Programme

• Practical issues
• Cultural experiences
• Insurance during your time abroad
• Student ambassador
• Meet and mingle with other students (Gasque-salen)
Practical issues

BENJAMIN NYDIUS, INTERNATIONAL COORDINATOR
Before departure

- Follow instructions from your faculty and coordinator at LU as well as instructions from the host university
- Contact your faculty about your study plan
- Kammarkollegiet (Student UT)
- CSN
- Visa application
- Vaccination (precaution)
- Scholarships
CSN

- **EXCHANGE**
  - Student aid and additional loan

- **Conditions:**
  - Through HEI in Sweden
  - Approved study results
  - Pace
  - Foreign citizens
  - Seek info
  - Up to one year
CSN

- Educational requirements
  - Agreement
  - Transferable courses
  - Timeframe

- Other:
  - State your study period
  - Apply for full year
Looking for a tenant?

BoPollen is run by the Lund University Student Unions

• Help students at LU find safe accommodation
• Work for a more secure housing situation in Lund
• Encourages people living in Lund to sublet rooms
• Provide support and advice for those who want to rent or sublet housing
• All ads on housing are previewed and approved
• Information is available in both Swedish and English
• BoPollen’s services are free
• www.bopoolen.nu
Important documents to bring

- Letter of Acceptance
- Up-to-date Ladok transcript
- Learning Agreement
- Insurance documentation
- Financial documentation (CSN, bank)
- Valid passport and visa
- Vaccination history
- Medication
During your time abroad

- Orientation/Introduction week
- Changes in study plan (add & drop)
- Registration in Ladok via Studentportalen
- Ambassador
- Apply for courses at LU next semester
- Current e-mail address
- In case of emergency
After your time abroad

- Transcript
- Credit transfer
- Student report
- Share your experiences (info meetings etc.)
- International mentor for students coming to LU
  fadderi@er.lu.se
Cultural experiences

SARA WESTMAN INTERNATIONAL COORDINATOR
Some potential challenges

• Academic system
• Studies
• Administration
• Accommodation
• Finding friends
• Language skills – academic
• Language and identity
• Figuring out culture – how to do things, how to make yourself understood
Studying abroad makes you smarter

- Capacity to think for yourself
- Willingness to take initiatives
- Negotiation skills/Advocacy
- Self-reliance
- Self-confidence
- Ability to posing meaningful questions
- Deal with complex questions and find multiple answers
- Being comfortable in new groups and environments
- Navigate new systems, new cultural patterns
- Identity – perception of yourself and your relation to the world and how you can interact with it
Selection/Arrival Fascination

Surface Adjustment

Integration/Acceptance

Reintegration into Home Culture

Application Anxiety

Initial Culture Shock

Mental Isolation

"Reverse Culture" Shock (Upon return home)

NORMAL LEVEL OF FEELING

Return Anxiety
Development only by reflecting

Find a way to reflect on what is happening

Get experience not just knowledge
Insurance

ISABELLE JÖNSSON, INSURANCE COORDINATOR
**Student OUT insurance**

- 24-hours a day in the country of studies
- Also other countries if part of studies
- Two weeks before and after
- During direct travel
- Holidays
MEDICAL INSURANCE CARD

Issued under the authority of KAMMARKOLLEG iET, 651 80 KARLSTAD, SWEDEN
Phone +46 54 22 12 00 Fax +46 54 15 56 10 E-mail: forsakring@kammarkollegiet.se

Insured
(name): Anna Andersson
Policy holder
(myndighet): Lund University
Insurance policy no.
(myndighetens org.nr): 202100 - 32111
Valid through
(fr.o.m. - t.o.m.): 5 aug 2015 - 5 jan 2016

KAMMARKOLLEG iET

This is to certify that the insured is covered by an insurance, provided by Kammarkollegiet and guaranteeing:

Full coverage of medical costs in the event of medical emergency. No limitation in amount.
Full coverage of costs for medical evacuation and/or repatriation. No limitation in amount.
Liability coverage upp to SEK 10 million.

There is no deductible to the insurance.

In case of emergency, please contact:
Falck Global Assistance
Phone: +46 8 587 717 49
Fax: +46 8 505 939 13
E-mail: fga@se.falck.com
The insurance includes

- Emergency medical and dental care (pre-existing conditions are covered in case of emergency)
- Not covered for planned care.
- Home transport cover due to serious illness, extensive personal injury or deceased person
- Property cover (deductible 1,500 sek)
- Liability cover (up to 10 million sek)
- Legal expenses cover
- Personal injury cover
- Please read the full terms and conditions: https://www.kammarkollegiet.se/en/insurance-students-and-state-employees/student-insurance/student-ut-insurance
How does the insurance work?

- Call or email Falck Global Assistance
- Pay the fee if possible
- Save all original receipts
- File claim form
- Save other possible documents (police report)?
- Coordinators signature, LU send claim form
- Kammarkollegiet evaluates
- Refund after a couple of weeks
- Find Claim form: [www.kammarkollegiet.se](http://www.kammarkollegiet.se) (insurance, Student UT)
Travelling within EU/EEA?
Don’t forget

• Original receipts – property targeted by thieves
• Avoid unnecessary situations
• Don’t break the law!
• Medicine

• "Resklar" app, Ministry of foreign affairs
• In case of emergency, contact LU coordinator
Questions?

Welcome to contact student insurance coordinator Isabelle Jönsson

isabelle.jonsson@er.lu.se
046-222 01 10
Student Ambassador

MEGAN GRINDLAY, INTERNATIONAL MARKETING MANAGER
Student ambassador - a great opportunity

• Represent Sweden, Lund University, your study area, student life
• Create awareness about Lund University and Sweden
• Recruit students to LU (secure places for future LU students)
• Increase our international student numbers = benefits LU rankings
• Help our partner universities by participating in their activities = good reputation
• Gain experience in marketing activities, presentation skills
• Gain a new perspective on Sweden and Lund University!
Facts about Sweden

• Among **top 5** in the world in *innovation*, *democracy* and *gender equality*
• Among **top 5** in the world in providing higher education
• Largest number of global companies per capita in the world
• Population of **10 million** people – 15% born overseas
• **1%** only of waste goes to a rubbish dump! Environmentally-conscious society
• One of the **safest countries** and **best living standards** in the world
One of the highest levels of English proficiency amongst non-native speakers in the world.
How many universities in the world?
Why study at Lund University?

- A world top 100 university
- An internationally renowned research-intensive university, celebrating 350 years
- Sweden’s most international and most popular university
- A study destination without the language barrier - English is widely spoken
- A chance to learn a new language - Swedish
- Scandinavia’s largest range of education in English
- A different style of teaching: independent thinking, group work, hands-on research skills
- Start your international network and enhance your CV with international experience
- Lund is a cute, compact university town and is famous for its student life
- Copenhagen airport 35 minutes away – travel hub!
Strong research areas

- Materials science, surface physics and nanotechnology
- Advanced laser physics and spectroscopy
- Diabetes
- Cancer
- Automatic control and complex systems
- IT and mobile communications
- Neuroscience and neurodegenerative diseases
- Cognitive science
- Stem cell therapy
- Evolution, ecology, and animal migration patterns
- Environment, climate, sustainable systems and biodiversity
- Epidemiology
- Innovation and entrepreneurship
- Middle Eastern studies
Bluetooth.
Wireless communication.
Hövding. The built-in airbag for cyclists.
Student ambassador situations

• The "elevator pitch"

• A presentation about Lund University

• Pre-departure events for international students accepted to LU

• Alumni event organised by LU or Swedish Consulate

• Talking with other students, teachers or international office staff

• Recruitment events
Study abroad fairs

• Your chance to represent LU and help promote LU as a study destination

• Contact studentreception@lu.se in advance: date & t-shirt size

• Contact your international coordinator – any special information?
Tools and resources

• Key messages about Lund University

• Powerpoint presentation

• LU presentation film (2 min long) on YouTube

• Study in Sweden film (2 min long) on YouTube

• Marketing materials – brochures, prospectus, bookmarks, posters, postcards,

• LU Instagram account, LU Facebook page (English)

• International Marketing and Recruitment team at Lund University

• www.sweden.se website
Where to find information - Svenska

www.lu.se

>Studera
>Studera utomlands

- Checklist
- Powerpoint presentation slides
- Link to YouTube film
- PDF of brochure
Where to find information - English

www.lunduniversity.lu.se

>Current students
>Study abroad opportunities

• Checklist
• Powerpoint presentation slides
• Link to YouTube film
• PDF of brochure
Connect with Sweden while abroad

- SWEA
- Embassy
- Consular General
Summary

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Meet and mingle with other students in Gasque-salen.

Tonight: an email with a short evaluation.