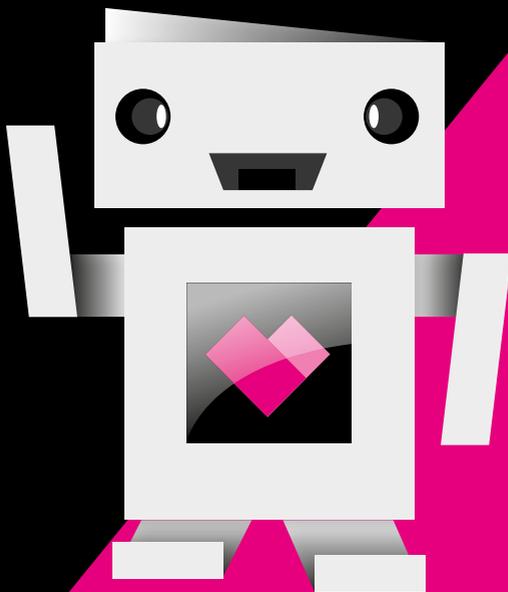


# LinTek

LINKÖPINGS TEKNOLOGERS STUDENTKÅR



**Welcome week handbook**  
Your buddy in your study

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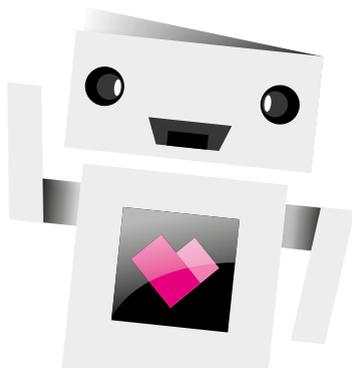
## About the handbook

This student handbook was created as an introduction for you, as an international student. It contains information about your student union LinTek, what we do, the student life and much more. We are glad that you are here, welcome to Linköping!

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# Welcome to Linköping University!

Linköping University is home to 32 000 students, and you are now one of them. Welcome!

Linköping University, abbreviated as LiU, was founded in 1975. LiU has four different campuses located in three Swedish cities: Campus Valla and Campus US in Linköping, Campus Norrköping in Norrköping and Campus Lidingö outside of Stockholm.

Linköping University has four faculties. A faculty is responsible for education and research within its area of expertise. Each faculty is run by a faculty board led by a dean. At LiU there are also several departments, separated from the faculties. Each department is responsible for the courses and research within their area.

## **The faculties are:**

- The Faculty of Science and Engineering (also known as the Institute of Technology, LiTH)
- The Faculty of Medicine and Health Sciences
- The Faculty of Arts and Sciences
- The Faculty of Educational Sciences\*

\*Educational Sciences is not formally a faculty but in most cases functions as one.



# The Faculty of Science and Technology

If you are reading this, then you probably belong to the Faculty of Science and Engineering. Welcome! With a body of more than 10 000 students, the Faculty of Science and Engineering is one of Sweden's largest engineering education institutions, with an international reputation of high quality and interdisciplinary education.

## **LiTH has five main areas:**

- Biology, Chemistry, Biotechnology and Biomedical Engineering
- Computer Science, Information Technology, Media Technology and Visualisation
- Electrical Engineering, Applied Physics and Computational Sciences
- Industrial Engineering and Management
- Mechanical Engineering and Design

LiTH offers a range of master's programmes taught in English. All courses in the international master's programmes are electable for students in the Swedish-language study programmes. Although it is not guaranteed, this might be your chance to get to know some Swedes! Although you might have to take the first step, as we can be a bit shy in the beginning.



## Introduction to Linköping and Norrköping

Linköping is the 5th largest city in Sweden, located approximately 200 km away from Stockholm, the capital city of Sweden. Apart from the great student life, Linköping also has many sights worth seeing. For example, you can take a walk through Gamla Linköping, visit the big cathedral in the centre of town, bike to Bergs slussar (Bergs Locks) and experience the famous boat locks in Göta canal, take a hike in Tinnerö oak landscape or take a swim in Lake Roxen. If you need a change of scenery from Campus Valla, the city library in town is a good place to start.

Norrköping is the neighbouring town to Linköping and is about 40 minutes away by public transport. Through the city flows the Motala River which, together with the old industrial buildings, makes Norrköping a beautiful city to visit. If you are tired of sitting in the same R-corridor in the C-house at Campus Valla, we strongly recommend visiting Campus Norrköping and studying with a river view.

Tips: During the weekdays you can go for free between Linköping and Norrköping with the campus bus if you bring a valid LiU-card. The timetable can be found [here](#).

A map of the campuses can be found at the end of this handbook.

## Student unions

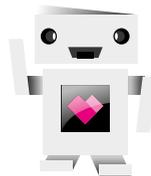
A student union is in many ways similar to a worker's union, but for students. It is a student union's job to make sure that your time at the university is the best it can be, with our focus being high-quality education and a good work environment. We audit the university's work and help students in all matters regarding their time here. In addition to that, we oversee the welcome period and organise events throughout the year, from industry events to parties and social gatherings.

### The different student unions at LiU

At Linköping University, three student unions exist: Consensus, StuFF and LinTek. Consensus embodies the students of the Faculty of Medicine and Health Sciences. StuFF represents the students of the Faculty of Arts and Sciences as well as the Faculty of Educational Sciences. Finally, LinTek embodies the students of the Faculty of Science and Engineering. If you are holding this handbook, it probably means you!



# Your student union



## **LinTek - The Union of Technology and Science Students at Linköping University**

LinTek is your student union, which means that we are here to help you make the most out of your time at LiU. Most of the people who work at LinTek are voluntary students who come together to make your time at LiU as pleasant as possible. However, we also have 10 students who have taken a sabbatical working full-time with our different areas.

We have our offices on the third floor of Kårallen in Linköping, except for Thursdays when we are in Norrköping instead. We represent all students at the Faculty of Science and Engineering, both union members and non-members. If you need help or have any questions, come up to our office on the third floor in Kårallen or send an email to [international@lintek.liu.se](mailto:international@lintek.liu.se). You can also check out our [website](#) for more information.

### **LinTek has three fundamental values: Education, Community and Future.**

#### **Education**



LinTek has influences within the governing bodies of the university, ensuring that the perspective of students, including the international ones, are represented. We look after your interests, for example by making sure that your lecturers are helpful and competent and ensuring that your examinations are legally secure. Together with the sections, we conduct course evaluations where students can give their thoughts about the courses. These evaluations help the teachers to continuously develop their courses to make the education at LiU the best it can be. We also work with individual students in cases such as unfair treatment.

## Community



LinTek wants to ensure that your time at LiU is as memorable as possible, which means getting involved in matters big and small. It could be something as simple as making sure that there are enough microwave ovens for you to heat your food in or something as serious as making sure that you are not bullied or treated badly during your stay at the university. We want your time at LiU to be full of good experiences and memories. Throughout the year, LinTek organises several social events; the welcoming of new students (commonly known as Nolle-P) and München Hoben, to mention a few. You can read more about them below.

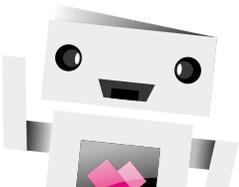
## Future



One part of LinTek's mission is to market technology and science students to industry and commerce, as well as showing students the width of their career options. Networking opportunities between students and companies are created during field trips, lunch lectures, career fairs, case competitions, job advertisements and informal meetings.

## Become a member of the union

To help us influence the university, you can become a member of LinTek! Go to our [website](#) and become a member online. If you have any questions or otherwise want to contact us, you can either send us an email at [international@lintek.liu.se](mailto:international@lintek.liu.se) or stop by our offices on the third floor in Kårallen, Linköping.



# Our events

Throughout the year, LinTek arranges several events. Here is an overview of the main ones.

Because of the pandemic there might be some changes of how events are arranged. Keep an eye out for updates on our social media.

## LARM



One of the biggest events that we organise is the career fair, LARM. It usually takes place in the middle of February every year. During this day, students get a chance to meet and connect with representatives from large and small, local, and international companies. Maybe you will meet a potential employer or future boss there!

LARM will take place in the beginning of February on Campus Valla. Check out our [website](#) for more information.

Tip: As an international student, you can apply to become a host at LARM!



# Our events

## Studentorkesterfestivalen



Studentorkesterfestivalen, or the Student Orchestra Festival, abbreviated SOF, is a three-day festival arranged for university and college students throughout Sweden and parts of Europe. Do not miss one of North Europe's biggest student events with entertainment such as concerts performed by student orchestras, student bands and the association Forte!

The festival is held in odd years in the middle of May. The festival area is on Campus Valla in Linköping, and the parade starts in the centre of Linköping. Check out our [website](#) for more information.

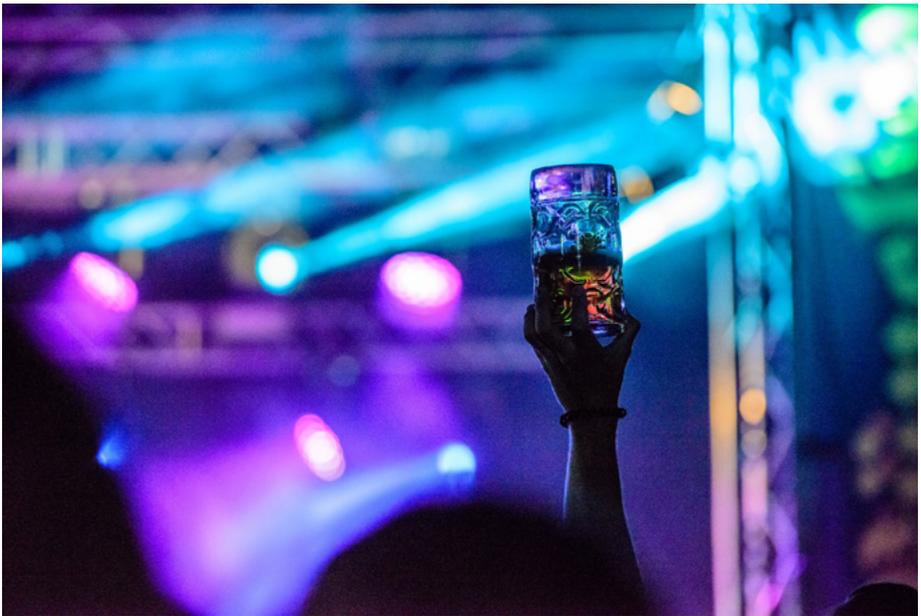


## Our events

### München Hoben



An Oktoberfest in August, does it sound crazy? It is! München Hoben is one of the biggest events during the welcome period, a beer festival with around 6000 visitors where you can socialise, listen to live music, and drink beverages from specially ordered beer tankards.



## The Sections of the Faculty of Science and Engineering

Every study program has a corresponding student section. A section is an association that strives to make student life as good as possible for the members of the section. In collaboration with LinTek, the sections arrange a welcome period for the new students and throughout the year, they arrange parties and pubs as well as industry and commerce events for the section members. They also monitor the study environment and programs that the section represents.

Membership in the sections is voluntary but is a good opportunity to get to know students that study the same subjects as you and learn a lot through the engagement in the section. The sections within LiTH in Linköping are the D-section, EAA, I-section, Ling-section, LiUPhD, M-section, MatNat-section, TBi-section and the Y-section. There are also LiTH sections in Norrköping and at Campus Lidingö.

## The Overalls - The Suit of the Student

At LiU, it is a tradition amongst the students to wear overalls during the welcome periods and at parties known as “kravaller”. Each section has a specific colour on its overall and each program has a specific colour on the side of the legs. There is also an international overall that ESN provides.

The goal is to personalise the overall as much as possible. It is therefore custom to add your name on one of the legs and add patches from different events and parties that you attend, as well as fun patches, on the other leg. You can buy patches at LiU Store in Kårallen or from the party committees. Your section should have patches for sale, and you can get a LinTek patch from us at LinTek!

Here is a picture guide of the colours of the different sections and the ESN overall.



D-section



I-section



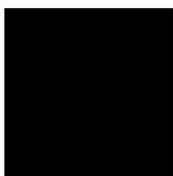
M-section



MatNat-section



TBI-section



Y-section



Ling-section

## D-section (Datateknologsektionen)

**Represents:** Master of Science in Computer Science and Engineering (D), Information Technology (IT), Computer Science and Software Engineering (U). Bachelor's Programme in Programming (IP) and master's Programme in Computer Science (CS).

Datateknologsektionen is the section for most of the programs related to computer science and engineering. We are one of the largest sections with many members and a lot of activities such as parties, board games, football, the LAN party D-LAN, the legendary dart competition DÖMD and once a month we have our own pub, D-Pub.

Don't hesitate to contact us if you are interested in what we do or want to get involved!



**Contact:**

Website: [d-sektionen.se](http://d-sektionen.se)

Facebook: Datateknologsektionen

Instagram: @dsektionen

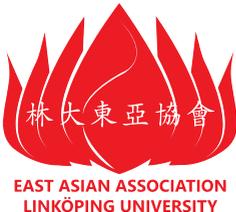
# East asian Association (EAA)

**Represents:** Asian Studies - China (ASIK), and Asian Studies - Japan (ASIJ)

The East Asian Association, or EAA for short, is the section for Asian Studies at Linköping University. The section was founded in 2009 as a collaboration by and for students interested in East Asia.

One of the main responsibilities for the EAA is to host welcoming activities for new Swedish students coming to Linköping University to study Chinese and Japanese. We regularly host language exchange events, referred to as conversation corners, that promote language exchange with Chinese, Japanese and Korean students.

As language and culture are strongly connected, we also host cultural activities, such as cooking and movie events. We also host two dinner parties every year, one in the spring and one in the fall. We encourage everyone to join in these and have as much fun as possible! Follow us on social media to never miss out on our events.



## Contact:

Website: [www.eastasian.studorg.liu.se](http://www.eastasian.studorg.liu.se)

Facebook: East Asian Association at Linköping University

Instagram: @east\_asian\_association

# I-section

## The section for Industrial Engineering and Management

**Represents:** Master of Science in Industrial Engineering and Management (I), Industrial Engineering and Management - International (Ii).  
Master's programme in Industrial Engineering and Management (IND).

Welcome to the student section for Industrial Engineering and Management! With around 1000 students and over 200 active members, we are one of LiU:s' largest student sections. As an international student studying our master's programme, you are very welcome to participate in our events - including everything from big parties and cook-alongs to sporting, educational and company events.

The Master of Science in Industrial Engineering and Management was established in 1969 as the first of its kind, with the purpose of combining mathematics and engineering with economy and management. The programme is still considered to be one of the best of its sort in Sweden.

Questions? Feel free to contact us!



### Contact:

Website: [www.i-portalen.se](http://www.i-portalen.se)

Facebook: Industriell ekonomi Linköping

Facebook (The International Committée): Internationella Utskottet

Instagram: @isektionen\_liu

# M-section (Maskinteknologsektionen)

**Represents:** Master of Science in Mechanical Engineering (M), Design and Product Development (DPU), Energy Environmental Management (EMM). Master's Programme in Sustainability Engineering and Management (SUS), Mechanical Engineering (MEC), Aeronautical Engineering (AER), Design (DES).

Maskinteknologsektionen is the association of mechanical engineering. The association was founded in 1969 and is thereby one of the oldest at Linköping University. We have since the start been working continuously for the student's interests and fellowship and are arranging a lot of parties and other fun activities during the semester. The biggest events arranged by Maskinteknologsektionen are the pedal car race Le Mans in October and the beer party Ölstopet in May. Make sure not to miss these events, or any other fun event during the semester!

Specially for the students on our stand-alone master programs, we have our international committee M-IntU, who arranges the welcoming period and a lot of other fun events during the semester, for example language exchanges, parties and sport events, with the purpose to integrate the master's students into the student life at Linköping University.

A strong recommendation is to follow our Facebook page where you will be updated on what is currently happening in the association such as fun events.



## Contact:

Website: [www.maskinteknologsektionen.se](http://www.maskinteknologsektionen.se)

M-section Facebook page: Maskinteknologsektionen

M-IntU Facebook page: M-IntU

Instagram: @maskinteknologsektionen\_liu/

General questions: styret@maskinteknologsektionen.se

# MatNat-section

**Represents:** Bachelor's Programme in Biology (Bio), Chemistry (Kem), Mathematics (Mat), Animal Psychology (DJP). Master's Programme in, Applied Ethology and Animal Biology (ETH), Ecology and the Environment (ECO), Materials Physics for Nano and Quantum Technology (MMNQ), Mathematics (MMAT).

The MatNat section aims to give its students the possibility to make their time at LiU as rewarding as possible. We work towards this goal in many ways, including monitoring of education and hosting of events such as pubs, parties and digital game nights.



**Contact:**

Website: [www.matnat.se](http://www.matnat.se)

Facebook: MatNat-sektionen

General questions: [styrv@matnat.se](mailto:styrv@matnat.se)

# TBI-section

**Represents:** Master of Science in Engineering Biology (TB), Chemical Biology (KBciv). Bachelor's Programme in Chemical Biology (KBnv). Master's Programme in Protein Science (PRO).

The TBI-Section was founded in 1996, previously its programmes had been a part of the M-Section. Today we have around 400 members of which about 100 are active in committees that organize events for all students. Our biggest event is Snuttefilmen, a film festival with submissions from all students at LiU.



**Contact:**

Website: [www.tbisektionen.com](http://www.tbisektionen.com)

Study related questions: [snordfstyret@tbi.lintek.liu.se](mailto:snordfstyret@tbi.lintek.liu.se)

General questions: [info@tbi.lintek.liu.se](mailto:info@tbi.lintek.liu.se)

# Y-section

**Represents:** Master of Science in Applied Physics & Electrical Engineering (Y), Applied Physics & Electrical Engineering - International (Yi), and Biomedical Engineering (MED). Master's Programme in Biomedical Engineering (BME), Electronics Engineering (ELE), Communication Systems (CSY).

The easiest way to recognize a Y-student is by their black & yellow overalls. The biggest event related to the Y-section is VSR, held by our party committee. VSR is a competition where teams compete in building their own "snowracers" and racing them down a hill, afterwards there is a party at Kårallen. This event is held in February each year.

If you have any further questions, you are more than welcome to contact us by email, Facebook or Instagram. We also have a website with a lot of information!



## Contact:

Website: [www.ysektionen.se](http://www.ysektionen.se)

Facebook: Y-sektionen

Facebook page, activity committee: AktU

Instagram: @ysektionen

Email to the president of the board: [ordforande@ysektionen](mailto:ordforande@ysektionen).

# International Associations

There are also several student associations on campus. Here is an overview of three associations focusing on connecting students from different countries through events.

## ESN - Erasmus Student Network

ESN Linköping is a local section within the organization ESN who work in the interest of international students. The board of ESN Linköping consists of a group of dedicated board members working on a volunteer basis, all looking forward to meeting you! We work according to the principle "Students helping Students", for example, we organize trips and events to give you a great time during your exchange period here in Linköping.

If you have any questions, do not hesitate to contact us! Remember to follow us on Facebook and Instagram so you don't miss out on any events or information.



### Contact:

Website: [esnlinkoping.org](http://esnlinkoping.org)

Facebook: [facebook.com/esnlinkoping](https://www.facebook.com/esnlinkoping)

Instagram: [@esnlinkoping](https://www.instagram.com/esnlinkoping)

General questions: [info@esnlinkoping.org](mailto:info@esnlinkoping.org)

# International Associations

## ISA - International Student Association

Hej!

We are the International Students Association, or ISA for short. We are here for all the international students at LiU, to facilitate your transition to life in Sweden and make your stay as enjoyable as possible. Our team comprises a bunch of enthusiastic student volunteers from various backgrounds with the drive to provide you with exciting events and activities. We, along with our travel partners, also organize trips through beautiful Scandinavia so you can explore your new surroundings.

More importantly, we strive for the inclusion, representation, and integration of international students across different cultural and academic backgrounds. What we have achieved in the past years, and what we are continuously working on, is collectively bringing together students from across the globe and helping them enjoy the very essence of studying abroad.

If you would like to find out more about us, or have any questions, feel free to contact us!



### Contact:

Website: [www.isa.studorg.liu.se](http://www.isa.studorg.liu.se)

Facebook: ISA - International Students Association, Linköping

Instagram: @isalinkoping

# International Associations

## ISO - Indian Students Organization

ISO Linköping is a student organization that brings the experience of India closer to you. We organize various cultural events and celebrate Indian festivities here at LiU. We want every student at the University to come, enjoy and feel alive while indulging themselves into the Indian culture and diversity. We aim to continuously achieve greater reach to the student community. We recruit members every operational year to give you all a wonderful cultural and traditional experience.

Do follow us on our social media to get all the updates and feel free to contact us if you have any questions. We will be happy to help you.



### Contact:

Facebook: [ISO - Indian Students Organization, Linköping](#)

Instagram: [@iso.liu](#)

Email: [liu.indianstudentorganization@gmail.com](mailto:liu.indianstudentorganization@gmail.com)

# Kårservice and the student union buildings

Kårservice is a company collectively owned by the student unions at LiU. They are the ones running the five student union buildings, four located in Linköping and one in Norrköping.

**Contact:**

Website: [www.karservice.se/english](http://www.karservice.se/english)



## Kårallen

The student union building Kårallen is in the middle of the campus Valla in Linköping. Here you will find the offices of the student unions StuFF and LinTek, along with many student associations, conference rooms, café Baljan, restaurant Kårallen, the bookstore Bokab and other services. Kårallen transforms into a party venue in the evening and night, where many of the student life's biggest parties are arranged every year.

Visit adress: Kårallen, Campus Valla

# **KÅRALLEN**

## Kårservice and the student union buildings

### Kårhuset Kollektivet

Kårhuset Kollektivet, or KK for short, is a student union building located in central Linköping. KK has study places, a restaurant, pub, outdoor seating and space for various student parties, events, and conferences. At KK there is also a theatre called Forumteatern, where student performances known as "[spex](#)" are performed.

Visit adress: Ågatan 55, Linköping



Kollektivet  
ett kårhus

### Örat

In the student union building Örat at Campus US where the Faculty of Medicine and Health Sciences is located, you will find the office of the student union Consensus. During daytime you will find Café Örat here, and during the evenings Örat is occasionally used for pub events. Örat can also be booked by students.

Visit adress: Entrance 73 (US-area), Linköping



# Kårservice and the student union buildings

## Ryds Herrgård [hg]

In the middle of Ryd, you will find a classical mansion known as Ryds herrgård, abbreviated [hg]. [hg] has been a Student Union building for over 50 years. It was recently renovated and opened again in 2019. Here you can find study places during the day, which is converted to a pub or party during the night.

Visit adress: Alsättersgatan 19, Linköping (Ryd)



## Trappan

Trappan is the Student Union building at Campus Norrköping. Here you find study places and, amongst other things, pub events, parties, live shows, quizzes and catering of food, coffee and fika.

Trappan was moved during 2020 and has recently opened at Kåkenhus in the middle of Campus Norrköping.

Visit address: Kungsgatan 40, campus Norrköping



## Other Places to Go To

Apart from the student union buildings, there are also a couple of other places run by students. Here is a list of some of them.

### **Bokab**

Bokakademin (Bokab) is a bookstore owned by LinTek on campus. Bokab sells course literature as well as stationary and other school supplies you may need during their studies. You will find the literature from most courses here, and if you are not sure you can always ask the staff about literature from a specific course. They also have digital textbooks which you can rent or buy at their web shop.

They have their main store in Kårallen on campus Valla and a temporary store in Tjappan on campus Norrköping, which is open at the start of each course.

### **Baljan and Byttan**

Sektionscafé Baljan is a student-driven non-profit organisation that aims to provide students with coffee, snacks, and treats (mostly "fika") at reasonable prices. They are open for business between 8 am and 4.15 pm on weekdays. If you want to be able to skip the queue for coffee, you can buy a coffee card and be able to use your LiU card to pay for the cup. Baljan is located on the bottom floor in Kårallen and is the oldest of the two. In 2019 they opened a second location called Byttan, on the entry floor in Studenthuset.



## Other Places to Go To

### Flamman

Flamman Pub and Disco is a pub and nightclub open for students at Linköping University on Wednesday, Fridays, and Saturdays. Wednesdays sometimes offer live music, stand-up or quizzes while you can devour a hamburger and drink some beer. On Fridays and Saturdays, the basement turns into a nightclub where students come together to dance and sing their hearts out to Angels by Robbie Williams as the last song of the night (most other student parties end with Stad i ljus by Tommy Körberg, see Swedish Culture).

Visit adress: Västanågatan 22, Linköping

Website: [www.flamman.org](http://www.flamman.org)



### VilleValla

VilleValla is a student pub located in the student housing area Irrblosset. At VilleValla you can enjoy an evening with food, board games and a great variety of beer. They have more than 100 types of beer and a tap system with 20 ever-changing beer taps.

Visit adress: Vallavägen 4C, Linköping

Website: [www.villevallapub.se/english](http://www.villevallapub.se/english)



# Student Support at LiU

At LiU, there are multiple different student support resources. If you are unsure about where to turn to or need help with anything, do not hesitate to contact [international@lintek.liu.se](mailto:international@lintek.liu.se).

## Student Health Care Center

The Student Health Care is a centre owned by LiU, which offers support and advice on mental or physical health problems. They offer counselling on both health and lifestyle matters. The focus of the centre is on preventive health work, with the promotion of studies as a base. If you have a disability, for example dyslexia, they can help with extra support.

Please note that the Student Health Care is not a health centre for medical advice. For medical advice, please call 1177 for a free health service provided by the Swedish state or visit their website.

Visit address: Studenthuset, Campus Valla

Website: [Student Health Care: Student support](#)



# Student Support at LiU

## **Study Guidance at the Faculty of Science and Engineering**

If you are studying your masters at LiU, the Study Guidance can help you with study-related tasks like change of courses or creating an individual study plan. Every master program has a specific study counsellor, and you can find yours at their website. Exchange students can contact them by email for study-related questions.

Website: [Study Guidance: Faculty of Science and Engineering](#)

## **International Office**

The International Office works with international questions on the university level and is a resource for all incoming students, especially at the beginning of your time here at LiU. They have a website with information on everything from home insurance to where to eat. There is also a Facebook page with useful information for international students.

Website: [Welcome to the International Office!](#)

# Student Support at LiU

## **LiTH International**

LiTH International is specifically for international students at the Faculty of Science and Engineering. They are a resource and help during your entire study time at LiU. They can help exchange students with study-related questions.

Contact

Email: [incoming@lith.liu.se](mailto:incoming@lith.liu.se)

## **KOMBO**

KOMBO is the students' tenant association, run by Kårservice. Their services are free for all students at Linköping University. They help you negotiate rents and other conditions for the tenants with different accommodation associations, for example at Studentbostäder i Linköping AB, ByggVesta, Heimstaden and Studentbo i Norrköping AB. This means that KOMBO can represent you in negotiations concerning the state of student accommodation, rent and much more. If you need legal advice or help finding housing, KOMBO can give you guidance. More information can be found on their website.

Website: <https://bostad.karservice.se/>

# Education

Education works differently in different countries, and at LiU two things to be aware of are Disciplinary measures and course evaluations.

There are very strict rules about plagiarism and cheating, and if an examiner even suspects that someone is cheating, they are required to report it to the Disciplinary Board. The board will then decide whether disciplinary measures should be taken. The possible disciplinary measures are a formal warning and suspension from participation in classes and examinations for a period of up to six months. You can read more about this [here](#).

More information about plagiarism can be found [here](#). It is definitely worth the time to get informed about this, since the consequences can be quite severe.

The students in Sweden have quite a strong influence on their education. They are represented in most university groups and have a say on the decisions. One way to improve education is through course evaluations. After each course, an evaluation form called Evaluate is sent to all students taking the course. Make sure to answer it, since a high response rate is important for the course improvements. Even though you may already be finished with the course, it is still beneficial for you to answer since this will eventually lead to an improved program with a better reputation, making you more attractive to employers.

# Working environment

During your studies, your working environment is the conditions on our campuses. When talking about the working environment, one usually distinguishes between the physical, organisational, and social conditions.

The physical work environment pertains to issues with the buildings and environments that are used for educational purposes. Examples of problems with the physical work environment may be noise, poor ventilation or lightning, problems with the temperature or hazardous routes to and from the university.

The organisational and social work environment pertains to risks that may affect the mental and physical health. This concerns both social issues and work organisation. Examples of problems with the organisational and social work environment may be unreasonable time pressure, an excessive workload, unclear tasks, or bullying.

As a student it is important that you have good ways to affect your work environment. The student union has a central working environment representative, who you can contact if you have any questions regarding your work environment or rights.

Every section also has at least one working environment representative, who actively works with the work environment for the members of the section. If you have any concerns about your work environment, you can always ask them. You can find contact information to your section at LiU's [website](#) or by contacting the central working environment representative.

## **Contact:**

Central working environment representative: [camo@lintek.liu.se](mailto:camo@lintek.liu.se)

The sections' work representatives: [Contact information](#)

# Equal opportunities

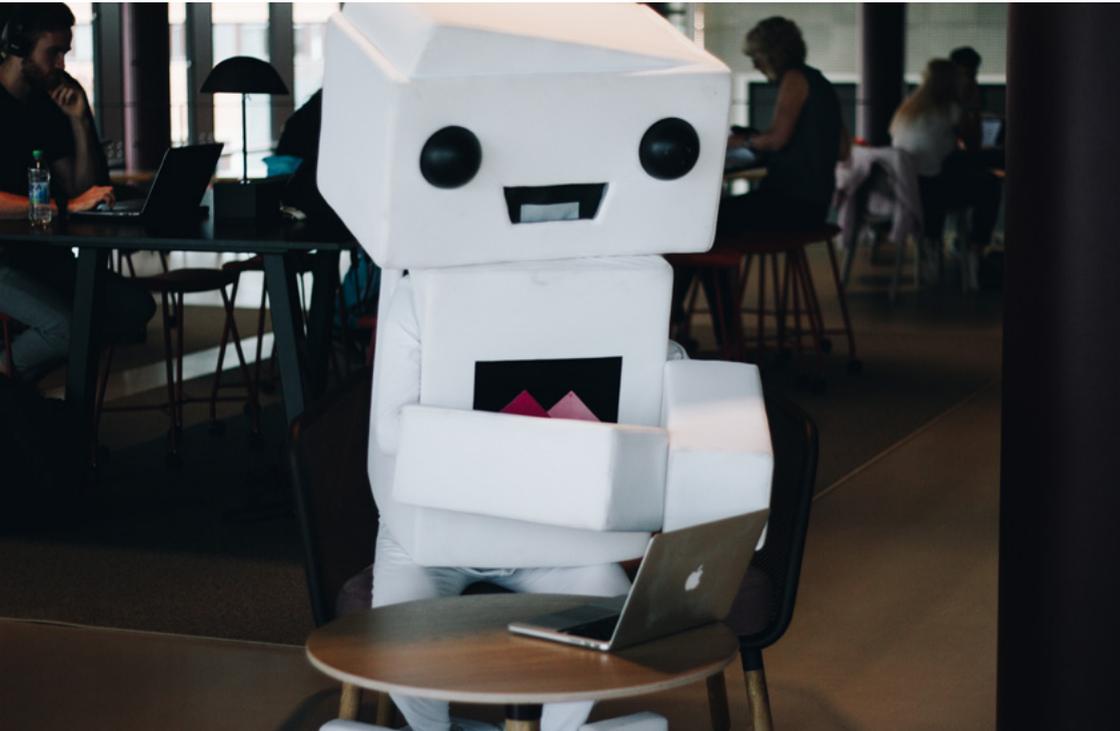
Equal opportunities is LiU's umbrella term for the work to promote equal rights, opportunities and obligations. That includes to counteract all forms of discrimination, harassment, sexual harassment, victimisation and exclusion.

If you have been subjected to offensive treatment you can contact the section or the central working environment representative at the student union for advice on what to do next. For more information check out LiU's website.

**Contact:**

Central working environment representative: [camo@lintek.liu.se](mailto:camo@lintek.liu.se)

LiU on equal opportunities: Equal opportunities



# Swedish Culture

Here are some things that may help you navigate social situations with Swedes a bit better.

## **Fika and klägg**

In Sweden fika is more than just a coffee break. Fika is a social phenomenon and is used as a legitimate excuse to set aside a moment for quality time. The fikapaus (fika-break) is a natural part of student and working life, as well as a good way to fill your leisure time during the day. A fika usually involves a hot beverage, mostly coffee or tea, accompanied by baked pastries such as cinnamon buns.

On Campus Valla there is a jargon word related to fika called klägg, short for "kaffetillägg" meaning "coffee supplement". If you go by the sectioncafé Baljan (or Byttan) you can get coffee and klägg, where klägg is a sweet thing you eat with your coffee. It is usually a chocolate ball, a biscuit, a punsch-roll and sometimes even as fancy as a carrot cake. However, you cannot ask for a klägg in Norrköping as this is only a thing at campus Valla.

## **Take off your shoes indoors**

In Sweden it is common courtesy to take off your shoes indoors, except for in public places like the campus. It is expected when you go to someone's home, a student corridor or even some places like before you go into a locker room at the local swimming pool. If it is expected in the public there is often a shoe line (skogräns in Swedish) which marks the line of how far you are allowed to wear your outerfootware.

## **The Law of Jante**

Swedes have a tendency to seem withdrawn, shy or even uninterested sometimes. Usually this is not the case and more an effect of our culture.

In the Nordic countries there is a sociological term called 'Law of Jante'. It basically means that you should not stick out and think you are more special than everyone else. How strong the Law of Jante is varies a lot

in different groups, but this seeps through many things Swedes do.

For example, if someone is playing loud music on the bus, a lot of Swedes will give the person in question a lot of annoyed glares but won't necessarily say anything. This is also why you may have to take the first step in getting to know a Swede since they may not want to disturb you.

### **Punctuality**

In Sweden it is important to be on time. Swedes value their time and if you have said to meet up at a certain time the Swedes will expect you to show up exactly at that time. Otherwise, they will find the behaviour rude and disrespectful. If you are running a bit late, make sure to send a text to the person you are meeting up with.

This is also the case when it comes to events or other social activities. One exception is pre-parties, where it is okay to be a bit late.

### **Queuing**

One thing you will notice quite quickly about Swedes is the habit of queuing. As soon as we get the chance, forming a line is part of our instinct. To cut in line is not accepted at all, so make sure to wait for your turn at the grocery store, in the student kitchen at campus or any other place.

### **Kravall**

Kravall is a Swedish abbreviation for "krav på overall", meaning "overall required". Of course, there is no real obligation, but it is a fun opportunity for students to wear their overalls. Kravall parties are usually held on Thursdays, often in Kårallen.

### **Stad i ljus**

At most student parties, the last song of the night is [Stad i ljus by Tommy Körberg](#). This is a power ballad and being a part of the singalong is an experience worth staying up until 3 o'clock for. Tommy Körberg won the singing contest Melodifestivalen with this song in 1988, and got to represent Sweden in the [Eurovision Song Contest](#) that year. One theory about why most parties end with Stad i ljus is that someone at a party in 1988 thought that Tommy Körberg had won the

Eurovision Song Contest, which made everyone so excited that the song was played several times during the night. With this, the tradition was born.

As Stad i ljus is associated with the end of the night, students also use this at pre-parties as a subtle way to say that the pre-party is over, and it is time to go to the club.

You can find the lyrics to the song [here](#).

There are two main exceptions, when Stad i ljus is not the last song played. At Flamman, each party ends with [Angels by Robbie Williams](#), and when Villevalla closes for the night [Closing Time by Semisonic](#) is played.

### **Alcohol and narcotics**

Alcohol laws are quite strict in Sweden and except for restaurants, bars and clubs, alcohol is sold only in the state-owned monopoly stores, Systembolaget. The minimum age for buying alcohol at Systembolaget is 20. Light beer/cider can be bought in supermarkets. Be ready to show a valid photo ID. In bars and restaurants, the legal drinking age is 18. All types of narcotics are strictly forbidden in Sweden. Strict penalties apply for selling and using drugs.

### **Pre-parties**

In Sweden it is common to have a pre-party in someone's home before going to the club. This often involves hanging out, listening to music, dancing and drinking. Some may even say it is even more fun than actually going to the club afterwards.

### **Smoking**

Smoking is forbidden in many public places in Sweden, i.e. at entrances, in restaurants, coffee shops, shopping centres, nightclubs, outdoor seating, train stations etc. Smoking indoors is never allowed or accepted.

## Recycling

Sweden is a world-leader in recycling, and most homes and workplaces have recycling bins for different materials. Recycling bins are widely spread throughout the campuses of Linköping University.

Beverages in Sweden are often sold in deposit-paid bottles. You pay SEK 1 to 2 extra (pant) for beverages in plastic or aluminium containers, which is returned when you return the bottle or can at a “pantstation” which is a machine that recycles and pays out a receipt for you to spend in the store hosting the machine (available at most grocery stores, for example Hemköp in Ryd).



# Tips for Students

Here are some great tips for you!

## **Get a bike**

In Linköping we bike all year round and biking is most students' choice of transportation. Because of the many bikes on campus and in the student residential areas there are a lot of bicycle thefts, get a good lock and remember to use it.

Some students also park their bikes rather badly on campus. This can easily make the roads impassable due to the number of bikes, so make sure you park it in a bicycle rack or away from entrances and walkways, so it doesn't prohibit accessibility to the buildings.

## **Public transport**

In case of rain or other times when you are not in the mood for biking the public transport Östgötatrafiken (ÖGT) can be of assistance. Be sure to download their app to check the timetable or buy a ticket. Good to know is that you can buy tickets in advance in the app and that they do not accept cash on the bus. If you are going between Linköping and Norrköping on a weekday, you can go for free with the [campus bus](#), as long as you bring a valid LiU card.

## **Shop second-hand**

Furniture and other things you need in your new home can be quite expensive, even at IKEA. Buying second-hand is both cheap and environmentally friendly. There is a student driven second-hand store on campus Valla called [LiU Student Secondhand](#), located in the A building. Another option is to try [Myrorna](#) in central Linköping or [Erikshjälpen](#) in Tornby.

## Get involved in the student life

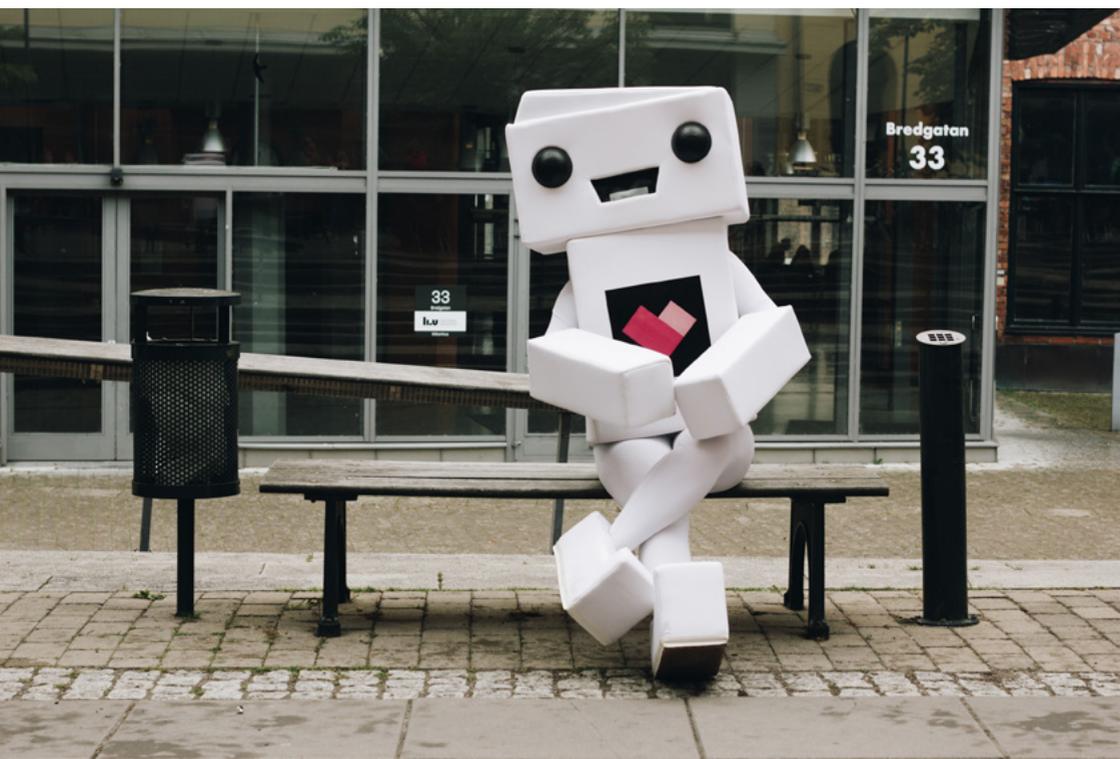
Join one of the many associations and committees at LiU. It is a great way to get to know some Swedes. There is a [website](#) with a complete list of the several organisations that you can choose from.

## WiFi on campus

Eduroam is the best internet on campus and is also available all over the world. There are instructions on how to connect to it on LiU's [student website](#).

## Visualization Center C

At Campus Norrköping there is a place called Visualization Center C. They have media labs, interactive exhibitions, and an immersive 3D full dome theatre. You can read more on their [website](#).



# Covid-19

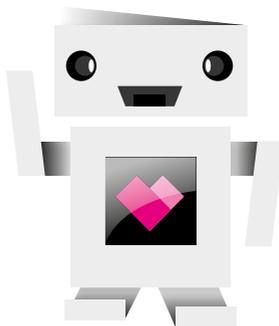
As you may have noticed, there is currently a global pandemic and the countries have taken different approaches on how to handle it. To learn more about what is happening in Sweden right now go to [krisinformation.se](https://krisinformation.se).

LiU follows the regulations and recommendations from the Swedish authorities. You can read LiU's guidelines and regulations on their corona-dedicated website. Make sure to visit this [website](#) every now and then to keep yourself updated.

# Useful contact information

Here is a shortlist of telephone numbers to call and email addresses, in case you may need help with anything.

- **Emergencies: 112**
- **Police (non-emergencies): 114 14**
- **Medical advice (free): 1177**
- **Campus Security: 013 - 28 58 88**
- **LiU Information Center: 013 - 28 10 00**
- **LinTek: [international@lintek.liu.se](mailto:international@lintek.liu.se)**



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# Campus maps

