau.se/en/student-services/student-health-service/

Study guidance:

student.mau.se/en/student-services/study-guidance/

Why should I become 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 SEK per semester, you can also choose to buy a one-year-membership for 198 SEK. 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/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@malmostudenter.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.

8 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 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 support work by students for students!

Always free
coffee for
Union members!



Discounts and benefits

- Det lönar sig att vara medlem

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,

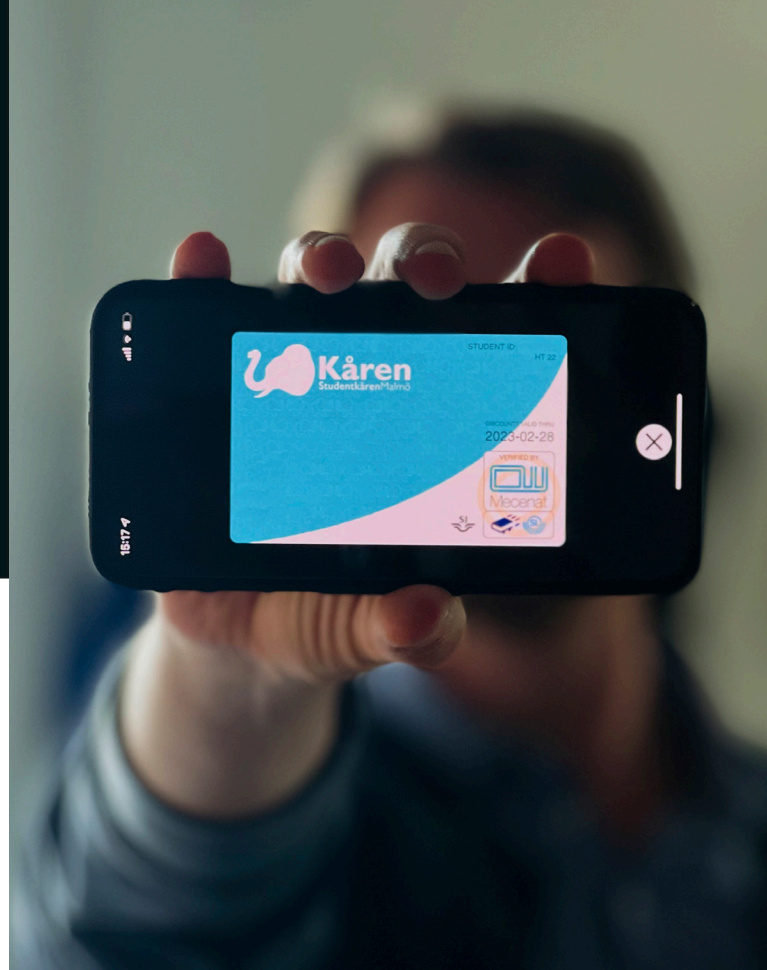
We are always on the hunt for exciting collaborations, to be able to offer you interesting and price worthy bargains. For current deals, please check out our webpage. You don't need to use many of the discounts to earn the membership fee of SEK 99.

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

Student-ID in your smartphone

By downloading the Studentcard STUK 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.



Skånetrafiken and SJ

As a student you get 15 percent discount at SJ, and up to 25 percent 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 percent or more, during at least ten cohesive weeks/semester. Find out more at skanetrafiiken.se.

WeStudents app - Save over 1500 SEK

As a member of the Student Union Malmö, you have the opportunity to get many local student discount from WeStudents. WeStudents app is filled with local discounts and offers at cafes, restaurants, nightlife and stores. With the discounts you are able to save over 1500 SEK. Download WeStudents app for free and take part of great offers. The Offer's is valid while supplies last. Sponsored by WeStudents.

Get more out of your time as a student

Get engaged 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 five to six 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.

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.



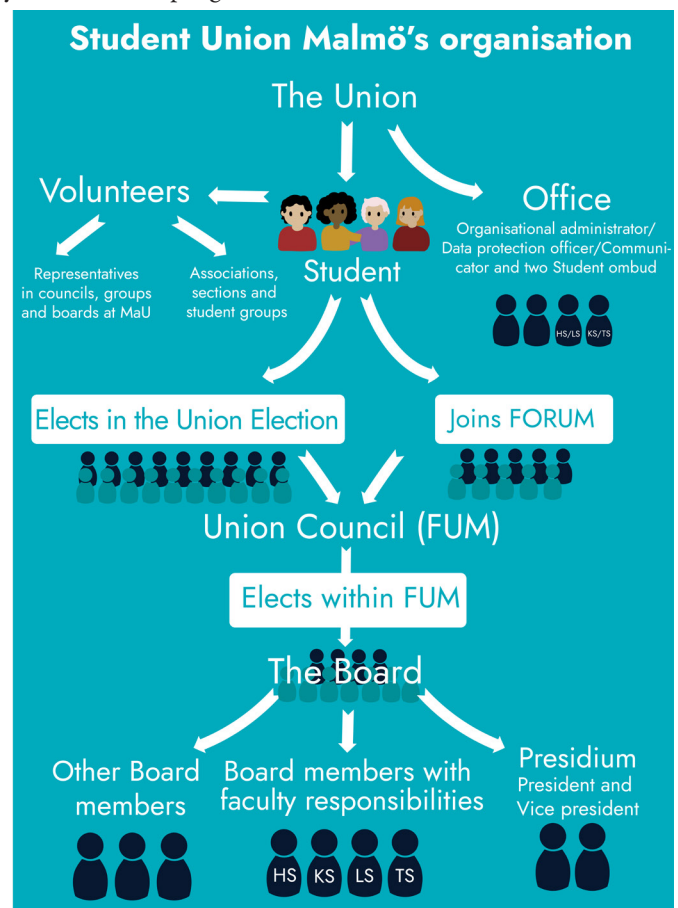
PHOTO: Malin Palm

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.



The organisation of the Student Union Malmö.



Sections

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 section responsible at sektionsansvarig@malmostudenter.se for more information and we will tell you more.

Full-time assignments 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. A full-time assignment 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!

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're 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 or your band want 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 musikpuben@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!

*** As we are in temporary facilities, we cannot (at the moment) serve soup lunches and student breakfasts or organize the Music Pub. We hope to be able to offer this again in the future or consider other solutions for events. Keep an eye on our channels!**

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.

Contact

Does anything above sound 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!

The Union's 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.

AFRICAN STUDENT ASSOCIATION MALMÖ

A student association of African students. A place to share their culture, learn, discuss, exchange and spread knowledge about what this beautiful continent has to offer.

ALHAMBRA

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

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 organizes the introduction weeks in the beginning of August when the new international students arrive, and then have lots of activities throughout the semester such as parties, games, food and travels! Get to know new people from all over the world.

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.

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!

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.

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 has an international focus so that as many students as possible can participate.



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.

MU MU RADIO

Malmö University's student radio - better than ever. The new podcast "Turn On, Tune In" focuses on life as a student in Malmö - where the best café is, how to survive a stolen bike and much more! You can find it on your favorite streaming platform.

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!

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.

ASSOCIATION OF FOREIGN AFFAIRS (UF MALMÖ)

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 Quizzes, movie nights, trips and debate clubs.

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. Contact our association responsible on foreningsansvarig@malmostudenter.se.

Our sections

Sections provide you and your fellow students with a social life. Students have a need to know one another, to have the opportunity to share experiences. Sections are also a place to help your fellow students in their studies, and for them to help you. That's what the Student Union's sections contribute – In sections we build a society.

What do sections do?

Within the section's area of activity, a section will participate in improving the students education as well as arrange social activities and activities that promote students' studies and career opportunities.

Organize social gatherings, career fairs, seminars trips, sittings, and more. Have meetings where you discuss your education across program and year boundaries. Sections are different from the Union's associations by focusing on students that study at a certain part of the university, instead of focusing on a topic or type of event. All of our sections follow the steering document for sections.

Not sure what section you belong to? Contact the Union's section responsible at sektionsansvarig@malmostudenter.se or your faculty's studentombud! You can also start a new one for your institution.



FOTO: Malin Palm

Culture and society



GPS
Section for Global
Political Students



ArtCom
Section for school of Arts
and communication

Health and society



KriM
Section for
Criminology



SiM
Section for Social
Worker students

Technology and society



TSS
Section for technology
and society

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.

Make
your voice
heard!



PHOTO: Malin Palm

Apply to 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 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 info-rum@malmmostudenter.se before September 29. 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 500 SEK 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 concerning your health and studies. All appointments are free of charge and confidential. You can choose if you prefer to meet us physically or talk to us by phone or video call.



We offer:

Counsellor

You can get support through a meeting with one of our psychological counsellors. You can talk to us about stress, anxiety, relationships or whatever you need to talk about.

Guidance from nurse

You can get health advice and support to create and maintain sustainable living habits and talk about sexual health and get tested for STI. We can also guide you to the right health care unit.

Courses and groups

The friendly running group meets every Monday. Procrastination group is a support group to reduce procrastination and help you organize your studies.

Material on the web

On our website you can find filmed lectures or carry out an online test to get an overview of your living habits.

Fika-paus

We offer coffee and tea every Tuesday at the Orkanen Library.

Read more at student.mau.se/en/student-services/student-health-service

More support and service

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

Don't hesitate to contact us!
Read more at student.mau.se/en/student-services



MALMÖ
UNIVERSITY

**Are you a new student
and looking for a
place to sleep?**

We have the solution!



malmostudenter.se/en/sofa-project

Get to know your student ombuds

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 office.



Konstantina Klonari

Student ombud for the faculties

Culture and society | Technology and society

Contact:

E-mail to culture and society: ombudks@malmostudenter.se

E-mail to Technology and society: ombudts@malmostudenter.se

Phone: (+46) 70 757 75 67

Hey Konstantina! Who are you?

My name is Konstantina, but call me Tina. I am 26 years old and is originally from Rhodes in Greece. I moved to Malmö, Sweden in August 2018 in order to study in Malmö University. I have been involved in the student life since then, and now I am working at the Union as the student ombud. Feel free to contact me if you have any questions or issues with your course/program or even if you want to chit chat.

What is your best advice to a new student?

My best advice to you as a new student, is to always do the tasks you are assigned on the deadline. Then you will not have to stress during the exam period. You should definitely join an association and/or a section. This way you will be able to meet new people with similar interests as you and create new friendships. Lastly, join Insparken! It's the best time to meet a lot of new people and mingle with them.



Jonah Merkel

Student ombud for the faculties

Education and society | Health and society

Contact:

E-mail to Education and society: ombudls@malmostudenter.se

E-mail to Health and society: ombudhs@malmostudenter.se

Phone: (+46) 70 757 75 68

Hey Jonah! Who are you?

I am a creative, courageous and life-experienced person who has found my call in supporting people to reach their goals. Should you experience any problems during your time as a student or just want to have a chat, just contact me.

What is your best advice to a new student?

The learning curve can be incredibly steep in the first year. Accept that it takes time to learn new things. Focus on taking responsibility for both your studies and your health.

The Union's calendar Autumn 24



PHOTO: Fredrik Johansson

AUGUST

- 28** Tjuvkik and fika with the Union | Niagara och Kølsvinet
- 29** Association fair | Niagara | 10:00- 14:00

Local Student Council

- Week 42 (see our channels for upcoming dates)
- Week 48 (see our channels for upcoming dates)

SEPTEMBER

- 02** Start of the semester
- 03-15** Insparken
- 17** The Union days | Niagara | 10:00- 14:00
- 18** The Union days | Orkanen | 10:00- 14:00
- 19** The Union days | HS | 10:00- 14:00
- 24-26** FORUM (see details in our digital channels)
- 29** Last day to apply for the Union's literature scholarship

OKTOBER

- 04** Cinnamon bun day
- 21-25** Högtidsvecka | Niagara
- 15** Coffee with the Union | Niagara | 10:00- 14:00
- 16** Coffee with the Union | Orkanen | 10:00- 14:00
- 17** Coffee with the Union | HS | 10:00- 14:00

NOVEMBER

- 12** Coffee with the Union | Niagara | 10:00- 14:00
- 13** Coffee with the Union | Niagara | 10:00- 14:00
- 14** Coffee with the Union | Niagara | 10:00- 14:00

DECEMBER

- 02** The Union's holiday calendar starts
- 13** Glögg with the Union | Niagara, Orkanen and HS | 10:00
- 20** The Union's reception is closed

Changes may occur. See our social medias and Facebook event for further information.

Find the Student Union

The Union's reception

Neptunigatan 20 (Stinshuset)
211 18 Malmö

Opening hour: Tues-Thurs 10-16, Fri 10-13
E-mail: receptionen@malmostudenter.se
Phone: (+46) 40 665 75 65

The Office

Nordenskiöldsgatan 4
211 19 Malmö

Contact

Lena Petersson
Organization Administrator / Collaboration Manager / Data Protection Officer
E-mail: lena.petersson@malmostudenter.se
Phone: (+46) 70 757 75 61

Henrik Assarsson
Head of communication
E-mail: henrik.assarsson@malmostudenter.se
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Konstantina Klonari
Student ombud of the faculties
Culture and society | Technology and society
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E-mail to Technology and society: ombudts@malmostudenter.se
Phone: (+46) 70 757 75 67

Jonah Merkel
Student ombud of the faculties
Education and society | Health and society
E-mail to Education and society: ombudls@malmostudenter.se
E-mail to Health and society: ombudhs@malmostudenter.se
Phone: (+46) 70 757 75 68

The student ombud's office

Education and society

Orkanen
Nordenskiöldsgatan 10, room B530 5th floor

Health and society

Malmö Sjukhusområde
Jan Waldenströms gata 25, room U112

Culture and society

Niagara
Nordenskiöldsgatan 1, ground floor, room NI:B0E02

Technology and society

Niagara
Nordenskiöldsgatan 1, ground floor, room NI:B0E02

On Facebook you can also find our faculty groups. Just search for 'Students at KS, HS, LS, or TS' depending on which faculty you belong to. Here you can sell and buy literature, ask other students all sorts of questions, or even find accommodation.

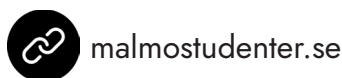
Lilla Kølsvinet

Lilla Kølsvinet is the union's temporary union house for a period ahead. Here you can, as a member of the Student Union Malmö, have a cup of coffee or tea and cake, hang out with friends and study together.

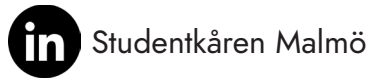


The Student Union of Malmö's temporary union house (Stinshuset).

Follow us!



malmostudenter.se



Studentkåren Malmö



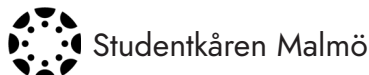
/studentkarenMalmoe



Studentkåren Malmö



@studentkaren_malmo



Studentkåren Malmö

The Union has its own area on Canvas. Here you can see what is current at the Union in our calendar and on our Canvas pages.

Join by scanning the QR code.

