

PREFACE

Living in a new environment

Living abroad, working, or studying at a university in another country is always an adventure, and often quite challenging.

The Handbook for Visiting Staff attempts to answer some of the many questions you might have about day-to-day practical matters in your new environment. Of course, the information in this booklet is not exhaustive. We have included links, where you can find further detailed information, not contained in a small handbook like this.

We hope that your stay at Lund University will be pleasant and rewarding.

Welcome to Lund and Lund University!

Learn more about Sweden and Lund

www.visit-sweden.com

www.sweden.se

www.si.se

www.lu.se

www.lund.se

www.researchinsweden.se

http://en.wikipedia.org/wiki/Culture_shock

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THE LUFF OFFICE

- www.lu.se/luff

Lund University Foreign Friends, LUFF, part of the LU Human Resources, was established to support visiting staff and their families. We also assist the inviting departments and their administrators in looking after their guests.

What is LUFF's aim?

The aim is to offer PhD students, post-docs, visiting staff and their families' general information on settling in Sweden.

What help can LUFF offer?

- Practical assistance with day-to-day enquiries.
- Contacts/advice on schooling, pre-schools, compulsory education, and adult education, (e.g. Swedish and English language courses).
- Up-to-date local information on living in Lund/Malmö.
- A term programme of activities providing the opportunity to learn more about Sweden and Swedish culture.
- A newsletter, "What's Up?" highlighting the forthcoming events in the region.

Where is LUFF?

Room 253a, Byrålogen
Paradisgatan 5C, Lund
Post: LUFF, Box 117,
SE-221 00 Lund
Tel. 046-222 71 51
Fax: 046-222 46 10
E-mail: sigurborg.ragnarsdottir@pers.lu.se

When is LUFF open?

Please book time

How to register with LUFF?

We kindly ask you to fill out the on-line registration form as exactly as possible! You will find it at: www.lu.se/luff
In order to get the log-in code, please contact LUFF.

SWEDEN in BRIEF - www.sweden.se and www.visitsweden.com

Population: 9, 3 million inhabitants

Average Life Expectancy:

Men 79 years, women 83 years.

Capital: Stockholm pop. 1,600,000

Surface Area: 450,000 sq. km (174,000 sq. miles²) – larger than California but slightly smaller than Spain. Third largest country in Western Europe.

Geography: Half Sweden's land area is covered with forest, and less than 10% is farmland, mostly in the southernmost region, Skåne (Scania), where Lund and nearby Malmö are situated. The distance from north to south is 1600 km, incorporating a wide spectrum of climatic zones.



Climate: The warm Gulf Stream of the Atlantic gives Sweden a milder climate than other areas equally far north. Due to the high latitude, winters in Sweden, especially in the northern parts, are long and dark while the daylight hours in summer-time are long (midnight sun in the north). In Lund, the number of daylight hours is approx. 7 in Dec. and 17 in July. The mean temperature in Lund in Dec. is 1.1°C (34°F) and in July 16.8°C (62°F). However, winter temperatures may now and again drop to -15°C (5°F). Warm and wind proof outdoor clothing is therefore, essential. By contrast, the indoor temperature is always comfortable.

Religion: 84% of the population belong to the Evangelical Lutheran Church of Sweden; though far fewer are regular church-goers. Many other religions are represented in Sweden. Churches in major cities usually have services in English once a week.

History: See www.sweden.se – for Sweden’s history and society from the Viking Age in the 9th–11th centuries, with its expeditions of plunder and trade, followed by centuries of expansion, trading alliances, territorial wars and religious upheaval to the peaceful (since 1814) modern Swedish welfare state.

Form of Government: Constitutional monarchy with one chamber parliament, the Riksdag, elected every 4 years by proportional representation. King Carl XVI Gustaf exerts no political power, performing only ceremonial duties as official representative of Sweden. Political power rests with the Prime Minister (Statsminister) and his Cabinet (Regering).

LUND - www.lund.se

Lund is one of the oldest cities in Sweden. In the late 10th century it was a permanent settlement centred on a church and a royal mint. It was the seat of an archbishopric and a religious, political, commercial, cultural and educational centre for all Scandinavia. In 1104 the Danish archbishopric was established in Lund, centred on the bishop’s church, entirely rebuilt to become the Archbishop’s cathedral and centre of Christianity throughout the Nordic countries. The cathedral is still the centre of the city, visited each year by tens of thousands of tourists from all over the world.

In the year 1658 Skåne was conquered by the Swedes. Lund University was founded in 1666 to consolidate the power of the Swedish crown over the new territories. Since then the university has characterised the city. Along with the University Hospital – the centre for medical care in southern Sweden, the University – with its approximately 40,000 students, dominates Lund.

Lund has about 105 000 inhabitants. At the heart of Lund is the Cathedral, in the Lundagård park are the University Building, the Lundagård House and the Academic Society. Nearby is also the Museum of Cultural History (Kulturen).

From the Lund University Hospital in the north, you can distinguish Copenhagen on the other side of the Öresund strait. At close range, you see an arc of successful industrial enterprises: Tetra Pak, Alfa Laval, Gambro, Sony Ericsson as well as IDEON, Scandinavia's largest research park, where more than one hundred high-tech enterprises have established offices since its start in 1983. Many of these have roots at Lund University and/or continue to collaborate actively with it.

MALMÖ - www.malmo.se

Only 20 km south of Lund lies Malmö. Malmö is Sweden's third largest city (pop. 300, 000) and a lively cosmopolitan community with a wealth of cultural institutions. The Science Park in Malmö, MEDEON, specialises in medical technology and pharmaceuticals and is situated close to Malmö University Hospital, which is also a teaching hospital. Malmö is the home of the World Maritime University, located here by the United Nations.

COPENHAGEN

- www.visitcopenhagen.dk

Köpenhamn in Swedish/København in Danish, the capital of Denmark, is a lovely city, with all the exciting activities of a major European city. Copenhagen is not far from Lund; less than an hour by train.

THE UNIVERSITY - www.lu.se

Established as the second university in Sweden in 1666, Lund University includes all faculties. The heart of this very large centre of learning must be said to lie in the "quadrangle" formed by the main University building, built in 1882, the University Library from 1907, the Student



Photo: Kennet Rouna

Union and the Cathedral. Like most universities in Sweden, Lund University is state financed.

At present (2010) about 6,000 teaching staff and researchers work at the University. Of these about 1,400 are professors and lecturers with a doctor's degree.

UNIVERSITY and STUDENT ACTIVITIES

-www.lu.se - click on "Kalendarium" (certain entries are in English)

Promotionen

(The Capping or Commencement Ceremony)

In this ceremony, which takes place in the Cathedral, the graduates who have presented their doctoral thesis the previous year, receive their insignia of their doctorate and are hailed with canon salutes. Before and after the ceremony, the academic staff and other dignitaries, together with the graduates, walk in procession from the main University building through the Lundagård park to the Cathedral and back. The ceremony takes place at the end of May or beginning of June.

Professors' Inauguration

Once each term, the newly appointed professors are ceremoniously "installed". This ceremony takes place in the hall of the main University Building and is accompanied by speeches, music played by the university orchestra and a procession of the student societies. The ceremony is open to the public. Enquire for details with



the Office of Ceremonies (Promotionsexpeditionen).

promotionsexp@rektor.lu.se
Tel. 046-222 7006.

Nobel Lectures

A few days after the Nobel Prize ceremony in Stockholm on the 10th of December (which is always televised) some of the Nobel Laureates give lectures at Lund University. Ask the secretary of your department or LUFF for particulars.

Karnevalen

Every fourth year, in May, the students take over the city for three days to celebrate their carnival. Lundagård is the centre of activities, but the whole town is permeated with carnival fever. Next time



Photo: Mikael Risedal

will be in the year 2014.

Traditional Festivities within the University Community

The coming of Spring

April 30th, at Tegnérplatsen, on the side steps of the AF-building:

- 17.45 the Students' Male Choir sings the traditional songs to usher in the spring.
- 17.58 the Vice-president of the Student Union greets the spring.
- 18.00 the students, old and young, don their white caps.

May 1st, in front of the main University building:

- 12.30 the traditional exchange of greetings between the University's Rector Magnificus and the President of the Student Union.

- 18.00 the Students' Male Choir gives the traditional spring concert. This performance is always televised.

The whole population of Lund joins in these celebrations.

The University Shop in the AF-building

This shop carries a good variety of tastefully designed souvenirs and presents, many featuring the original University seal 1666.

Also available are jackets, t-shirts etc.



Photo: Eva Samuelsson

GENERAL INFORMATION

Accommodation - www.lu.se/luff

All visiting staff should first turn to their host department for help regarding housing, though we must point out that some departments may be more helpful than others. Instead of including information that rapidly becomes outdated in this brochure we refer you to LUFF's web page on housing which we try to keep up to date.

Residence Permits - www.migrationsverket.se

EU citizens

As an EU/EEA citizen, you have the right to work in Sweden without a work or residence permit. The same applies to your family members if they join you. You and your family members are entitled to begin working immediately. If you stay longer than three months, you have to register with the Swedish Migration Board.

Non-EU citizens

A visa is required for researchers coming from certain countries or regions. It is issued for short-term visits and must be applied for before entering the Schengen area (including Sweden). Visiting researchers do not need a work permit. Note that if you are a visiting researcher, you still need a residence permit if your stay is expected to last longer than three months. Also note that the permit must

be valid and included in the passport before you travel to Sweden. To receive a residence permit, you need to have a hosting agreement with the host university. More information about permits, visas and application forms can be found at www.migrationsverket.se.

As of 5 April 2010, all Schengen States must apply the EU's Visa Code. This Code contains provisions on visas for periods shorter than three months. The Visa Code applies as law in Sweden. <http://www.migrationsverket.se/info/2046.html>

All nationalities

On your arrival in Sweden the following registrations are necessary:

Registration with the Tax Office (Skatteverket) & the Personal Identity Number (Personnummer)

The application is made at the Tax Office in person.

Addresses

Skatteverket i Lund	Skatteverket i Malmö
Folkbokföring	Kungsgatan 15
(Population registration)	205 30 Malmö
Järnåkravägen 3	Tel. 0771-778 778
Box 10, 221 00 Lund	
Tel. 0771-778 778	

Necessary documents: passport with residence permit. If you have your marriage certificate, this is also useful, but not necessary. At the Tax Office you will be given a form called "Anmälan om Flyttning till Sverige" (Application to move to Sweden). This form is available in various languages and the staff at the Tax Office will help.

"Application for a Swedish Personal Identity Number". The number consists of 10 digits; birth date and four check digits. This is important in Sweden as it is used for all official transactions, such as opening a bank account, the health system, car registration etc. Skatteverket will process your application. After approximately two weeks you will receive a registration form with your personal number. You will need to contact the Försäkringskassan/National

Insurance Office (NIO) to confirm that you have been registered at Skatteverket. In order to find out whether you have the right to receive social insurance or not, please contact NIO.
Tel. 020-524524

Försäkringskassan Customer Service
Försäkringskassan (NIO)
Stora Södergatan 49
Box 104, 221 00 Lund

With your “personal identity number”, you can apply for an ID-card at Skatteverket in Malmö or Helsingborg

ID card

ID-cards are issued by the Swedish Tax Agency. You can find information about how to apply on their website at www.skatteverket.se/privat/idkort/idcard.

For more information:

www.skatteverket.se/

Taxation - www.skatteverket.se

In Sweden, income taxes are almost always automatically submitted to the tax authority, since employers are obliged to deduct taxes from salaries paid to the employees. We strongly advise you to contact a tax consultant or the national tax authority in your home country before travelling to Sweden. Remember, if you are on a scholarship and do not pay income taxes, you will not be eligible for healthcare and other benefits.

There are some exceptions to the regular tax system, e.g. tax relief for foreign key personnel, see www.forskarskattenamnden.se, and a special income tax for non-residents (SINK), see information at www.skatteverket.se..

Banking

As you may need to open a bank account before you have received your “personnummer”, most banks issue an interim number (which they need to enable their computers to handle your account), and you will be able to apply for a cash card (uttagskort) to enable you

to make withdrawals from the Bank's "Uttagsautomater" automatic teller machines all over Sweden. As soon as you have received your Personnummer from the Tax Department, notify your bank of your "real" Personnummer.

N.B. If you receive your wages from the University, an account will be opened in your name automatically at the Nordea Bank, into which your wages are paid around the 25th of the month. If you have an account in another bank, please remember to give Nordea Bank (Stora Södergatan 2) a standing order to transfer to your desired account. This is then done automatically.

The use of **cheques** in Sweden is very limited (and sometimes complicated and pricey). **Major credit cards** are widely accepted throughout Sweden at most shops and restaurants. You can get cash with your Visa, MasterCard, Maestro or Cirrus card at any "Bankomat" or "Minuten" ATM.

Most payments of bills are made using post- or bank-giros. For instance, to pay the rent, or services and goods you have ordered by mail etc. you will receive a pre-printed PlusGiro bill (inbetalningskort) payable at the bank. There are charges for bank transactions e.g. transfers between different banks (not between branches of the same bank), cashing cheques, payment of a bank- or PlusGiro and fees for postal orders. These charges vary from bank to bank and over time. All banks now offer transaction services over the web. This is convenient, avoids service charges and saves waiting in a bank to be served.

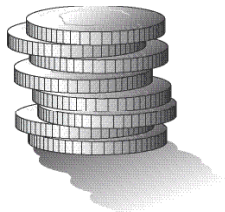
Please note:

- a) Contact your own bank to transfer money from your home country to Sweden.
- b) Notify your bank, as you leave Sweden, to close your bank account.
- c) ID cards from other EU countries are not accepted by Swedish banks.

Foreign Currency

The exchange bureau "FOREX" - offers competitive rates and low commission - www.forex.se

Bangatan 8, Lund (opposite the railway station).
Tel. 046-32 34 10



Mon-Fri 8.00-19.00,
Sat 8.00-16.00

Västra Mårtensgatan 6, Lund.

Tel. 046-14 07 80

Mon-Fri 9.00-19.00,

Sat 10.00-15.00

In Malmö there are four offices, one located in the Central Railway Station. Tel. 040-30 40 31. Open daily Mon. - Sat. 7.00 - 21.00

FOREIGN REPRESENTATION (Embassies and Consulates)

About 25 countries have consulates in the Malmö area. See <http://g.ulasidorna.eniro.se/> - insert "Ambassad" in the first window, "Malmö" in the second then click "sök" (search). This will generate a list of the consulates in Swedish.

For Swedish embassies and consulates abroad:

www.sweden.gov.se/sb/d/4189

INSURANCE

Insurance of personal belongings can be obtained from one of the companies listed under "Försäkringar" in the telephone directory. The landlord is responsible for the insurance of property belonging to the owner of the accommodation you are renting, but the tenant must always have his /her own insurance too (double insurance).

Health and Sickness Insurance

The university has issued a group insurance policy that automatically covers visiting staff, PhD students and their families, *staying for no more than one year* (i.e. those who do not get a personal identity number and are not registered with the census office). It is valid 24 hrs/day and in the whole Schengen zone. It includes certain, reasonable cover for medical and dental care*, due to

**Applies only to persons who are not citizens of a Nordic country, an EU/EEA Member State, Switzerland, or another Convention country regarding medical benefits (unless they can prove that they are no longer insured in their home country regarding medical benefits), or who are covered by the Swedish social security system.*

acute illness or accident, repatriation, property, liability and legal costs to the extent such cannot be compensated by other insurance. No deductibles shall apply to this insurance.

Read conditions of the group insurance at:
www.kammarkollegiet.se/forsakr/villkor/UKGIF9.pdf

If you are staying longer than one year, you are obliged to settle your own insurance from day one.

Insurance when Travelling to Work

All students and staff are covered against accidents at, or on the way to or from, work/classes.

For further information contact the Personnel Division.

E-mail: Annike.Hemmingsson@pers.lu.se.

Tel. 046-222 7118

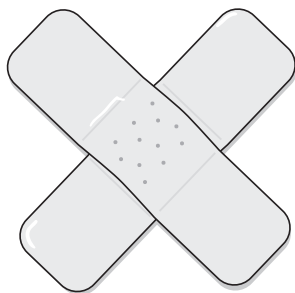
MEDICAL CARE

In emergencies for which an ambulance is needed, dial 112!

112 is the emergency number for fire, ambulance and police. You will be asked to explain what has happened, where it has happened and from which number you are calling.

If you suddenly become seriously ill or hurt, you can go directly to the emergency ward (Akutmottagning) of the University Hospital in Lund or Malmö for adults, or the children's emergency ward.

Hospital emergency wards receive accident victims and patients with sudden, serious illnesses 24-hours a day.



Addresses:

- Universitetssjukhuset i Lund, Getingevägen 4.
Tel. 046-17 10 00
- Universitetssjukhuset MAS (Malmö), Södra Förstadsgatan 101.
Tel. 040-33 1000

Poison information:

Tel. 08-33 12 31 (daytime) or tel. 112 if it is an emergency.

Outside Office Hours in Lund:

If you're outside office hours and/or don't know where to turn:

You can call the health care information "Sjukvårdsrådgivningen", 24-hours a day, seven days a week at tel. 11 77 (be patient and stay on the phone while the recorded message in Swedish is played). Experienced medical staff will then advise you. If you have an acute life threatening health problem dial 112.

For a normal medical appointment there are the following options weekdays from 8.00-17.00:

1. Contact the health care centre (Vårdcentralen) serving your area. Their addresses and phone numbers can be found at <http://gulasidorna.eniro.se>. Search for "Vårdcentral", "Lund/Malmö", "Sök" (search) An appointment is not always necessary, but you are advised to call first.
2. You can also visit a private clinic (Läkarhus). These are where a group of doctors, both specialists and general practitioners, hold their surgery. You need to make an appointment. <http://gulasidorna.eniro.se>. Search for "Läkare, läkarhus", "Lund/Malmö", "Sök" (search)
3. Private doctors can be found at <http://gulasidorna.eniro.se>. Search for "Läkare", "Lund/Malmö", "Sök" (search)

Bring your passport, documents and health insurance.

Citizens from within EU/EEA countries and some other countries with which Sweden has a special agreement, and those registered in Sweden, are entitled to the same medical services as the Swedes. The fees per visit are then, to a general practitioner 200 SEK, to a specialist 300 SEK (2010). The charges for a private

consultation are similar to those charged by the public health service. A "high cost" card gives rebates on the cost of medical consultations and medications in the case of frequent medical needs. (Enquire with your doctor or nurse).

Non-registered visitors from outside the EU/EEA countries must pay in full and be refunded by their insurance companies. An interpreter service (Tolk) is available in Lund. Tel. 046-35 59 41. Also ask the doctor or nurse in charge of your case.

Medical Benefits

All Swedish citizens and all foreigners who are resident and registered in Sweden are entitled to subsidised medical consultations, hospitalisation and prescriptions.

Pharmacies/Chemists (Apotek)

Medical prescriptions must be taken to a pharmacy (Apotek). Even prescription-free medication is (2010) only available at the chemists. Costs for medication vary. For frequent needs, a "high cost" card gives progressively lower prices over the period of 1 calendar year (enquire with your pharmacist).

Pharmacies

Lund

Apoteket Hjärtat
Mårtenstorget 12
Mon-Fre 09.00 - 20.00
Sat 09.00-19.00
Sun 10.00-19.00
Tel. 0771 - 40 54 05 223 51
www.apotekhjartat.se

Malmö

Apotek Hjärtat
Södra Förstadsgatan 41
Triangeln Köpcentrum
Mon-Fri 10.00-20.00
Sat 10.00-17.00
Sun 11.00-17.00

Dentists (Tandläkare)

The District Dental Clinic (Folktandvården) is very often located in the same area as the health care centre (Vårdcentralen). There are also private dentists, <http://gulasidorna.eniro.se/>, search for "Privata tandläkare", "Lund".

In an emergency it is possible to go without an appointment to

any dentist during working hours but you should call for an appointment if possible. After hours, at weekends or holidays, tel. 11 77, ask for the dentist on call (Jourhavande Tandläkare). Dental care costs are partially covered if you are registered in the Swedish system i.e. if you have a personal identity number and are registered at the census office (mantal-skriven). If you are insured only under the university scheme for foreign visiting staff, only emergency dental treatment is covered. Tel. 020-524 524 (Försäkringskassan/National Insurance Office).

Child Health Care

In every medical district there is a child health clinic (Barnavårdscentral). Here mothers of pre-school children receive advice regarding their children's health. Their development is monitored and any necessary vaccinations are given. Be aware that the sequence and ages at which children receive their vaccinations often vary from country to country.

For more information on all entries below please contact Försäkringskassan/National Insurance Office (NIO).
www.fk.se/sprak/eng Contact: 0771-524 524
E-mail: kundcenter@forsakringskassan.se

WELFARE BENEFITS

Child Allowance

Automatically paid for all children under 16 years of age to families registered in Sweden.

Study Allowance

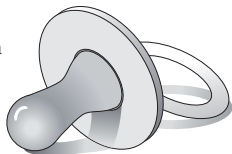
Children over the age of 16 have their child allowance extended. This is called study allowance (Studiebidrag) and is paid for 9 months of the year until the student completes or discontinues his or her studies.

Parental Allowance on the Birth of a Child

When a child is born, parental allowance is paid to the mother or father for a total of 450 days. It may be taken out at any time before the child is eight years old.

Temporary Parental Allowance

This allowance may be claimed by a parent for loss of income, for instance, when a child is ill. It is paid for a maximum of 60 days per year until the child is 12, in some cases up to 16.



Anyone receiving any of these allowances must notify the National Insurance Office (Försäkringskassan) when the child leaves Sweden. The Insurance Office has booklets in several languages for further information.

In Sweden all parents have the right, on the payment of an income-based charge, to register their children (ages 1-6) at a pre-school or family day-care home. Children of parents who are working or studying can apply for municipal day-care at a crèche (Daghem/Dagis) or with a child minder (Dagmamma). In the year of their sixth birthday all children in Sweden have the right to go to pre-school.

If you are not working or studying, the options available include:

- Play schools and Open Pre-schools (Öppen Förskola)
- Öppna förskolor are for young children accompanied by a parent or child minder. These Mothers' and Toddlers' Groups are often run by the local churches.

English-speaking Options

Two pre-schools in Lund teach in English; **The International Pre-school in Lund** at Tunastugan close to Tunaskolan www.ipsl.se (ages 3-6) and

Bilingual Montessori Pre-school www.bmsl.org (ages 1-5) - which also teaches in French.

The International School of Lund, ISLK, is an international school for children of families temporarily living in Lund for work or study reasons. The school is situated at Parkskolan, close to the city park, and is a part of **Katedralskolan**. Katedralskolan is Scandinavia's oldest school with a well-known reputation for high quality education and a pleasant atmosphere. The school offers the International Baccalaureate curriculum for students between 16 and 19. Please see www.lund.se

The International Baccalaureate Programme is also run by the **Malmö Borgarskola**, Regementsgatan 36, and provides a three year, pre-university course with English as the language of instruction, and with the IB Diploma as the final exam. This diploma is recognised in more than 70 countries.
Tel. 040-34 67 04

www.malmo.se/borgarskolan

Bladins School is an English-speaking international school in Malmö, offering international education for students from 3 yrs. and right through upper secondary school. All teaching is in English and under the umbrella of the International Baccalaureate Organisation (IBO). The curriculum is developed by the IBO and is sent to all their schools around the world.

Address:

Själlandstorget 1

217 42 Malmö

www.bladins.se

As there are waiting lists for most classes early application is advisable.

Enquiries may be directed to the school office, telephone: +46-(0)40-98 79 70.

EDUCATION

Compulsory (9-year comprehensive) School

State Schools

Schooling is compulsory between the ages of 7 and 16. A preparatory year for 6-year olds is optional. In this 9-year period, all teaching materials are provided free of charge and routine medical checks are carried out free of charge by a school doctor and nurse.

All foreign children receive instruction in Swedish in special classes until their proficiency in Swedish enables them to participate in the normal Swedish school system. (About 4 to 6 months). In addition, the school will arrange tuition in the child's native language and culture (Modersmål). Tuition in at least 33 of the world's major languages is offered. The classes are usually small and of mixed ability. It is, however, considered important for children to continue to study their native language

- see www.modersmal.lund.se

To register your child for school, please contact the “Förberedelseklass” (Preparation class) at **Lerbäcksskolan**. Tel. 046-35 73 81, Öresundsvägen 2, 227 64 Lund.

International Schools

The Malmö region

School Curriculum Grades

Bladins International School International Preschool Grades 1-9

Filbornaskolan International Baccalaureate Grades 10-12

The International School of Helsingborg International Curriculum Grades 10-12

The International School of Lund International Baccalaureate Preschool; Grades 1-9

Malmö Borgarskola - International Section International Baccalaureate Grades 10-12

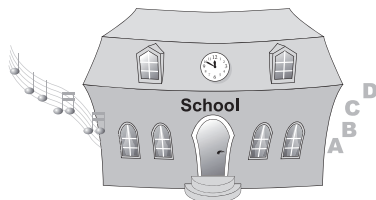
Söderkulla International School Swedish (English language) Preschool; Grades 1-9

In Malmö, **South Hill School (Söderkullaskolan)** caters for English speakers within a normal Swedish state school.

Tel. 040-34 68 41, fax 040-34 68 63, Söderkullagatan 14, Box 240 46, 215 58 Malmö. www.pedc.se/soder

Independent Schools

- **Montessori Primary School in Lund**, teaches in Swedish ages 6-16 and there is usually a waiting list. Tel. 046-211 96 75
- **Bilingual Montessori School**, Lund. Tel. 046-276 00 80, www.bmsl.se
- **Freinet School in Lund**. Tel. 046- 13 79 29, www.freinetskolan.se
- **St Thomas School**, Catholic school in Lund. Tel. 046-32 38 38. E-mail: info@sanktthomasskola.se, www.sanktthomasskola.se
- **Rudolf Steiner School** - Waldorf school, Hardeberga. Tel. 046-991 75, www.waldorf-lund.com
- **Kunskapsskolan**, Lund. Tel. 08-5069 14 90, www.kunskapsskolan.se



- **Maria Montessori skolan**, Lund. Tel.046 - 13 63 17
www.mariamontessoriskolan.se
- **Skrylleängsskolan**, Södra Sandby. Tel. 046-20 21 45,
www.dalbysandbymontessori.nu
- **Bladin's International School** - Malmö. English-speaking pupils from 3 yrs. and up through upper secondary school. Tel. (0)40-98 79 70, www.bladins.se

Upper Secondary Schools (Gymnasieskolor)

These provide 3 and 4 year academic and vocational courses leading on to university or employment. A career adviser is available at all upper secondary schools. In Lund this is provided by four municipal upper secondary schools: Katedralskolan, Polhemskolan, Spyken and Vipan. In addition, Magleskolan offers pupils individual study programmes. There are also nine independent upper secondary schools.

Independent Secondary Schools

- **Carl Adolph Agardhgymnasiet**- An international environment (some courses held in English) and communication. Tel. 046-19 77 58, www.folkuniversitetet.se
- **Bladin's International School** - English is the main teaching language. Tel. 040-30 08 85, www.bladins.se
- **Consensus Vård & Hälso gymnasium** - Health Care. Tel. 046-14 14 95, www.consensum-lund.se
- **Humanus Gymnasium**. Individual programmes, internationalisation. Tel. 046-30 60 90, www.humanus.se
- **IT-gymnasiet i Lund**. Media, music and language. Tel. 046-12 64 10, http://mambo.it-gymnasiet.net
- **Lars-Erik Larsson-gymnasiet**. Science and music. www.gymnasieguiden.se
- **Lunds Fordonstekniska Gymnasium**. Mechanics. Tel. 046-15 15 75, www.lundfordonstekniskagymnasium.se

- **Rudolf Steinerskolan.** Waldorf pedagogy, art. Tel. 046-991 75, www.waldorf-lund.com
- **Turismgymnasiet i Lund.** Tourism. Tel. 046-12 64 16, www.turismgymnasiet.se

Special School

Östervångsskolan - The State School for the deaf/hearing-impaired
Tel: 010-473 50 00 , <http://www.spsm.se/Skolor/Ostervangsskolan/>

Higher Education: Lund University - www.lu.se

Detailed information is available from the Division of Student Affairs for courses held in Swedish and some courses held in English.

For admissions, contact the Student Service Office, Gamla Kirurgen, room 119, building no. 20 on the map of the University institutions.
Tel. 046-222 00 00, www.lu.se/stu/studinfo

The Folkuniversitet gives language courses leading to the Cambridge Diploma in English, the ICC diploma in English, German, French, Spanish and Italian and the Goethe Institute diploma in German. Tel. 046-19 77 00, www.folkuniversitetet.se

For information about language classes in Lund contact the LUFF office.

LEISURE TIME ACTIVITIES FOR CHILDREN

For children of school age there are after-school, supervised activities at Fritidshem (Youth recreation centre) including carpentry, ceramics and animal care. (For further information, ask the school curator, or LUFF).

Kulturskolan Community music and art school - 22 classes for pupils 5-20 years old. Tel. 046-35 67 11, www.kulturskolan.lund.se

Friluftsfrämjandet...runs a wide selection of outdoor activities for all ages. VIRVELVINDSVÄGEN 4 K, Lund. Tel. 046-12 70 20. E-mail: lund@friluftsframjandet, <http://www.friluftsframjandet.se/lund>

Hiking MLV (Malmö -Lunds Vandralag)

http://infoo.se/www/MalmoLunds_Vandrarlag

For information contact the LUFF office.

Enjoying the Outdoors - LUF (Lundabygdens Naturvårdsförening) www.lundabygden.snf.se

Naturbussen - A bus to the wilderness runs during weekends from spring to autumn. www.naturbussen.se

Gerdahallen

Offers some parent-child classes. www.gerdahallen.lu.se

Scout Groups

Scout groups in Sweden are always co-ed. (boys and girls together).

- Svenska Scout Förbundet, Kapitelhuset, Kraftstorg 12a.
Tel. 046-14 50 40, www.scoutkarenfinn.se www.scoutkarenfinn.se
- Skåne-Blekinge Scout Region. The YMCA and the YWCA, Sunnavägen 18D. Tel 046-13 17 80,
www.skane-blekinge.kfuk-kfum.se

Public Libraries

Public libraries (Bibliotek) in Sweden are free even for temporary residents. Apply for a lending card at the information desk.
www.lund.se

The public library in Lund, S:t Petri Kyrkogata 6, has various activities for children and books in many languages.

Tel. 046-35 59 90, e-mail: folkbiblioteken@lund.se

<http://www.lund.se/stadsbiblioteket>

The Public Library in Malmö, Regementsgatan 3, has similar facilities. Tel. 040-660 85 00 Malmö, Stadsbiblioteket

Kung Oscars Väg 11, 205 81 Malmö, Sweden

www.malmo.se/bibliotek

Museums

Museums catering for children in an interesting way are:

- Kulturen in Lund www.kulturen.com
- Malmö Museum and Malmö Technical Museum
www.malmo.se/museer

For further leisure activities, see www.lund.se (Tourism, Leisure activities)

PUBLIC TRANSPORT

General Transport

The public transport system in Sweden is usually very reliable. The Lund town buses (Stadstrafiken) converge on Botulfsplatsen and serve the whole city. The regional buses (Skånetrafiken) serve all of Skåne and have their main terminal at the Lund railway station. The railway station in Lund serves the purple local trains (Pågatåg) for destinations within Skåne, the Öresundståg, (around Öresund) as well as long distance trains run by the Swedish Railways (SJ). Please note, that tickets for SJ and Skånetrafiken are not interchangeable.

For information about Stadstrafiken, Skånetrafiken, Pågatåg, Öresundstrafiken, SJ and Flygbussarna (Airport coaches).
Tel. 0771-75 75 75, Relevant websites:

www.skånetrafiken.skåne.se

www.sj.se

www.flygbussarna.se

Rabattkort (Concession tickets for public transport)

The magnetic plastic Jojo kort (Rebate cards) can be bought for 100 SEK on the bus, at the bus station, at Botulfsplatsen or at the Skånetrafiken office at the railway stations. These cards give about a 20% reduction on fares in Skåne and 10% on travels across Öresund to Copenhagen. The rabattkort can be recharged at the above offices, at ticket machines at the Pågatåg stations or by bus drivers. These rebate cards are used by inserting them into machines on the bus (tell the driver your destination on the regional buses - city buses have a flat rate), on the railway platforms or in the underpass for rail travel.

Timetables, tickets and other information for the bus and train services are available in the Skånetrafiken offices (in Lund the building north of the station; in Malmö, at the end of platforms 9 & 10).

N.B. There is a timetable change for the summer on all public transport. Summer cards "jojo sommar" for 485 SEK give you free rides throughout Skåne June 15 - August 15 (2010).

SJ Trains (state railways) Long Distance Trains

The state trains have an array of different prices for families, students, youths, groups, last minute etc - see www.sj.se or check at the ticket office.

Lost Property (Hittegoods)

For the town buses in Lund - Bergkvara Buss. Tel. 040-53 53 25

It is important to write a telephone number on the back of the jojo card, then you might get it back if it gets lost!

For Pågatåg and SJ. Tel. +46(0)761-41 50 72

<http://www.hittegodssverige.se/english-page.html>

Transport to Copenhagen

Since Copenhagen has so much to offer, with all the amenities of a capital city, and since it is so near, we urge you to take a day trip on the other side of the Öresund. Among many sites we recommend the amusement park Tivoli in the centre of Copenhagen. Travel is a simple and speedy matter of a train ride. The trains run every twenty minutes between Malmö and Copenhagen. Remember to carry your passport, with valid visa if required.

PRIVATE TRANSPORT

Bicycles

Cycling is the most common mode of transport in both Lund and Malmö, and not only among students. If you would like to purchase a second-hand bicycle, try cycle shops where second-hand bicycles are sometimes sold. Check the local newspapers and

notice boards in supermarkets, look on www.blocket.se or put up a note on the notice board at your department.

By law a bike must have reflectors on both wheels and also a proper front and rear light for cycling after dark. *N.B. On-the-spot fines can be the result of disobeying the rules of the road! Keep in mind that bicycles are in great demand, so try to shop around early and get a good lock. In the city of bikes, there are also a lot of bike thieves!*

Borrow a bike! You can borrow ordinary bikes, bikes for the disabled, childrens' seats, bike carts and helmets for a small fee at Lundahoj in the old warehouse in the northern part of the train station. The bikes are borrowed for a day, a weekend or a week (max. period). 20 sek per day, 50 for a weekend and 130 for a week (2010). Open Mon-Fri 6.30-21.30. Tel. 046-35 57 42. E-mail: lundahoj@lund.se

Driving Licences

Foreign driving licences are valid in Sweden, but not if the holder is under 18, which is the minimum age in Sweden. For driving licences from EU countries the same rules apply as for Swedish licences. Foreign licences from other nations become invalid when the holder has been resident in Sweden for more than a year. However, the County Commissioner's Office (Länsstyrelsen) makes certain exemptions. Apply at Länsstyrelsen, tel. 040-25 20 00 (Open 8.00-15.00), or Körkortsportalen (Department for Drivers' Licences) in Malmö. Tel. 0771-81 81 81 (8.00-17.00). You must always carry your licence when driving. No licence is required to drive a moped, but the minimum age is 15 years. To hire a vehicle (biluthyrning) contact rental firms, <http://gulasidorna.eniro.se/>, search for "Biluthyrning", "Lund".

Importing and Registering Motor Vehicles

- www.vv.se

This is a major undertaking, and needs much time and patience, and preferably the assistance of someone who speaks Swedish. Tel. 0771-520 520, www.tullverket.se

Insurance of Foreign Vehicles - www.motormannen.se

This must be covered by an insurance company in the country where the car is registered. Third-person damage insurance (trafik-

försäkring) is compulsory. For further information call Motor-männens Riksförbund (National Association of Motor Vehicle Drivers), tel. 08-690 38 00, or Trafikförsäkringsföreningen (Traffic Insurance Association). Tel. 08-522 782 00.

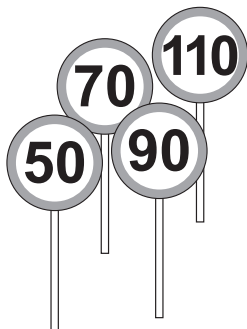
Speed Limits

In built-up areas the limit is 50 km/h and 30 km/h near schools. The limit on minor roads is 70 km/h, on other roads 90 km/h, and 110 km/h on motorways. All limits are strictly enforced by the police. Heavy, on-the-spot fines are imposed and your licence is confiscated if you exceed the stipulated limit by 30 km/h.

Traffic Rules - www.vv.se

Some important points:

- Do not drink alcohol and drive! Sweden has stricter regulations than many other countries about drinking and driving. An alcohol content in the blood of more than 0.2 per mill when driving is a punishable offence. (This corresponds to no more than one glass of wine)
- It is compulsory for both drivers and passengers in the front and the back seats of cars and light lorries to have their safety belts fastened.
- Dipped headlights are mandatory when driving, even in daytime.
- You must give way to traffic approaching from the right, unless the road signs indicate otherwise.
- You must give way to pedestrians at all zebra crossings without traffic lights.
- Cars must always be parked on the right-hand side of the road.
- You must not leave your car idling for more than one minute; the engine must then be turned off.
- Motorcyclists and moped drivers must wear crash helmets.



Breakdowns and Accidents

All vehicles must carry a red reflector warning triangle, which is displayed in the case of an accident or breakdown. In the case of an accident it is not mandatory to call the police, but the drivers involved must exchange names and addresses, and must not leave the scene until this has been done, even if the damage is slight.

For help with towing in the event of a breakdown, you can contact Assistancekåren. Tel. 020-912 912.

Safety

When driving in the countryside keep an eye out for wildlife (elk, deer, foxes and, further north, reindeer and sometimes bears). Collisions with large animals are a relatively common cause of accidents, especially at dusk and dawn, and all such accidents must be reported to the police.

Petrol

Most petrol stations are self service (Tanka Själv) and many have automatic pumps accepting 100 SEK notes (Sedelautomat) or credit cards (Konto), at others you pay at the cash desk (Kassa).

Parking

Vehicles must be parked on the right-hand side of the road. If you park overnight look out for the sign that indicates which night of the week the street is cleaned. The sign for Prohibited Parking (Parkering Förbjuden) is circular with a blue background, red border and a red diagonal.

For Restricted Parking, the sign is circular with a yellow background. The parking zone signs indicate which times of the day parking tickets are required. The times given in brackets indicate times on Saturdays and Sundays. Blue signs with Biljettautomat and an arrow indicate the location of the nearest automatic ticket machine. The parking disk (P-Skiva) can be used in certain areas. Parking is free but the disc must be displayed on the dash-board and the hand on the disc should point to the 1/4 hour after your

time of arrival. The disc can be obtained from the Tourist Office and is free.

SHOPPING

Shopping Hours

Mon-Fri 10.00 -18.00

(9.30 am - 6.00 pm)

Sat 10.00 - 14.00

(9.30 am - 2.00 pm)



Long Saturday (långlördag) 10.00 - 17.00
is the first Saturday of the month in Lund
and the last Saturday of the month in Malmö.

In larger towns, department stores and shopping centres remain open until 19.00-20.00 or longer. Some are also open on Sundays between 12.00 and 16.00. Shops generally close early the day before a public holiday. Supermarkets usually open earlier, at 8.00 or 9.00 and stay open longer, some until 22.00. *N.B. In many shops a queue ticket system is in operation.*

Tax-Free Shopping – www.globalrefund.com

If you are resident with a Swedish personal identity number, you cannot take advantage of this. Otherwise, if you reside outside the European Union (EU), you are entitled to a tax refund on your purchases. In Sweden, as in most European countries, Value Added Tax is included in the sales price on the tag. Tax Free Shopping by Global Refund is a simple system that puts cash in your hand when you leave the EU. You get refunds of up to 15-18% on your purchases. The minimum purchase is SEK 200.

Global Refund Holdings AB,

Tel. +46 300 554 00, fax +46 300 127 66

E-mail: taxfree@se.globalrefund.com

Open-Air Markets

In Lund there is an open-air market on Mårtensstorget, open 8.00-14.00 weekdays but is especially good on Wednesdays and Saturdays. There is also an indoor market (Saluhallen) on the same

square, open during normal shopping hours, and "flea" markets on Clemenstorget near the railway station, and along Södra Esplanaden on Sat 8.00-14.00, where simply anything and everything can be found.

In Malmö there is a good fruit and vegetable market on Möllevångstorget which is open daily 8.00-14.00, except on holidays. There is also a variety of specialist stores around the Möllevångstorget such as Asian, Arabic, Polish stores, where exotic ingredients can be bought at a good price.

Second-Hand Shops

There are several second-hand shops, where you can find household goods, clothes and sometimes bicycles. See also the yellow pages of the telephone directory under:

- Erikshjälpen Second Hand, Stora Södergatan 25 in Lund
Tel. 046-13 00 35. Open Tue-Thu 11.00-18.00
and Sat. 10.00-15.00
- Amnesty International, Bredgatan 8. Tel. 046-15 20 82.
Open Tue & Thu 16.00-18.00, Wed 16.00-18.00 and
Sat 10.00-15.00
- Uggleboden Råbygatan 17. Tel. 046-15 71 08. Open
Mon-Fri 10.00-18.00

Liquor Shops (Systembolaget) – www.systembolaget.se

Alcoholic drinks can be purchased only from these state-run shops (2010), which have a very impressive selection of wines, spirits and beers as well as knowledgeable attendants. N.B. The Systembolaget liquor shops are closed on Sundays and public holidays, e.g. Christmas, Midsummer and the day immediately preceding these holidays. They are very busy on days before such holidays and also on Thursdays and Fridays. The main drink in Sweden is a lager-type beer (öl). It comes in three strengths:

- Class I, light beer (lättöl) min. alcohol content 1.8%
- Class II, medium (mellanöl) 2.8% I and II are available at supermarkets.
- Class III, strong beer (starköl) over 2.8% available only at the Systembolaget.

Specialist Food Shops in Lund

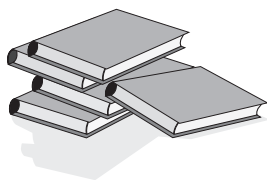
- Ris & Curry, (Asian, Indian, Middle-Eastern and American and English specialities), Mårtenstorget, 7A. Tel.046-211 11 71
- Mediterranean Frukt och Grönt (Mediterranean food), Kattesund 6A
- Alfredo in Saluhallen on Mårtenstorget sells Italian specialities,
- Klotet, on the corner (Triangel) where Östra Vallgatan, Biskopsgatan and Tunavägen meet, sells fair-trade labelled merchandise.
- Salehan LIVS. Mediterranean food. Vårfrugatan 8 in Lund see also www.foodfromhome.dk for British and American specialities.

Newspapers

Foreign newspapers/magazines are sold in Lund at “Press Stop”, Klostergatan 8. At the public library in Lund foreign newspapers are available in the cafeteria. Several foreign language books and newspapers are available at the public libraries (Bibliotek) in Lund and Malmö.

Foreign Language Book Shops in Lund

Librairie Française stocks French, Spanish, Italian, German and some Japanese and Portuguese literature. Lilla Tvärgatan 21, Lund. Tel. 046-128568.



Food Glossary

LUFF has compiled a glossary of words for basic foods and household needs, in several languages.

If interested please contact the LUFF office. Tel. 046-222 71 51
E-mail: sigurborg.ragnarsdottir@pers.lu.se

Consumer Advice – www.konsumentverket.se
(click on other languages)

”Öppet köp” means that if you purchase goods and wish to return them, providing that you have retained the receipt, you may do so within 7 days.

Consumer Guidance provides free help to the citizens concerning consumer questions. You can call, write or book a time for a visit. The Consumer Secretary in Lund is available - if booked - at Lund Public Library, S:t Petri Kyrkogata 6, in Ekska huset (the Ekska house). Tel. 046 - 35 58 88, e-mail: konsument@lund.se

Malmö has a consumer advice office open for queries for Malmö residents at Bergsgatan 17. Tel. 040-34 34 00.
E-mail: konsument@malmo.se www.malmo.se

COMMUNICATIONS

The Post Office – www.posten.se

Post Offices are integrated in various shops; grocery stores, kiosks, petrol stations etc. The opening hours therefore differ according to the specific store. Generally the opening hours are very generous. Look for the blue postal sign.

Stamps are available for sale at various shops and most newsstands.

There are two different types of mailboxes. The blue box is for local deliveries only (in Skåne, for post codes beginning with 2), and the yellow box for national and international deliveries.

Telephones

When calling Sweden from abroad dial + 46 followed by the area code (omitting the initial zero) and the number required.

When calling abroad from Sweden: dial 00 plus the country code, followed by the area code and phone number. 046 is the area code for Lund and 040 for Malmö.

Telephone number enquiries (Nummerupplysning): 118 118 (118 888 answering machine in Swedish), or www.eniro.se

Telecommunications are handled by the state-run company called Telia. Telia has a pocket guide with dialing codes to other countries and instructions on how to reverse the charges to your home telephone account. www.telia.se

For information contact the Telia sales office: in Lund, Knut Den Stores torg 1B. Tel. 046-16 12 60. Telia customer service: Tel. 90 200, Automatic customer service: Tel. 020-41 10 00

There are other telephone companies and various forms of mobile and Internet telephony are expanding so rapidly it is impossible to present a complete picture.

Payphones

There are two types of payphone, using prepaid phone cards or credit cards (indicated by “CCC”)- although in the times of mobile phones these are becoming quite rare. Phone cards are available almost everywhere from newsagents’ shops or kiosks (e.g. Press-byrån) to supermarkets.

Internet & Mail Services

Most airports, train stations, public libraries (free) and hotels will offer the service of computers with Internet access. There are also various cafés with internet terminals in most cities. Information at the local tourist agencies.

Television

Television sets can be bought or rented in most TV/Radio shops. A non-Swedish citizen may not rent a TV unless a Swedish citizen signs the agreement. If you acquire a TV set, the official licence authority (Radiotjänst) must be notified on a form you will receive with your purchase or rental, or you can apply for a licence by calling Radiotjänst i Kiruna AB (answering machine in Swedish). Tel. 020-91 00 00. The licence fee is at present (2010) 173 per month. Failure to pay can result in a fine. www.radiotjanst.se

News Broadcasts – www.sr.se/international
and www.bbc.co.uk (news in 43 languages)

Information on broadcasts in English, German and certain other languages, is available from Radio Sweden (Sveriges Radio). Tel. 08-784 50 00. BBC World Service is best on SW 9.410MHz (31.88 metres). BBC Radio 4 is received on LW 199KHz.

TOURISM, LEISURE ACTIVITIES etc

Tourist Office, Lund

– www.lund.se

Botulfsgatan 1, Lund

Tel. 046-355040

E-mail: turistbyran@lund.se

Opening hours:

Mon-Fri 10.00-18.00

Sat 10.00-15.00

Sun 11.00-15.00

Opening hours are different in the winter time.

www.lund.se/turism

Malmö Tourism

www.malmo.se/events

www.malmo.se/tourist

Central Station in Malmö

Tel. 040-34 12 00

(Mon-Fri 9.00-17.00)

E-mail:

malmo.turism@malmo.se

These tourist bureaux have tourist information on their own district and also on Denmark. Svenska Turistföreningen (STF Resebyrå) in Malmö is a travel bureau covering all of Sweden, which carries brochures and information, and also sells various types of tickets, www.svenskaturistforeningen.se

For further information on travelling in Skåne and Sweden:

– www.visitsweden.com

LUFF also tries to have as much up-to-date information as possible on the Lund area, other parts of Sweden, as well as Denmark. We have the current Copenhagen events diary, the Malmö events diary, etc. We also have a booklet compiled by a previous LUFF family, describing in detail destinations they explored by car with their small children and often with a tent.

Public Access to the Countryside

– www.naturvardsverket.se

Sweden has an age-old law, "Alle-mansrätt", giving all persons the right to walk, cycle, ride or ski freely in the countryside and across other people's land, provided you don't cause any damage to crops, tree plantations or other sensitive land. Don't disturb and don't destroy – that's the main rule when it comes to understanding this law. Visitors are requested to

observe a few common-sense guidelines:

- Show care and consideration towards people, animals, plants and wildlife. You may move across other people's land and water provided that you don't get too close to houses, walk over gardens or on land under seed or crops.
- You can pick wild berries, mushrooms and flowers, unless they are protected species.
- You may not cut down trees or bushes, or break branches or strip the bark off trees.
- Do not camp close to houses, and ask the landowner for permission if you wish to pitch a group of tents or stay in one place for any length of time.
- Do not light a fire if there is any risk of it spreading. Fires must not be lit on bare rocks because they may crack and split.
- Show care for animals and wildlife, and do not disturb nests or young.
- Do not drive cars, caravans, motor homes, motorbikes or mopeds off road.
- Free fishing along Sweden's coasts is allowed only with rod and line.
- Don't leave litter!



City Libraries - www.lund.se and www2.malmo.stadsbibliotek.org

On these websites you can find information about libraries in Lund and the rest of Sweden. You will find the opening hours at the public libraries (stadsbibliotek)

- S:t Petri Kyrkogatan 6, Lund. Tel. 046-35 59 90, stadsbiblioteket@lund.se
- Kung Oscars väg, Malmö. Tel. 040-660 8500.
E-mail: info.stadsbiblioteket@malmo.se

Public libraries are free, also to visitors. A lending card is necessary and is issued at the information desk. The main libraries have, apart from Swedish books, a good selection of books, periodicals

and newspapers, in many languages. There is a large multi-lingual children's department as well as a music library. Most suburbs have branch libraries or a book bus visiting regularly. Details are available from the main libraries, the tourist bureaux and are listed under Bibliotek in the green pages of the telephone directory.

Look at the notice boards and among the pamphlets in the entrance hall of the public libraries for information about films, concerts, theatre performances, art exhibitions, etc.

Swedish Churches - www.svenskakyrkan.se

The Cathedral of Lund

- www.lundsdomkyrka.org

...is an important religious, historical, architectural and archaeo-logical monument, with a history dating back to King Knut in the 11th century. A pamphlet in several languages, with a brief description of the main features is available near the entrance.

The famous astronomical clock dating from the 14th century plays Mon- Sat at 12.00 and at 15.00, on Sundays and holidays, at 13.00 and 15.00. Every Saturday at 10.00 a half-hour organ recital is given at the Cathedral by the cathedral organist. This is free of charge.

Open Mon-Fri 8.00-18.00,

Sat 9.30-17.00, Sun. 9.30-18.00.

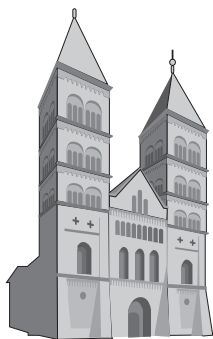
Tel. 046-35 87 00

E-mail: info@lundsdomkyrka.org

Concerts connected with religious festivities are given both at the Cathedral and at All Saints' Church (Allhelgona-kyrkan). Both churches have fine choirs.

Other Churches

For information about specific churches and denominations, please see <http://gulasidor-na.eniro.se/>, search for "Kyrkor/Samfund/Församlingsexpeditioner", "Lund".



- The Catholic Church of St. Thomas in Lund sometimes has services in other languages, namely Polish, Spanish, Hungarian, French.
Stora Tomegatan. Tel. 046-140615.
- The Islamic Centre in Malmö, Address: Jägersrovägen 90.
Tel. 040-22 83 20, e-mail: icmalmo@mosken.se,
<http://www.mosken.se/>
- The Institute for Jewish Culture, Lund. Tel. 046-14 80 52
- Jewish Centre in Lund www.jcl.se
- The Jewish Community of Malmö. Kamregatan 11A.
Tel. 040-979-358
- At Lund University there is a Student Chaplaincy. If you would like to talk or get information about services held in English, you are welcome to call or visit Kraftstorg 12 C.
Tel. 046-35 87 38, www.svenskakyrkan.se/lundsstift/studentprasterna/Lund/lundenglish.htm
- The International Church of Lund is an ecumenical ministry. The congregation belongs to the Methodist Church of Sweden and works in cooperation with the Church of Sweden, www.intlchurchlund.org

Museums in Sweden - www.kultur.nu/Museer/

Museums in Lund

Kulturen... is an exciting exhibition of the history and archaeology of the city of Lund and its surroundings. There is also an outdoor museum of houses from various periods and social strata, from various parts of Sweden. Kulturen runs many interesting activities also for children, especially during school holidays. Address: Tegnérplatsen, www.kulturen.com

Kulturens Östarp, situated about 20 km south-east of Lund among very pretty, rolling hills, is an outdoor museum run by Kulturen, where furnished farm buildings of different types are open to the public. There is a typical Skåne farmhouse from 1811, a windmill, a water-mill and also a restaurant. Information about opening hours and more: www.kulturen.com

Lund University Museum - www.universitetsmuseet.lu.se/
Entrance is via the White House, Kulturen (see above).

The Lund Museum of Sketches for Public Art (Skissernas Museum)

This is a special museum of models and sketches of famous monumental art, both Swedish and from other European countries. Address: Finngatan 2, www.adk.lu.se/

Lunds Konsthall (The Gallery of Modern Art)

– www.lundskonsthall.se

Address: Mårtenstorget 3, e-mail: lundskonsthall@lund.se.

Historical Museum - This has collections from pre-historic times, the Middle Ages and the renaissance period, as well as some of the first finds excavated at Uppåkra, a village just south of Lund, dating from the early 10th century.

Address: Krafts torg 1. Tel. 046-222 79 44.

See also www.luhm.lu.se.

Open Tue-Fri 11.00-16.00. Sunday 12.00-16.00.

Entrance fee.

Botanical Gardens - Address: Östra Vallgatan 20, Open

Park - Daily 6.00-20.00 (winter) 21.30 (summer),

Greenhouses - Daily 12.00-15.00. No entrance fee.

Museums in Malmö - www.malmo.se/museer

The Malmö Museum is housed in the oldest remaining Renaissance castle in Scandinavia “Malmöhus”, has exhibits of zoology, botany, history and handicrafts, also an aquarium, furniture from different periods, art, among many other interesting things.

The Art Museum, the City Museum and the Natural History

Museum ...can all be found in the historical buildings. But the name Malmö Museer stands for several other places, for example the Technology and Maritime House and several others are also situated in the vicinity of the castle, or elsewhere in Malmö and its surroundings. Tel. 040- 34 44 00, e-mail: malmomuseer@malmo.se. The address is Malmöhusvägen. Opening hours are Mon-Fri 10.00-16.00. Sat Sun & holidays 12-16 (June-Aug 10.00-16.00). Entrance fee.

Malmö Konsthall ...was opened in 1975 and is one of Europe's largest exhibition halls for contemporary art. Not usually an

entrance fee. Open daily 11.00-17.00 and Wed 11.00-21.00.
Free tour daily at 14.00, on Wed also at 18.30. Children's tours on
Sat and Sun at 13.00. S:t Johannesgatan 7,
www.konsthall.malmo.se

Language Courses

If you have time, we strongly recommend that you try to learn at least some Swedish during your stay here. Even just reading knowledge simplifies everyday life and helps one to "feel at home". The libraries have good taped courses for beginners and for those unable to attend classes.

Folkuniversitetet in both Lund and Malmö hold language classes at various levels (see below).

Study Circles and Hobbies

There is a wide variety of study circles offered by the adult educational associations in Swedish. See the yellow pages in the local telephone directory, under the heading "Studieförbund" or search for "studieförbund" at <http://gulasidorna.eniro.se>. LUFF keeps up-to-date catalogues of the courses offered by these study associations. Besides language courses, etc. these organisations also arrange courses on a wide selection of handicrafts, art, music, dance etc. These courses consist of approximately twenty lessons which usually begin in September and in January. However, it may be possible to join in at other times. A fee is charged for these courses.

Folkuniversitetet... is a foundation run by the University, the Student Union and the Folk University. It offers university level study circles in law and social sciences, languages, on-the-job training and other study circles etc. www.folkuniversitetet.se

Folkuniversitetet
Skomakaregatan 8
223 50 Lund
Tel. 046-19 77 00
info.lund@folkuniversitetet.se

Folkuniversitetet
Regementsgatan 4
211 42 Malmö
Tel. 040-691 83 00

info.malmo@folkuniversitetet.se

Komvux offers Swedish for Immigrants.

Address: Glimmervägen 12, Lund. Tel. 046- 35 71 00,
komvux@lund.se

Studieförbundet Vuxenskolan, St. Gråbrödersg. 13B, Lund.
Tel. 046- 211 70 80, e-mail: lundabygden@sv.se. SV in
Malmö: Grynbodg. 20, Malmö. Tel. 040 - 10 01 60.
www.sv.se

ABF, Trollebergsvägen 9, Lund. Tel: 046-211 77 55.
E-mail: info.burlov-lundabygden@abf.se

In Malmö: Spånhusgatan 47. Tel. 040 - 35 24 00
www.abf.se

Medborgarskolan, Bangatan 6, Lund. Tel: 075-241 68 50.
E-mail: lund@medborgarskolan.se.
In Malmö: Hans Michelsensgatan 6A Tel. 075-241 68 50.

Studiefrämjandet, Fabriksgatan 2, Lund. Tel. 046-211 77 50.
E-mail: info@studieframjandet.se. In Malmö: Ystadsg. 53. Tel.
040-10 87 80. www.studieframjandet.se

Sports and Outdoor Activities - www.lund.se

There are many sport clubs and outdoor activities available in both Lund and Malmö. Information on opening hours (and costs) can be obtained from Kultur & Fritid, Stortorget 1. Tel. 046-35 50 00.
E-mail: kultur-fritid@lund.se.
Malmö. Tel. 040-34 10 00. E-mail: fritid@malmo.se

Skryllegården – www.skryllegarden.se

This outdoor recreation centre is run by the Lund branch of Friluftsförbundet. There are nature trails of varying lengths and a floodlit running track for those who want to train after dark. There are saunas, a sports hall with various kinds of equipment, and a small cafeteria. Skryllegården is situated between the villages of Södra Sandby and Dalby and it is possible to get there by bus, car or cycle along the special cycle track which follows the former railway line from Lund to Södra Sandby, called the Hardeberga Track (Hardebergaspåret). Malmö has a similar centre for sports and outdoor activities at Torup Castle.

Rambling. If you are interested in rambling, there is a rambling club which organises trips from both Lund and Malmö.
<http://www.malmo.se/sportfritid/>

- Friluftsförbundet (Association for Outdoor Activities), <http://www.friluftsförbundet.se/lund/>
- Malmö-Lunds Vandrarlag (Malmö-Lund Hiking Club) <http://www.malmo.se/sportfritid/>
- Lundabygdens Naturvårdsförening (Lund Nature Conservation Association), www.lundabygden.snf.se/
- Naturbussen A bus to the wilderness runs during weekends from spring to autumn, www.naturbussen.se

Swimming Baths

Indoor pools:

- Högevallsbadet, Högevallsgatan 1 (Stadsparken). Tel. 046-35 52 18. This houses a series of pools, a wave pool, water slide and high diving boards.
- Delphinerna, Magistratsvägen 55A, Lund. Tel. 046-35 52 22.

Outdoor pools (open summers only, no Vikings here!):

- Källbybadet, Badarevägen. Tel. 046-35 51 88
- Dalbybadet, Lögarvägen. Tel. 046-35 66 44
- Sandbybadet Hällestadsvägen 16, Södra Sandby. Tel. 046-582 32
- Veberödsbadet, Näckrosvägen, Veberöd. Tel. 046-801 24
- Genarpsbadet, August Wallins väg 18, Genarp. Tel. 040-48 23 78

It is possible to buy half-yearly and yearly season tickets for individuals and for families. These are valid at all council swimming pools. Simmarklubben Poseidon is a swimming club which caters for water activities for all age groups. Address: Högevallsbadet, Högevallsgatan. Tel. 046-35 52 17.

Sports Halls

LUGI-huset has a range of activities available including: Badminton, gymnastics, judo, rugby, skiing, squash, volley ball etc. www.lugi.se

Gerdahallen is a sports hall for many different gymnastic activities, mainly aerobics and body-building. The programme is available at

the entrance. Helgonavägen 8, Lund. Tel. 046-222 96 49,
www.gerdahallen.lu.se

Skating Rink in Lund - Open only during the winter period.
You can borrow skates. Address: Stattenavägen. Tel. 070-696 35
17. The big arena open: Sat 16.00-19.30, Sun. 11.00 - 14.00. The
small arena open: Wed. 17.00 - 20.30.
Entrance 35 SEK.

Theatres

- Lunds Stadsteater, www.lund.se
- Malmö Opera, <http://www.malmoopera.se/d/1/inenglish>
- Nöjesteatern, www.nojesteatern.se
- Skånes Dansteater, www.skandesdansteater.se
- Helsingborgs Stadsteater, www.helsingborgsstadsteater.se

There are also independent theatre groups, see
<http://gulasidorna.eniro.se/> search "Teater", "Lund/Malmö".
Malmö's theatres sometimes give performances from their
repertoire at the Lund theatre (Lunds stadsteater). There is also a
student theatre in Lund. Programmes are advertised in the local
papers under "Nöjen". Some University departments have music
and theatre agents who will help you book tickets for performances
in Lund. Tel. 0775-700400,
www.juliusbiljettservice.se.

Choirs

There are several choirs in Lund, and for those interested in joining
one, LUFF has contacts, though it is not always possible to gain a
place at any given time, due to the balance of voices, etc.

Concerts

In Malmö concerts are given every week at "Konserthuset"
www.mso.se for which season tickets are available. The Lund music
scene is rich and varied, with everything from large church concerts
and performances by the Lund City Symphony Orchestra to rock
shows at Mejeriet and Olympen. These activities are advertised in
the daily newspapers. www.lund.se/www.malmo.se

PUBLIC HOLIDAYS and TRADITIONAL FESTIVITIES

Public Holidays

The majority of establishments in Sweden are closed on:

- New Year's Day (Nyårsdagen)
- Epiphany (Trettondagen).
- Good Friday (Långfredagen) - March or April
- Easter Sunday (Påskdagen)
- Easter Monday (Annandag Påsk)
- May Day (Första maj) - May 1st
- Ascension Day (Kristi Himmelfärdsdag) - a Thursday in May
- Whit Sunday (Pingstdagen) - in May or June
- The Swedish National Day June 6th
- Midsummer Day (Midsommardagen) - a Saturday towards the end of June
- All Saints' Day (Allhelgonadag) - first Saturday in November
- Christmas Eve (Julafton) - December 24th, the main celebration day
- Christmas Day (Juldagen) - December 25th
- Boxing day (Annandag jul) - December 26th

N.B. Summer time, the clock goes forward one hour, the night between the last Saturday and Sunday of March and back. Winter time, the clock goes back one hour, the night between the last Saturday and Sunday of October

Traditional Festivities

Easter (Påsk)

Easter includes traces of pagan rites of Spring - painted Easter eggs and witches flying to "Blåkulla" on broomsticks. The Easter eggs, symbolising the return of life, are filled with sweets, and great baskets of birch twigs bedecked with wildly coloured feathers brighten the open markets!

Walpurgis Eve (Valborgsmässoafton)

On the evening of April 30th, the arrival of Spring is celebrated in Sweden with bonfires and choir singing.

1st May (Första maj)

...is marked by trade unions parading and the students' traditional greeting to the Spring (for Lund, see the programme on page 8 of this handbook).

Midsummer (Midsommar)

At midsummer, in late June, the nights last only a few hours. Dancing around the flower-bedecked may pole is a remnant of ancient fertility rites.



Crayfish party (Kräftskiva)

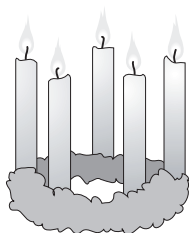
On warm August evenings people eat boiled cold crayfish and wash it down with Swedish "snaps" a culinary custom illuminated by colourful paper lanterns.

St. Martin's Eve (Mårtensafton)

The 10th November in Skåne is when we brighten up the autumnal darkness with an ample meal of goose to honour St. Martin of Tours.

Lucia

Early in the morning of December 13th we are awakened by a girl with a crown of candles in her hair, to serve very early coffee with Lussekatter (Lucia buns, which are sweet, yeast buns, fragrant with saffron). Lucia is a symbol of hope that the light will return after the long winter darkness.



More about Sweden, Swedes and traditions:
www.si.se

Survival Guide

Here is a "first approximation" guide for you, because you will certainly be confronted with fewer surprises if you know some of the small peculiarities in how Swedish people behave.

Punctuality

Both at work and in social life, one is expected to be punctual. A major exception is the "akademisk kvart" (15 minutes during the day and dubbel kvart", 30 minutes in the evenings), which is the practice (only) in the academic world.

Queues

Whenever you are waiting for something: in a cinema queue, to pay in a shop etc., you are expected to wait in a proper queue. No excuse is good enough to get in front of the people who arrived before you. Many institutions, e.g. banks, post offices, shops etc. use a system of "queuing tickets". When your number shows on the screen, or the shop assistant calls your number, it is your turn.

Laundry

Due to all apartment buildings providing washing machines for their tenants, the market for laundrettes in Sweden is low (non-existent). If you're living in a flat with a common laundry you are expected to book a time slot according to instructions - to launder only then, and to leave the laundry room (and the dryer's lint filter!) clean behind you. This is otherwise known to sometimes be a major source of irritation between Swedish neighbours. (*Tip: 90°C = Hot, 60°C = Warm, 40°C = Cool and 30°C = handwash*)

Answer the Telephone

What do you say when you pick up the receiver? In Sweden it may be considered impolite to answer "Hello!" only; you answer with your name "Hello, this is Xxx" or with your phone number.

Keep Talking...

Some foreigners complain that it is difficult to meet Swedes socially. Swedes often take longer before inviting people home or going out with them in the evening. Since you will probably be here for a relatively short period of time, if you are anxious to make Swedish contacts, you might consider taking the initiative.

...but listen too

When talking, Swedes usually do not interrupt. When you speak, people are normally interested in what you have to say and listen, so do not forget to listen to them!

Tipping

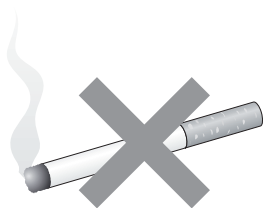
Tipping is not a widespread custom in Sweden. A service charge www.mso.se is automatically included in most Swedish hotel bills. Tipping for special services provided by hotel staff is fine, but is not expected and is simply a matter of personal taste - likewise with doormen at restaurants.

At restaurants, a service charge is included in the bill, but a small gratuity is expected for **evening** meals (approx. 7-10%).

Taxi drivers should be given a few extra kronor. A good rule is to round up the fare shown on the meter.

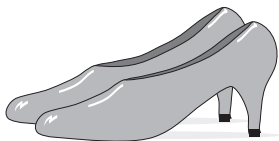
No smoking

Smoking is not allowed in any public buildings including restaurants and bars and, as in many other countries, regulations against smoking are getting stricter. It is also considered an act of courtesy not to smoke in the house of someone who does not smoke - or at least ask if it is alright to smoke indoors. When dining, it is a courtesy to wait until everyone has finished their meal before smoking.



Kick off your Shoes?!

In winter, it is not usual (and it gets pretty hot) to wear heavy, outdoor shoes indoors. Remember this when you visit a Swedish home you will find it convenient to follow the Swedish habit and bring a pair of light shoes with you to wear indoors.



When invited it is customary to have a small present for the hostess and also to say thank you for the evening when you leave and also on the next occasion you meet (Tack för senast).

Note that information in this folder is subject to constant change. Always check information for any updates through the links, web addresses or telephone numbers referred.

Text by Sigurborg Ragnarsdottir, LU 2010

Cover photos by Mikael Risedal except
university building by Kennet Rouna

Photos taken by Sigurborg Ragnarsdottir unless otherwise noted.

Illustrations Artsy Design

Lund University

- AF Building 1
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- International Desk 2
- International Housing Office 2
- Main University Building 3
- King's Palace (First University Building) 5

