

INFORMATION HANDBOOK



This handbook has been compiled to help you with questions about life in Malmö before, on arrival and during your study period. There is information regarding travel, settling in, useful resources, student services, your studies in Malmö, student housing and much more!

We hope this guide has the essential information to make your transition here in Sweden an easy one. If you have any questions please do not hesitate

to contact us at Student Services, you will find our contact details in the handbook.

Malmö University was founded in 1998 and is today Sweden's eighth largest university of undergraduate studies. Located in the centre of Malmö, on the 'Universitetsholmen', the university has played a central role in the transformation of Malmö from industrial town to a centre of learning. Welcome!



MALMÖ HÖGSKOLA

Dear student,

We are delighted to welcome you to Sweden and hope you will have an enriching academic experience at Malmö University.

We greatly value your participation, both academically and socially, as a member of our University and our community. Coming together, integrating, motivating and expanding upon our knowledge and diversity is a unique opportunity. Our ambition is that all our students shall get an international and intercultural dimension during their studies – broadmindedness, maturity, understanding and respect for other people and their cultures.

Malmö – a fascinating study destination, is central in Europe, and today connects Sweden via the Öresund region in culture, industry and education to Copenhagen in Denmark and Europe. Malmö is a city of transition, vibrant culture and dramatic environments and is surrounded by some of Sweden's most beautiful countryside which I hope you will have the occasion to explore.

In your pursuit of success,

Dr Ingrid Elam

Pro Vice-chancellor International of Malmö University

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1. THIS IS SWEDEN!

GEOGRAPHY

Sweden is the fourth largest country in Europe. Its area is more or less equal to that of Spain or the state of California. Half of its land area is covered by forest. Less than ten per cent is farmland, most of which is to be found in the southernmost part of the country. The distance from north to south measures 1,600 kilometres (1,000 miles), which means the country's natural features are quite varied. Nearly 100,000 lakes are connected in a lacework of waterways. A long coastline with thousands of islands also contributes to the character of the country.

Over the past decade, Malmö has undergone a substantial post-industrial transformation. This cosmopolitan city has "reclaimed" the seafront, where entire new city districts full of modern architecture and bustling street life have been constructed. Another radical change has been the mighty Öresund Bridge, opened in 2000, which connects Malmö with Denmark's capital Copenhagen, just twenty minutes away. The region now forms a single metropolitan area; one of the most expensive, exciting and energetic in Northern Europe.

Malmö is an ideal base for exploring this new region and in less than one hour visitors can

reach not only several major cities, but also a large number of historical and picturesque towns and villages, beautiful beaches and impressive castles and manor houses.

For all its expansion, and with a population of 300 000 inhabitants, Malmö remains a small, friendly and pleasant city where almost everything is located within easy walking distance. For example, Malmö has its own beaches at Ribersborg, Sibbarp, Klagshamn and Scaniabadet.

POPULATION

Sweden has a population of 9 million. About 80% live in cities and urban areas. More than a third of them live in the three largest cities, Stockholm (the capital), Gothenburg and Malmö. The population density, 20 inhabitants per square kilometre (54 per square mile), makes Sweden one of the most sparsely populated countries in Europe. For many years, Sweden was ethnically very homogeneous, with the exception of the Sami people who live in northern Sweden. During the 1960s and 1970s, more than half a million immigrants moved to Sweden for work. Over the last few decades, Sweden has also received refugees from a number of countries troubled by war. Today, 1 out of every 20 inhabitants is a foreign citizen or has a foreign background.



FACTS AND FIGURES:

Area: 450 000 km²
Longest north-south distance: 1574 km
Longest east-west distance: 499 km
Population: 9 million inhabitants
Capital: Stockholm
Currency: 1 krona (SEK) = 100 öre
Religion: 82 % belong to the Lutheran Church of Sweden
Constitution: Constitutional monarchy, parliamentary democracy
Parliament: The Riksdag, with 349 members in one chamber
Head of state: King Carl XVI Gustaf
Head of government: Prime Minister Fredrik Reinfeldt, leader of the Moderate Party

More information: www.sweden.se

PUBLIC HOLIDAYS AND TRADITIONAL FESTIVITIES

New Year's Day (Nyårsdagen) 1 January
Epiphany Eve (Trettondagsafton) 5 January
Epiphany Day (Trettondagen) 6 January
Good Friday (Långfredagen) in March or April
Easter Sunday (Påskdagen)
Easter Monday (Annandag Påsk)
May Day (Första maj) 1 May
Ascension Day (Kristi Himmelfärdsdag) always on a Thursday in May
Whit Sunday (Pingstdagen) in May or June
National Day of Sweden (Nationaldagen) 6 June
Midsummer Day (Midsommardagen) towards the end of June.
All Saints' Day (Allhelgonadagen) always on a Saturday in early November
Christmas Eve (Julafton) 24 December
Christmas Day (Juldagen) 25 December
Boxing Day (Annandag jul) 26 December
New Year's Eve (Nyårsafton) 31 December



Sweden has a lot of traditional festivities like Waffle Day, Midsummer, Crayfish parties and Lucia. To find out how to celebrate the Swedish way, visit www.sweden.se/traditions.



MALMÖFESTIVALEN

If you have the opportunity to arrive in Malmö a few days prior to the Orientation Week, make sure not to miss out on the biggest Malmö event of the year! Malmöfestivalen is a free festival packed with great music concerts, fantastic

dance performances, theatre shows, sports activities, art and design, food delicacies from all over the world and much more!
www.malmofestivalen.se

CLIMATE

Despite its northern latitude, Sweden has a temperate climate with four distinct seasons and mild temperatures throughout the year. Sweden is much warmer and drier than other places at a similar latitude, and even somewhat further south, mainly because of the Gulf Stream. For example, central and southern Sweden has much warmer winters than many parts of Russia, Canada, and the northern United States.

Malmö has very unpredictable weather, with sunny summer conditions sometimes rapidly changing to damp, showery conditions and vice versa! The winter is long and damp with lots of wind and frost. December, January and February are the coldest and rainiest months of the year. Snow is very infrequent!

SUITABLE CLOTHING FOR THE CLIMATE

Outdoor clothes should be warm and water proof. Bring a winter scarf, hat and gloves since it can be very cold and windy. Shoes should be warm and suitable for varied weather conditions. During spring/summer months outdoor clothes are lighter. Don't forget to bring a pair of slippers with you as you will be required to remove outdoor shoes inside the student dormitories.



FINANCES

COST OF LIVING

You should estimate your living expenses based on your personal needs. The Migration Board has the following advice for monthly student living costs:

* Please note that to be able to get a Residence permit for studies, financial proof of no less than SEK 7300/month must be enclosed with the application

Swedish currency Swedish coinage 'Öre' & 'Krona' (100 öre =1 krona). The lowest denomination coin is now 1 krona, though prices still can show an amount in öre. When you buy something, the total sum will be rounded up or down to the nearest 1 krona. Coins are available in 1, 5, and 10 denominations. Notes are available in 20, 50, 100, 500 and 1000 denominations. Symbols for the krona are SEK, Kr and :-.

Food:	1 500
Accommodation:	3 300
Telephone, TV, newspaper:	300
Local travel:	200
Medical care, hygiene:	200
Clothing, hobby, leisure:	1500
Course literature:	300
TOTAL	SEK 7300*

2. ACADEMIC INFORMATION

Malmö University strives to be a university open to all; a university that is structured to cope with our ever-changing job market through a multi-disciplinary approach that crosses traditional school and faculty boundaries. Malmö University has five school and faculty areas, all of which are multi-disciplinary. This means that several sciences meet under one roof, each one enriching the other. Our courses and programmes give graduates a wider outlook as they prepare for their future professional working careers.

The main campus area of Malmö University lies in the centre of town, and the modern harbour area. The Faculty of Culture and Society, School of Technology and School of Education are located near the harbour. The medical sciences campus area is located by the university hospital, alongside the spectacular Pildamms Park and cosmopolitan Möllevången square in the centre of town.

COURSE WORK LOADS

One semester of full-time study is 30 higher education credits (hp), equivalent to 30 European Credit Transfer System points (ECTS). Please note that you need to be admitted to at least a full time course (30 ECTS credits) in order to qualify for a residence permit for studies in Sweden.

ACADEMIC CULTURE

Relations between students and teachers at Malmö University are very informal. Students are encouraged to ask questions, both in the classroom and outside. Classes often consist of discussions around chosen topics rather than teacher-provided lectures. Learning and teaching is considered a two-way communication. Don't hesitate to ask questions about things you don't quite understand or comment on issues you disagree, or agree, with. Teachers will expect you to call them by their first name, as students and teachers consider one another equals. This does

The academic model in Sweden is culturally unique and differs considerably from anywhere else in the world. There is a focus on the individual student at all levels of learning, where the students are responsible for their own development. The open and interactive teaching environment at Malmö University encourages critical thinking, discussions and questions in lectures and seminars. Although you will have a number of lectures every week, much of your work will be independent studies and group work. Be ready to take responsibility for your time and studies!

Details of courses offered each semester as well as course outlines and prerequisites are available on our website www.malmouniversity.se



of course not imply that the teachers will accept anything but your best performance in class and during examinations.

PLAGIARISM AND CHEATING

Plagiarism is the unauthorized use of work or thoughts of someone else. Plagiarism and cheating is neither legal nor accepted in our academic culture. For details about 'Equal treatment of students' and your 'Rights & Responsibilities' at Malmö University, please visit:

www.mah.se/Rights-and-responsibilities

3. PREPARING FOR DEPARTURE

RESIDENCE PERMIT FOR NON-EU/EEA STUDENTS

If you are a non-EU/EEA citizen and plan to study at Malmö University, you must have a residence permit card. In order for you to get a decision in time to start your course or programme, it is essential that you apply for a residence permit immediately following your payment of tuition fee.

You must apply for your residence permit from your native country or other country outside Sweden where you live permanently. You must have a valid residence card before you travel to Sweden. You apply at a Swedish embassy or consulate in the country you are living in. You must use the form 'Application for residence permit for students and doctoral students, no. 105031.'

REQUIREMENTS TO BE GRANTED A RESIDENCE PERMIT FOR STUDIES IN SWEDEN:

To be granted a residence permit you must intend to study and:

- be admitted to full-time studies
- pay your tuition fee
- prove that you are able to financially support yourself for the planned study period
- have comprehensive health insurance that covers the whole period you are in Sweden, if you plan to study for less than one year
- have a valid passport

For more detailed instructions regarding applying for residence permit, visit: www.migrationsverket.se/info/151_en.htm

To find out where to find your closest Swedish embassy, visit: www.swedenabroad.com

ASSISTANCE WITH EXTENDING YOUR STUDENT RESIDENCE PERMIT (NON-EU/EEA STUDENTS)

For studies that last longer than one year, you will be granted a residence permit covering one year at a time. You must then apply for an extended residence permit. Malmö University will assist you in applying for an extension. If the period of study is less than one year you will be granted a residence permit which is valid for the length of the study period. If you need to stay longer, e.g. because you need to re-sit an exam, you can apply for an extension to your residence permit. For more information please contact residencepermit@mah.se or have a look at the Swedish Migration board website at www.migrationsverket.se/info/2973_en.html



REGISTRATION IN SWEDEN FOR EU/EEA STUDENTS

As an EU/EEA citizen you have the right of residence in Sweden and may study without a residence permit. However, you must register with the Swedish Migration Board no later than three months after entering the country.

For more detailed instructions regarding registering in Sweden, please visit:

www.migrationsverket.se/info/150_en.html

PRIVATE INSURANCE & HEALTH INSURANCE

NON-EU/EEA CITIZENS

AS A VISTING STUDENT, YOU ARE ENTITLED TO HEALTH CARE BENEFITS WHILE LIVING IN SWEDEN. HOW YOU RECEIVE HEALTH BENEFITS DEPEND ON YOUR STUDY DURATION.

IF YOU ARE A STUDENT ENROLLED FOR ONE YEAR OR LONGER:

If you have a residence permit for 12 months or more, you are entitled to the same benefits as Swedes. However, you must register at your local tax office as soon as you arrive in Malmö. The civil registration procedure can take some time, but this service will be provided during our orientation week. Medical insurance does not cover your journey to Sweden or the time you spend in the country prior to applying for civil registration. Thus, to be fully covered, you will need some form of travel insurance. Make sure you have a valid health and travel insurance from your home country prior to your civil registration in Malmö. For more information regarding Swedish social insurance, visit www.forsakringskassan.se/sprak/eng

IF YOU ARE A FEE-PAYING STUDENT ENROLLED IN A COURSE OR A ONE-YEAR MASTER PROGRAMME:

If you have a residence permit valid for a period of less than a year, you are not able to register at the local tax office. In this case, Malmö University will provide health insurance for you. This does not include travel/medical insurance for your trip to Sweden. Please note that if you do not make your tuition payment on time, by the 1st of June 2012, we cannot guarantee you will be covered by this health insurance.

EU/EEA CITIZENS

IF YOU ARE AN EU/EEA CITIZEN:

Contact your health insurance company for a European Health Insurance Card (formerly called E111). The European Health Insurance Card gives you the right to immediate medical treatment on the same conditions as Swedish citizens. If you don't bring this card you risk having to cover all eventual costs! Check with your health insurance company if there is an agreement between your country and Sweden regarding health insurance coverage. If there is, you should check the conditions that apply and bring your insurance card with you to Sweden. For more information regarding the European Health Insurance Card, please visit: www.ec.europa.eu/social/main.jsp?catId=559

Students who are not covered by any of these agreements must arrange their own insurance coverage. We strongly recommend you do this in your home country as there are very few insurance options available for international students in Sweden, and they are probably much more expensive than the ones you can get from home. In Sweden, medical treatment is very expensive without any form of insurance.

VACCINATIONS

There are generally no vaccination requirements when entering Sweden. Temporary regulations may sometimes apply to travellers from specific countries.



4. GETTING TO MALMÖ

AIRPORTS AND TRANSPORT TO MALMÖ

Malmö is located in the very south of Sweden across the bridge from Copenhagen. Don't book your ticket to Stockholm (the capital city of Sweden), which is located about 800 km north of Malmö. You should instead book your ticket directly to Malmö or Copenhagen. If you are flying, check your luggage through so you don't have to collect them on a stop-over. Try to get boarding passes for each section of your journey. Try to keep your luggage to a minimum for several reasons; you will have to carry them yourself until you reach Malmö Central and also because you will almost certainly return home with much more luggage than when you arrived. It is a good idea to carry this handbook in your hand luggage along with important documents like your travel insurance and Letter of Acceptance to refer to during your journey and at customs! If you are on prescribed medicines you should also bring a letter from your doctor explaining what they are. Check with your airline regarding hand luggage restrictions.

TRAVELLING FROM OUTSIDE EUROPE

Direct to Copenhagen See information about Copenhagen Airport under "Travelling from within Europe".

Via Europe As past experience shows lost luggage and cancellations occur most frequently at London and French (Charles de Gaulle) airports. We advise students to avoid flights via London. Depending on the city of departure flights can stop over in, for example, Brussels, Paris, Amsterdam, Hamburg or Helsinki. A direct flight can be booked from these airports to Copenhagen (see airports Kastrup/CPH under 'Travelling from within Europe'). Your visa should include the country of stop-over! You may have to transfer between terminals at these airports so it is a good idea to allow extra time between flights given strict security measures in Europe now. If you are flying with the same airline on each stretch,

ask the personnel on board to help in the event of delays and or uncertainties.

TRAVELLING FROM WITHIN EUROPE

Trains You can travel and book direct to Malmö Central Station.

Malmö Airport (Sturup)

See <http://www.swedavia.com/malmo/>

This is a small airport with a connecting bus to Malmö Central station, which takes up to 45 minutes (see www.flygbussarna.se for timetables and prices). Airlines such as Malmö Aviation & Wizzair arrive and depart from Malmö Airport.

Copenhagen International Airport

(Kastrup - CPH) See www.cph.dk

One of the largest international airports in northern Europe, you can take the train (called 'Öresundståg' in Swedish) from Terminal 3: This will take you over the strait between Denmark and Sweden, via a bridge, to Malmö Central Station. The journey takes 20 minutes. If you book through a travel agency, they can book your flight to include the train ticket. Trains depart three times an hour and a one-way ticket costs 105 Swedish Crowns (SEK). Tickets can be bought at the DSB ticket desk which closes at 11pm. Ticket machines only accept credit-cards (Visa, MasterCard etc.) and are located at the exit to the train platforms. Malmö Central is the third stop in Sweden. Visit www.dsb.dk or www.skanetrafiken.se for more information.

By boat Arriving to Ystad (from Poland) or

Trelleborg (from Germany), you can take

the bus or the train directly to Malmö. See www.skanetrafiken.se for more information.

The journey by car from the ferry terminal in Trelleborg to Malmö takes around 20 minutes.

The train from Ystad to Malmö Central Station takes approximately 50 minutes. By car, the signs leading from the Ystad ferry terminals to Malmö are easy to follow.

By car The Öresund Bridge crosses the Öresund strait and provides a new efficient way to travel between Malmö and Copenhagen, either by car or by train. The price for crossing the bridge by car is currently 360 Swedish Crowns (SEK). Please note that it is expensive to park cars in Malmö.

It is also very difficult to find available parking spaces! Should you still decide to bring a car, please be careful when you park. Check parking signs for dates and times and make sure you take all your valuables with you when you leave the car!

THE ORIENTATION WEEK: 27TH – 31ST AUGUST

All international students who are new to Malmö University are invited to our Orientation Week from 27 to 31 August!

The Orientation Week is free of charge, but you need to register beforehand. The registration form will open 1st June at: www.mah.se/registration

The Orientation week starts with an Arrival Day on August 27th, which will be followed by a series of orientation activities during the rest of the week. The Orientation Week will provide you with necessary information to begin your studies at Malmö University. It will also give you important facts about practical issues, hoping to give you a pleasant stay in Malmö.

SOME ACTIVITIES DURING PREVIOUS ORIENTATION WEEKS:

- Official welcome from Malmö University
- Lecture: "Swedish academic system explained"
- Welcome reception with food and drinks
- Computer introduction
- Guided tour of the library
- Lecture: "Sweden and the Swedes"
- Swedish film
- Lecture: "Introduction to the Swedish language"
- Visit to your Faculty
- Police information and campus security
- Social activities, including pentathlon, city safari and softball

After the Orientation Week there will be several activities throughout the first semester, aiming at giving a good introduction to Malmö University and the city of Malmö.

For updated information and full schedule, visit www.mah.se/orientationweek



IF YOU ARRIVE BEFORE 27 OF AUGUST:

If you are arriving early, you can participate in the Introduction programme that starts with an Arrival Day on Tuesday 14th of August and later merges with the Orientation week. For more information about the Introduction programme, visit: www.mah.se/introductionprogramme. Please note that the Swedish Course given during the Introduction Programme only is offered to exchange students.

ARRIVAL DAY – AUGUST 27TH

To participate in Malmö University's Orientation Week, you should arrive in time for Arrival Day on August 27th. You are welcome to visit us at the Student Centre (see map) where we will have a drop-in arrival service between 10:00 to 16:00. Here you will be able to meet with some of our staff, get your Welcome package, and meet with the Student Union, student mentors and fellow students.

You will also be able to receive your computer ID, arrange your multi-card and apply for Swedish social security number (only for students staying longer than 1 year). If you are a fee-paying student

and have received student housing organised by Malmö University, you will also sign your contract with the landlord and receive the keys to your accommodation.

Student Centre "Studentcentrum", Matrosgatan 1 (Building 1).

ARRIVING AFTER AUGUST 27TH

If you cannot arrive in time for Arrival Day, please contact the International Office at internationaloffice@mah.se for information on how to collect your Welcome package, computer



1. Gädgan Citadellsvägen 7

Faculty of Culture and Society
Language, Migration and Society
Department of Global Political Studies
Centre for Widening Participation

2. Orkanen Nordenskiöldsgatan 10

Faculty of Education and Society
Library
IT-Services

3. Malmö Central Station Your arrival destination.

4. Studentcentrum Matrosgatan 1

Student administration
Guidance counseling
Admissions
Student Health Services
International Student Office
University General Administration

5. STUDENT SERVICES ON CAMPUS

In the Student Centre, you can get advice, support and guidance on questions concerning studies, admission, housing, life in Malmö, health, career, dyslexia, studies abroad, residence permit

and much more. Opening hours are 08.00 - 16.30. You are also welcome to visit us during drop-in hours between 11.00-13.00 Monday through Thursday at Matrosgatan 1. www.mah.se/studentcentre

INTERNATIONAL OFFICE

The International Office provides students with help before and during their studies at Malmö University. You can contact the International Office for various reasons.

www.mah.se/internationaloffice

www.mah.se/studyabroad

Email: internationaloffice@mah.se

Telephone: +46 40 665 70 00

OPENING A BANK ACCOUNT

The International office provides assistance to all international students in the process of opening a new bank account upon arrival in Malmö. More information about this process will be provided to you during our Orientation Week.

EXCHANGE STUDIES/ STUDY ABROAD/INTERNSHIP

Most students at Malmö University have the opportunity to study abroad for a semester within their study programme. Malmö University has approximately 200 partner universities around the world where you can study as an exchange student.



CAREER SERVICES

You can meet with our Career Advisers for information and guidance regarding your studies and future career. You will find them both at Studentcentrum and at the different schools and faculties.

www.mah.se/careersservice

Email: careerscentre@mah.se

Telephone: + 46 40 665 75 10



STUDENT HEALTH SERVICES

All students at Malmö University have access to student health care. The personnel at the Student Health Services are governed by professional secrecy and all contact is free of charge.

SOCIAL COUNSELLORS

Some students face problems during their studies, and sometimes the best thing to do is talk to a professional about it.

LIBRARY

Malmö University offers many different services in its libraries: from issuing books, to helping with computer support, and access to electronic journals. If you need help using the library catalogue and using information resources, simply ask at the information desk. If you need further help you can also book a librarian for a free individual 60 minute help session. It's a great way to kick start your research project. In cooperation with you, the library staff can create search strategies, perform searches in databases, library catalogues and on the Internet. www.mah.se/Library

INFORMATION FOR STUDENTS WITH DISABILITIES

The library staff can help you find and acquire talking books. There are computers with assistive technology software installed at Malmö

NURSE/MIDWIFE

If you have any symptoms or health problems that you are worried about you are welcome to contact the nurse/midwife. There is no physician/doctor at the Student Health Services, but if there is any need for a doctor's consultation the nurse can make a referral to someone suitable.

www.mah.se/studenthealth

Email: studenthalsan@mah.se

Telephone: +46 40 665 71 70

University's libraries. You can also borrow equipment such as dictaphones and receive training in assistive technology software at the IT department. At the beginning of the semester, the staff organizes workshops where you can try out the assistive technology software.

www.mah.se/bit/disability-service



ENGLISH LANGUAGE WORKSHOP

Academic writing involves not simply copying information, but learning to structure your thoughts and ideas, and to express them in your own words. In order to do this successfully, you need to learn about the special demands and conventions this kind of writing requires. Whether

you are producing a long essay, a research paper or a shorter assignment, you can come with all sorts of questions, no matter how big or small. www.mah.se/languageworkshop

IT SUPPORT

IT Support can help you with your computer log in, email, print and copying, file storage, software for your computer, etc.; helpdesks are situated in all university libraries and in Orkanen, room E121. www.mah.se/itservice



6. HOUSING IN MALMÖ

HOUSING FOR FEE-PAYING STUDENTS

University Housing is only applicable for fee-paying students who were admitted after the first application round in January.

If you have applied for student accommodation through Malmö University, please note that you will not be able to check-in to your student accommodation on late evenings, weekends or public holidays. Keys to your student accommodation can be picked up from our housing administrators at the Student Centre during office hours on weekdays, so make sure to book your travel arrangements accordingly! Detailed information about when you can check in at your accommodation will be sent along with your housing placement result.

The kitchens in the student accommodations are

fully equipped with utensils. All rooms are fully furnished. However, due to reasons of hygiene, curtains, duvets, pillows or bed sheets are not provided. New pillows and duvets can be purchased on arrival for SEK 150.

Important to note. Internet connection at each location is not automatically included. The alternative is a mobile internet (USB modem) which students use quite frequently. There are several companies who provide mobile phone SIM cards; such as Comviq/Tele2, Tre, Telenor and Telia.

For more detailed information, visit:

www.mah.se/universityhousing

If you have any questions regarding the housing, please contact our housing administrators at housing@mah.se

HOUSING FOR EU/EEA AND SWISS STUDENTS

Malmö University does not arrange student housing if you are an EU/EEA or a Swiss student, so you need to arrange accommodation on your own. Since there is a lack of student accommodation in Malmö, we strongly recommend you to look for housing as soon as possible, even if you are not yet accepted. You will find useful informa-

tion on how to find housing in Malmö at www.mah.se/housing

If you need further guidance regarding finding accommodation in Malmö, please contact our housing administrators at housing@mah.se



7. CAMPUS LIFE

STUDENT UNION

The Student Union monitors Malmö University's education, represents the students and assists individual students in issues concerning the university and their studies. The Student Union represents students at every executive university body. The Union also makes sure that you will have a wonderful time when you are not studying. The Union collaborates with organisations and companies in Malmö so that you get local discounts and get to attend fun clubs and interesting seminars.

Please don't hesitate to contact the Student Union if you run into problems or feel unfairly treated. Every faculty has a Student Representative (called 'Studentombud' in Swedish) working full time to help you solve matters. The Union has an international approach and everyone speaks English – you are most welcome!

malmostudenter.se

www.facebook.com/studentkaren.malmo

STUDENT MENTORS - ESN MALMÖ/INTERACT

At Malmö University our mentors are called 'fadders'. This is Swedish for mentor. The fadders are a group of volunteer university students who bring Swedish and international students together, and work in a group called 'ESN Malmö'. Interact is a part of the student union and organises activities throughout the semester.

Examples from previous semesters are; pub quiz, ice skating, movie nights, barbeque, 'brännboll' (a Swedish type of softball), Christmas dinner and Lucia.

www.facebook.com/profile.php?id=100000815100517

STUDENT DISCOUNTS

To become a member of the Student Union you need to pay 79 SEK per term. You will receive a student card once you have paid the student union fee and registered for your courses. Many shops, restaurants, trains, buses, hairdressers, etc., offer student discounts if you show a valid student card together with a photo ID. For more information about companies that offer student discounts, visit www.mecenat.se and malmostudenter.se/english/support. Make sure to ask at the shop or restaurant beforehand to make sure that the offer is valid.



8. USEFUL INFORMATION

EMERGENCY ASSISTANCE – DIAL 112

In case of emergency, dial 112 for assistance, the people who answer will be able to understand and speak English. This is the national emergency hotline for medical care, ambulance, police and

fire department. It is a good idea to save a phone number to a relative (or some other person close to you) in your mobile phone under the name "ICE" – In Case of Emergency. www.sosalarm.se

ATM MACHINES

There are lots of ATM machines all around Malmö, and they do not charge the cardholder of a Swedish bank card for using a competing ATM. If you use a bank or credit card from home, check with your bank if they will charge you a fee for making cash withdrawals in Sweden.

ATTRACTIONS AND EVENTS IN SKÅNE

There is a great variety of attractions to visit and events to participate in, both in Malmö and the southern region of Sweden called 'Skåne'. Don't miss the Malmö Festival (called 'Malmöfestivalen' in Swedish) August 19-26!

www.skane.com

www.malmo.se/events

www.malmofestivalen.se

www.malmotown.com

BANKS

Banks are open from Monday to Friday. Some banks only allow customers with a Swedish personal identity number to open a bank account. You will receive further information during Orientation Week.

BICYCLES

Most Swedish students use bikes to get around, all year round. This means you will save money on bus fare. You will also be able to explore the city you are staying in and its surroundings. Ask a current student or a student mentor (who we call a 'Fadder' in Swedish) for places to buy new or used bikes.

BOOK STORES

There are several book stores scattered around Malmö. Text books can be bought from a shop

called 'Akademibokhandeln'. The recommended reading list for each course is listed in your course syllabus. You should wait to purchase any books until you have confirmed the reading list with the teacher of the course. Akademibokhandeln is located at Södra Tullgatan 3.

CREDIT CARDS

Major credit cards are accepted widely but you should always have some form of identification to use credit or bankcards in Sweden!

CINEMAS

- Royal, Södra Tullgatan 4
- Filmstaden Storgatan, Storgatan 22
- Filmstaden Entré, Fredsgatan 12, Entré Shopping Centre

Movies are shown in their original language with Swedish subtitles. The price is approximately SEK 100. To find out which movies are showing, look in the local newspapers, or consult www.sf.se

COMPUTER ID - MALMÖ UNIVERSITY EMAIL ADDRESS

In order to access the computers at the university, you will receive your own computer ID once you have arrived. You will also get your own Malmö University email account, which you need to check regularly (or forward to your personal email account) as your professors, Student Services and other Malmö University staff will use it in order to send you important information.

DATES

In Swedish, dates are usually written year/month/day, i.e. 120125 (25 January, 2012).

DRIVING IN SWEDEN

Driving licenses from other countries are valid in Sweden. You are required to always carry your license when driving. Don't drink and drive! Sweden has much stricter regulations than many other countries when it comes to drinking and driving. Having more alcohol than 0.02 percent in your blood when driving is a punishable offence and drinking and driving is not socially acceptable in Sweden. It is compulsory for both drivers and passengers in front and back seats of cars and light vehicles to wear seatbelts when the vehicle is moving. For more information about laws and regulation, please see www.korkortsportalen.se

DRUGS

Anyone possessing or using any kind of illegal drug - including cannabis - risks being arrested and removed from the country. Drug dealing carries a heavy prison sentence and the use of drugs is not socially acceptable in Sweden. Driving under the influence of drugs is illegal and regarded as a serious offence.

ELECTRICITY

The current used in Sweden is 220 volts and 50 Hz. The outlets or plugs will probably differ from what you are used to and in order to use electrical equipment you may have to use an adapter and/or converter.

EMBASSIES IN SWEDEN

If you need contact information for your embassy, dial directory services at 118 118 or download the list of embassies in Sweden at www.sweden.gov.se/sb/d/5358/a/97684

FOOD & SHOPPING

The university campuses have their own restaurants with lunch and snacks at reasonable prices, but in Sweden students prefer to cook at home rather than go out to eat. For food shopping, there are various supermarkets located all around Malmö. The supermarkets are usually open daily between 09.00-19.00. When it comes to buying food, bigger super markets tend to offer both a larger selection and lower prices than smaller corner shops. Examples of big supermarkets are Willy's, Coop, Citygross and Ica.

INTERNATIONAL DIALLING

Dial 00 + country code + area code (the first digit of the area code is usually omitted if it is 0, 1, 8 or 9), followed by the phone number of the person you are calling. Most students make international calls through an internet operator. The country code for Sweden is +46 (or 0046).

INTERNET

There are several options for Internet in Sweden, contact your landlord to see which options that are available for you at your accommodation. An alternative is mobile internet (USB modem) which students use quite frequently. There are several companies who provide this; such as Comviq/ Tele2, Tre, Telenor and Telia. Wireless Internet is also available in most university buildings.

LIQUOR SHOP/OFF-LICENSE (SYSTEMBOLAGET)

Alcoholic beverages, including wine, can only be purchased in government-run stores (called 'Systembolaget' in Swedish) in Sweden. Beer with an alcoholic content of less than 3.5 % can be purchased in grocery stores. Systembolaget is open during business hours between Monday to Saturday but is closed on Sundays and public holidays. You must be 20 years old to purchase alcohol at Systembolaget. www.systembolaget.se

MEDICAL CARE

In case of emergency for which an ambulance is needed, dial 112.

For medical advice in non-emergency situations, call the Medical Advice Hotline that is open 24 hours a day, dial 1177. They will be able to guide you to the closest medical centre or hospital, visiting hours, how to book an appointment etc. When you see a doctor, or if you visit a medical centre or a hospital, don't forget your passport, student card and insurance card, if you are an EU/ EEA or Swiss student, also make sure to bring your European Health Insurance Card. You will have to pay a patient fee, which varies depending on if you are seeing a nurse, doctor or specialist. If you have a European Health Insurance Card, the patient fee is usually between 120 and 300 SEK.

If you do not have a European Health Insurance Card, the patient fee is usually 900 SEK. Please consult your insurance company regarding the coverage, terms and conditions of your private health insurance.

MOBILE PHONE CARD

Please ensure you bring an unlocked phone. As a gift from us to you, you will receive a Comviq/Tele 2 mobile phone SIM card on your day of arrival! This gives you a Swedish mobile phone number. The card is a cash card (also known as “pay as you go” or “pre-paid” card). To use the card you should ‘top-up/refill’ with SEK 100/200/300/400 at a local shop by credit card/cash or online. You are not obliged to use it at all if you don’t want to.

MONEY EXCHANGE

Cash can be exchanged into other currencies at all banks, X-change and Forex offices. The one closest to the university is a Forex office located inside the Central Train station building.

www.x-change.se

www.forex.se

MUSEUMS AND ART GALLERIES

- Malmöhus Slott - Malmöhus Castle
- The Science and Maritime House - You can explore the interior of a real submarine
- Fiskehoddorna - The Fishermen’s Huts

For more information about the above, visit:

www.malmo.se/Medborgare/Kultur--noje/Museer--utställningar/Malmo-Museer/Sprak/In-English.html

- Malmö Konsthall - One of Europe’s largest exhibition halls for contemporary art
www.konsthall.malmo.se
- Moderna Museet - The Modern Museum is housed in a former power station.
www.modernamuseet.se

NEWS BROADCASTS

Information on broadcasts in other languages than Swedish is available from Radio Sweden (Sveriges Radio), telephone +46 8 784 72 88, e-mail: info@rs.sr.se Radio Sweden can also be found on the Internet at www.sr.se/rs

NEWSPAPERS

Foreign newspapers are available in the reading room at the university library www.mah.se/english/Library and at the public libraries www.malmo.se/Medborgare/Biblioteken/Vara-bibliotek.html. You can also visit www.sr.se/rs and www.thelocal.se

PERSONAL INSURANCE

We strongly advise you to have a personal insurance policy for your home and private belongings. Check with your insurance company in your home country whether your insurance is valid in Sweden; if it is not, contact a Swedish insurance company for more information.

PHARMACY/CHEMIST

There are a lot of different pharmacies available in Sweden, some of the most common branches in Malmö are Apoteket, Apotek Hjärtat and Medstop, who sell both prescription and non-prescription drugs and medicine. Some non-prescription drugs, as for example regular painkillers, can also be purchased in grocery stores, news agents and gas stations - just ask the cashier.

POSTAL SERVICES

There are no regular post offices in Sweden, instead you will find Postal Service Points located in many grocery stores and news agencies, where you can send letters and parcels and purchase stamps. To find your closest Postal Service Point, visit www.posten.se

PUBLIC TRANSPORTATION IN AND AROUND MALMÖ

Skånetrafiken handles all public transport in the region - local buses, inter-city buses and regional trains. Taking a bus or a train is an easy way to get around in and around Malmö. Monthly cards are available and are valid for 30 days and allow you to take any bus within the city of Malmö. It also allows you to take the train between the train stations Central Station, ‘Triangeln’ and ‘Hyllie’. There is also a pre-paid discount card called “JOJO”. This “pay as you go” card must be charged with a minimum of SEK 200, and it can be charged in machines at the train stations or in Skånetrafiken’s Customer Service Centres. You cannot charge it on board buses or trains, so make sure you have sufficient amount on the card before you board a bus. For train travel, you have to buy a ticket before you board the train. The JOJO card gives you a 20% discount on each fare and is the only payment option if you want to take the bus. Bus drivers do not accept cash payments. A bus ride inside Malmö costs SEK 15 with the JOJO card. You can also use the card when travelling to Copenhagen. www.skanetrafiken.se

RECYCLING

Some plastic bottles and aluminium cans, such as beer and soda cans, carry a deposit (SEK 1–2). This deposit is refunded when the bottle or can is returned to a recycling machine in a grocery store. For used paper, glass of all sorts, batteries, etc, several recycling stations are available around the city.

RIGHT OF PUBLIC ACCESS (IN SWEDEN CALLED 'ALLEMANSRÄTTEN')

Allemansrätten in Sweden is a very unique law that gives a person the right to access, walk, cycle, ride, ski, and camp (for one night) on any land that is not farmed - with the exception of private gardens, the immediate vicinity of a dwelling house and land under cultivation. For more detailed information about the Right of Common access, and the restrictions and responsibilities regarding it, visit:

www.naturvardsverket.se/en/In-English/Start/Enjoying-nature/The-right-of-public-access

SMOKING

Smoking is not allowed in university buildings or in your accommodation. All public buildings in Sweden, including restaurants, bars and cafés, are non-smoking.

SOCIAL MEDIA

You can contact us through our Facebook page www.facebook.com/malmouniversity or follow us on Twitter at www.twitter.com/malmouniversity

TIME

Sweden is on Central European Time (CET), i.e. one hour ahead of Greenwich Mean Time (GMT). Daylight saving is in effect from late March until late October.

www.timezoneconverter.com/cgi-bin/tzc.tzc

TIPPING

The service charge is included in the price. You are not expected to tip, but can choose to do so if you receive excellent service. In general, only taxi drivers and waiting staff in restaurants are tipped. Hairdressers and other service providers do not expect tips.

TOURIST INFORMATION

Malmö Tourist Information
Börshuset, Skeppsbron 2 (by the Central Station)
SE-211 20 Malmö
Tel: +46 40 34 12 00
E-mail: malmö.turism@malmö.se
Mon-Fri 09-17
Sat-Sun 10-14:30

TRAIN TRAVEL

Malmö is the perfect gateway for visiting the rest of Sweden and Europe. Information about national train tickets and rail passes can be found at www.sj.se or by calling Swedish Rail (SJ) at +46 771 75 75 75.

UNIT OF MEASUREMENT

Sweden uses the metric system. Distances are measured in kilometres, measures are given in metres and centimetres, and weights are given in kilograms and grams. Converter:

www.worldwidemetric.com/measurements.html

WATER

Tap water in Sweden is of very good quality. You can drink the water straight from the tap and there is no need to filter it or buy bottled water.

WORK

EU/EEA citizens and non-EU/EEA citizens with a residence permit for studies are allowed to work in Sweden. If you don't have a personal identity number you can apply for a temporary number. Contact Skatteverket (the Swedish Tax Agency) www.skatteverket.se Please note that it can be very difficult to find a part-time job, even for Swedish speakers. We advise students not to count on income from a job once they are in Sweden to pay for their expenses.

UNDERSTANDING THE SWEDES

What is characteristic of Swedes? Blond hair with blue eyes you say. You have probably already found out that this is not always the case. What you may not have figured out yet is why we behave the way we do... Below you find some hints that can make your stay in Sweden a little bit easier.

BE ON TIME

Both at work and in our social life, we are usually very punctual. One exception to this rule is the so-called 'academic quarter', which only exists at the university. If a lecture for example is posted to start at 10:00, in fact it starts at 10:15. But not all lecturers apply to this phenomenon, so please ask to be on the safe side!

TAKING YOUR SHOES OFF

This really is a strange habit to most foreigners... When you visit somebody's home, you will usually take off your outdoor shoes right at the entrance. It is quite normal to walk around in your socks only, even if you did not think so!

NO SMOKING

Smoking is not allowed in public buildings, restaurants and bars. If there is a special smoker's area, you are not allowed to smoke anywhere else. To be sure, take it as a good rule always to ask before smoking, especially in people's homes.

SOCIAL LIFE IN SWEDEN...

There is a saying that we are reserved and that we are difficult to get to know. We have to admit that this may be true (especially during the dark months). Student activities will hopefully give you the opportunity to make friends. Do not be afraid to seek contact with people and to take the initiative, it will be greatly appreciated. Most of us are very social, just a bit shy.

PAYING THE BILL

After grabbing a beer with your friends or after having a wonderful dinner with the man/woman of your dreams, you will realise that picking up the tab is an unknown phenomenon in Sweden. The bill is usually split according to how much you ate and drank. You are welcome to give some extra tip if you feel like it.

ANSWER THE PHONE

What do you say when you pick up the receiver? Just 'Hello'? In Sweden this is considered as impolite. Commonly we answer directly with our name or phone number, so do not be surprised.

QUEUES/LINES

Besides punctuality we are known to be law abiding and very fond of forming queues. Whenever you are waiting for something; at the cinema, to pay in a shop etc, you are supposed to wait in a proper queue. Almost no excuse is good enough to push your way forward in the queue. A modern version is a system with queue tickets (a little piece of paper with a number indicating when it is your turn). This gives you the liberty to move around freely while you are waiting. So if there is a queue ticket machine, do not forget to take a ticket and look for a number display!

We have tried to give you some hints on how to behave in Sweden. During your stay you might realise that some of the above mentioned may not be accurate and other things are exactly the way we describe it... ;-)

Welcome to Sweden and enjoy your stay!

A TRIP TO THE SUPERMARKET

Exploring a supermarket in a new country can be an exciting experience. Throughout your shopping adventures, if you see items marked e.g. 7,65 SEK round up (or down) to the nearest kronor, since the Kronor's lowest denomination is 1 kronor. Plastic and paper bags usually cost between 1-3 SEK and can be found in front of the cashier counter. The small plastic bags at the end of the counter are free and you may use them if needed.

Below are some translations that can guide you during your search for food!



FOOD DICTIONARY

DAIRY PRODUCTS

Lättnmjölk (red) = skim milk with 0.5% fat
Mellanmjölk (blue) = semi-skim milk with 1.5% fat
Mjölk (yellow) = milk with 3% fat
Ekologisk mjölk = organic milk
Låglaktosmjölk = low lactose milk
Filmjölk = something in between buttermilk and natural yoghurt
Matlagningsgrädde = cream for cooking, 15% fat
Vispgrädde = whipping cream, 40% fat
Smör = butter
Margarin = margarine
Sprättägg = free range egg
Ost = cheese
Keso = cottage cheese
Messmör = soft whey butter

MEAT, FISH AND SHELLFISH

Nötkött = beef
Fläsk = pork
Gris = pig
Kyckling = chicken
Kalkon = turkey
Lamm = lamb
Ren = reindeer
Älg = elk
Köttfärs = minced meat
Leverpastej = French paté
Falukorv = the most popular Swedish sausage
Kassler = smoked pork chops

Blodpudding = blood pudding
Hamburgerkött = horse meat
Lax = salmon
Sill = herring
Torsk = cod
Hummer = lobster
Räkor = shrimps
Kräftor = crayfish

FRUIT AND VEGETABLES

Apelsin = orange
Äpple = apple
Päron = pear
Hallon = raspberries
Jordgubbar = strawberries
Persika = peach
Plommon = plum
Citron = lemon
Lök = onion
Vitlök = garlic
Gurka = cucumber
Sallad = lettuce
Kål = cabbage
Paprika (gul/röd/grön) = (yellow/red/green) pepper
Ärtor = peas
Spenat = spinach
Morot = carrot
Champinjoner = mushrooms
Potatis = potatoes

BREAD

Långfranska = French loaf
Råglimpa = rye loaf
Vörtlimpa = wort flavoured rye bread
(available usually at Christmas)
Knäckebröd = crispbread
Skorpor = rusks
Kex = crackers

SPICES

Basilika = basil
Koriander = coriander
Kanel = cinnamon
Ingefära = ginger
Saffran = saffron
Svartpeppar hel/malen=
black pepper whole/ground
Dragon = tarragon
Kummin = caraway
Spiskummin = cumin
(don't mix this up with kummin!)
Muskotnöt = nutmeg
Timjan = thyme
Glöggkryddor = Christmas punchbowl spices
Körvel = chervil

MISCELLANEOUS

Socket = sugar
Strösocker = sugar granules
Farinsocker = brown sugar
Snab(b-)bitsocker = quick dissolving sugar cubes
Florsocker = icing sugar
Sirap = syrup
Vetemjöl = plain flour
Grahamsmjöl = brown flour
Havregryn = oats
Kronjäst = fresh yeast (at the milk counter)
Bakpulver = baking powder
Grötris = round-grained rice for rice pudding
Långkornigt ris = long-grained rice for
rice dishes
Potatismos = mashed potatoes
Nudlar = noodles
Sås = gravy
Buljong (-tärning) = stock (cube)
Senap = mustard

Sylt = jam
Flingor = cereal
Glass = ice cream
Jordnöt = peanut
Hasselnöt = hazelnut
Mandel = almond
Valnöt = walnut
Tvättmedel = washing powder
Sköljmedel = rinsing and softening agent
Diskmedel = washing up liquid
Tandkräm = tooth paste

DRINKS

Vatten = water
Kolsyrat = carbonated
Saft = lemonade
Cider = cider, but often with no alcohol
Öl = beer
Rött/vitt vin = red/white wine
Kaffe = coffee
Te = tea
Varm choklad = hot chocolate

OTHER WORDS AND PHRASES OF RELEVANCE

Stark = strong
Lätt = light
Späda = dilute
st. = it is short for 'stycken' which means pieces
Extrapris = bargain price
Kortpris = price for those who have a customer's
card of the supermarket
Jämförpris = comparison price, this is the price
per kg or litre
Pant = money back in exchange for empty
bottles and cans

USEFUL WEB LINKS

- Facebook www.facebook.com/malmouniversity
- The Orientation Week: www.mah.se/orientationweek
- Malmö City website: www.malmo.se
- Official visitor website of Malmö: www.malmotown.com/en
- The Gateway to Sweden: www.sweden.se
- Information about Skåne: www.skane.com
- The visitors guide to Sweden: www.visit-sweden.com
- Sweden: www.sverigeturism.se/smorgasbord
- The Swedish Institute: www.si.se/english
- Train timetable to Malmö over the Öresund Bridge: www.skanetrafiken.se
- Buses from Malmö airport: Sturup, to Malmö Central: www.flygbussarna.se
- The Yellow pages: www.gulasidorna.se
- Eniro (maps, directions, names, phone numbers): www.eniro.se
- Studying in Sweden: www.studyinsweden.se
- Official community for international students in Sweden: www.swedenintouch.se

CHECKLIST FOR YOUR TRIP TO SWEDEN!

- Documents required for application for a residence permit (EU/EEA citizens)
- European Health Insurance Card and/or private health insurance
- Passport - which must be valid for the duration of your stay plus one extra month in Sweden
- Residence Permit Card (non-EU/EEA citizens)
- Prescriptions - if you are on medication and a medical letter from your doctor
- Clothes - should be appropriate for warm weather, rain, wind, and cold!
- Swedish currency for immediate use
- GSM mobile phone
- Adapters for your electrical appliances
- Computer/Laptop & internet network cable (if you have one)

