

Welcome to the student city of **MALMÖ**

A survival guide for new students | www.malmostudenter.se

CHECKLIST FOR YOUR FIRST WEEK

Everything you need to fix your first week to get started.

HOW TO FIND ACCOMMODATION IN MALMÖ

We list all the tips for finding accommodation for your studies.

GET TO KNOW THE STUDENT UNION MALMÖ

How to get engaged and make the most of your study time.

STUDENT UNION MALMÖ | 25/26

A FEW WORDS FROM THE PRESIDENT OF THE UNION

Hello there, new student!

A warm welcome to Malmö! Isn't it a great city? We may be notorious for our strong winds and screeching seagulls but there are many more things to explore here, in Sweden's most diverse city.

Here we stand for solidarity, inclusivity and equal opportunities for all - in this fairly large city you can really be who you are and there is something to do and experience for everyone.

The Student Union Malmö is here to make sure you get the most out of your time as a student while enjoying a rich social life. In addition to our own events, we have a bunch of associations, sections and student groups that are likely to pique your interest. We have it all from foreign affairs and parties to sports activities and environmental issues. If you feel that something is missing, you are always welcome to come up with new ideas or even start your own student group, association or section.

We are also always here to support you in any issue that may come up in your education. Do you feel unfairly treated? Not enough places to study? Not satisfied with the quality of your course? We are always there for you to make sure your rights are respected and your voice is heard! To make this possible, we act as guardians behind the scenes at the university. We sit in on all the important meetings and committees, and you can be part of it too! If you want to influence your program, you can become active through us and be a student representative for your fellow students.

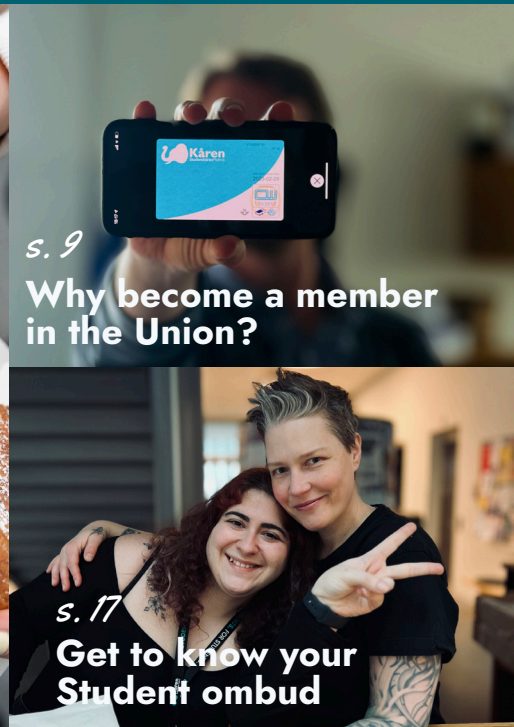
As you may have realized by now, you made the right choice to come to Malmö - an exciting and extraordinary city that offers endless opportunities! We are happy to have you and look forward to meeting you. Welcome to Malmö!



Bijana Drfjaca

**President
Student Union Malmö**

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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@malmostudenter.se.

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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!

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.

Great little city

With over 365 000 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 Co-

penhagen 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 2 and 14, 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



MAU Inspark 2025

CHECKLIST - things to get done your first weeks

At the beginning of the semester, there are a lot of things to do, a lot of new things to learn and a lot to keep track of. To make things a little easier for you as a new student, we've put together a checklist of the most important things you should do to get off to the best possible start.

1. Find somewhere to stay

Finding accommodation is often the first problem to solve. We know that the housing situation for students in Malmö is difficult, but we've put together some tips that we hope will help. **Read our tips on finding accommodation on the next page: Where should you live?**

2. Register in Malmö

Register your accommodation in Malmö. When you do this, you help to raise funds to pay for the range of cultural, leisure and service activities for you and everyone else who lives in Malmö. The service is free and you can read more at skatteverket.se/privat/folkbokforing.

3. Get a computer ID

You will use your computer identity throughout your studies to log in to computers, access the wireless network and Canvas. You must order your computer identity before you can register for your course. You do this at ids.mau.se/Onboarding.

4. Get a multi-card

The multi-card is used as an access card in the university buildings, a library card and for printing, scanning and copying. Order your multi-card directly when you have received your computer identity, delivery time can be up to 14 days. **More info at student.mau.se when you search for "multi-card".**

5. Get a Wi-Fi account

To connect to the University's wireless network, you need to create a Wi-Fi account. With Eduroam you can also access the internet when you are at other universities, colleges and some public places. You can find a guide on how to do this at student.mau.se/stod/it-service/tradlost-natverk.

6. Be a member in the Union

Become a member of the Union to get more out of your student life. Go to malmostudenter.se/member or visit our reception. At your roll call, there will also be union representatives at the faculties so that you have the opportunity to become a member on site. A full-year membership costs SEK 198, and a semester costs SEK 99. **Read more on page 9.**

7. Literature scholarship

At the start of a course, there are often many new course books that need to be purchased and it puts a strain on an already thin student wallet. Now is your chance to apply for the Student Union Literature Scholarship - a grant of SEK 500 that is awarded to three union members at the start of the semester. **Read more on page 15.**

8. Get a bike

Cycling is an easy way to get around Malmö and it's also cheaper and more environmentally friendly than the bus! Check out the City of Malmö's bicycle auctions for bike bargains, or sign up for an annual subscription at rent a bike at malmobybike.se.

9. Join Insparken (kick-off)

During Insparken, you as a new student will have the chance to participate in a variety of activities. During this time you will also meet mentors who will answer your questions about the Union, Malmö and the university. **Read more on the previous page.**

10. Join an association/section

At the Student Union, there is something for everyone, whether you like singing and dancing, or games, parties and foreign policy. In the unlikely event that you don't find a student group, association or section for your program, you can create one yourself! Isn't that great? For more information

11. Say hello to your ombud

Our student representatives work to ensure that you have a good time studying, always. You can get to know the representative of your faculty at their faculty office. This way, you will recognize them and vice versa when you meet them at the faculties if you need to ask something about your studies.

12. Keep up to date

Keep up to date on what is happening at the Union by visiting our website malmostudenter.se. Here you will find a calendar with current info. You can also find us on Canvas and on the Orbi app. We are also on social media. All info can be found on the last page.

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

On the Union's website malmmostudenter.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. Together with jagvillhabostad.nu, we have created a housing guide with all the tips you might need when looking for housing in Malmö, which you can find on our website (scan the QR-code further down).

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



PHOTO: Anna Wahlgren

as great if you can imagine living on the outskirts of town or joining forces with other students to rent a larger apartment together.

The Union's housing portal

The Student Union also has its own agency for secondary accommodation on hemma.malmmostudenter.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.

Scan to get to
our housing portal



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 to get to the
Union's sofa project



Scan and read more about
how to find housing on our

Study more efficiently with the right **STUDY TECHNIQUE**

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



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.

Useful information:



Support during your studies

Support and services for students at Malmö University.



Student health services

The Student Health Service is there for you as a student and helps you with questions about your health, your well-being and your studies.



Study guidance

Contact a study and career counselor if you are thinking about starting to study, are already a student at Malmö University or if you have questions and concerns about your future career.

BECOME A MEMBER IN THE UNION

- 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. Attend fun events such as "sittningar" and interesting seminars.
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!
9. You can make a difference with your engagement!



Always free
coffee for
union members
during our
opening hours!

Be a member today and get
more out of your student life!



DISCOUNTS AND BENEFITS

- It is worthwhile to be a member

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. information på studentkortet.se och mecenat.se.

Bring student life together in one app

Finding everything related to the student life can be challenging. Newly, we're teaming up with Orbi - here to simplify just that!

Orbi is your gateway to a more fun, productive and connected university experience. In the Orbi app we bring together everything to do with student life and the Union. Keep track of all our events, follow and see what's happening in all our student associations and sections, get unique student discounts, buy tickets for upcoming "sittningar" and much more. What's more, you can also buy and sell course literature and explore career opportunities - no matter what, Orbi has everything you need for a better and funnier student life.



Download the Orbi app today!

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 skanetrafiken.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. Sponsored by WeStudents.

WE WILL NOW PARTNER UP WITH



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



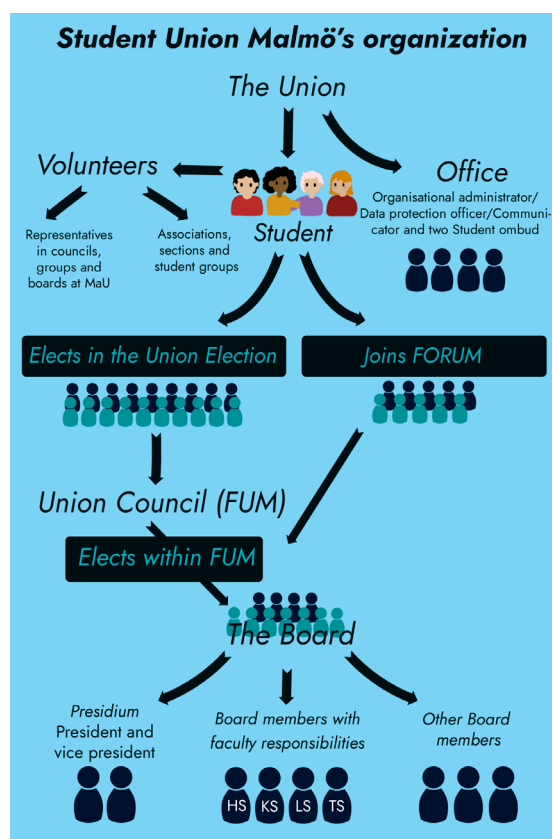
contact your student ombud.

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.





Full-time assignments at the Student Union

You also have the opportunity to work full time at the Union. The Union has a President and a Vice President 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 be engaged full-time, you can be a board member with faculty responsibilities or a volunteer board member. For these positions, you will manage your studies on the side.

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 your a morning person! If not, we keep the coffee close, and of course we will give you free breakfast!

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.

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 musik-puben@malmostudenter.se.

Coffee with the Union - See you at your faculty

Coffee with Kåren is organized once a month at each faculty. Then the Student Union will come out to your faculty to meet you students. Your student ombud is there and you have the chance to tell us what you think needs to be improved at the university. The event may look a little different 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 have some interesting company with us, and we always give members of the Union free coffee!



PHOTO: Malin Palm

*** 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!**

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'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.

Contact: african.student@malmostudenter.se

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

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.

Contact: esnmalmö@esnsweden.org

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

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

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

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.

Contact: lgbtq@malmostudenter.se

Mu Radio 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.

Contact: muradoradio@malmostudenter.se

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!

Contact: maus@malmostudenter.se

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

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.

Contact: program@ufmalmo.se

Malmö Renaissance

Malmö Renaissance is a student group that brings students together through art and creativity. We organize workshops in painting, acting, dancing, music and much more giving students a place to express themselves and connect with others who share their interests.

Contact: malmo.renaissance@malmostudenter.se

Can't find an association that suits you?

The union supports associations with, among other things. Facilities, IT services and financial support. Read more about how to start an association at malmostudenter.se/forening or contact the association responsible at foreningsansvarig@malmostudenter.se.

OUR SECTIONS

Sections give you and your fellow students a social life. Students need to get to know each other, to have opportunities to share experiences.

Sections work like societies, but are linked to your program and should promote the interests of the program. For example, you can organize parties or hackathons for all classmates.

What do sections do?

Within the scope of the Section's activities, Sections will participate in the improvement of students' education and organize social events and activities that promote students' study and career opportunities.

Organize social events, trips, sittningar, career fairs, lectures and more. Hold meetings where you discuss your education across programs and years. Sections differ from Union associations by focusing on students studying in a particular part of the university, rather than focusing on a subject or type of event. All our sections follow a section policy document.



Not sure which section you belong to? Contact the Union's section officer at sektionsansvarig@malmostudenter.se or your faculty's student representative for more information. You can also start a section for your institution if there is none.

Read more on our website: malmostudenter.se/en/sections

Culture and society



GPS
Section for Global
Political Students

Email: gps.sektion@malmostudenter.se



ArtCom
Section for Art, culture
and communications students

Email: artcom.sektion@malmostudenter.se

Health and society



KriM
Section for
Criminology students

Email: krim.sektion@malmostudenter.se



SiM
Section for
social work students

Email: sim.sektion@malmostudenter.se

Technology and society



TSS
Section for technology
and society

Email: tss.sektion@malmostudenter.se

STUDENT HEALTH SERVICE

At the Student Health Services, 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.

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.

Groups

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

Fika-paus

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

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.

Studenthälsa.se

A national portal for all students in Sweden. Here you will find facts, events and interviews that can provide you with tips and advice for improved well-being: www.studenthalsa.se.

Don't hesitate to contact us
Read more at mau.se/studenthealth

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.

More info at student.mau.se/en/student-services



**MALMÖ
UNIVERSITET**

MEET THE COUNCIL OF THE UNION

The Council (FUM) can be described as the Parliament of the Union. They are our highest decision-making body that makes all overall decisions that concern the entire Union.

FUM is appointed in the Union Election, where you as a member of the Union can candidate and all students at Malmö University can vote. In total, FUM consists of 29 students. 19 are elected through the Union Election and ten are added via FORUM in the autumn.

The Council meets three to four times per semester and the meetings are always on Wednesday afternoon starting at 16:00 and last two to three hours.

Do you want to be involved in the work of the Student Union, make a difference for Malmö's student life and have a place in our Council? **Read more on our website: malmostudent-er.se.**



We are the Board of the Student



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 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-forum@malmostudent-er.se** before September 28. 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.

GET TO KNOW YOUR STUDENT OMBUD

If you have any questions or problems during your studies, you can always contact your faculty's student ombud. They will be more than happy to help you with both educational and extracurricular issues. Our ombuds have specific knowledge of the conditions at your particular faculty and are the first person you should turn to if you need help or support from the Union. The student ombuds are located both in the office building and in their offices at the faculties.



Konstantina Klonari

Student ombud

Hey Konstantina! Who are you?

I am originally from Rhodes in Greece, but moved to Malmö in August 2018. I am an avid reader of dark romance books and possess a major caffeine addiction.

What is your best advice to a new student?

Don't put things off! And don't hesitate to ask for help if you need it. And of course, meet as many people as you can and join an association or section. It's the best way to meet new people.

Contact

Technology and society

- ✉ ombudts@malmostudenter.se
- ☎ +(46) 70 757 75 67
- 📍 Niagara, ground floor, room NI:B0E02

Culture and society

- ✉ ombudks@malmostudenter.se
- ☎ +(46) 70 757 75 67
- 📍 Niagara, ground floor, room NI:B0E02

Jonah Merkel

Student ombud

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.



Contact

Education and society

- ✉ ombudls@malmostudenter.se
- ☎ +(46) 70 757 75 68
- 📍 Orkanen, 5th floor, room: OR:B530

Health and society

- ✉ ombudhs@malmostudenter.se
- ☎ +(46) 70 757 75 68
- 📍 Malmö Hospital area, Jan Waldenströms gata 25, ground floor, room: U112

HERE YOU CAN FIND THE UNION

Contact

The office

Nordenskiöldsgatan 4
211 19 Malmö

Lena Petersson

**Organizational Administrator/Collaboration Officer
/Data Protection Officer**

Email: lena.petersson@malmostudenter.se

Phone: +(46) 70 757 75 61

Henrik Assarsson

Head of communications

Email: henrik.assarsson@malmostudenter.se

Phone: +(46) 70 757 71 73

Konstantina Klonari

Student ombud for the faculties

Culture and society | Technology and society

Contact details are on the previous page

Jonah Merkel

Student ombud for the faculties

Education and society | Health and society

Contact details are on the previous page

Sofia Feuer

Receptionist

The Board 25/26

Presidium

Bojana Drljaca

President

Email: ordforande@malmostudenter.se

Phone: +(46) 70 757 75 61

Damilare Latinwo

Vice President

Email: vice.ordforande@malmostudenter.se

Phone: +(46) 70 757 75 61

Board members with faculty responsibilities

Aaron Monaci

Technology and society

Email: ledamotts@malmostudenter.se

Hristina Nikolova

Culture and society

Email: ledamotts@malmostudenter.se

Anders Keller

Education and society

Email: Ledamotts@malmostudenter.se

VACANT

Health and society

Email: ledamotts@malmostudenter.se

Other members of the Board

Fortuna Cirillo

Email: fortuna.cirillo@malmostudenter.se

Rabeya Asim

Email: rabeya.asim@malmostudenter.se

Philipp' Marra

Email: philipp.marra@malmostudenter.se



Lilla Kølsvinet är Kårens tillfälliga kårhus under en period framåt. Här kan du som är medlem i Studentkåren Malmö ta en kopp kaffe eller te och kaka, hänga med vänner och plugga tillsammans.

Union's reception (Lilla Kølsvinet)

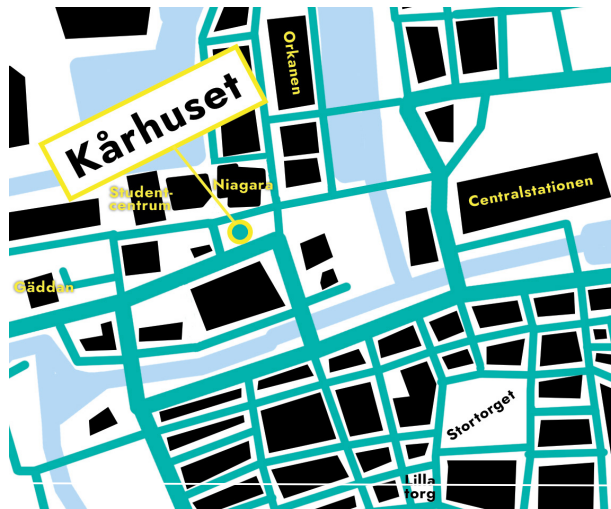
Neptunigatan 20 (Stinshuset)

211 18 Malmö

Opening hours: Tue-Thurs 10-16, Fri 10-13

Email: receptionen@malmostudenter.se

Phone: + (46) 40 665 75 65



AUTUMN AT THE UNION HT25

AUGUST

27 Tjuvkik - Welcome to the University | Niagara

29 Association Fair | Orkanen | 14:00- 17:00

SEPTEMBER

2 Semester start

2-14 Insparken (Kick-off)

16 The Union Days | Niagara | 10:00- 14:00

17 The Union Days | Orkanen | 10:00- 14:00

18 The Union Days | HS | 10:00- 14:00

24 FORUM HS+TS (see our channels for times and location)

25 FORUM LS+KS (see our channels for times and location)

26 FORUM Central (see our channels for times and location)

28 Deadline for applications for the Union Literature Scholarship

OCTOBER

4 Cinnamon bun day

14 Coffee with the Union | Orkanen | 10:00- 14:00

15 Coffee with the Union X OYE | Niagara | 10:00- 14:00

16 Coffee with the Union | HS | 10:00- 14:00

Week 43 Local Student Council (see our channels for upcoming dates)

NOVEMBER

18 Coffee with the Union | Orkanen | 10:00- 14:00

19 Coffee with the Union | Niagara | 10:00- 14:00

20 Coffee with the Union | HS | 10:00- 14:00

Student Politicians Evening (see our channels for upcoming dates)

Week 49 Local Student Council (see our channels for upcoming dates)

DECEMBER

12 Mulled wine with the Union | alla fakulteter | 10:00- 14:00



Changes may occur. See the Orbi app or our social media for more detailed information.

Turn your textbooks into a win-win

To make student life a little easier, we've gathered both new and used textbooks in one place. And the best part? You can sell your old textbooks through us and get extra cash to spend on something more fun. Now that's what we call a real win-win!

You'll find us at adlibriscampus.com and in our store across from Orkanen at Skeppsbron 3.

Adlibris 
Campus



SEE YOU!



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 and upcoming.

Join by scanning the QR code.



Keep up what's happening in the Union! Be a member, download the Orbi app and enjoy student life to the fullest!

