

Checklist  
for your  
first week

How to find  
accommodation  
in Malmö

# Welcome to Malmö!

The Survival Guide for you who are a new student

Initiation weeks  
**INSPARKEN**  
2019



**THE Union**  
StudentUnionMalmö



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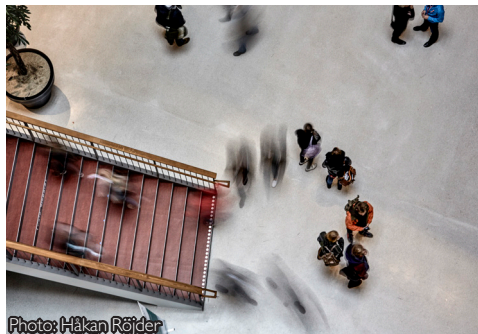


Photo: Håkan Røjder

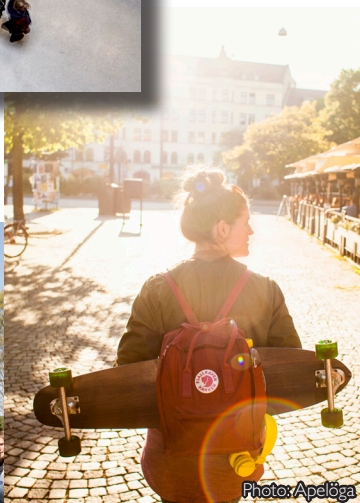


Photo: Apelöga



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The Student Union Malmö is a non-profit, non-political and non-religious organization. The Student Union Malmö is working for a better education and a safer student life for you students at Malmö University.

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

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# Welcome all new students!



**We warmly welcome you to Malmö! Isn't it a fantastic city? Except from the strong wind and screaming seagulls there are many things to explore in Sweden's most continental city! Have you taken a dip to the sea after a hot sauna in Kallbadshuset? Have you sunbathed with an ice cream in your hand at Västra Hamnen? Have you hanged at any of the plethora of cafés or bars at Möllan, where you can enjoy food from all over the world and to student friendly prices? Or have you eaten a real Malmö-falafel?**

We ourselves have been both new students and new in Malmö, just like you! Through the years we have explored this amazing city that is full of happiness, love and diversity, and now it's your turn to be a part of it!

The Student Union is here to make sure that you get the most out of your studies but also have a rich student life! If you are bored, we will entertain you! We have a whole bunch of student associations that offer all from travelling in and outside of Sweden and lectures about burning foreign affairs topics to workshops about equality and environment, pub and club nights and so much more! Or if you feel like there is something lacking at the Union, you are always welcome to come up with new ideas and start your own student group or even an association!

If you feel that you have been treated unfairly, that there is not enough study places or whatever you think the university should work on, the Student Union is here for you. With passionate and engaged students, we are working to create a strong student influence so that we together can make an impact and improve our education. Students are

represented in all committees and councils at the university through the Student Union. All students are more than welcome to be a part of our work to make your time at Malmö university as fantastic as possible, both academically and socially. So, do you want to make your voice heard? Come to the Union!

When you feel that your wallet is tight and you can barely afford toilet paper, we have a solution! By becoming a member at the Student Union you get the possibility to buy our ridiculously cheap soup lunches every Wednesday, student breakfast before CSN day, and visit our student pub which is nice but also has student friendly prices, not to speak of student discounts all over Sweden!

If you have no place to hang, or if all the group rooms at the university are taken, you are always welcome to the Union! At the Union house, Kølsvinet, you can meet us who work at the Union, drink (free) coffee on our comfortable sofas or come study in one of our group rooms! The Union house is there for you, students!

As you should have understood by now, you made the right choice to come to Malmö! Not just because it is an amazing city, but also because of all the endless possibilities you have as a student! We at the Student Union are students all over the world, working for you. So, become a member, talk, study, travel, have a coffee, eat soup and have fun with us and let us all have the best student life, together!

Jenna Pystynen, Union president 19/20

Yuliyon Konstantinov, Vice Union president 19/20



# CHECKLIST

- things to get done  
your first weeks

At the beginning of the semester, there are many things that need to be fixed, as well as much to learn and a lot to keep track of! To make things easier for you as a new student, we've put together a checklist of key things you should do to get the best possible start!

## 1 Find accommodation

To find a place to live is often the first problem to solve. We know how difficult it is for students to find accommodation in Malmö, so we have gathered some tips that hopefully can be helpful. [Read our advices on page 7: Where will you live?](#)

## 7 Literature scholarship

When the course starts, many new textbooks need to be purchased, putting a strain on the already thin student wallet. Apply for the Union's literary scholarship - a contribution of SEK 500 that is awarded to 3 members at the start of the semester. [Find out more on page 16.](#)

## 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/](https://idservice.mau.se/).

## 8 Get a bicycle

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

## 3 Get a Multicard

Your multicard functions both as your library card, copy card, and access card. You can apply for a Multicard at Orkanen and Health and society. More information is available at [mah.se/multicard](https://mah.se/multicard).

## 9 Attend Insparken

As a international student, you get a welcoming during the International Introduction. But you are of course also welcome to join the Swedish introduction weeks called Insparken. Insparken is organized by Festmesteriet and includes activities as city tour, bbq, parties, etc. Full schedule at [page 6, Insparken 2018](#).

## 4 Get a Wi-Fi account

To be able to connect to Malmö University's wireless network, Eduroam, you need to create a Wi-Fi account. Follow the steps in this guide: [mah.se/english/Student/ITsupport/Programmes-and-Services/Eduroam-english/](https://mah.se/english/Student/ITsupport/Programmes-and-Services/Eduroam-english/) and you'll be done in no time!

## 10 Get your ticket

On September 5<sup>th</sup> & 11<sup>th</sup>, Festmesteriet organizes this semester's first dinner parties for all new students. For information on how to purchase tickets, visit [festmesteriet.se](https://festmesteriet.se). Remember to buy your ticket early - they usually sell out in a flash!

## 5 Join the Student Union

Whether you need help with school, to find a nightclub or just a microwave to warm up your lunch, the Student Union is here for you. To become a member, head to <https://malmostudenter.se/en/member/> and follow the instructions, or visit the Union during our office hours. The membership fee is SEK 158/ year or SEK 79 for a semester.

## 11 Attend the Union Days

The Union Days is a student fair organized in the beginning of the semester where you get the chance to meet the Union, our associations, various companies and the university services. The dates for the Union days are: 17<sup>th</sup> at Orkanen, 18<sup>th</sup> at Niagara and 19<sup>th</sup> September at Health and society.

## 6 Join an association

Along with school stuff, you also need social activities. The Student Union Malmö offers a wide range of associations that are open for all members. Find out more about Union associations on [page 12: Associations](#).

## 12 Stay updated!

Keep yourself updated on what's happening at the Union by checking out [malmostudenter.se](https://malmostudenter.se).





# Welcome to Malmö!



Photo: Werner Nystrand

**Welcome to Malmö, a student city in the making! Malmö is an open and dynamic city with people, culture, language and cuisine from every corner of the world! Malmö offers various cultural experiences, beach life and a diversity of events and activities. Malmö is an arena for discoveries and development, this is where ideas are born!**

Congratulations! As a student and Malmö resident you will arrive to a fun and exciting city within one of Europe's most expansive regions! Malmö is in the middle of a dynamic change from being a traditional industrial town, to becoming a versatile student city with a flourishing cultural life. Malmö University has left its mark on the city as well as the Öresund bridge, our springboard to Copenhagen and the rest of the world. The city vibrates of energy and young people, exciting cultural events, fun club happenings and a wide range of culinary experiences, with dishes from all over the world - a student city to enjoy!

With over 330 000 inhabitants, Malmö is Sweden's third largest city, and the perfect size for a city. You can easily get around the city on foot, by bike or public transportation. Thanks to the City Tunnel you can go between Malmö Central Station and the

Triangeln Station in only 3 minutes, and the travel time to Copenhagen is now only 30 minutes. On the way there, you will pass by Hyllie, where you will find Emporia, Scandinavia's largest shopping mall.

Malmö is a city of diversity, where over 170 nationalities are represented, which of course, also has enriched the city's commercial sector; the range of cultural experiences, and recreational activities. Malmö offers something for everyone! For more information about what is going on right now, visit the city's official tourist guide at [www.malmotown.com](http://www.malmotown.com).

In Malmö, you are never far from the city nor the beach. In this "great little city", all distances are short! Our well-visited city beach, Ribban, is within convenient walking distance from the city center! The beach is 4 km long, and if you're not into feeling the sand under your toes, there is plenty of grass areas and docks for you to use.

Malmö is sometimes called the City of Parks. No other city in Sweden has so many and such beautiful parks as Malmö. In total there are 15 major parks in Malmö that when the weather allows, attracts both young and old for relaxation and entertainment. The uniqueness of Malmö's parks is that each one has a very special character.

Stapelbäddsparken is for example a park for action-filled activities, while Bulltofta serves as a great lung of forest in the middle of the city. Pildammsparken is a haven for those who want to stroll around and relax, while Dania Park is the perfect place for sunbathing. Our favorite is the charming Folkets Park, which in addition to large lawns, a fabulous cultural center, a traditional dance palaces and beautiful outdoor cafés, also offers adventure golf, a terrarium and a large park square with lots of activities for the children. In the summer, garage sales, concerts and outdoor cinema is organized. The updated program can be found on [malmofolketspark.se](http://malmofolketspark.se).

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

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

PS. For additional recommendations, check out [the Student representatives suggestions on page 18](#).



# INSPARKEN 2018

Arriving in a new city can sometimes be overwhelming. Far away from family and friends, it's easy to feel a bit lonely. At the beginning of each semester, the Union & the association Festmesteriet, organize daily activities where you get to know new people & your new city over two fully crammed weeks. It's the perfect opportunity to kick start your time in Malmö!

The Initiation weeks (Insparken) are often the first opportunity for new students to meet new friends. To hang out during fun & exciting activities is often a good icebreaker. Insparken is organized by Festmesteriet, the Union's official party association.

During Insparken you will get divided into teams with other students from your faculty, your team competes against all the other teams during the day and at night you all come together to party! Every team gets their own fadders, who are here to welcome you and to answer your questions about the Student Union, the University, & Malmö.



## Schedule for Insparken

**Tuesday 4/9 Kl. 17:00-03:00**

**Teambuilding + Clubnight**

@The Studentpub

Get to know you teammates, fadders, captains and generals. This day begins with fun activities and games! Afterwards we celebrate the start of Insparken with an awesome club night!

**Wednesday 5/9 Kl. 16:00-01:00**

**City challenge + Pubnight**

Gather by Triangeln/St Johannes church 16:00

@The Studentpub

The city walk through Malmö city is filled with fun challenges where you and your teammates can collect points for your team! After the city challenge we rest our tired feet with a pubnight at the studentpub.

**Thursday 6/9 Kl. 19:00-01:00**

**Ful(messy)-sitting**

@The Studentpub

To get hyped for the festive and formal fin(fancy)-sitting next week we are having a simpler but messier and crazier sitting at the studentpub this day. The dancefloor is open from 22-01 for the club.

**Friday 7/9 Kl. 19:00-01:00**

**Comedynight + Pubnight**

@The studentpub

Professional comedians from all around the world will perform a 2 hour long stand-up show you can't miss! The show starts around 21.00.

**Saturday 8/9 Kl. 23:00-03:00**

**Masquerade Club**

@The studentpub

One of the most popular nights of Insparken where you and your team can shine and dance the night away!

**Sunday 9/9 Kl. 15:00-21:00**

**Generals day**

@Kølsvinet

After a long week of festivities and fun some well deserved rest is needed. The Generals are going to set up camp at kølsvinet with list of missions(Demands). You can collect points and impress the generals at the same time. Or you can just chill and grill with your teammates at Kølsvinet. This is also an opportunity to plan your teams spex.

**Monday 10/9 Kl. 17:00-03:00**

**Tournament day**

@The Studentpub

This day there are going to be different student culture inspired tournaments. The winners will be rewarded with prizes but also with points for their team.

**Tuesday 11/9 Kl. 17:00-01:00**

**Spex + Association Fair**

@The Studentpub

During this day all the different associations will present what they are all about in a fair at the studentpub. Also the different teams will present a spex(Short & comedic student theater).

**Wednesday 12/9 Kl. 18:30-03:00**

**Fin(Classy)-sitting**

@Siriuspalatset @Studentpub

The Fin(fancy)-sitting is a classy & formal dinner in a big and beautiful venue. A truly fun and gorgeous night filled with songs and laughter. After the sitting we return to the Studentpub for a after sitting club.

**Thursday 13/9 Kl. 17:00-01:00**

**Quiz, board games and karaoke night.**

@Studentpub

This day we show you what kind of fun stuff the studentpub does the rest of the year. A pubquiz with a prize to win, board games courtesy of the Game Guild and karaoke.

**Friday 14/9 17:00-00:00 Soap football**

**Gather by "T-bryggan at Ribersborg" Kl. 17:00**

@Kølsvinet

We conquer Malmö's beach with our traditional soap football tournament at Ribban. Durable clothes and a warm shirt are recommended for participants.

**Saturday 15/9 - Sun 16/9 24h race**

**Kl. 11:00 - 11:00**

@Kølsvinet

The epic finale of Insparken. 24 hours with a new activity each hour: How many hours can you handle? Rules: No caffeine, one unit of fluid every hour; no sleep.

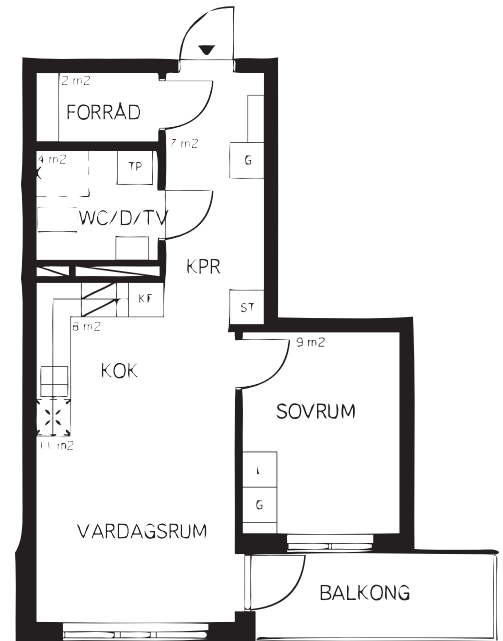
@Studentpub (Bassängkajen 8) No food or drinks are allowed inside, you will be able to buy it there. @Kølsvinet (Bassängkajen 8, right next to the Studentpub) You can bring your own food and drinks.

More info about Insparken and maps to the different locations can be found at [festmesteriet.se](http://festmesteriet.se).



# Congrats, you are admitted!

– but where will you live?



Malmö is an interesting and dynamic city where much has happened in recent years. Malmö University has left its mark on the city, as well as the Öresund Bridge; our springboard to Copenhagen and the rest of the world. Malmö bristles with young people, exciting cultural events, fun club happenings and a wide range of food experiences with dishes from all over the world! It's a city where a lot of people want to live!

Malmö is growing bigger every day; however, it is not a city solely dedicated to students, as you'll find out when it comes to housing. Unfortunately, Malmö hosts only a small number of student residences. Because of this, it is a good idea to look for housing in Malmö with open eyes. It is more likely that you end up sharing a flat with other students, renting a private room in someone's apartment or house, subletting, or buying an apartment rather than in a typical student dorm. We have put together our best advices to give you a head start in your quest for a roof over your head.

Malmö does not have a campus, so the about 2000 student apartments are scattered around the city. For an overview of the housing options available check out: <https://mau.se/en/after-admission/housing/> where you will find links to a great number of housing mediating offices, sublet sites and hostels, to give you a good start in your hunt for accommodation.

At the Unions website [malmostudenter.se](http://malmostudenter.se), we have gathered contact information to a majority of the housing agents in the region. It can be a good idea to try contacting some of the smaller agencies, where there might be less competition. You should also check out the page <https://malmostudenter.se/en/english/housing/> where you can find more tips to help you in your search.

There is an abundance of subletting sites and the biggest and most frequently used is: [www.blocket.se](http://www.blocket.se),

where many people choose to place their ads. There are mainly sublets and private rooms in bigger apartments, which may serve as the perfect solution if your stay is not too long or if you want to live with locals. We at the Student Union Malmö also have our own subletting site at [hemma.malmostudenter.se/en](http://hemma.malmostudenter.se/en), where people upload their own ads.

**Be careful when renting through private ads and beware of fraudsters!** Do not send any money through Western Union or any other money exchange system. Never pay deposits in advance without having signed a contract and seen the flat.

Another suggestion is to get registered at Malmö's housing queue: [www.boplatssyd.se](http://www.boplatssyd.se). The price to register is SEK 300/ year, but register in time - the queues for central 1 and 2 room apartments are long. However, it is a good idea to team up with some friends or fellow students and apply for bigger flats, the queues for them are a bit shorter.

If you are running out of options, the Union has an emergency solution called the Sofa Project, which helps students who, at the beginning of the semester, are left without a place to stay. Through the project we initiate a contact between incoming students and the volunteers who have a free spot on their sofas. The idea is to give students time to familiarize themselves with the housing system in Malmö and find a more permanent accommodation. Check it out at: <https://malmostudenter.se/en/sofa-project/>.

If you still don't have a place to stay, please contact us at the Student union and we will do our best to help you!





# Why should I be a member?

- By becoming a member in the Union you engage in your studies!

The Union consists of students who work for students. We are here to make your everyday life easier with the benefits and discounts we offer to you, and through social activities where you can meet new people outside of your studies. Most of all we monitor your education and help you if you get in trouble. We are always on the student's side!

The Student Union Malmö works daily to make your time at Malmö University as good as possible. The Union's primary task is student influence and monitoring the educations, which means that the Union represent students in all the committees and bodies that exist at Malmö University. In all decisions taken regarding students, the Union is there, to bring in the student perspective.

In addition to being represented in the University boards and bodies, and given personal support, you as a member of the Union also get to attend seminars, clubs, and career days. You have the opportunity to take part in your favorite activities or to try out new ones through our associations. They offer everything from choir singing and foreign politics, to floor hockey and travels. If you are new in town, this is a perfect opportunity to meet new friends who share your interests! You also get a student ID (Student card and Mecenat card) and local discounts. Learn more about these on the next page. Another membership benefit that you can read more about on the next page is our weekly Soup Lunch and monthly Student Breakfast. It's hard to find a meal cheaper than that!

**How do I join the Union?** The membership fee is SEK 79/ semester; you can also choose to buy a one-year-membership for SEK 158. If you are a new member, and have never been registered in the Student Union before, you can easily register at our website <https://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](mailto:receptionen@malmostudenter.se). Once you've paid, your digital Student card 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 representative will be present at your faculty during this week and you have the opportunity to pay your membership fee right away. But the easiest way to become a member is to visit the Union Building. Then you'll also get the opportunity to check out our facilities, and we offer all members free coffee!

## 10 reasons to become a Union member:

1. You make sure that your education and your university is **monitored** and thereby ensuring a **high quality**.
2. You get **personal support** if you end up in trouble.
3. You can always get **coffee, tea and cookies** in Kolsvinet during our opening hours - for free!
4. You get **student discounts** - both local and national.
5. You can attend **fun events 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 eat **really cheap Soup Lunch and Student Breakfast** in the Union building.
8. You receive Sweden's best student magazine **SUM: Student Union Magazine** - straight in the mailbox.
9. You support work **by students for students!**
10. You can book our **study rooms in the Union building** - perfect when your faculty is getting fully booked.

## THE UNION TOTE BAG

Carry your things around Campus in our sleek tote bag! Get it for only 99 SEK!

The tote bag is made after popular demand and can be bought at the Union House reception in Kolsvinet during our opening hours Tuesdays-Thursdays 10-16pm or Fridays 10-13pm.

**You can also get it at The Union Days (Kårens dagar):**

September 17<sup>th</sup> Orkanen

September 18<sup>th</sup> Niagara

September 19<sup>th</sup> Health & society (HS)



# Discounts & benefits

By becoming a member of the Student Union Malmö you gain access to a variety of different benefits and local discounts on spare time activities, clothes and public transportation. We are always on the hunt for exciting collaborations, to be able to offer you interesting and price worthy bargains! For current deals, please check out our webpage. You don't need to use many of the discounts to earn the membership fee of SEK 79.

## Discounts

Besides discounts on the commuting card at Skånetrafiken and train travel across Sweden with SJ, we have a lot of local discounts on everything from cultural events such as the current theatre productions and club events, to clothing stores and restaurant visits. On our website [malmmostudenter.se](http://malmmostudenter.se) you can see all local discounts that we have for our members.

## STUDENTHÄFTET - SAVE OVER SEK 1500

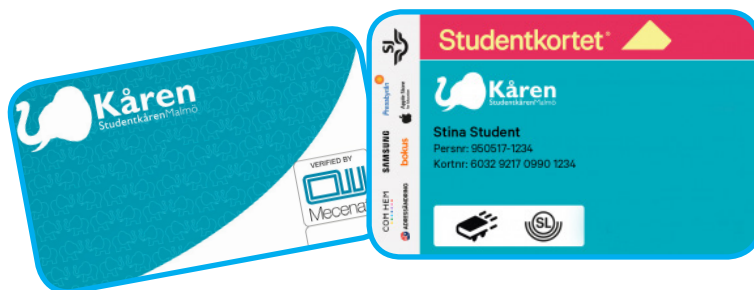
As a member of the Student Union Malmö, you have the opportunity to collect "Studenthäftet" for free (reg. price for other students SEK 100). "Studenthäftet" is a small coupon booklet filled with local discounts and offers at cafes, restaurants, nightlife and stores. With the discounts in the booklet you are able to save over SEK 1500. Pick yours up at the Student Union Building. Offer valid while supplies last.

## SKÅNETRAFIKEN & SJ

As a student you get 15% discount at SJ, and up to 30% 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 Studentkortet card when you travel. For the discount at Skånetrafiken, you need to study at a pace of 50% or more, during at least 10 cohesive weeks/semester. Find out more at [skanetrafiken.se](http://skanetrafiken.se).

## SECRET SEATS

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



## Enjoy the cheapest lunch in Malmö at THE UNION SOUP LUNCH

It's hardly a secret that a student gets by on a tight budget, and it's not often that you have money left to indulge in a lunch out. Therefore, the Student Union organizes a budget lunch in the form of vegetarian soup every Wednesday at Kølsvinet!

The price is only SEK 15 for members of the Union. This will give you one serving of vegetarian soup, including bread and coffee. If you are not a member, you can sign up for membership on the spot. Keep an eye on the Union's Facebook page during the morning to find out what kind of soup is served on the specific day.

When: Wednesdays between 12am - 1pm

Where: Kølsvinet, Bassängkajen 8



## Do not miss our STUDENT BREAKFAST

We've all heard that breakfast is the most important meal of the day, but as a student, you can't always afford a nutritious morning meal. To make sure that growling stomachs won't disturb your lectures, the Union now serves Student Breakfast.

Once a month, the Tuesday before the CSN, we serve Student Breakfast in Kølsvinet. For only SEK 20, members of the Union can enjoy a classic breakfast buffet, and fresh coffee!

Time: 9-11 pm.

When: September 24th || October 22nd || November 19th

Where: Kølsvinet, Bassängkajen 8



# Get more out of your time as a student: GET INVOLVED IN THE UNION!

Getting involved in the Student Union is not only fun and a great way to meet new friends, it also gives you important experience for your future career. There are a variety of things to get involved in within the Student Union, choose the one that suits your interest best.

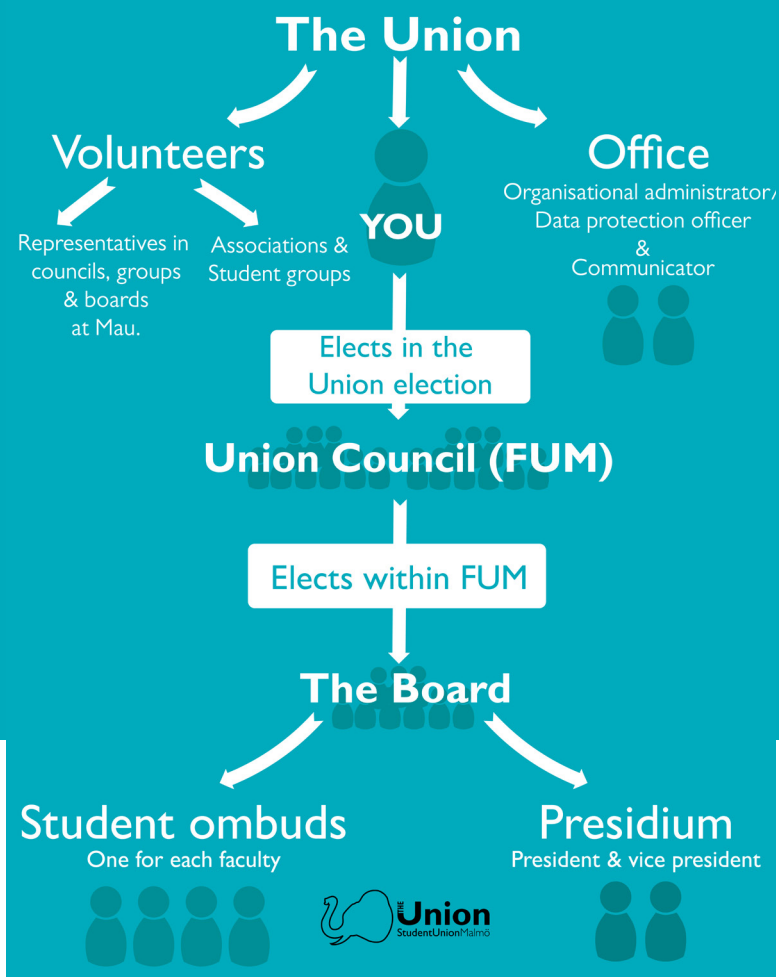
As a active member of the Student Union, you'll get the opportunity to get to know interesting people with similar interests as you, and chances are you'll make friends for life. You choose how much time you'll spend on your commitment, but some things take more time than others. Union involvement also gives you valuable experiences, and you will always receive a certificate stating that you have been active in the Student Union. This certificate provides you with a head start when you finish your education and begin to look for a job, as many employers see it as a big plus to have engaged alongside your studies.

To make your choice a bit easier, we have divided the Union's activities in two different parts. If you want to be involved in making important decisions both within the University and the Union, **student influence and representation** is your thing. For example, you can be a student representative in one of the University's committees, improve your education as a course or program representative, or influence the Union's work. Would you rather become awesome at planning events and activities, then **student life** is your thing. Take part in organizing everything from soup lunches to the Union's annual festival. The only one that limits what can be done is you!

## Student influence and representation The Student Union Council (FUM)

The word FUM is something you will hear a lot during your time of studies. The Student Union Malmö is governed by a council, which is elected by students. The council (FUM) - is the Union's highest decision-making body and is responsible for all decisions and all activities within the Union. FUM consists of 29 members. 19 of them are elected by students in the Union Election every spring, and 10 are elected at FORUM in the beginning of the fall semester. FUM meets 5-6 times a year and takes all general decisions for the entire year. Would you rather decide what the Union should work with? Then you should be a member of the student council.

What does the Union's organisation look like?



## Committees and bodies

The Union represents the students in all committees, groups and bodies of Malmö University. The student perspective is extremely important to the university and serves as a tool to improve education quality. The Union appoints representatives to these committees through five different meetings, called FORUM. For more information about FORUM please contact your student representative. [You'll find the contact details on page 18.](#)

## At your faculty

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

## At your program or course

Perhaps the most important part of student influence at Malmö University is the students' right to influence their own education. On all programs and courses there are course and program representatives. As a representative you forward your classmates' opinions and attend meetings that affect your education. Contact your student representative for more information about how you can become the representative at your course or program.





### Working at the Student Union

You also have the opportunity to work full time at the Union. The Union has a President, a Vice President and four Student ombuds who are full time remunerated, and have taken a break from their studies to work a year for the Union. To be able to get one of the positions, you must first be a candidate in the Union Election, become one of the 19 candidates elected for FUM and then apply for the position you want. Working at the Union is stressful and demanding but also incredibly fun and enriching. You will attend long meetings, meet a lot of students and learn everything about Malmö University.

### 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! Help us with shopping the ingredients, cooking and serving the soup!

### Student breakfast

Student breakfast is organized the Tuesday before the 25<sup>th</sup> 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 Festmessteriet organize Music Pub in the Student Pub. We invite local bands and artists to entertain us with live music. Do you want to help plan the event, or do you/your band wants to perform? Would you like to learn more about sound and light technology or maybe just help us fill the snacks in the bowl? Contact us at [musicpub@malmostudenter.se](mailto:musicpub@malmostudenter.se).

### Coffee with the Union

Once a month the Union visits your faculty and you get the opportunity to make your voice heard! We offer coffee, have exciting competitions and we give out surveys to get answers on how you perceive your education. There are lots of fun things that we need your help with, everything from making coffee and talk to students, to carry tables and compile surveys. Sounds interesting? Check what date the next Union Coffee is with the student representative at your faculty, we are always in need of a helping hand, and the more we are, the more fun the event gets!

### 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 18.

### Contact

Does anything above sounds like something that you want to get involved in? Or do you just want us to add you on our list of volunteers? Send your contact details to [receptionen@malmostudenter.se](mailto:receptionen@malmostudenter.se) and we will get back to you with further information.

**Would you rather put your involvement in any of the Union’s associations? Check them out on the next page!**



# UNION ASSOCIATIONS

Along with school stuff, you also need social activities. The Student Union Malmö offers a wide range of associations that are open for all members. You choose if you just want to participate in the various activities or if you want to be more active in planning and organizing the activities. Associations are often an excellent platform to learn more while you get to hang out with others who share your interests.

## ASSOCIATION OF FOREIGN AFFAIRS (UF)

The Association of foreign affairs organizes lectures and seminars where politicians, academics, diplomats and journalists are invited to share their experiences and knowledge in the international political arena. UF also organizes Pub Quiz, movie nights, trips and debate clubs.

**Contact:** [uf@malmostudenter.se](mailto:uf@malmostudenter.se)

**Website:** [ufmalmo.se](http://ufmalmo.se)

**Facebook:** UF Malmö - Association of Foreign Affairs



## ESN MALMÖ

ESN Malmö is primarily focusing on creating the best student life possible for international students, but of course, all students are welcome! ESN organize the introduction weeks in the beginning of August when the new international students arrive, and then have lots of activities through out the semester such as parties, games, food and travels! Get to know new people from all over the world!

**Contact:** [esnmalmo@malmostudenter.se](mailto:esnmalmo@malmostudenter.se)

**Website:** [esnmalmo.org](http://esnmalmo.org)

**Facebook:** ESN Malmö

## MALMÖ STUDENT CHOIR (MaSK)

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

**Contact:** [malmostudentkor@malmostudenter.se](mailto:malmostudentkor@malmostudenter.se)

**Facebook:** Malmö Studentkör MaSK

## 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](mailto:festmesteriet@malmostudenter.se)

**Website:** [festmesteriet.se](http://festmesteriet.se)

**Facebook:** Festmesteriet Malmö

## DSG - DANCING STUDENT GROUP

DSG is a group of students who loves dancing! The students teach the dances they know and want to share. The groups hosts courses every week with different styles. DSG is also hosting Flashmobs and connects you to the dance scene of Malmö.

**Kontakt:** [dance@malmostudenter.se](mailto:dance@malmostudenter.se)

**Facebook:** [dsg.mu](https://www.facebook.com/dsg.mu)

## LGBTQ STUDENTS MALMÖ

LGBTQ students Malmö aim to be both a safe meeting point for students, but also a political actor that challenges the university when it comes to LGBTQ+ related issues. The association have an international focus so that as many students as possible can participate.

**Contact:** [lgbtq@malmostudenter.se](mailto:lgbtq@malmostudenter.se)

**Facebook:** LGBTQ Students Malmö







### 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](mailto:alhambra@malmostudenter.se)

**Facebook:** Alhambra Malmö

### IF ACADEM

IF Academ is a sports club at Orkanen for members of the Student Union. Everyone is welcome, from beginners to experienced athletes. You can choose from soccer, badminton, basketball, floor hockey, ice hockey & volleyball. But you have to be quick - the spots fill up quickly.

**Contact:** [ifacadem@malmostudenter.se](mailto:ifacadem@malmostudenter.se)

**Facebook:** IF Academ - Malmö University sportassociation

### 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](mailto:fenix@malmostudenter.se)

**Facebook:** Fenix Miljöförening

### STUDENT THEATER

Theater activities and improvisation exercises and above all to have fun together. Theater is an important forum for being able to express yourself how you want and in different ways. Students are welcome as members.

**Contact:** [studentteatern@malmostudenter.se](mailto:studentteatern@malmostudenter.se)

**Facebook:** StudentTeatern Malmö

### MU RADIO RADIO

Malmö University's only radio station! If you have a program idea or any other suggestions, just contact Mu Radio Radio.

**Contact:** [muradoradio@malmostudenter.se](mailto:muradoradio@malmostudenter.se)

**Facebook:** Mu Radio Radio

### SUM

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](mailto:sum@malmostudenter.se)

**Instagram:** [sum\\_magazine](https://www.instagram.com/sum_magazine)

### THE GAMING GUILD

The Gaming guild is an association aiming for unity and fun with classic and new board games. They have gaming events two times every month that are open for all students at Malmö University.

Entrance is free and membership to the association can be obtained at every event. Welcome!

**Kontakt:** [maus@malmostudenter.se](mailto:maus@malmostudenter.se)

**Facebook:** Spelgillet / The Gaming Guild

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

# 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.

by watching, and others learn best by doing. No way is more efficient than the other - just different. That is why it is important to think through previous learning occasions and to find out what learning looks like for you, so that you can adjust your study technique accordingly!

Even if you are excited about your new studies, things sometimes does not work out as you've planned. If so, it can be a relief to have someone to turn to for advice and support. The Study and Career Counseling center organizes individual counseling and workshops in study and learning techniques. If you don't feel secure with your study techniques and learning skills, it can lead to feelings of stress and anxiety.

It can be difficult to find the right balance between studies and social activities, with the consequence of falling behind the schedule (or the opposite: not having time for anything else besides the studies!). Neither situation is ideal and either situation could harm your health and wellbeing. If you need help with these types of issues, you are welcome to contact the Student Health Service. They will provide you with good advice and accurate support for your individual situation. The Student health service also arranges workshops in how to overcome speech anxiety.

**We have put together some general tips and suggestions on how to start improving your learning skills and study technique:**

**1. Look over your study environment,** that is, the place where most of the learning happens. Malmö University offers different types of environments: group rooms and common spaces for studying at your faculty and school library, quiet reading rooms, and open spaces like cafés. The study environment has a huge impact on your study results, and it is crucial that you find the environment best suited for you. The majority find it easiest to focus when it is quiet and calm, but some of us find it helpful with music playing or just a surrounding "buzz".

**2. Make it a habit to remind yourself why you want to study and remind yourself about the end goal.** Use this technique when finding it hard to start reading your course literature: what do you gain from reading this book or article? More useful advice is to start with the general picture before digging into details. Look through the table of contents and the chapter outlines, browse through the book, read whatever catches your eye, and look for summaries. This makes it easier to understand the main message of the book and you can focus on what parts and chapters are relevant for your aims.

**3. Try to make the reading as active as possible by underlining important passages and key concepts.** Make your own summary of your underlining and go back to it before the exam.

**4. Don't forget to take a break every now and then!** Most people can keep focus and concentration for 30 to 45 minutes at a time, so make sure you take smaller "leg stretchers" instead of a few longer breaks. That will increase your stamina and you will certainly remember more!

**5. Have you heard the phrase "a sound mind in a sound body"? Adopting that line of reason will get you far!** Make sure to establish everyday routines, with healthy and varied eating habits, regular exercise and above all, make sure you get the sleep you need. A lack of routines can lead to unwanted feelings of stress or situations of "express-studying" the night before an exam.

## More information

Writing Centre: <https://student.mau.se/en/student-services/academic-writing-and-study-techniques/>

Student Health Service: [www.mah.se/english/Student/Student-services/Student-Health-Service/](http://www.mah.se/english/Student/Student-services/Student-Health-Service/)

Study Guidance: <https://student.mau.se/en/student-services/study-guidance/>

Careers Service: [www.mah.se/english/Student/Student-services/career-services/](http://www.mah.se/english/Student/Student-services/career-services/)



Photo: Christoffer Lomfors



# Welcome to Malmö university!

We hope that you, as a new student, will feel welcomed, safe and experience a feeling of belonging. We are working towards making the introduction as good as possible and the university offers many activities and supporting functions aimed for all students.

On our website at the tab "Student Services" information can be found about what different kinds of support are available for you as a student.

In the Student Calendar you find all events that you can take part of during your studies!

***Please don't miss out on any offers about workshops, events, courses etc.  
Visit [student.mau.se/en/calendar/](https://student.mau.se/en/calendar/)***



Here are some events we would like to highlight:

• **Open your eyes to Malmö October 2nd and 3rd**

A fair where you'll be introduced to different associations to get involved in. With a mix of NGOs, sports clubs and other associations, this is a golden opportunity to find a new interest.

• **Career Fair, November 7th**

Whether you are looking for an internship, a full or part-time job or if you simply want to build your network, Malmö University's Career Fair is a great place to start!

• **Go international fair , October 8th**

Are you planning to go abroad for a semester during your studies? This is a fantastic chance to meet fellow students who have been on exchange and get more information on how to apply.



We wish you the best possible start to your studies.

# 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.

Dates we will show up at your faculty:

October: 15<sup>th</sup> Orkanen, 16<sup>th</sup> Niagara and 17<sup>th</sup> HS.

November: 12<sup>th</sup> Orkanen, 13<sup>th</sup> Niagara and 14<sup>th</sup> HS.

December: 13<sup>th</sup> at all faculties, even Gäddan!



## Apply for the Union's

# LITERATURE SCHOLARSHIP

At the beginning of a course, many new textbooks often need to be purchased, putting a strain on an already thin student wallet. You now have the opportunity to apply for the Student Union literature scholarship - a contribution of SEK 500 awarded to three members at the beginning of the semester.

### How to apply:

Send a short text describing why you should win to [inforum@malmostudenter.se](mailto:inforum@malmostudenter.se) **before September 22<sup>nd</sup>**. Your text may not exceed 100 words in length, otherwise the application will be disqualified. Be sure to include your name and personal number when you email. The winner will be contacted personally by the Student Union Malmö, and then presented with his/her motivation on the Student Union website.

### Rules:

- Only members of the Student Union Malmö may apply for the scholarship.
- The scholarship will be paid out in the form of a gift certificate of **SEK 500** to use for student literature.
- The same member may receive the Literature Scholarship only once per operational year.
- The Student Union Malmö selects the winner, and the decision cannot be appealed.
- Sitting council members can not be awarded the scholarship.



# LISTEN TO LIVE MUSIC AT OUR MUSIC PUB

A couple of times during the school year, the Union together with Festmesteriet organizes awesome pub nights where we invite local bands and artists to entertain us with live music! Bring your friends, students and non-students, and discover new music in an environment where the drink\* is cheap and everyone\*\* is welcome! Free entrance!

\*Alcohol free options are available.

\*\*Age: 18, valid ID required. If you are not a member of the Student Union Malmö, you need to sign up on the list at the entrance.

DO YOU OR YOUR  
BAND WANT TO  
PERFORM FOR  
STUDENTS?

**When?** Check our channels. Start 7pm.

**Where?** Student Pub, Bassängkajen 8

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

Do not hesitate to contact us at [musicpub@malmostudenter.se](mailto:musicpub@malmostudenter.se) if you are interested!

Photo: Diego Sullivan



# Get to know your STUDENT OMBUDS

If you have any questions or problems concerning your studies, you can turn to your Student representative (studentombud). They are more than happy to help you out. The representatives are elected by students and work as your main Union contact, each with specific knowledge about your faculty. You can find your representative at your faculty as well as in the Student Union House in Kølsvinet where the Unions reception is. Do you want to get to know them better? Read their tips on how to optimize your student life in Malmö or pop by their office at your faculty to say hello!



**Oscar Hydén**  
Student representative  
Health and society

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

**Why did you join the Union?** I joined the Union because I want to work with questions that interests me and that I feel is important for all students.

**Your best tips about Malmö?** My best tips about Malmö is to visit the Malmö Museums at the Malmö Castle. They've got a student discount and in the price the entrance fee for the Science and Maritime Museum is included.

**Your best advice to a new student?** Engage yourself in the Student Union Malmö or any of our associations!



**Diego Annys**  
Student representative  
Culture and society

diego.annys@malmostudenter.se  
+46707 577 567  
Niagara  
Nordenskiöldsgatan 1,  
ground floor

**Why did you join the Union?** Hej everyone! When we want things to be better than they are, it's up to all of us to work towards that change! That's exactly where the Union comes in!

**Your best tips about Malmö?** Get a feel for the city. Walk around, bike around, take a random bus, walk in and out of places, and bring some new friends. You'll start loving the city in no time!

**Your best advice to a new student?** There are so many opportunities in Malmö, at the University, at the Union, that will give you great experiences and wonderful moments. You just have to grab them! Do it!



**Mladen Dimitrov**  
Student representative  
Technology and society

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

**Why did you join the Union?** I want the students to get into the habit of relying on the Student Union for any kind of problem and see us as the organization in the face of which students can find support, help and friendship.

**Your best tips about Malmö?** Explore, meet new people, dip in the sea, get addicted to falafel and try picking up some phrases in Swedish (if you're not Swedish). You never know what doors that might open for you.

**Your best advice to a new student?** Take the university seriously but don't forget to have fun because these truly are the best years of your life.



**Nina Huovinen**  
Student representative  
Education and society

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

**Why did you join the Union?** I want to do my part in improving the quality of education and making sure students' voice is being heard.

**Your best tips about Malmö?** Biking usually gets you from one place to another much quicker and easier than any other form of transportation.

**Your best advice to a new student?** Have fun and enjoy your time at the University. Keep your stress levels low by staying safe - come get free condoms from the Student Union or Student Center!



# KNOW YOUR RIGHTS!

A new lecture series from the Student Union

On four occasions in October we will host a lecture series on different themes. The focus will be on you, as a student! We will kick it off with [Student's rights at the University](#), followed by [Housing](#), [Economy](#) and lastly [Mental Health](#).

Come to Kølsvinet at Bassängkajen 8 for equally interesting as important lectures this fall.

Also, there's a mingle at the Student Pub next door every time.

Keep your eyes peeled on our channels on more detailed info when it's coming closer to the dates.

9th of October

Student rights  
at the University.

Guest lecturer will come and talk about student rights & influence and why it matters!



16th of October  
Housing



23rd of October  
Economy



30th of October  
Mental Health



## FOLLOW US ON OUR CHANNELS



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



[StudentkarenMalmoe](#)



[Studentkaren\\_Malmo](#)



[Malmostudenter](#)

# VISIT THE UNION

## THE UNION HOUSE

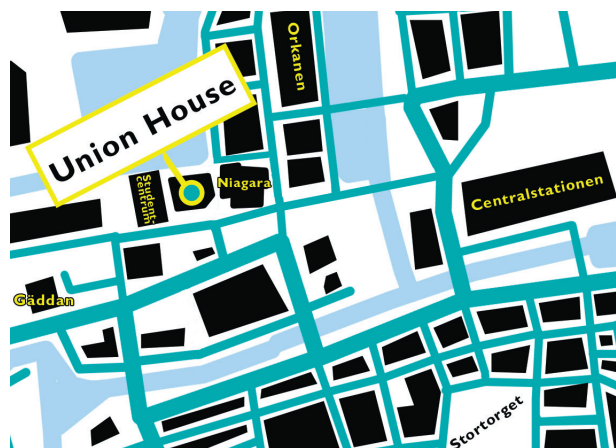
### The Unions reception

Bassängkajen 8  
211 18 Malmö

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

**Email** | [receptionen@malmostudenter.se](mailto:receptionen@malmostudenter.se)

**Phone** | 040 665 75 65



## THE UNION OFFICES

In addition to our main office at the Union House, we also have local offices at some of the faculties, where you can meet your Student Union representative (studentombud). You can also email or call the representatives. Find their contact info [on page 18](#).

## KØLSVINET

Kølsvinet is the Unions venue at the Union House. Here you as a member can have a cup of coffee, hang out with friends or study. This is also where most of the Student Union activities are held, and every Wednesday, you as a member can buy a soup lunch for just SEK 15. Kølsvinet is also available for hire, please check our website [malmostudenter.se](http://malmostudenter.se) for more info.

## ONLINE



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



[StudentkarenMalmoe](https://www.facebook.com/StudentkarenMalmoe)



[Studentkaren\\_Malmo](https://www.instagram.com/Studentkaren_Malmo)



[Malmostudenter](https://twitter.com/Malmostudenter)

## THE OMBUD OFFICES

### Teaching & Society

Orkanen | Nordenskiöldsgatan 10, room C429

### Health & Society

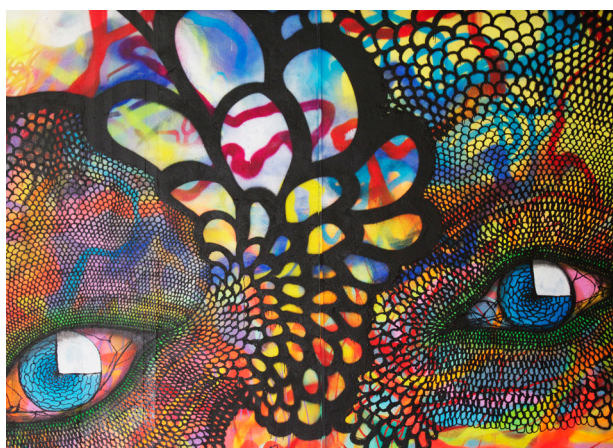
Malmö Sjukhusområde, Jan Waldenströms gata 25, U112

### Culture & Society

Niagara | Nordenskiöldsgatan 1, ground floor

### Technology & Society

Niagara | Nordenskiöldsgatan 1, ground floor



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