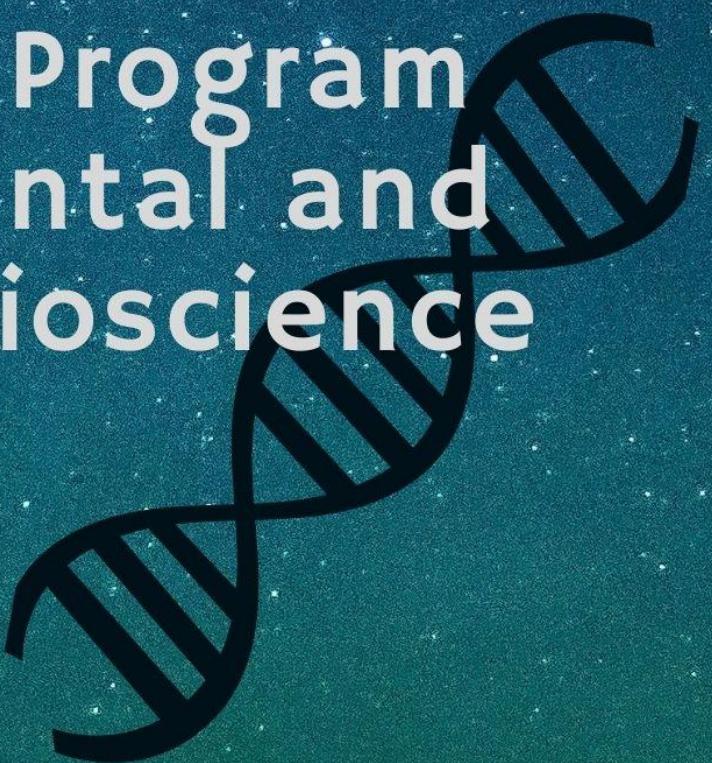


WELCOME
TO LIIU

Initiation booklet
Masters Program
Experimental and
Medical Bioscience



Hi!

This is a short booklet written by second year students from the master program of Experimental and Medical Biosciences at Linköping University (LiU).

We are so happy that you will join the program and be one of us this autumn. To make your life in Sweden as a country and in Linköping as a city as easy as possible for you, we have gathered some tips and tricks, good stuff to know, and a list of how the first week at the program will look like for you in this handy little booklet.

We all hope you will have a great summer. See you in August!

Kind regards Year two



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The 'Faddrar'

At LiU, the student unions (see more info later in the booklet) are keen on making the initiation for new students as good as possible. They do this by training students to become "Faddrar", people taking care of the new students and arranging a fun initiation! On the final page in this booklet, we will give you handy information about the first week and about the fun activities we will offer then! If any questions arise before you arrive in Linköping and meet us in person, you are more than welcome to email anyone of us!



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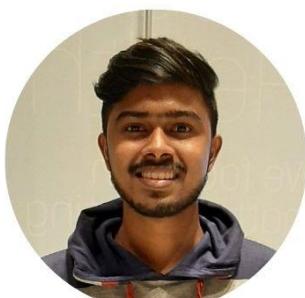
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Studies in Corona-Times

The most dominant subject to discuss in these days is of course Covid-19 and how the pandemic situation is handled. The Swedish government follows a quite unique course and gives more guidelines on how every person should act instead of shutting down the country by restrictions. Of course, even in Sweden some measures are taken, e.g. gatherings with more than 8 people are prohibited (this will change until August) and bars and clubs with no table service are closed. If you have any questions about how the current situation is affecting us students at Linköping University, please feel free to email any of us!

This is how the last year went:

Linköping University went into distance in the middle of the Spring Semester 2020 following recommendations by the Swedish government. For our first two courses, we were in on-campus mode. This means all lectures and labs took place in person, under the right precautions. After that, the courses were held in distance mode. All lectures, labs, seminars and working groups were held over Zoom. Regarding the examinations, some of them were still held on campus whereas others were carried out as home assignments or online exams. Luckily, we could all perform our first-year projects and do research in the labs.

This is how the next semester is planned:

So far, the university is planning to go back to on-campus mode for the autumn semester 2021. Of course, this can always change according to the actual Covid restrictions.

Registration in Sweden

If you come to Sweden for a one- or two-year Master program you need to get registered and you will receive a personal identity number or “personnummer” as it is called in Swedish. This is required for a lot of further activities in the bank system etc. Once you arrive in Linköping you will first need to go to the Student Service Desk in Campus Valla (Studenthuset) or Campus US (Entry 76) and get your LiU Card. For this you first need to register for your program in <https://www3.student.liu.se/portal/> and bring the admission letter and your passport/ID with you. There they will give you your LiU card.

As soon as possible you should go to the Swedish Tax Agency (Skatteverket) in town. Take the LiU card and your housing contract as well as all other required documents to Skatteverket. Required documents vary depending on your nationality.

(<https://www.skatteverket.se/servicelankar/%20otherlanguages/individualsandemployees/%20movingtosweden.4.7be5268414bea064694c40c.html>)

We recommend you to have everything ready once you arrive in Linköping as getting a personal identity number can take a lot of time, it already takes some weeks to months to get it in the usual case.

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 don't only write your house number but also your specific room or apartment number indicated with the letters LGH. 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 activities and discounts you can get access to. Here we would like to recommend two things:

1. Apply for the Mecenat card and ID

This will give you:

- many interesting student discounts
- access to student pubs, clubs or parties

Download the app, you will need: Name, Personal number, Student ID card number, Certificate of registration (you can get this on ladok after registering your courses) and your address.

2. Swedish language course

If you are interested in working in Sweden, then knowing how to speak Swedish is an advantage. Swedish immigration offers free Swedish course for foreigners who have 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 is: <https://www.linkoping.se/forskola-och-utbildning/vuxenutbildning/sfi/>

The University will also offer Swedish classes

Getting a 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: SWEBANK, SEB, Länsförsäkringar Östergötland, ICA Bank 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 be able to use Swish you need a kind of ID security App. It is also connected to your bank account and is basically a second App

where you have a code that works as a signature. Once you want to Swish a special amount this app called BankID is opened and you can verify your transfer. Also, for some other activities on the web, e.g. identifying yourself.

Getting a Swedish SIM card

Most places have WIFI but when you are going to be here for a longer time a Swedish SIM card is recommended. There are several companies with different options to choose from. They all usually have student discounts and homepages you can visit to see what kind of deal you can get or if you want to there are also stores in the city so you can talk with someone, so they can help you out with a deal that is most suited for you. Remember to double check between the different companies so you get the cheapest and best one and read or ask about the conditions or length of contract etc. Something to also keep in mind is that most of the companies do want you to have a Swedish personal number so get that as soon as possible. Down below we have listed some telephone companies where you can get a sim card from. Some of the homepages can be translated into English but some don't have that option, in that case we recommend looking up "kontakta oss" or "Kundservice". There will be an option like "chatta med oss" or "Ring oss" where you will be able to talk to a person in English.

Company	Webpage
3	https://www.tre.se
Tele2	https://www.tele2.se
Telenor	https://www.telenor.se
Telia	https://www.telia.se
Hallon (cheap)	https://www.hallon.se
Halebop	https://shop.halebop.se
Vimla (cheap)	https://vimla.se

Lycamobile (cheap internet in case you live alone and don't want to get WIFI installed as this can get expensive for one person. You can get the biggest bundle with around 20 GB of data and use your phone as Hotspot in case you don't watch long movies or play a lot of video games etc... Also, it is a nice option to talk to your family in various countries for a cheap price in case they have lycamobile as well) -

<https://www.lycamobile.se/en/>

Transport in Linköping

Going from one place to another in Linköping is quite easy, you can choose to go by bike or by bus. Linköping has great local bus traffic, which will make it easy for you as a new student to move around in the city. Here we will give you some examples for bus lines that are good to know about when you are new in Linköping.

In the beginning you will be moving a bit back and forth between the two campuses we have in Linköping. One is close to the city center and integrated into the hospital called US (Which stands for University Hospital, US). Campus Valla is located in a part of Linköping called Valla, there you will have your first course. Later on most of the courses will be located at US.

Bus lines:

Nr 4: this one is a great one since it 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 (Nobeltorget).

Nr 3: most important for people living in Ryd

It runs between Ryd and Linköping centrum and stops at Resecentrum. And if you live in Ryd you will be close to Campus Valla (Solhaga) and can probably walk or take the bike for lectures or activities on this campus. To go to the hospital that will take you around 15-20 minutes

by bike but usually most of the students take their bikes these distances as well.

Nr 73: also called the campus bus, you can take it to go between Campus Valla and US and if you want to, it can also take you all the way to Norrköping.

The best part with the campus bus is that it is free! You only need to scan your LiU card, and you are good to go.

There are of course a lot more bus lines but these are the most important ones to get you started. For more information go to Östgötatrafiken's (bus company) homepage (it can be translated into English). 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 LIU card. <https://www.ostgotatrafiken.se/>

We do recommend that you download the app ÖstgötaTrafiken. To buy tickets and search for different travel options between the bus stops.

Side note: Remember that Swedes do not like to stand close to each other by the bus stops but are happy to help if you have questions about different routes and when and where the bus is going. Queueing to enter the bus is the usual way Swedes get on a bus.

Bikes are the most common modes of transport in Linköping. In your first week you could purchase a bike from the stores namely, Jula and Biltema. Most students get second-hand bikes. The best place to find them is on - ESN flea market and Facebook marketplace.

LiU organization, Student Unions, Section and Party-committees

LiU has around 27,000 students and 4,000 employees on four different campuses (Campus Valla and the University Hospital in Linköping, Campus Norrköping, and Campus Lidingö).

However, the MSc Experimental and Medical Bioscience program 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 program belongs to MedFak. For more information about the LiU organisation 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 unions 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 work environment. Together with the other student unions at LiU, Consensus owns the company Kårservice that runs the 5 student union buildings: Örat, Kårallen, Kårhus Kollektivet, [hg] and Trappan. These are places by students for students, where you as a student can work and engage in! For more information about Consensus follow this link:

<https://consensus.liu.se/in-english>

Each study program has a section board made of student electives. The sections of MedFak function as the student representatives within Consensus union. There are 9 student sections belonging to the Consensus, including ours - Medical Biology section (BioMed). BioMed is the joint section of the bachelor program "Experimental and Industrial Biomedicine" and the master program "Experimental and Medical Bioscience". The section works to represent students' opinions about the education and student life at all deciding organs within the program 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 organizes a lot of social activities, parties and events for students at that program. BioMed's party-committee is called "FylleCellen". There are also a variety of student associations that bring people with different interests together.

Fyllecellen



Hi Nellan (New students) and welcome to Linköping.

We are Fyllecellen (a play with words drunk tank/drunk cell), the Biomedical section's party committee or "festeri" as it is known in Sweden! You can recognize us by the black and red stripes on our ovves, which are cut off, as well as our red shoes.

Our tasks include arranging a bunch of fun events for students such as the kravall (see the dictionary). Goldfever, banquettes and other fun activities. We are simply here to make sure that you have a good time in between all the lectures, labs and exams!

If you have any questions regarding the social aspects of being a student here at LiU, feel free to ask us!

We hope to see you this fall!!

Much love,

Festeriet Fyllecellen

Contact Mail:

Chief.fcellel@gmail.com

Free time activities:

LiU has a very rich student life with many different student organizations you can join and lots of activities to attend, depending on what your interests are. Here is a list of student organizations (with brief descriptions) that you can check out if you want – participating in the student life is a great way to make new friends!

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/organizing and labwork themselves. Check out this year's amazing project of Seawater Desalination!

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

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



Computers and electronics

Admittansen: Admittansen is a non-profit electronics club in Linköping open to students, alumni and staff of Linköping University.
<https://admittansen.se/in-english/>

FIA: An association for Autonomous Intelligent Systems. Their goal is to increase the interest in robotics and artificial intelligence.
<http://fiarobotics.se/> (Swedish)

LiTHe El: Student electronics association.

<http://litheel.org/info/> (Swedish)

LiTHe Kod: Student computer programming association. Homepage (in Swedish): <http://lithekod.se/>

LiU 3D: Association for 3D printing.

<https://www.facebook.com/LiU3D/> (Swedish)

Lysator: Academic computer association for students and employees at LiU. <https://www.lysator.liu.se/english/>

Exercise and sports

BioMed Sport Activity: The section arranges various sport activities such as running and outdoor workouts for the students in the program. More information will come when the autumn semester starts.

AC studenterna: A student soccer team.

<https://idrottonline.se/ACStudenterna-Fotboll> (Swedish)

Campushallen/LSIF: Linköping Student Sports Association, that also runs a large fitness center on Campus Valla.

<https://www.campushallen.se/en> (Swedish)

Dance Machine: A dance group that promotes the joy of dancing and appears at University events.

<https://www.facebook.com/dancemachine.liu>

FLUGA: Linköping University's fly-fishing club.

<http://flugfiskeliu.weebly.com/in-english.html>

HKL Make Believes: Student ice-hockey association with yearly try- outs for the team in September.

<https://makebelieves.se/> (Swedish)

Klätterklubben: Climbing and bouldering association.

<https://linkopingskletterklubb.se/> (Swedish)

LARK: Equestrian sport association. If you love horses, you are welcome to join!

<https://www.facebook.com/LinkopingsAkademiskaRidklubb>

Linköpings nycirkusförening: Association for juggling, unicycling, acrobatics and other circus arts.

<http://www.cirkusemma.se/linkopingsnycirkusforening/> (Swedish)

LiTHe Vilse: Student orienteering association.

<https://vilse.studorg.liu.se/english.php> (Swedish)

LiTHE Syra: Jogging/running association.

<https://www.lithesyra.org/> (Swedish)

LiU AIF: Linköping Student Academic Sports Club. They include such associations as for football, floorball, tennis, squash, swimming,

basketball, handball, paddle and golf

<https://www.svenskalag.se/liuaif/sida/36340/short-info-in-english>

LiU Water & Wind: Linköping University Water and Wind Sports association.

<http://www.liuwaterwind.se/> (Swedish)

LuFF: Linköping University Flying Club.

<http://www.lfk.se/> (Swedish)

PAFF: Outdoor and hiking association in Norrköping.

<http://paff.nu/> (Swedish)

Film, Photography and Media

Kultingen: A magazine for students written by students.

<http://foreningen.tidskriftenkult.se/> (Swedish)

LinoFilm: A student film and television association.

<https://www.facebook.com/LinoFilm/>

Linslusen: A photography association.

<http://www.linslusenlkpg.se/in-english/>

Stubinen: A student cinema in Norrköping.

<http://stubinen.org/>

Human rights and politics

IFMSA: International Federation of Medical Students Association.

<https://www.ifmsa.se/linkoping/?lang=en>

Foreign affairs student association: The Student Association of Foreign Affairs at Linköping University is a politically and religiously independent non-profit association.

<http://www.uflinkoping.org/>

International student organizations

AIESEC: Association for developing youth leadership through cross-cultural exchange. <https://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.

<http://eastasian.studorg.liu.se/>

ESN Linköping: Arranges activities for both exchange students and Swedish students. <https://www.facebook.com/esnlinkoping/>

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

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

ISO: Indian Student Organization. A student governed organization for people who are interested in Indian culture and their values. <https://www.facebook.com/pg/IndianStudentsOrg/%20about/?tab=overview>

Music

Choirs

Chorus Lin: A mixed student choir.

<https://www.choruslin.se/wp/> (Swedish)

Linköpings Studentsångare: An academic men's student choir. <https://www.lkss.se/> (Swedish)

Linköpings indie kör: A mixed choir singing indie music.

<http://www.linkopingsindiekor.se/> (Swedish)

Linnea: Academic women's student choir.

<http://damkorenlinnea.se/> (Swedish)

LiThösen: Student choir for women.

<http://www.lihtosen.se/> (Swedish)

Novakören: Student choir in Norrköping.

<https://www.facebook.com/novakorennkpg> (Swedish)

Röda Arméns Gosskör: Red Army's Men Choir. Politically neutral.

<https://rag.lysator.liu.se/> (Swedish)

SKÖN: Mixed student choir based in Norrköping.

<http://www.skon.nu/> (Swedish)

Orchestras and Bands

Linköpings akademiska orkester: Linköping Academic Orchestra.

<https://laorkester.se/> (Swedish)

LiTHe Blås: Student orchestra.

<https://www.litheblas.org/sv/> (Swedish)

Strängar och Rör: Student fiddlers of Linköping.

<https://www.facebook.com/LinkopingsStudentspelmanslag/>

Lusen Big Band: Linköping University's Big band. Homepage (in Swedish): <http://lusenbigband.se/>

DJ associations

forte!: DJ association.

<http://forte.studorg.liu.se/> (Swedish)

John Doe: Works to spread and broaden the music culture in Linköping.

<https://www.klubbjohndoe.com/> (Swedish)

Valla Skivgarde: DJ association that also organizes events and rents out sound and light equipment. <http://www.vallaskivgarde.se/> (Swedish)

Coffee and cafés

Café Örat (Campus US): Student café with the cheapest coffee (and tea). LiU card is needed to be able to enter the house.

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

Pressbyrån/7-Eleven (Campus US): Inside the hospital you'll find Pressbyrån and 7-eleven that have coffee, tea, edible things and other stuff. 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 change the cup to 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.

<https://www.facebook.com/sektionscafe.baljan/>

Studentfiket: A student café in Norrköping.

<http://www.studentfiket.com/> (Swedish)

Pubs and clubs

Kårhuset Kollektivet (KK): Student club in the city center that houses student parties. Pay attention to posters in the campus/events on facebook. <http://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. <http://www.flamman.org/> (Swedish)

Fredagspuben: A Bar association. <http://www.brandonboys.com/#3781793>

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

Religion

Fisherman's Friend: A Christian Student organization.

<https://www.facebook.com/FishermansFriendLiU/> (Swedish)

Ny Generation: A Christian Student organization.

<https://www.facebook.com/NyGenerationLiU/> (Swedish)

SAAF LiU: Syriac/Aramaic Academics at Linköping University.

<https://saafsverige.com/?pageID=912>

Spex

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: <https://holgerspexet.se/>

Linköpings Studentspex: Student Spex association, first started in 1979. <https://www.studentspex.se/spex-in-english/>

Other associations

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

<http://www.navitas.se/> (Swedish)

Ahead math coaching: Association that helps students at gymnasiums to learn math. <http://www.aheadcoachning.se/> (Swedish)

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

Gen!us: Association with the purpose to increase gender awareness and equality at Linköping University.

<https://www.facebook.com/liuGENIUS> (Swedish)

LiRMA: Linköping Riichi Mahjong Association.

<https://www.facebook.com/lirmamahjong/>

LiVA: Linköping Vegan Association.

<https://www.facebook.com/Livastudentforening/> (Swedish)

LiU Gamers: LiU Gamers is a non-profit student association for all gaming interested. <https://www.facebook.com/LiUGamers/>

Linköping University's Student Brewery: Association for home brewery.
<https://liusb.se/> (Swedish)

Sweden Liute Magiskt: Organizes activities related to Harry Potter.
<https://www.facebook.com/LiuteMagiskt/>

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

Nördboet: A board game association in Norrköping.
<https://www.facebook.com/nordboetnorrkoping> (Swedish)

RFSU Linköping LiU: Association working to spread knowledge and joy regarding questions about sexuality. <https://www.facebook.com/rfsu.liu> (Swedish)

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

Accommodations and housing

Finding some place to live can be tough in a student city - but have no fear! There are several places where you can find a roof above your head in Linköping.

Remember: **Queuing is key!**

A lot of the websites for student apartment work with the queuing system, for everyday you are registered on the website you get a point. When applying for an apartment, the one with the most points gets it (in the most cases)

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 for that sweet apartment as soon as possible!

Studentbostäder also offers "Bostad direkt", where they have rooms and apartments that have no resident at present, and the first one to show interest gets it!

Homepage: <https://studentbostader.se>

KOMBO - KOMBO is the student's unions working together to make living and studying easier. On their webpage you can find apartments to rent.

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

Landlords - If you prefer a landlord that is not associated with student 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!)

You find the list here: <https://www.linkoping.se/bygga-bo-och-miljo/bostader-och-offentliga-lokalera-hitta-bostad/>

ByggVesta is recommended by the university itself as a great place to look for an apartment

Homepage: <https://www.byggvesta.se/> (You will need a personnumber to register)

Facebook groups - Groups on Facebook, such as:

“Lägenheter i Linköping”

<https://www.facebook.com/groups/363618940460377>

“Bostad Linköping”

<https://www.facebook.com/groups/340566159421217>

“Accommodation for Students @ Linköping University”

<https://www.facebook.com/groups/152512118288068>

These are all good places to look for people renting out apartments second hand.

Bostadsportal - Bostadsportal is a web page where people can upload apartments, rooms and collective housing. You find all available apartments here: <https://bostadsportal.se>

Blocket.se is a web page like eBay where people from all of Sweden can sell, rent etc. All kind of tools, furniture as well as houses and apartments. Have a look at this web page to find a second hand flat.
<https://blocket.se>

“**ESN Linköping Flea Market**” Facebook group is also a good place to get second hand furniture or accomodation. With exchange student or other international student come in or move out of Linköping, there is always some good stuff that you can find.

The website: <https://www.facebook.com/groups/www.esnlinkoping.org>

Liu Student Secondhand is an organisation where you can find all sorts of secondhand articles that old students left behind and of course they can be bought way cheaper than new furniture or books.
<https://www.facebook.com/liustudentsecondhand/>

Map of Tornby

As a new student in Linköping, if you want to buy all necessary survival stuff in one stop, Tornby is a place you must visit. You can get there by taking bus Line 10 from Linköping central station (Resecentrum). In Tornby you will find:

1. **IKEA:** Everything from kitchen knife to a nice sofa. Want to make your place fully equipped and well decorated? This is where you should go!
2. **ICA MAXI:** Nice big supermarket where you can find almost every kind of food.
3. **Biltema:** Hardware store but they also sell bikes (Yosemite is a good and cheap brand). Don't forget to buy front / rear lights and TWO locks!
4. **XXL:** All kinds of sport stuff, they also have bikes (Merida and Giant) but more expensive.
5. **i-huset:** A mall next to IKEA where you can buy clothes, make-up, books and much more. Inside you can also find some restaurants.



Traveling

Swedes and especially people in Linköping love to ride their **bicycles**, but some destinations are just too far away to be discovered by bike. Nevertheless, in Sweden you can easily travel by train or bus. Here you will get some tips and tricks about traveling, for example where to book your tickets and most importantly, how to save some money.

If you like to visit Norrköping, you should take the Campus Bus, it leaves from different places at the university (runs between Campus Norrköping, Campus US and Campus Valla in Linköping). Get on the bus after your lectures or PBL sessions directly from the US Norra entrén bus stop and arrive within 1h in the center of Norrköping. The best is Monday-Friday you travel for free! Check out the timetable at www.ostgotatrafiken.se and do not forget to bring your valid LiU card with you!

All long-distance busses leave at the bus terminal near the central station. Several busses 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 close 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!

Traveling by bus takes time but is in comparison to the train often the cheaper alternative. However, traveling by train is often the faster and more comfortable possibility 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 for example in just 1.5 hours or you ride 3.5 hours in the other direction and get off at Copenhagen central station (Denmark).

But do not miss destinations like Jönköping (at the beautiful lake Vättern), Husqvarna, Malmö and Lund on your way down to Denmark! Train companies are privatized in Sweden and all the different companies you can check and book online on the SJ website www.sj.se. 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 LiU card with you! To make it even easier to book and plan your journey in and around Linköping, Östgötatrafiken, Flixbus, SJetc. offer different Apps for your smartphone!

If you want to travel even further you can take an airplane 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. It is worth it to check out the flights starting at Skavsta airport, for example the airline called Ryanair (www.ryanair.com). If you get an ESN card (European Student Network) you will have access to 8 one-way flights per academic year where you get 15% off the flight price and one 20 kg check-in bag for free. For more information see: <https://www.ryanair.com/gb/en/plan-trip/explore/erasmus>.

If you depart from Stockholm Arlanda you can take a Flixbus or Swebus 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 traveling 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. No worries, students above 26 can get some special prices by booking with KiLROY (www.travels.kilroy.se). If you plan a trip by flight check directly at the airline’s webpages, flights can be much cheaper here than at other travel booking portals.

Get yourself and your friends ready to travel! One day city trips to Norrköping, Stockholm and Göteborg are a good start. If you like it a little bit more relaxed take a bus for example to Norrköping and switch to a local bus which brings you to smaller towns, villages or starting points for a hike (maybe in Kolmården and Vikbolandet). You should also check the destinations of the local city busses to discover Linköpings surrounding or take your bike anyway and make a tour along the Göta Kanal to Bergs Slussar.

Swedish words to know

LiU offers Swedish courses for exchange students and foreign 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

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)
Hejdå	Goodbye
Skål!	Cheers!
Ja	Yes
Nej	No
Kanske	Maybe
Lagom	Just the right amount
Hjälp!	Help!
Jag älskar biologi	I love biology
Grattis	Congratulations
Bra	Good
Dåligt	Bad
Sex	Six/Sex
Han	He
Hon	She
Hen	They (gender neutral)
Slut	Finish/End
Kram	Hug
Puss	Kiss

Swedish songs to know:

- ◆ “Stad i ljus” - Tommy Körberg, played at the end of many student parties
- ◆ “Genom eld och vatten” – Sarek, old schlager song commonly played at student parties
- ◆ “Helan går” , the famous swedish “snapsvisa”, is sung at certain dinners before taking a shot.
- ◆ “Kung i baren” - Magnus Uggla, Famous Swedish song about being king of the bar. Commonly played at student parties

The welcoming week

The welcoming week for you is organized by us Faddrar and should help you to get to know Linköping, the student life, and of course your fellow students. The Swedish government prohibits gatherings of more than 30 people due to the Corona Virus, but this should not impair our welcoming week so much as we are a small program, these regulations might change until August. We will keep you updated! The welcoming week will take place from the 23th to the 28th of August and later we will send out a schedule and short descriptions of the activities.

What can you expect from this amazing week?

Monday	23/08	Online-Event and BBQ
Tuesday	24/08	Fulvin's runda (be surprised)
Wednesday	25/08	Campus US tour, City Tour and Pub Crawl
Thursday	26/08	Online-Event
Friday	27/08	Campus Valla Tour, Games night
Saturday	28/08	Potluck