

ONCAMPUS
LUND SWEDEN



LUND
UNIVERSITY



Kristianstad
University
Sweden

PRE-ARRIVAL GUIDE 2018/19



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WELCOME

Dear Student,

Welcome to **ONCAMPUS** Lund Sweden, we are very much looking forward to meeting you.

We hope that your preparations for starting your studies with us are going well and that you are looking forward to the next exciting step in your education and learning. You may be just about to leave your home country for Sweden, or you may have already been studying in Scandinavia for some time. We are looking forward to meeting and welcoming you.

We believe that successful students need a strong learning community. During your time with us we hope you will be inspired to learn and to enjoy your learning, to develop new skills, to understand different cultures, and perhaps most importantly of all, to make friendships that will last a lifetime!

Monika Vranic – Centre Head

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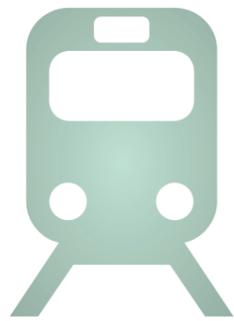


If you need to contact centre staff in an emergency outside of office hours please call: +46706912454

ARRIVING IN SWEDEN AND TRAVELLING TO LUND

Airport transfer

Airport: The closest international airport to Lund is Copenhagen Airport.



By Train: The journey time by train from the airport to Lund is about 35 minutes. The journey takes you over the Öresund Bridge connecting Denmark to Sweden and via Malmö central station where you may need to change trains.

Train tickets can be purchased for approx. SEK 135 from the Skånetrafiken ticket machines in the arrivals hall at Copenhagen Airport, near the escalators going down to the train platform.

You can pay using a debit/credit card, and if you buy a ticket all the way to Lund, the ticket will be valid even if you need to change trains at Malmö central station. You can also use the Danish DSB ticket machines when travelling with Skånetrafiken, or make your purchase at the DSB ticket office; however, a DSB ticket will be slightly more expensive.

Please note that there is a passport control at the first stop on the Swedish side. Make sure to always bring a valid passport or ID-card when travelling between Denmark and Sweden.



Taxi's: Alternatively fully regulated taxis are available 24/7 and cost about €95 to journey from Copenhagen to Lund (approx 50km). Taxis in Sweden can be ordered in advance or found at taxi stops usually situated just outside stations.

If you have booked **ONCAMPUS** accommodation, you will need to collect your keys from the **ONCAMPUS** office, which are only open on week days, from 8.30am until 4.30pm.

HEALTH INSURANCE

Students are required to have appropriate health insurance for the duration of their stay in Sweden. This must be arranged prior to entering the country.

Although there are many suppliers of health insurance available for students. AON is the only one that is accepted.

For more information on AON Student Insurance follow the link below:

<https://www.aonstudentinsurance.com/students/en/>



RESIDENCE PERMIT

Obtaining a Swedish Residence Permit

Students who are not citizens of an EU or EEA country must have a residence permit, for study before they travel to Sweden. The authority responsible for issuing residence permits is the Swedish Migration Agency, Migrationsverket.

Once you are officially enrolled to the **ONCAMPUS** Lund Sweden programme and if you are a student from outside the EU/EEA you must apply online at www.migrationsverket.se (recommended), or through the Swedish Embassy/Consulate in your country of residence, for a residence permit for studies.

It is strongly recommended that you make your residence permit application online (if possible) and make sure that you include the correct documentation. Applications for residence permits may under no circumstances be submitted after entering Sweden.

Students can always contact the **ONCAMPUS** Lund Sweden team for assistance during the visa application process. Please also see the Migrationsverket <http://www.migrationsverket.se/English/Private-individuals.html> website for more information.

Residence Permit Application Process

- Fill out an application for a residence permit at <https://www.migrationsverket.se/English/Private-individuals/Studying-in-Sweden/Other-types-of-study.html> uploading the required documentation.
- Passport pages that contain personal details (passport valid for at least three months)
- Admission decision or letter of acceptance
- Proof of ICS Complete (AON Student Insurance) health insurance
 - Proof of ability to finance your study = 8,190 SEK x 10 months = 81,900 SEK
 - Payment of SEK 1,000 (cost of residence permit)
 - The Swedish Migration Agency will process the application
 - Whilst waiting for a decision on the residence permit visit the Swedish embassy or consulate-general in your home country to be photographed and fingerprinted. This is so that you can be given a residence permit card. You will use this alongside proof of your residence permit to travel to Sweden
 - You will receive an email stating that a decision has been made on the residence permit.

Ensure you collect/have received your residence permit card as you will need this alongside proof of your residence permit to enter Sweden.

Citizens of Japan, South Korea, USA, Australia, New Zealand, Canada and Monaco can arrange to collect their residence permit card on arrival in Sweden but must travel with proof they have been granted a residence permit.

Please note that before you arrive in Sweden you will receive emails from the **ONCAMPUS** Accommodation team. Please make sure you reply to all the emails that you receive.

Immigration on your arrival

Passport Control

When you arrive at Copenhagen Airport you will need to pass through immigration so follow the signs to Passport Control. If the Immigration Officer asks you about the purpose of your visit then please explain that you will be studying in Sweden and make sure that you are able to show the following documents:

- Passport
- Original academic documents (see checklist on p.26)
- Proof of accommodation
- Proof of Health Insurance
- Certificate of Enrolment
- Residence Permit and Residence Permit Card (if applicable)

Make sure you have all your supporting documents (see checklist) in your carry-on luggage if you are flying to Sweden; you will not have access to your luggage until you have cleared immigration. Failure to show the right documents will result in delays.

ACCOMMODATION

Full support is offered by the team at **ONCAMPUS** Lund Sweden to assist you in finding suitable accommodation before you arrive. We are pleased to offer two housing options, one in Lund and the other in Kristianstad. Students in Sweden are housed in rooms traditionally known as, 'Corridor rooms' and these include:

- Comfortable bedroom (linen is not included), with wardrobe and desk,
- Shared bathroom
- Shared kitchen area,
- TV area and common room,
- 20-minute walk to Ideon Science Park

Lund Accommodation - Rent from €2,000 per term

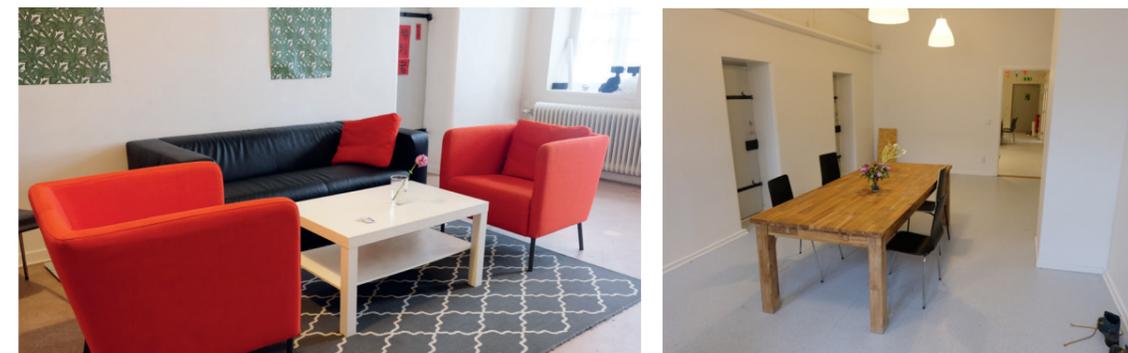


Voted the best place to live in Sweden, Lund is a safe city with the healthiest and youngest population in the country. You will find the charm of a small picturesque, cobble-stoned city, side-by-side with big city attractions such as shopping, restaurants and cultural events. In choosing accommodation in Lund, you will never be far from lectures, whether by foot, bus or bicycle.

Situated only a 10-minute walk to the centre of Lund and a short distance from the Cathedral, our Lund accommodation offers a safe, comfortable home from home to relax in after a day's study. Accommodation offered is of a high standard, with central heating, triple glazing and bright décor. Accommodation offered is of high standard, with central heating, triple glazing and bright décor.



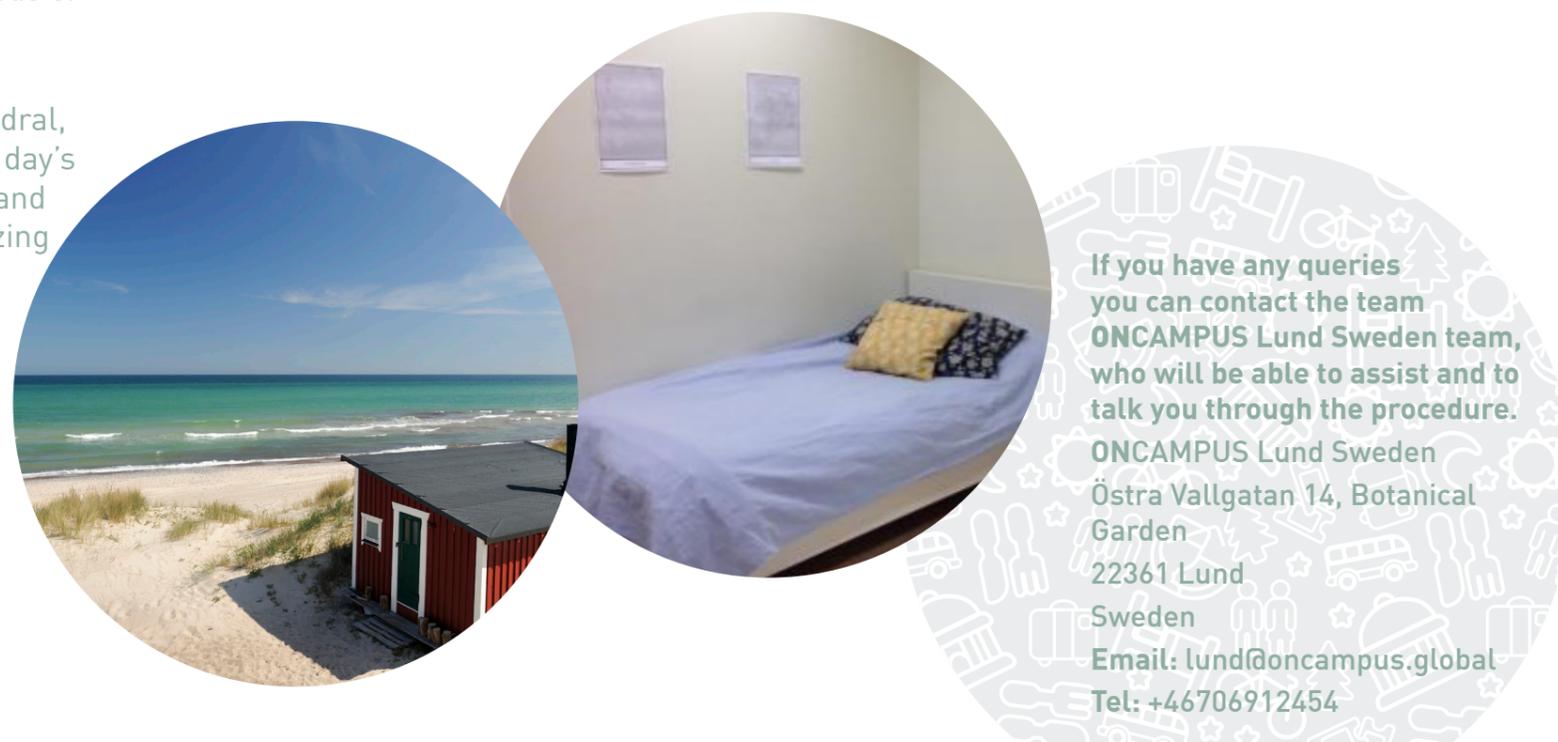
Kristianstad Accommodation - €900 per term



Kristianstad offers a vibrant down town centre with shops and restaurants that sit alongside over four miles of coastline - part of which includes the beautiful UNESCO Biosphere Reserve. Kristianstad is 50 minutes by train from Lund and the **ONCAMPUS** Lund Sweden centre.

Located down town, less than a 10-minute walk from Central Station, this accommodation has been recently refurbished and offers modern, comfortable accommodation.

12 students share a corridor, with each corridor having access to a kitchen and three bathrooms.



If you have any queries you can contact the team **ONCAMPUS** Lund Sweden team, who will be able to assist and to talk you through the procedure.

ONCAMPUS Lund Sweden
Östra Vallgatan 14, Botanical Garden
22361 Lund
Sweden

Email: lund@oncampus.global
Tel: +46706912454

PLEASE CONTACT [LUND@ONCAMPUS.GLOBAL](mailto:lund@oncampus.global) FOR MORE INFORMATION

TERM DATES

Academic Year 2018/19

Term Dates 2018 - 2019

Term 1:

- September start: 17 September 2018 - 14 December 2018
- November start :12 November 2018 - 14 December 2018

Term 2:

- 07 January 2019 - 15 March 2019

Term 3:

- 25 March 2019 - 07 June 2019

Late arrival: Please inform us of your arrival plans and flight details as soon as you have them. If you think you will arrive late you must tell us as soon as possible, as we may need to inform the Migration Agency. Please send all this information to lund@oncampus.global or call +46706912454



SAMPLE TIMETABLE

Induction

The timetable below is a sample timetable to give you a better idea about how your week will be organised. Your timetable will depend on which programme you have chosen to study.

Before you arrive, it is good for you to understand more about the programme you will follow. This information can be found on our website www.oncampus.global. Click on the programme you are coming to study and you will find more information about what you will study.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning sessions 10:30 - 12:00	Welcome presentation & campus orientation	Attendance and Compliance presentation	Individual Trouble Shooting	Individual Trouble Shooting	CEG/AUAS IT training
	Ice breaker activity, meeting the other students!	Enrolment Interview Academic Interview	Maths Test	English Test	Individual Trouble Shooting
Lunch					
Afternoon Sessions 14:00 - 17:00	Lund Orientation	Tour of Lund University central campus	Introduction to the Dutch language and culture: Dutch lesson	Town Hall registration	Social Group activity

SWEDISH CULTURE

Swedish traits

Swedes can sometimes seem a bit reserved at first, but people are generally very friendly and are always happy to help and to answer any questions you might have. A good way to get to know Swedish people is to join Swedish societies, clubs, associations and non-profit organisations. Learning some Swedish language is also a good way to experience more of the culture.

A well-known national characteristic is the love of nature. Many Swedes like to spend their free time in the forest or by the sea. In Sweden nature is really available to everyone as there is a right of common access which applies to all forests, fields, beaches and lakes across the country.

Be punctual - this is important to Swedes - arriving just prior to an appointment, but not too early!

Forming an orderly queue is expected of everyone when waiting to be served in a shop or bank. Almost no excuse is good enough to get in front of the people who arrived before you. Many places use a system of "queuing tickets", whereby you take a number from a ticket machine when you first enter the store. When your number shows on the screen, or the shop assistant calls your number, it is your turn.

Taking off your shoes before entering the home of a Swedish family is a common act of courtesy, especially in winter. Some Swedes bring a lighter pair of clean shoes to wear indoors when visiting people.

It is also customary to have a small present for the host to say thank you for their hospitality, when invited for dinner or other occasions. When you next see the host, it is then customary to thank them again 'tack för senast'.



Food

Meatballs and pickled herring, anyone? Of the many culinary classics in Sweden, one of the most popular is meatballs served with potatoes and lingonberries - a staple

Fika' - coffee break

Of all the words to learn when you come to Sweden, "fika" is one you will quickly pick up. Swedes love to "fika", meaning to take a coffee break. Coffee breaks usually involve pastries (especially cinnamon buns), biscuits or sandwiches and the all important coffee; Sweden is the second largest consumer of coffee.



Things to do in Skåne

You will find plenty of things to see and do outside of your studies, research or teaching in the southern Sweden region of Skåne. The New York Times names 52 places to go in 2016 and Skåne is #9 on the list.

LIVING IN SWEDEN



Payment options in Sweden

Swedish currency is the Krona (SEK) sometimes referred to as the Swedish crown. Most credit cards are accepted in hotels, most restaurants, large department stores and tourist attractions. However, you can't use a credit card for smaller transactions, for instance in the supermarket. Cash is still widely used. ATM's, Automated teller machines, can be found throughout all Swedish cities and on the university's main campuses.

Please note that personal, traveler's or international cheques are not accepted by Swedish banks. Students should bring their own credit cards.

Opening a Swedish bank account

It's very complicated to open a bank account without a Swedish personal number. We would therefore advise you to bring your own credit card. You should NOT bring cash to Sweden as no bank will accept it.

When you open a Swedish bank account (savings account), you will be asked to show the following documents;

- Passport and/or residence permit
- Letter of Enrolment from the **ONCAMPUS** Lund Sweden
- Proof of address (your rental contract)

During your induction you will receive more information about how to open a Swedish bank account.

Mobile phones

Most international students in Sweden choose to use Skype and mobile telephones with pay-as-you-go SIM cards from companies such as Telia, Tele2, Comviq (in Swedish only), Telenor (in Swedish only), 3 (in Swedish only) and Halebop, that can be easily topped up online or at newsstands. If you don't want to buy a mobile phone in Sweden it is often possible to use a phone from your home country with a Swedish SIM card. Make sure that the phone is not locked to your previous operator. Another option is to subscribe to a new mobile phone contract, but this is rare for students and usually requires a Swedish personal identity number.

Getting a part time job

ONCAMPUS students are not allowed to work part time during their **ONCAMPUS** programme due to restrictions on their residence permit. Students are allowed to work part-time i.e. 20 hours once they become an undergraduate or postgraduate student. However, it's important to keep your studies as your first priority – even when you don't have many classroom hours, you're expected to spend the equivalent of a 40-hour work week reading and working on assignments.

Activities and attractions in Sweden

Coming to Lund University is also a great opportunity to experience the beautiful nature and outdoors of Sweden. City parks, hiking areas, beaches, cycling and walking paths, kayaking and sailing are all within easy reach. There are also a number of interesting tourist attractions to visit within Skåne (the southern most region of Sweden where Lund is located) and in nearby Copenhagen which is less than an hour by train from Lund, taking you over the Öresund bridge into Denmark.

When it comes to travel opportunities, Lund is in a great location. Perhaps most importantly, Copenhagen Airport is just a 35-minute train ride from Lund, meaning you are connected with the whole world from this major international airport. Aside from Denmark, Lund is also located on the main railway line to other parts of Sweden and Norway, such as Gothenburg, Stockholm and Oslo. You can drive to Germany in less than 5 hours and there are ferries from nearby ports to take you to Poland, Denmark, Germany and the UK. Malmö airport also has several international and domestic flights.

Climate

It is winter in Sweden from mid-November to the end of February. Snow is expected in most parts of the country, but in the southern parts there will probably be rain mixed with snow. The temperature varies between -10 to +5 degrees Celsius.

Spring arrives in the end of March and lasts throughout April and May. The temperature will rise to approx. 20 degrees Celsius.

The wonderful summer comes to Lund in June and stays until mid September. Summer temperature lies approx. between +17 - 30 degrees Celsius. In the autumn, September - November, rain starts to fall and the temperature decreases to app. + 5 degrees but can go below 0 degree Celsius.

SOCIAL ATTITUDES

Life in Sweden will almost certainly be different from life in your own country. When you first arrive you may notice differences in the way people behave compared to your own country, however, it won't take you long before you are accustomed to your new life here and are able to adapt to a whole variety of situations; everything from understanding Swedish customs to cooking your own food and running your own bank account.

Academic Culture - To some international students, relations between students and teachers at Swedish universities may seem very informal. Students are encouraged to ask questions, both in the classroom and outside. Don't hesitate to ask a question if there is something you do not quite understand or comment on issues you disagree with. Teachers will expect you to call them by first name, as students and teachers are considered to be equals. This does of course not imply that the teachers will accept anything but your best performance in class and during examinations.

Drinking - Sweden has a government alcohol monopoly called Systembolaget for sale of all beverages stronger than 3.5% by volume. Minimum purchase age at Systembolaget is 20 years, but 18 at restaurants and bars with appropriate ID. This doesn't mean that you have to drink alcohol. You can always order a non-alcoholic drink instead.

Smoking - Since May 2005, smoking has been banned in all restaurants, pubs and clubs in Sweden, AND Sweden has a very low percentage of people who choose to smoke.

Homesickness - To start with, everything is new, exciting and different, but as time goes by you may start to wish that things were the way they were back at home. Don't despair as this stage will pass – and much more quickly if you talk to someone about how you are feeling. There will always be someone in centre who you can talk to.

Sharing a room with another student - Sharing a room with someone else can be a great way of living. A roommate can be good company and nice to share experiences with. However, it is important to realise that it can also be difficult sometimes. You may be living with someone who has a slightly different life style to you. Maybe you like to wake up early in the morning to study for an exam, maybe your roommate prefers to study until late in the evening. It is important to communicate with your roommate to avoid that things becoming unpleasant. Sitting down together and talking about things can make a big difference. If you try to understand each other and to respect each other's way of doing things, then sharing a room can be great.

Language

Standard Swedish, used by most Swedish people, is the national language. English is the unofficial second language in Sweden. With 90% of the population fluent in the language, you can get by with English throughout the whole country.

Helpful words and phrases

Hej = Hello/Hi	Frukost = Breakfast
Hejdå = Goodbye	Middag/kvällsmat = Dinner
Tack = Thank you	Vatten = Water
Ja = Yes	Kaffe = Coffee
Nej = No	Tårta = Cake
Alltid = Always	Vin = Wine
Aldrig = Never	Godis = Candy, Sweets
Ursäkta mig = Excuse me	Mjölk = Milk
Varsågod = you are welcome	Grönsak = Vegetable
Vad är klockan? = What time is it?	Frukt = Fruit
Talar du svenska/engelska? = Do you speak English?	Banan = Banana
Vad heter du? = What's your name?	Bröd = Bread
Hur mår du? = How are you?	Ost = Cheese
Jag studerar = I am studying	Kyckling = Chicken
Vad kostar det? = How much does it cost?	Hamburgare = Hamburger
Vad kostar det? = How much does it cost?	Pommes Frites = French Fries
Bibliotek = Library	Korv= Sausage
Dator = Computer	Fika = Typically Swedish afternoon snack
Pengar = Money	Nja (nej+ja) = No and yes
Valuta = Currency	Påtår = a refill of coffee
Mataffär = Grocery store	Lagom = Just right; not too little, not too

CHECKLIST

Preparing to come to Sweden

- Make sure you have a valid passport and passport photographs
- Satisfy conditions of offer (if applicable)
- Obtain residence permit (if applicable)
- Apply for accommodation
- Have medical examination and vaccinations (if applicable)
- Arrange medical/travel insurance

*Documents including:

- **Original** IELTS/TOEFL Certificate
- **Original** High school diploma and transcript in original language and English translations. This is needed to fully register and enrol on your course
- Offer letter
- Accommodation offer letter
- Copy of Health Insurance

Before you leave

- Check your transfer to Sweden if you are travelling independently
- Buy currency
- Decide how to pay for your tuition fees
- Decide how to pay your accommodation fees/pay accommodation deposit
- Pay tuition fee deposit (if applicable)
- Check your luggage allowance and pack your luggage appropriately
- Put the emergency telephone numbers into your mobile phone (to be put in your hand luggage)
- Photographs from home, addresses and phone numbers of friends and family
- Adaptor for electricity sockets
- Pack all relevant original documentation or certified copies*
- Confirm arrival date with the centre

When you arrive in Sweden

- Tell your family you have arrived
- Enrol at the Centre**
- Arrange payment of tuition fees
- Arrange payment of accommodation fees
- Open a bank account



**When you enrol it is important to remember to bring the following documents with you:

- Original passport and visa
- Original academic/school certificates
- Original English test certificate (IELTS and Pearson).

ONCAMPUS General Office

The General Office is where your course is managed. This is where you will submit your coursework, receive your results, and get information/documentation and other general enquiries. Our office is open Monday to Friday from 9:00am to 5:00pm.

Location

ONCAMPUS Lund Sweden
Östra Vallgatan 14, Botanical Garden
22361 Lund
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Emergency contact number: +46706912454

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