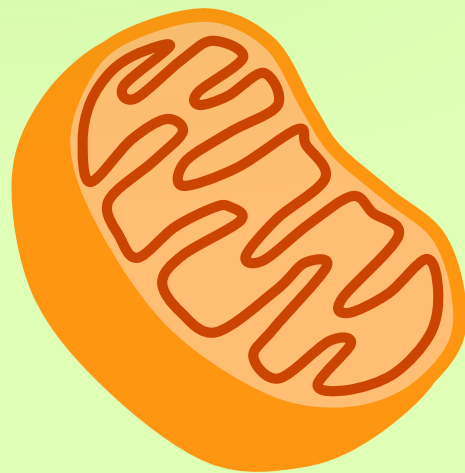
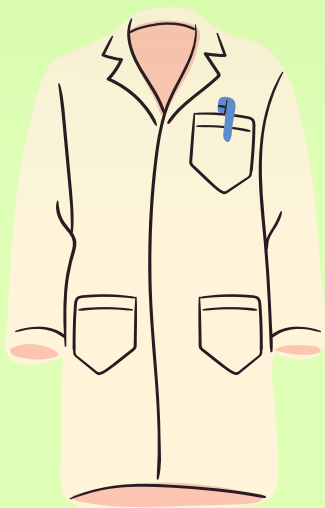
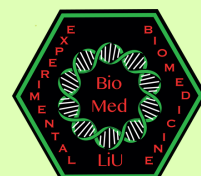


PRODDA Handbook



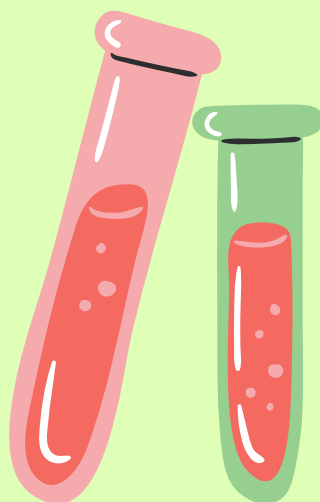
**Your guide to Linköping
University**



Hello Nollan!

Congratulation on your admission to
Experimental and Medical Bioscience
master's program.

We your faddrar (peer- students)
have made this handbook for you to
guide you through your time here in
Linköping.



LiU Dictionary

LiU = Linköping University

Campus US = Medical campus for all medical faculty students and your main place of study

Campus Valla = Main place of study for all the LiU programmes in Technical (LinTek) and Art and Sciences (StuFF) faculties

Campus Norrköping = LiU Campus located in Norrköping

Studenthuset = The library where you also can study located at Campus Valla

Nollan = What you are now

Eftersläpp = An afterparty after a banquet

Fadder = Your peers that will take care of you during the welcome week

Festeri = Party committees at LiU

BioMed Section = Our section name

FylleCellen = The BioMed Section Party Committee

Gyckel = A song with re-written lyrics

Kårhus = Union house

KK = Kårhus Kollektivet, a union house in the city where you can party

HG = Ryds Herrgård, a union house in Ryd

Kårallen = Union house in Campus Valla

Örat = Union house in Campus US

Trappan = Union house in Campus Norrköping

Flamman = A nightclub for students at LiU

Ovve = Overalls that students wear, for biomed students they are green

Kravall = A party where everyone wears their ovve

Finsittning = Fancy student dinner/ banquet

Fulsittning = Opposite of finsittning

Housing and accommodation

It can be difficult to find a place to live here in Linköping but we are here to help you! There are several websites for student accommodation that are very useful. Some websites have a queuing system where you collect points for every day that you are registered on the website and the person with the most points gets the first offer. Therefore it's good to sign up on websites in time!

Studentbostäder (student apartments): Offers housing for registered students at Linköping University. If you are a new student or an exchange student, you can get a corridor room, but we recommend registering in advance to start collecting points. Studentbostäder also offers "accommodation direct" where they have rooms and apartments that currently have no residents, and the first one to show interest gets it. <https://www.studentbostader.se>

KOMBO: Is a collaboration of the student's unions aiming to make living and studying easier. On their webpage you can find apartments to rent. <https://bostad.karservice.se>

Landlords: If you prefer a landlord that is not associated with students apartments, check out Linköping county's web page where they list several landlords in town (the web page is in Swedish, but you can easily access the list and go to each individual landlord's website for information in English. <https://www.linkoping.se/bygga-bo-och-miljo/bostader-och-offentliga-lokaler/hitta-bostad/hyresvardar-i-linkoping/>

ByggVesta: Is recommended by the university itself as a great place to look for an apartment. On this website you will need a Swedish personal number to register. <https://www.byggvesta.se>

Heimstaden: Have regular accommodation and student accommodation. <https://heimstaden.com/se/>



Registration in Sweden

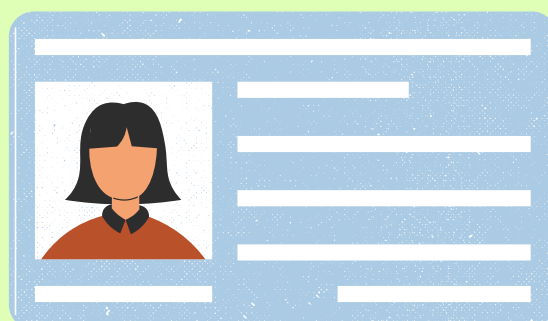
If you come to Sweden for a 2 year Master's program you need to get registered and you will receive a personal number or “personnummer” as it is called in Swedish. This is very important and required for many functions in the bank and healthcare system etc. Once you arrive in Linköping, you must go to the Infocenter in Campus Valla (Studenthuset) or Campus US (Entry 76) and get your LiU Card. We recommend you do this as soon as possible! They will go through the registration for the program. You should bring your ID/passport and the admission letter.

After getting registered with LiU you should go to the Swedish Tax Agency (Skatteverket) in town to get registered here and receive a personal number. You can find the list of documents that you need to bring through this link:

<https://www.skatteverket.se/serviceankar/%20otherlanguages/inenglish/individualsandemployees/%20movingtosweden.47be5268414bea064694c40c.html>

We recommend you have everything ready once you arrive in Linköping as getting a personal identity number can take quite long. It can take anything from a few weeks to several months.

After your visit to Skatteverket a letter will be sent to you with your new personal identity number. So, when giving your address at Skatteverket you should make sure that you not only write your house number but also your specific room or apartment number indicated with the letters LGH (example: Linköping Street 5, LGH 1509). This is especially important for students who are living in corridor rooms because otherwise letters might be sent back to Skatteverket. Once you have your personal number, there are many services and discounts that you can get access to. On the next page we will give you three recommendations.



1. Getting a Swedish ID Card

You can make an appointment at Skatteverket to apply for a Swedish ID as soon as you get your personal number. This is needed to open a bank account at some banks and use BankID and Swish. Be aware that Skatteverket doesn't accept IDs from other countries even if you're an EU citizen, so bring your passport with you.

2. Mecenat card (student ID)

This will give you:

- student identification for student tickets on buses/trains
- many student discounts (e.g. gym, clothing, etc.)
- access to student pubs, clubs and parties

To apply for the card, (<https://mecenat.com/se>) you will need: Name, student ID card number, certificate of registration (you can get this on Ladok (<https://www.student.ladok.se>) after registering for your courses), and your address.

3. Swedish Language Course

If you are interested in staying or working in Sweden, then speaking Swedish is an advantage. The Swedish Government offers a free Swedish course for foreigners with a personal number. You can apply for the course after you get your personal number. In Linköping, the contact information for The SFI (Swedish For Immigrants) class can be found at:

<https://www.linkoping.se/forskola-ochutbildning/vuxenutbildning/sfi/>

The University will also offer Swedish classes, which are free to students from the EU only, unfortunately. Information about this course should have already reached you by email. If you missed the deadline, you can still sign up for next semester.

Bank Account

To get a bank account in Sweden you need to have a personal number and some banks even ask for a Swedish ID card. There are different banks existing that you can check out: SWEDBANK, SEB, Länsförsäkringar Östergötland, ICA Bank, Nordea, etc.

Swish and Bank-ID

Swish is a very useful and powerful app in Sweden. It is connected to your phone number and your bank account. People with Swish can easily transfer money between one another using phone numbers. In order to use Swish you need an ID security app that is connected to your bank. It is called BankID and is needed both to apply for Swish and to sign every Swish transfer with a code or fingerprint. BankID is also often used to identify yourself or to log in to more “official” sites like housing agencies or the Swedish online healthcare guide “1177”. Never sign a BankID request if someone calls you and asks you to or if you haven’t initiated the login or a Swish transaction yourself as this could be a scam!



swish®



BankID

Swedish SIM card

A Swedish SIM card can be recommended if you are going to stay here for a longer time. There are several companies with different options to choose from and they usually have student discounts. Something to keep in mind is that most of the companies do want you to have a Swedish personal number. Down below we have listed some telephone companies from where you can get a SIM card.

Companies:

3: <https://www.tre.se>

Tele 2: <https://www.tele2.se>

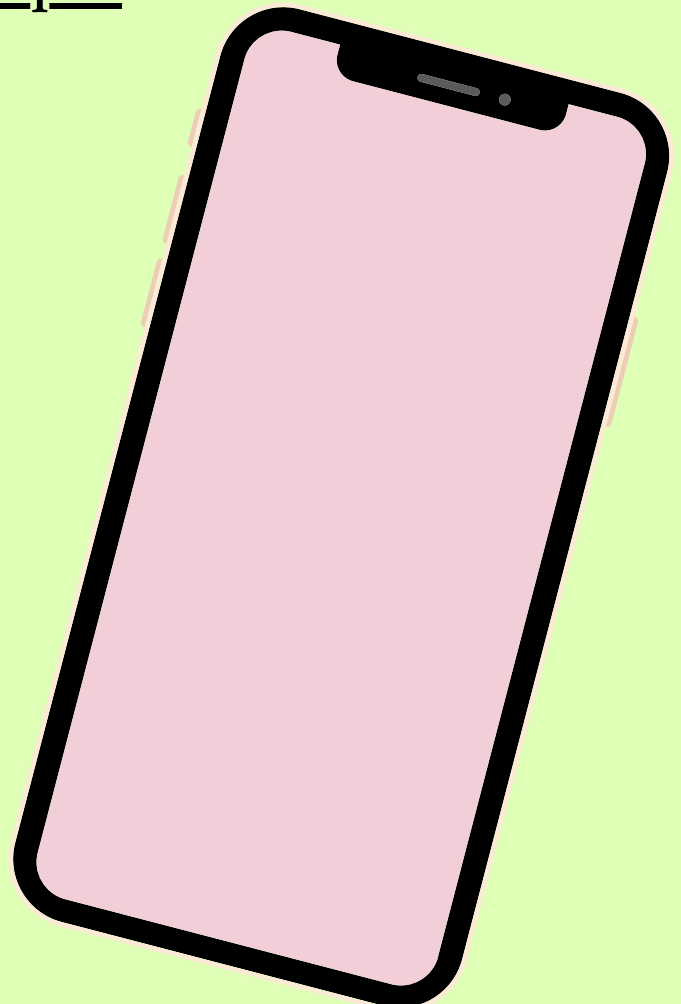
Telia: <https://www.telia.se>

Hallon: <https://www.hallon.se>

Halebop: <https://www.halebop.se/start>

Vimla: <https://vimla.se>

Comviq: <https://www.comviq.se>



Transport in Linköping

Most people transport themselves by bike in Linköping but there are also busses you can take. A bike can be bought from a store ex. biltema but you can also buy it second hand on facebook marketplace or ESN flea market Facebook page. S

In the beginning you will potentially be moving back and forth between the two campuses we have here in Linköping. Later on most of the courses will be located at campus US.

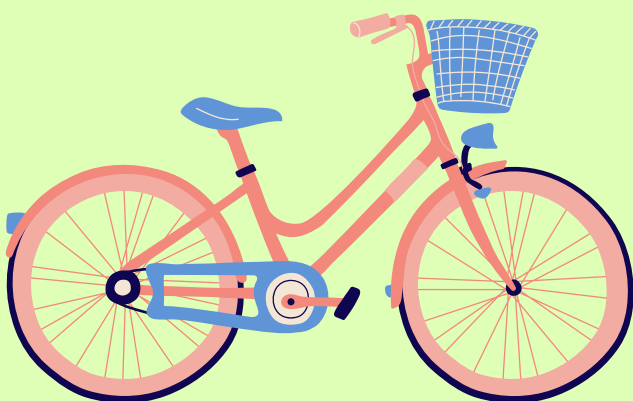
Bus lines:

Campus bus: You can take it to travel between Campus Valla and US, you can also take the campus bus to Norrköping. The bus is free but you need to scan your LiU card to get on the bus.

Nr 4: This bus can take you from Resecentrum (train station) all the way to Lambohov and on the way it will go by both US and Campus Valla (Nobelorget).

Nr 3: This bus runs between Ryd and Linköping centrum and stops at Resecentrum. If you live in Ryd you will be close to Campus Valla (Solhaga).

There are of course a lot more bus lines and for more information go to Östgötatrafiken (bus company) homepage. There you can get information about the different buses and ticket prices. There are student discounts and to get access to it you need to show your mecenat card or other student card. We recommend that you download the app Östgötatrafiken to buy tickets and search for different travel options between the bus stops.



Long distance travels

All long-distance buses leave at the bus terminal near the central station. Several buses per day leave to close destinations like Stockholm (3h), Gothenburg (4h) and Uppsala (4h). But also, long-distance routes for example to bigger cities in Denmark, Norway or Germany can be visited by bus. To find more about nearby destinations, prices and timetables check out the homepages of Flixbus (www.flixbus.se) and Nettbuss (<https://www.bus4you.se>). Flixbus for example offers 14 direct destinations starting from Linköping!

Travelling by bus takes time but in comparison to the train it is often the cheaper alternative. However, travelling by train is faster and more comfortable and if you book early enough or take the last-minute tickets you get a good price as well. With the high-speed train, you are in Stockholm within just 1.5 hours or you can ride 3.5 hours in the other direction and get off at Copenhagen central station (Denmark).

Also, do not miss destinations like Jönköping (at the beautiful lake Vättern), Huskvarna, Malmö and Lund on your way down to Denmark! Train companies are privatised in Sweden. All the different companies you can check and book online on the SJ website www.sj.se or their app. For the booking it is important to keep in mind that there are always student or youth (under 26 years) tickets available! So, if you book a bus or train ticket online do not forget to choose the student price and take your valid Mecenat card with you! To make it even easier to book and plan your journey in and around Linköping, Östgötatrafiken, Flixbus, SJ etc. offer apps for your smartphone.

If you want to travel even further you can fly from Linköping Airport, Stockholm Skavsta, Stockholm Arlanda or Copenhagen Airport. With the bus company Flygbussarna (www.flygbussarna.se) you arrive at Stockholm Skavsta within 90 minutes.

If you depart from Stockholm Arlanda you can take a Flixbus, Swebus or the train directly to the airport. If you travel with the airline SAS look out for the “SAS youth ticket”! Until you turn 26 the ticket offers pretty good discounts. Also travelling in a group is worth it with SAS, you can get up to 35% and some other extra benefits. Therefore, you should visit the following website: www.sas.se

Get yourself and your friends ready to travel! One day city trips to Norrköping, Stockholm and Göteborg are a good start. You can take a bus to Norrköping and switch to a local bus line which brings you to smaller towns, villages or starting points for hikes (maybe in Kolmården and Vikbolandet). You should also check the destinations of the local city buses to discover Linköping’s surroundings or take your bike and make a tour along the Göta Kanal to Bergs Slussar.

LiU organisations, Student Unions/Sections and Party-committees

LiU has around 38900 students and 4,000 employees on four different campuses (Campus Valla and the University Hospital in Linköping, Campus Norrköping, and Campus Lidingö). The MSc Experimental and Medical Bioscience programme has the University Hospital (US) as its main campus, but some courses are located on Campus Valla.

In general, there are 4 faculties at LIU: Arts and Sciences (FilFak), Educational Sciences (UV), Medicine and Health Sciences (MedFak), and the Institute of Technology (TekFak). Our programme belongs to MedFak. For more information about the organisation of LiU follow this link: <https://liu.se/en/about-liu/organisation>

There are also 3 student unions - Consensus, LinTek and StuFF - representing the four faculties. Consensus is the student union of MedFak and they are working with a range of matters to improve our education and student life. The members of Consensus decide what the student union should think, say and work with. For example, the student unions helped to establish the free University bus going between the Linköping and Norrköping campuses. The board of Consensus consists of students at MedFak and, in short, they help and support the students with matters concerning examinations, internships, teachers, supervisors, and workenvironment. For more information about Consensus follow this link: <https://consensus.liu.se/in-english>

Each study programme has a section board made of student electives. The sections of MedFak function as the student representatives within the Consensus union.

There are 9 student sections belonging to Consensus, including ours - Medical Biology section (BioMed). BioMed is the joint section of the bachelor programme “Experimental and Industrial Biomedicine” and the master programme “Experimental and Medical Biosciences”. The section works to represent students’ opinions about the education and student life at all deciding organs within the programme and faculty. The section makes sure that your voice as a student is heard. For more information about your section follow this link: <https://www.consensus.liu.se/sektionerna/medbi>

Each section also has a party-committee or "festeri" which organises a lot of social activities, parties and events for students at that programme. BioMed’s party-committee is called “FylleCellen”. There are also a variety of student associations that bring people with different interests together.

Extracurricular activities

LiU has a very rich student life with many different student organisations you can join and lots of activities to attend, depending on what your interests are. Here is a list of student organisations (with brief descriptions) that you can check out if you want – participating in the student life is a great way to make new friends! You can also visit <https://studentlivet.se/orbi-associations/> for more information about student organisations.

LiU iGEM: Representing LiU in the international competition in synthetic biology. Each year a group of students works on a scientific project of their own choosing. They do all the planning/organising and lab work themselves. Check out this year's amazing project:

Homepage: <https://www.facebook.com/LiUiGEM/>

Instagram: https://www.instagram.com/liu_igem/

Student Associations- International student organizations

AIESEC: Association for developing youth leadership through cross-cultural exchange. aiesec.org/

East Asian Association: Association by and for students interested in East Asia. Organizes language exchange events and cultural activities, such as cooking and movie events. eastasian.studorg.liu.se/

ESN Linköping: Arranges activities for both exchange students and Swedish students. www.esnlinkoping.org/

IAESTE: International Association for Exchange of Students for Technical Experience. iaeste.se/en/

ISA: The International Student Association. Organizes various activities and events ranging from seminars and workshops to parties. isa.studorg.liu.se/

ISO: Indian Student Organization. A student governed organization for people who are interested in Indian culture and their values.

www.facebook.com/pg/IndianStudentsOrg



Erasmus Student Network



Coffee and cafés (Student Associations)

Café Örat (Campus US): Student café with the cheapest coffee (and tea).

DeliMarché (Campus US): Café and restaurant conveniently located in building 421 but is the most expensive.

Pressbyrån/7-Eleven (Campus US): Inside the hospital you'll find Pressbyrån and 7-eleven that have coffee, tea, food and other stuff. There is a student discount on the coffee making it cheaper than DeliMarché. Good opening hours.

Café Byttan (Campus Valla): Student café with student friendly prices located in Studenthuset. Here you can buy a reusable cup as an environmentally friendly alternative, also the coffee becomes cheaper and you can replace an old cup for a new one in the café.

Pressbyrån (Campus Valla): Student discount on coffee and better opening hours than most of the cafés in Valla. Located next to Studenthuset.

Baljan (Campus Valla): A student café located in Kårallen. Here you can buy coffee and fika for student friendly prices. www.facebook.com/sektionscafe.baljan/

Studentfiket: A student café in Norrköping. www.studentfiket.com/ (Swedish)

Pubs and clubs (Student Associations)

Kårhuset Kollektivet (KK): Student club in the city center that houses student parties. Pay attention to posters on campus/events on facebook. karhusetkollektivet.se/

Kårallen: Housing of different student parties. Located in Campus Valla. Pay attention to posters in the campus/events on Facebook.

Flamman: A student pub and disco. www.flamman.org/ (Swedish)

VilleValla Pub: A student pub. www.villevallapub.se/english

Ryds Herrgård [hg]: Student pub in Ryd

Religion (Student Associations)

Fisherman's Friend: A Christian Student organization.

www.facebook.com/FishermansFriendLiU/ (Swedish)

Ny Generation: A Christian Student organization.

www.facebook.com/NyGenerationLiU/ (Swedish)

SAAF LiU: Syriac/Aramaic Academics at Linköping University.

saafsverige.com/?pageID=912

Spex (Student Associations)

Spex (pronounced exactly like "specks") is a special genre of comedic musical theater performed and written by university students in Sweden and parts of Finland. It commonly involves audience interaction, fun musical numbers and unexpected plot twists.

Holgerspexet: Holgerspexet is a student theater association at Linköping University which has staged public spex performances every fall since 1998.

Between 60 and 80 students from all faculties at Linköping University are engaged in the preparations for the set of shows each year. Homepage: holgerspexet.se/

Linköpings Studentspex: Student Spex association, first started in 1979.

ww.studentspex.se/spex-in-english/

Other associations (Student Associations)

Navitas: Sustainability association, with the purpose to inspire, educate and bring together students who are interested in sustainability and the environment.

www.navitas.se/ (Swedish)

Ahead maths coaching: Association that helps students at Swedish high schools to learn maths. www.aheadcoachning.se/ (Swedish)

Dragon's Den: An association for board games and role playing by and for students. www.dragonsden.se/

Gen!us: Association with the purpose to increase gender awareness and equality at Linköping University. www.facebook.com/liuGENIUS

LiRMA: Linköping Riichi Mahjong Association.

www.facebook.com/lirmamahjong/

LiVA: Linköping Vegan Association. www.facebook.com/Livastudentforening/ (Swedish)

LiU Gamers: LiU Gamers is a non-profit student association for all who are interested in gaming. www.facebook.com/LiUGamers/

Sweden Liute Magiskt: Organizes activities related to Harry Potter.

www.facebook.com/LiuteMagiskt/

NärCon: A gaming and cosplay festival. www.narcon.se/

Nördboet: A board game association in Norrköping.

www.facebook.com/nordboetnorrkoping (Swedish)

For more information about student organizations and other activities outside of your studies follow this link: www.student.liu.se/vid-sidan-av-studierna/studentorganisationer/foreningar?l=en



NAVITAS
LINKÖPING



FylleCellen

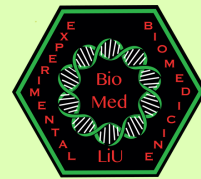
FylleCellen is a festeri or also known as a party committee at Linköping University, responsible for organizing social and festive activities. Many programs and or sections have their own festeri whereas FylleCellen represents the Biomedical section. We are an open festeri, meaning that we are a group of 12 students, all from different programs and years. As a festeri, we host many fun events and parties over the year, for example the Overall-inauguration after Nolle-P, Biomed Banquet and the parties Impuls and Goldfever at the University's union houses KK and Kårallen. You can find us in our green overalls and red shoes as we hang out on both campus US and Valla!



BioMed Backpack

Do you struggle with carrying your books and fika to the lectures, or do you just want to show off your coolness? In either case, the BioMed Backpack has come to your rescue! Packed with 100% awesomeness and of a rarity not even Nobel Prize Winners can compete with, you can make sure that if you carry the BioMed Backpack, the BioMed Backpack will carry you to eternal honor and glory!

Stay tuned for more information about ordering your own BioMed Backpack!



Swedish words to know

LiU offers Swedish courses for international students, and you should all have received an email in May/June about this. If you have not received this email and are interested, or want further information, please contact Daniel Antonsson, daniel.antonsson@liu.se. Here are some useful words to get you started!

Swedish	English
Fika	A coffee break, usually accompanied with pastries, sandwiches etc.
Öl	Beer
Kaffe	Coffee
Tack	Thank you
Varsågod	You're welcome
Ursäkta (mig)	Excuse (me)
Förlåt	Sorry
Hej/Hallå/ Tjena/Tja	Hello/Hi/Hey (from most formal to most informal, Hej is used most frequently)
Hej då	Goodbye
Skål!	Cheers!
Ja	Yes
Nej	No
Kanske	Maybe
Lagom	Just the right amount
Hjälp!	Help!
Grattis	Congratulations
Bra	Good
Dåligt	Bad
Sex	Six/Sex
Han	He
Hon	She
Hen	They (singular)
Slut	Finish/End
Kram	Hug
Puss	Kiss

Swedish Student traditions

As a Nollan, you're going to notice that the Faddrar wear green overalls. You might wonder, what's that all about? The overall is a fun Swedish student tradition to represent your study program! Each program and education has overalls in their own color. As Biomed students you will wear a beautiful olive green overall. The overall is the perfect clothing choice for events like kravaller or similar occasions. It can be worn in any type of weather and withstands both rain and dirt. Students can decorate their overalls with patches they purchase or trade with other students. After Nolle-P, new students will have the opportunity to buy their own overalls. Faddrarna will tell those of you who want to get your own overall where you can buy them. Other useful things the faddrar will learn Nollan is how the overalls can be dyed to the gorgeous olive green of the BioMeds, which patches you need and where they are sown on and how you get your name on it. For more information about the overalls and to study other sections overalls visit: <https://studentlivet.se/studentkultur/traditioner/ovve-guide/>

On the right side of your chest, you should wear the Consensus patch.

On the left side of your chest, you should wear the Biomed section patch.

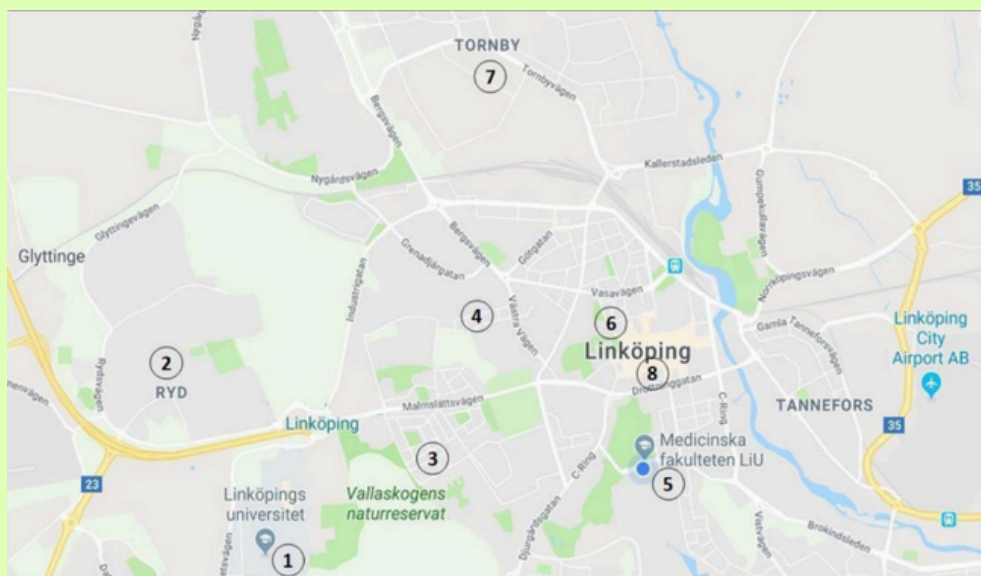
The student's name usually adorns the right leg so that everyone can see.

The rest of the overall is up to your creativity! Fill it with party/ section/ activity patches or let your friends write fun things on it!



Map of Linköping

1. Campus Valla is a hub of activity for students of engineering, humanities, education, and social sciences. During your first term, you'll have a few courses here. This campus is home to Kårallen, where lively events called 'kravall' are held, and Campushallen, a sports and fitness center.
2. Ryd is a popular residential area for many students. Here you'll find [hg], a spot where you can grab a drink, a meal, and meet up with friends.
3. Irrblosset is a housing option for some Nollan students. It's conveniently located near both MedFak and Valla, and Villevalla is close by for socializing over drinks.
4. Flamman is another great option for student housing, because it's situated near both the city center and MedFak. Plus, it boasts a student pub with the same name!
5. MedFak, formerly known as HU (Hälsouniversitetet/Health University), is now the Faculty of Medicine and Health Sciences. You'll be spending a lot of time here during your studies.
6. Kårhuset Kollektivet, now referred to as KK, was previously known as Nationernas Hus (or NH). It's a student union building where you can socialize, party, and study during the day, just like at other union buildings.
7. Tornby is a shopping destination with numerous stores such as IKEA and ICA Maxi, among others.
8. Wiktors Kläder is where you can purchase your overalls as a student. The address is Nygatan 29, located between Trädgårdstorget and Hospitalstorget. However, the faddrar will fix this for you!



*Welcome to
Linköping University,
this is going to be Kalas!*

KALAS 2024

**MEET STUDENT ORGANISA-
TIONS** 🦸‍♂️ **STUDENT BANDS
AND ENTERTAINMENT ON
STAGE** ★ **ACTIVITIES AND
CONTESTS** 🎯 **VISIT STU-
DENT PUBS** 🏠 **QUIZ** 🧠
NIGHT CLUB

We want to celebrate that you, and everyone else starting at Linköping University, have chosen to study here. Kalas is a festival, an exhibition, and a party where you can experience student life and meet organisations and companies which will put a sparkle on your life outside of campus.

It will be a jam-packed day where you may well find more than one student organisation you wish to join!

VALLA CAMPUS · 4 SEPTEMBER

li.u LINKÖPING
UNIVERSITY

S STUDENTLIVET.SE

Hey international student!

Wanna know what to do on campus?
What events to attend and what
associations to be involved in?

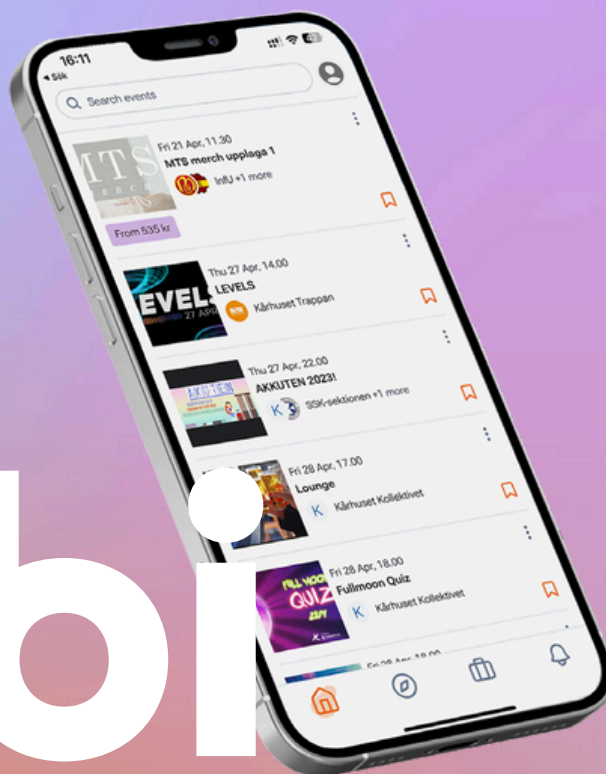
- Go to **Studentlivet.se**! There you will find the association gallery, event calendar and more.
- What is an "ovve"? Who is wearing which color? Find out in the **student overall guide**!
- Download the **Orbi app**! Here you are able to buy the tickets to the events during the reception!



Follow **Studentlivet.se** on
Instagram and participate in
competitions, get tips and guides!



orbi



THE TICKET TO STUDENT LIFE

Download the Orbi app to access all events and activities related to you, your section, and the reception.

You can book and pay for all the tickets directly in the app.
PS! Use your LiU email to log in.



orbiapp.io

Contact:
liu@orbiapp.io


KÅRSERVICE
ÖSTERGÖTLAND AB

New student and nowhere to live? We will help you find a home!

At Kombo we will help you with:

Finding an
accommodation

Emergency
accommodation


Free legal
advice

Read more at our website bostad.karservice.se
Or contact us via bostad@karservice.se

You can also visit us in Kårhusett on
Campus Valla

Welcome to the students' living room!

At Linköping University there are union houses owned by the unions StuFF, Lintek and Consensus, and run by Kårservice. You can go to the union houses to eat, hang out, pub, study or club. But also work voluntarily and find hundreds of fellow students!

You can find all the events at our union houses on [Studentlivet.se](https://www.studentlivet.se) or in the Orbi app! 

Our union houses



Kårallen

Kårallen is located at Campus Valla. Here you can find study places during the day, and in the evenings pubs, dinner sittings, parties and "kravaller". At Kårallen you can also find rooms for student associations and offices.



Kårhuset Kollektivet

Kårhuset Kollektivet is located on Ågatan in central Linköping. At KK, study places are offered during the day Monday-Friday, and in the evenings there are dinner sittings, nightclubs & house parties. Forumteatern is also located in the building, where events can be held by external customers.



Ryds Herrgård (HG)

Ryds Herrgård is located in Ryd, and offers study places Monday-Friday. Here you can also attend dinner sittings as well as pubs and nightclubs where band gigs can take place.



Örat

Örat is located at Campus US, and here is a café run by Consensus. A pub is arranged about every two weeks, and dinner sittings with up to 56 persons can be held.



Trappan

Campus Norrköping's union house Trappan is located next to "strömmen" adjacent to Campus. Trappan offers study places during the daytime Monday-Friday. You can also attend pubs, nightclubs and dinner sittings!



Kårhusett

Kårhusett is located at Campus Valla, and here you can find association rooms where the associations come together and plan events for the students. Kårhusett also serves as a venue where business and students meet! Kårservice is also in this building.

Read more at [karservice.se](https://www.karservice.se)

CONSENSUS congratulates you to your place!

What is Consensus?

Consensus is the union for all students at the Medical faculty at Linköping University. Together with the section of your program, we ensure that your education and working environment are of the highest quality.

Why should I become a member?

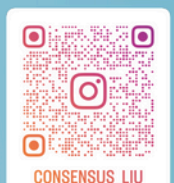
You make your voice heard at the university and get the chance to improve your education!

You get access to lots of discounts to the cafe/pub "Örat" and to parties at our union houses!

You get free breakfast the last week before CSN every month!

Cool! How do I become a member?

Go to <https://consensus.memlist.se/register/LOk83R> to become a member! You can read more about us and our operations at www.consensus.liu.se.



Welcome

to the Student Health Care!

We offer individual counselling, guidance, workshops and lectures which help you as a student to change, develop and feel better about yourself.

- ♥ **All counselling is confidential, free of charge and you will talk to qualified personnel.**
- ♥ **To us, no issues are too small, too big or wrong!**
- ♥ **We offer workshops and lectures on for example stress, motivation, mindfulness and self-compassion. You can find our entire workshop offering online.**

The Student Health Care works with issues regarding health and lifestyle, alcohol and drugs, and support for students with disabilities.

Contact the Student Health
You find us at Liunet

