



**EXPERIMENTAL AND
INDUSTRIAL BIOMEDICINE**

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DICTIONARY

Campus US *noun*: The campus at the hospital. You will spend many hours here.

Campus Valla *noun*: Campus where you can find students of the Technical and Philosophical Faculty.

Eftersläpp *noun*: After party.

Ettan *noun*: When you have passed the Nolle-P you will upgrade from Nollan to Ettan.

This is an appellation showing that you are a first term student.

Fadder *noun*: Peer-student. *plural*: Faddrar, Faddrarna. More experienced students who will take care of you during your first time at LiU. Your Faddrar will be wearing a green ovve, so they're easy to find.

Festeri *noun*: A special party committee here at LiU. They organise all of the nice parties you can attend at Kårallen or KK.

Fika *noun*: A delicious Swedish thing where we have coffee, tea or lemonade and cookies or cake. Fantastic, right?

Flamman *noun*: Nightclub run by students. Also an area where many students live.

Gammelfadder *noun*: A previous peer-student.

Gückel *noun*: A song with re-written lyrics.

Gückla *verb*: The act of performing a gückel.

KK *noun*: Kårhuset Kollektivet. A place in the city centre where you can study during the day and party during the night. Don't worry, you will visit this place during Nolle-P.

Korridor *noun*: Dorm-room. *abbreviation*: Korre.

Kravall *noun*: A party where everyone wears their ovve. They are usually held at Kårallen (see Kårallen) and the word is a compound of the two words Krav, meaning requirement, and overall. *Plural*: Kravaller.

Kårallen *noun*: Large boat-shaped house at Campus Valla where kravaller are usually held. It is also possible that you will have to take an exam here. The cheapest coffee of campus is served in the basement. A house of many secrets.

Linkan *noun*: abbreviation for Linköping.

MedBi *abbreviation*: Medical Biology. This is what your new program (Experimental and Industrial Biomedicine) was called before. You will still hear MedBi during your time at LiU.

Nollan *noun*: The Zero. Word used to describe the new students at LiU.

Nolle-P *noun*: Abbreviation for Nolle-period. Orientation week or Fresher's week. The first two weeks of your time here at LiU.

Nolle-sign *noun*: A sign that lets everyone know you are a Nollan. Instructions on how to make your Nolle-sign can be found further back in this handbook.

Ovve *noun*: abbreviation of overall. Comfortable and a bit disgusting clothing that students here at LiU wear to parties and other gatherings. At the Technical Faculty, they wear overalls while at the Medical Faculty we have dungarees/bib overalls. For our program the ovve is a nice olive-green colour.

Sittning *noun*: Special student dinner. Can be a formal or non-formal dinner.

CHECKLIST

Attention Nollan! For the first day, you need to know the following:

- We're meeting up in Kungsträdgården at 12.00, see Map.
- You need your Nolle-skylt (very important!).
- Make sure you've got somewhere to sleep. If not, scroll down and phone a Fadder-On-Call. We don't want any Nollan to be homeless!
- We recommend you bring a bike on the first day. If you haven't got one, Faddrarna promise to hold your hand.
- Check the weather and dress accordingly.

Note! You may have received contradictory information regarding where you should be on the very first day. So listen up: **On the very first day you are going to meet your classmates and Faddrar in Kungsträdgården at 12.00.** That's all you need to know.

If you have any questions, contact the Faddrar-On-Call. They're happy to help. (See 'Faddrar On-Call'.)



RESTAURANG MING PALACE

Opening hours

Monday – Thursday: 11-21 (Lunch buffet 11-15, Asian tapas 15-21)

Friday: 11-22 (Lunch buffet 11-15, Asian tapas 15-22)

Saturday: 11:30-22 (Saturday buffet 11:30-16, Asian tapas 16-22)

Sunday: 12-21 (Sunday/Holiday buffet 12-16, Asian tapas 16-21)

Address

Storgatan 38

582 23 Linköping

Phone: 013-135062

Visit www.mingpalace.nu for more information.

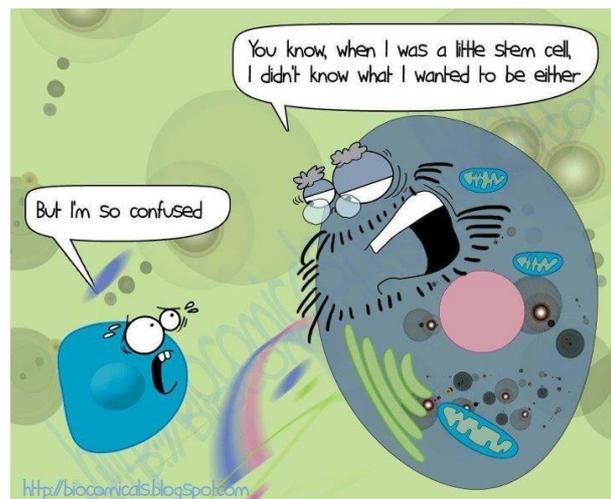
FADDRARNA BID YOU WELCOME!

Congratulations Nollan! You have successfully gained admission to one of Sweden's foremost programmes,

Experimental and Industrial Biomedicine at Linköping University. Well done, Nollan! But although we Faddrar are highly intelligent and sophisticated, we understand your situation. We've been in your shoes. (Well not literally, thank goodness.) We know it's scary at first. But don't worry! We're here. Our job is to calm you down, to help you with all your problems and to show you what an amazing programme this is. We're here to keep you company 24/7, so you never get lonely. We're also here to ensure you get home every night. No getting lost in Linkan! We know that you lack the knowledge and sophistication that we possess. But we will happily share with you all that we know – and more. You just have to ask. You'll meet us for the first time on the first day. Lucky you!

Nolle-P is the test that you all have to take, before you are accepted as full MedBiers. It's a two-week introduction to student life in Linköping. After you have survived Nolle-P you climb up one step – you become an Ettan! During your first two weeks you'll get acquainted with the other Nollan, with student life, the great city of Linkan and yourself. To do this successfully, you will have to sing, play, party and go to sittningar. We want to point out that Nolle-P at MedBi cannot be compared with the humiliation rites that often kick off the start of secondary school here in Sweden. Everything that happens at Nolle-P is voluntary, and if you feel humiliated you should contact the closest Fadder. You'll recognise them in their cute green ovve. And you'll recognise other Nollan by their Nolle-sign.

At Nolle-P, alcohol will be consumed in various amounts. Drinking booze is also completely up to you, and if you're not interested in having a headache the following day, no one is going to judge you. You'll have a marvellous time anyway. There are always sober-Faddrar to watch over the herd, so there's no need to worry. For some activities at Nolle-P, such as sittningar, there will be a small charge, so bring your purse or wallet. And if you have nowhere to sleep during the first few weeks, there are always Faddrar who have room for you on their sofa. Call a Fadder-On-Call and they'll help you out.



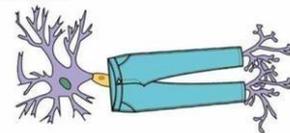
THE FIRST DAY

We understand that Nollan is nervous. We were once Nollan and know how many things that are going around in your head right now. On the first day of Nolle-P you will meet all of your new classmates and friends. Just to make sure you have something to talk about to get to know your new classmates, we have put together some ice-breakers for you.

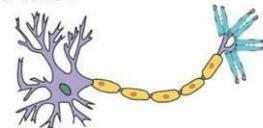
- Which organelle is your favourite in the eukaryotic cell?
- Who's your favourite scientist? Dead or alive!
- If you were a cell, which one would you be?
- If you could create a holiday, what would you create?
- If all your clothes had to be one colour forever, what colour would you pick?
- If you could pick a TV show to be your life, what show would it be?
- If you created your own country, what would it be called?
- If you had to use a fake name, what fake name would you make up?
- If you could turn the ocean into a liquid other than water, which one would you pick?
- Which celebrity would you pick to exchange lives with?
- If they made a movie about your life what genre would it be and which actor would you like to play you in it?
- If you could pick a new skill in an instant, what would it be?
- If you were an ice cream flavour, which one would you be?
- Are you a morning or a night person?
- What is your favourite quote?
- If there's an exception to every rule, is there an exception to that rule?
- Would you rather see the future or change the past?
- Have you been told you look like someone famous?
- If you had the body of a human, but the head of an animal, what animal would you pick?
- How far east can you go before heading west?
- Would you rather make headlines for saving somebody's life or for winning the Nobel Prize?
- What show on Netflix did you binge watch embarrassingly fast?
- Which Disney character's story does your life most resemble?
- What is the craziest thing on your bucketlist?
- What fictional world or place would you like to visit?
- How much does a polar bear weigh?

If a neuron wore pants,
would it wear them

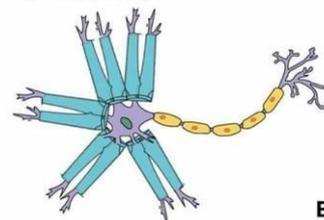
Like this



like this?



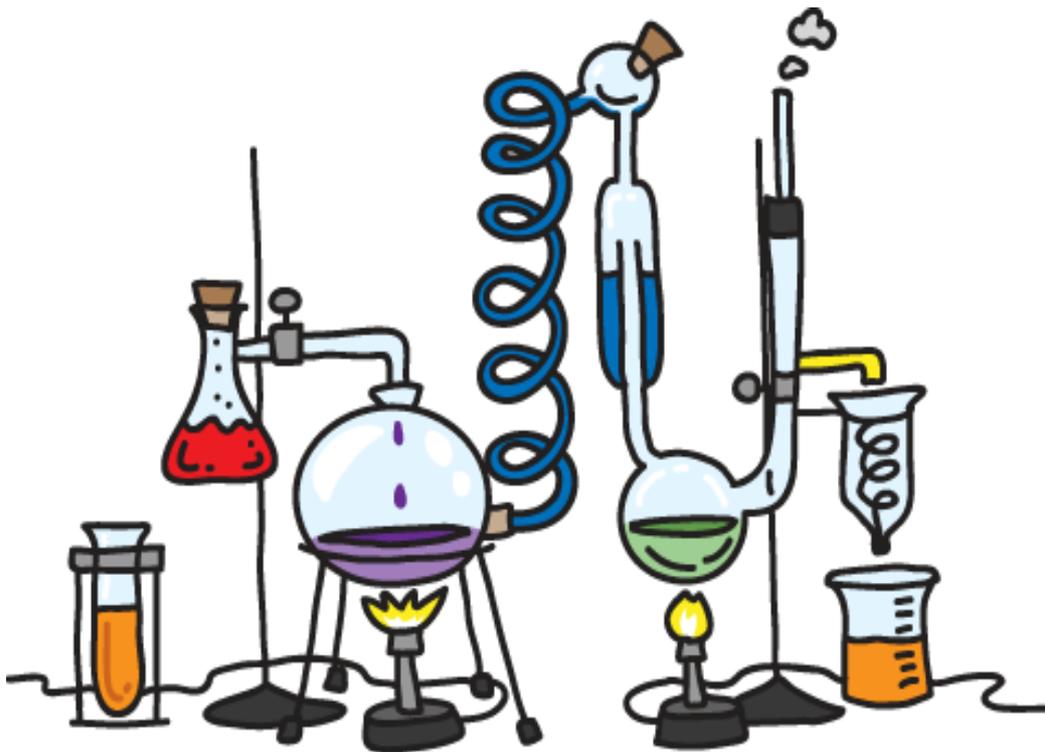
or like this?



EMFL

DEFINITION OF EXPERIMENTAL AND INDUSTRIAL BIOMEDICINE

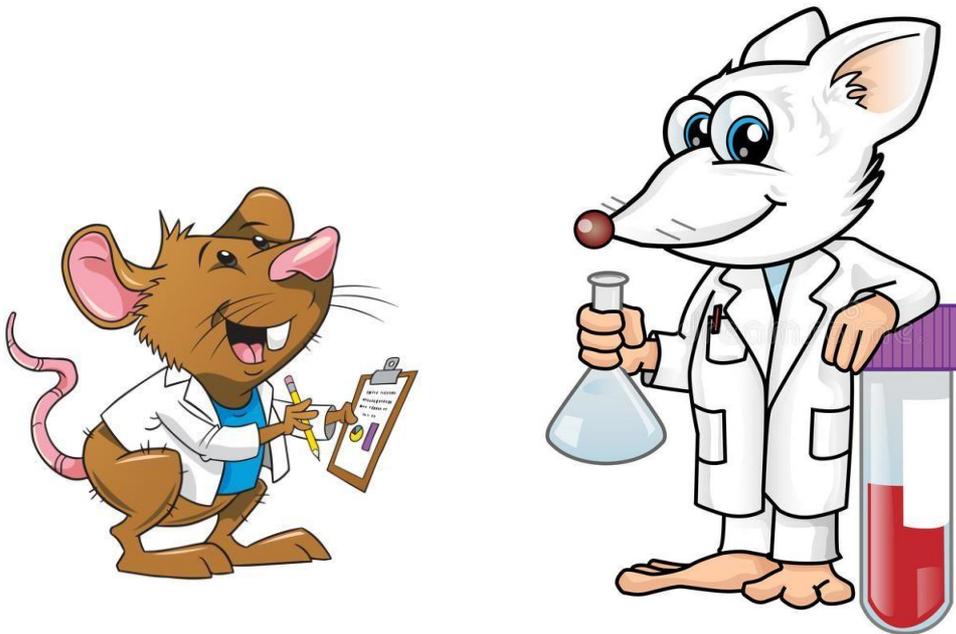
If your friends wonder what you're actually going to be doing for the next three years, you can say: A research-based programme that imparts in-depth knowledge of everything from the smallest cell to organ systems and the entire body. It also deals with how various foreign and external substances affect different parts of the body. The programme is often focussed on human systems, but the life processes of various model animals and plants are also studied. Since the programme also has a number of lab-based components, it's well suited for work in medical research, the development of new medicines or as a director of development at a medical laboratory. This is the official definition of Experimental and Industrial Biomedicine at Linköping University.



A FEW WORDS TO YOUR MUMMY AND DADDY

Faddrarna will take good care of your little Nollan. They will help your little Nollan, and ensure that your little Nollan enjoys itself at Nolle-P. Perhaps you're worried that your baby's fine morals are in danger. Perhaps you've heard scary rumours about student life. But you need not worry, Faddrarna will raise your baby to be a full-fledged Medical Biologist.

Faddrarna will make sure Nollan has loads of fun at Nolle-P. Consequently, your Nollan will not have time to phone home during the first two weeks. Faddrarna promise to remind your Nollan to phone home. If your Nollan isn't well trained in the fine arts of cleaning, doing laundry and cooking, we suggest you reserve time to teaching him or her these things, as Faddrarna lack authorisation to do this. You should ensure your offspring has a bicycle in working condition. This bicycle will be your Nollan's fine stallion in our beautiful city. Your Nollan should also have identification, money, a backpack and durable clothes. As well as fancy clothes, for the Nolle-P sittningar. It's important that your little Nollan doesn't forget these things at home. Most important of all is that you make sure your little Nollan has a nice Nolle-sign for the very first day of Nolle-P.



NOWHERE TO SLEEP?

Accommodation can seem like a huge problem at first, but it always sorts itself out. Hakuna Matata! If you have nowhere to stay, there's always a helpful Fadder who can let you use their sofa or mattress. Note however that it is strictly prohibited to, so to speak, 'share a bed' with a Fadder during Nolle-P. No flirting with Faddrarna until after the final sittning!

Lots of students live in apartments owned by Studentbostäder or Stångåstaden (see The Yellow Pages). With them you normally pay rent for 10 months a year and to stay with them you have to be a LiU student. About 50 percent of students have a 'regular' landlord. For a list of local landlords, see The Yellow Pages.

Many students choose to live in dorm-rooms or "korridor" as we call them in Sweden. You will have your own room with a bathroom, and you'll share a kitchen and a living room with 7 other students. The rent is about 3000 Swedish Crowns, depending on the location, and altogether the floor area of your room is about 20 square meters. Living in a dorm-room is social and fun. You have fika (see Dictionary) and if you wish, parties with your neighbours. There's usually someone in the kitchen you can watch TV or enjoy a meal with. A dorm-room is fairly easy to get a hold of, check out Studentbostäder in Linköping.

If you prefer your own kitchen, you can add about a thousand Swedish Crowns and get a one-bedroom place. Or if you don't want the dorm-room lifestyle but still like the idea of a kitchen and a living room, you can share an apartment. This is a pretty cheap option, sometimes even cheaper than a dormroom. Yaaassss!

If you're determined, you can definitely find somewhere to live initially, then if you like, you can move to something better. Lots of students advertise their vacant apartments at the LiU internet pinboard (see The Yellow Pages). You can also check the local rag Corren, (see The Yellow Pages)

If the housing jungle gets a bit too hard, you can always contact a Fadder.





STUDENT UNION, SECTION AND FYLLECELLEN PARTY COMMITTEE

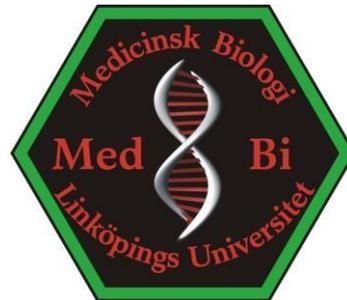
Student union: Consensus

Consensus represents all students in MedFak (The Medical Faculty) programmes. It monitors the programmes' quality, work environment and labour market, in conjunction with the university management. You can get involved by representing your section, as a student union correspondent.



Section: Medical Biology.

All Nollan are hereby informed that the Section for Medical Biology is an organisation with no political affiliation and is run solely by the programme's students. The section's board meets every three weeks, enjoying tasty fika and lively discussions about the programme. The section also organises inspirational evenings with speakers from various workplaces, and adrenalin-packed sports and fitness classes, free of charge only for our programme. From the very start of the term, you can get involved in the section, being information manager for the programme's first year. This involves sharing information between the class and the section, attending the section's meetings and enjoying the tasty fika that is served there.



Party committee: FylleCellen

This committee manages everything relating to section parties and social activities. It also holds its own Kravall (see Dictionary) in the spring. When you're bigger, in the third term, you can get involved with FylleCellen. Many of us Faddrar are in this committee.



The Section

All LiU students can join the section for the programme they're in. Do this ASAP, so you don't miss any of the cool benefits. The section's purpose is to represent the students in various issues, e.g. the programme, spare-time activities and study trips. The section consists of a board and various committees. The board is selected once a year, and students from every year can run. It consists of a chairperson, vice chairperson, finance manager, treasurer, term representatives and the committee heads. The committees are open to everyone who wants to get involved in specific matters, such as programme quality, IT, sports and PR. 'FylleCellen' is our committee for parties.

There are five more sections, apart from our own, at the Medical Faculty. Nollan will most likely interact with students belonging to these other sections during Nollan's time at LiU, especially during Nolle-P, therefore we think it's important Nollan knows who they are.



Medicinska föreningen. The section for the *Master of Science in Medicine programme*. The med students are called 'läkarstudenter' in Swedish, and the programme is often abbreviated to 'läk'. They will take care of Nollan if Nollan gets sick.



Sjuksköterskesektionen. The section for the *Bachelor of Science in Nursing programme*. They are called 'sjuksköterskestudenter' in Swedish, and their programme is abbreviated to 'SSK'. They will put bandages on Nollan if Nollan gets hurt.



BMA-sektionen. The section for the *Bachelor of Science in Biomedical Analysis programme*. Their programme is abbreviated to 'BMA'. They will analyze Nollan's blood if Nollan catches a flu.



Logopedsektionen. The section for the *Master of Science in Speech-Language Pathology programme*. Speech-Language pathologists are called 'logoped' in Swedish. They will teach Nollan how to pronounce all the Swedish words.



Fysioterapeutsektionen. The section for the *Bachelor of Science in Physiotherapy programme*. Their programme is abbreviated to 'FT'. They will help Nollan walk again if Nollan breaks a leg.

FADDRAR AND FYLLECELLEN PARTY COMMITTEE

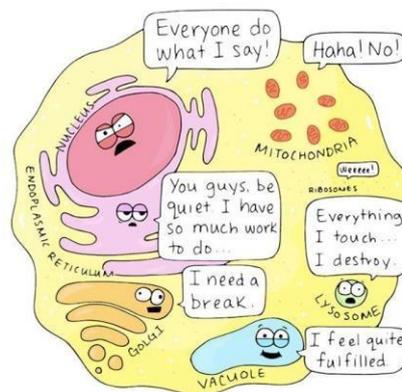
During Nolle-P, Faddrarna are third-term students. Their job is to help and guide Nollan. Faddrarna are only Faddrar during Nolle-P, but Nollan are always welcome to ask questions to their senior programme colleagues, even after Nolle-P. Gammelfaddrarna were Faddrar when your Faddrar were Nollan.

Party Committee

All Nollan should know that every programme has a party committee, and MedBi's is called FylleCellen. It's easy to recognise us, with our olive green overalls with red stripes and our black tail-coats. FylleCellen is something Nollan are going to like. We're the ones who organise section pre-parties and gückla for you and everyone else at sittningar. And we're the ones who arrange the sittningar. FylleCellen consists of students who are in their third term and who are Faddrar during NolleP. You're going to see a lot of us. If you feel that you like to sing, party and organise, you should consider being part of FylleCellen this spring, since the members are changed every year. But now you shouldn't be laying awake at night, thinking about all this. Just keep reading!



Dude, mitosis starts in five minutes...
I can't believe you're not condensed yet.



If organelles could talk.

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ÖPPETTIDER:

Mån-Tors	11:00 - 21:00
Fredag	11:00 - 22:00
Lördag	12:00 - 22:00
Söndag	12:00 - 21:00

Dricka ingår
i pizzameny
under
lunchtid.
Lunchtid:
11:00 - 14:00



NOLLAN'S FUTURE

As a Nollan you have two really fun weeks ahead. You're going to have lots to do. During your first week at the Faculty of Medicine and Health Sciences you're going to learn fundamental medical biology, before starting a chemistry course at Campus Valla. You'll also start working in base groups, of 6 to 8 Nollan. This allows you to share what you've read and to discuss new things in medical biology. It will be an exciting way for you to learn new things. **Don't forget to catch up on your chemistry before you start!** It will make your studies way easier. We wish we had gotten this tip when we were in your shoes, Nollan.

When you're finished with the chemistry course, you'll continue to study the basics of biochemistry and cell biology. Some Nollan will find this easy, others will find they've got tons to do. And others will still think that PBL (Problem Based Learning) is weird. But don't worry. The first term usually goes well for most Nollan. Some might have to repeat an exam, but that's nothing to get all sad about.

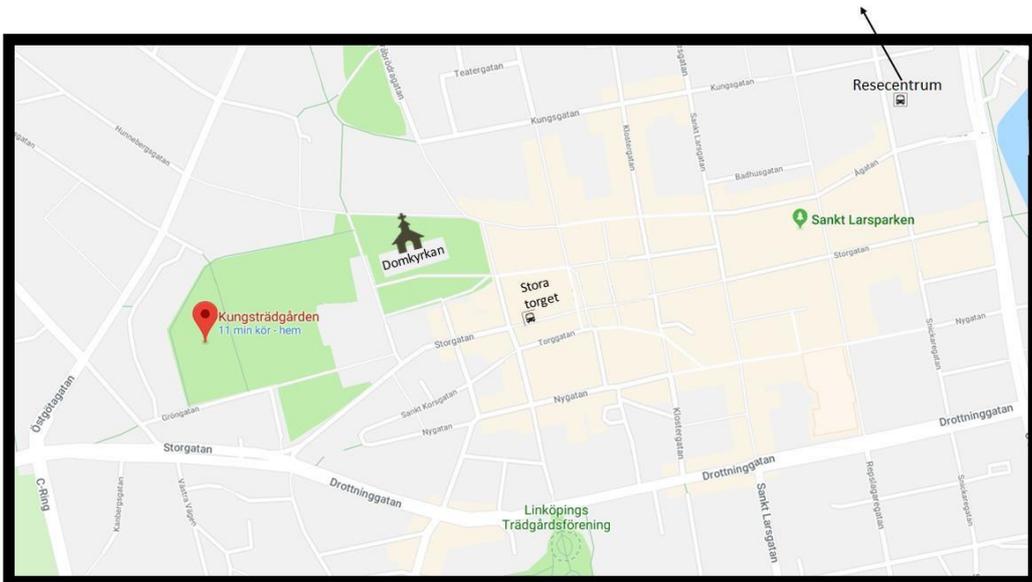
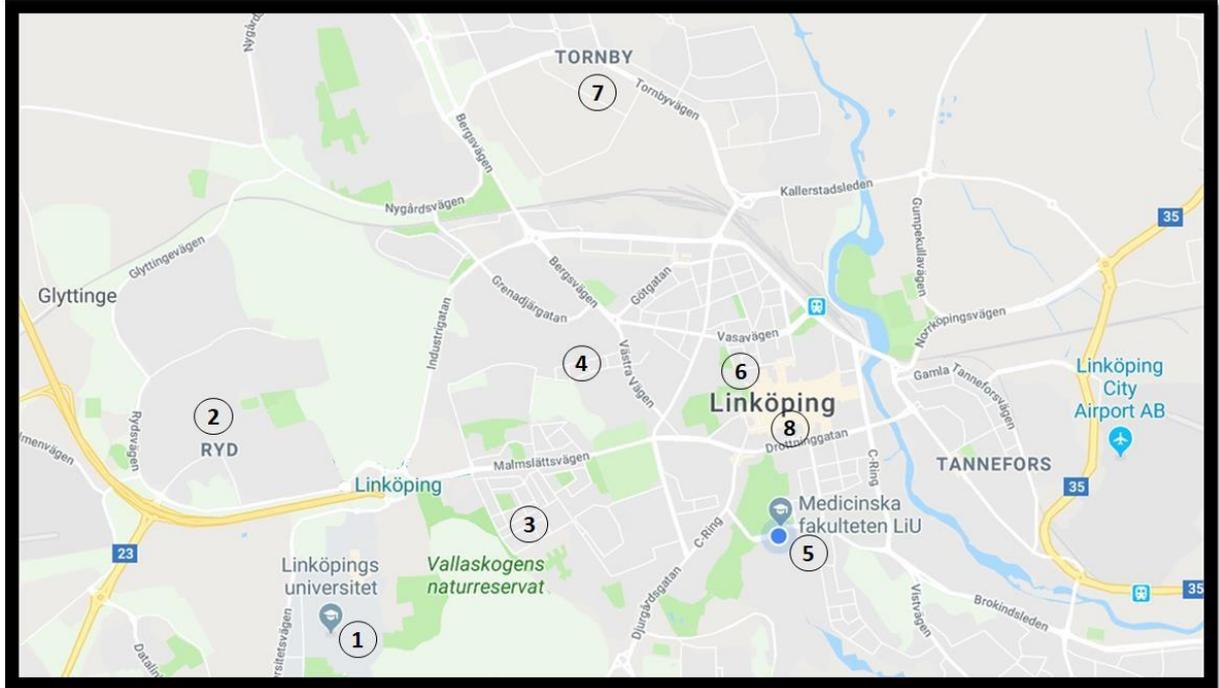
During the second term, Nollan will acquire knowledge about microbiology, but other interesting things like cell metabolism and stem cell biology will also pop up. This includes everything from how the body regulates itself, how disturbances can lead to disease and how stem cells differentiate.



MAP OF LINKAN

1. Campus Valla: Full of engineering, humanities, education and social science students. It's where you'll study chemistry during your first term. Kårallen is also here – that's where the 'kravall' events are held. Campushallen, a sports and fitness centre, is also here.
2. Ryd: Where lots of you will live. [hg], where you can drink beer, have a meal and meet friends, is here.
3. Irrblosset: Some of you Nollan will live here. It's close to both MedFak and Valla. Villevalla is here, where you can drink and socialise.
4. Flamman: You can live here too! It's close to town and MedFak. And it has a student pub, also called Flamman!
5. MedFak: Previously called HU (Hälsouniversitetet/Health University), it changed name to the Faculty of Medicine and Health Sciences a few years ago. You're going to spend a lot of time here.
6. Kårhuset Kollektivet: This place has also changed name. From Nationernas Hus (or NH) to Kollektivet. Here you can party, socialise and – especially during the day – study (which you can do at all student union buildings).
7. Tornby: There are tons of stores here: IKEA, ICA Maxi and other stores.
8. Wiktors Kläder: This is where students can buy their overalls.
Address: Nygatan 29, between Trädgårdstorget and Hospitalstorget.
More info later in this guide!





OVERALLS

As Nollan, you're going to notice that all the Faddrar wear green overalls. You might wonder, what's that all about? Every section at LiU has different overalls, to show which section the students belong to. The students at Campus Valla have full overalls, while at MedFak we have bib overalls. At MedBi we have green ones. The overall is a very useful item, since Nollan, as a future term 1 student, will spend a lot of time at Kravaller. Kravaller are parties where everyone has an overall. Krav = Requirement, so Krav + Overall = Kravall. Kravall is also Swedish for a riot, which is sort of funny. The overall is also useful in situations where you want to show where you belong. Different parties have patches made from fabric that you can sew onto your overalls after you've been to the party. This is to show that you went and also as a memory for you.

There are some rules you must obey once you've got your overalls:

- The MedBi patch: The Medical Biology badge should be located by your heart. We suggest the left chest pocket.
- Consensus patch: Should be on the right side.
- LiU patch: This goes on the back, where the braces come together.
- Name: To help you remember your name after a few hours at a Kravall, you should find a suitable piece of fabric, cut out the letters in your name and sow them on your right trouser leg.

Now your overall is ready to use! When it's Kravall time, and you're buying your ticket, we suggest you also buy the accompanying patch. Sew the patch on your overall as follows: high up on the front if you enjoyed yourself, or on the back in the unlikely event that you didn't. When Nolle-P is over, Faddrarna will tell those of you who want to get your own overall where you can buy them (hint: at Wiktors kläder), how they can be dyed to the gorgeous olive green of the MedBis, which patches you need and where they are sown on, and how you get your name on it. So don't you worry about that Nollan!



Medical
Biologist



Biomedical
Analyst



Nurse



Physiotherapist



Speech Language
Pathologist

NOLLE-SIGN

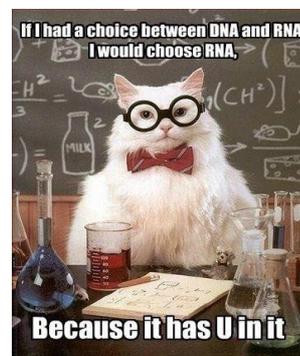
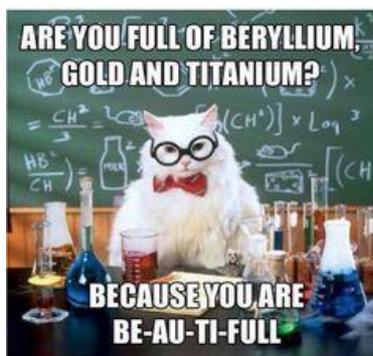
You might know your own name, but the other Nollan certainly don't. Hence you must manufacture and wear a nolle-sign. This is not something that only MedBi Nollan do. Nollan from every programme at LiU wear one. Your sign is to be handled with extreme care at all times – guarded with your life, should this be required. It is to be worn around your neck 24/7, which means all the time. If you are found not wearing your sign, there may well be some unpleasant consequences. Faddrarna are watching you!

Of course, your sign can't have any random design. To avoid you getting more confused than you already are, here is a detailed description of how it should look:

- **Safety:** You must ensure that your nolle-sign is waterproof and fireproof for 5 seconds.
- **Shape:** Take a green material of your choice, and make it into a six-sided hexagon, with each side measuring 12.5 cm.
- **Text:** With a black pen, write very neatly: 'Med.Bi.', (Your name) and Nollan.
- **Decoration:** Centered on your sign, you should add a 3-dimensional double stranded DNA α -helix with six random base pairs. Made from a material of your choice.
- **Cord:** So that you can wear your sign around your neck, attach a durable cord to it.
- **Facility:** You must tie one end of a 10-cm piece of cord to your sign, so the cord hangs freely. To this you will later attach something that makes noise. It's vital that Faddrarna can always hear you while on Campus.

Note! You must not forget that your sign must be waterproof, fireproof and make noise.

Good luck, Nollan!





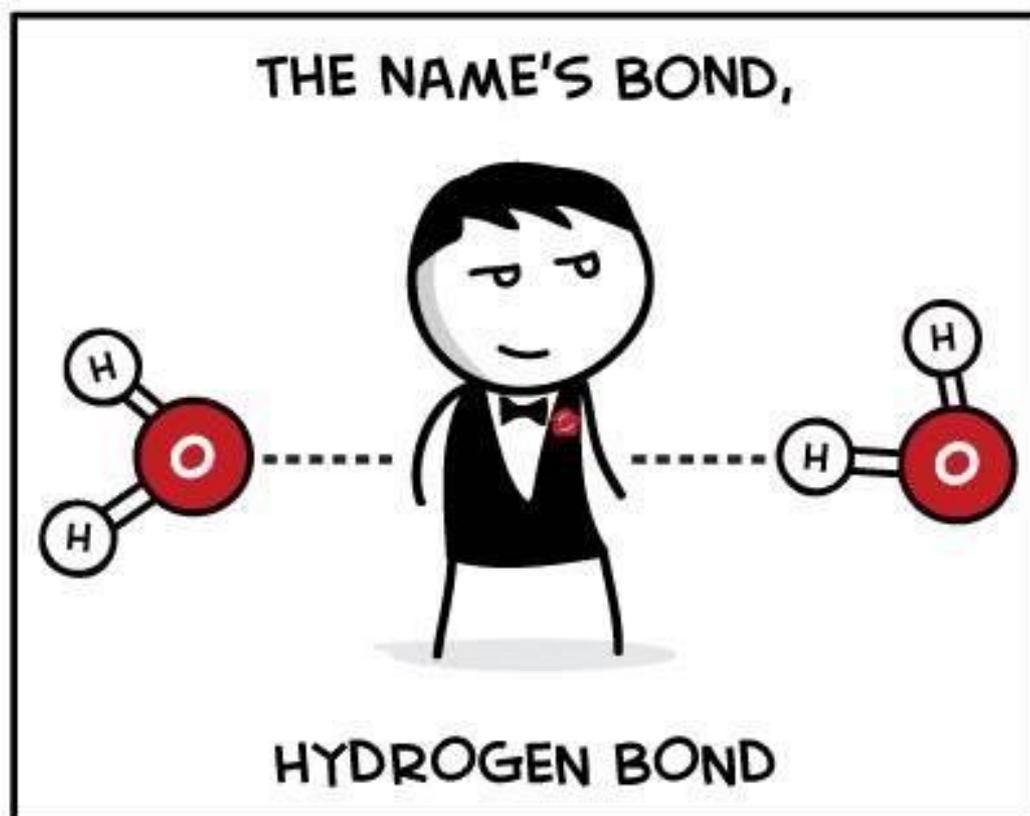
Rekrytgatan 11
013-14 36 36
www.t1cykel.se

Mån-fre	09.00-18.00
Lördag	10.00-14.00
Lunch Vardagar	13.00-14.00



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Hanna



Hedvig



Julia



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Moa



Rozalin



Sandra



Željana

FADDRAR ON-CALL

Rozalin Shamasha
Željana Šotra
Hanna Karlsson

rozsh597@student.liu.se
zelso996@student.liu.se
hanka124@student.liu.se

0730887386
0739870433
0722334496

THE YELLOW PAGES

Study related

Linköpings Universitet	013-28 10 10	https://liu.se
LiU student page		https://www.student.liu.se
LiU map		https://liu.se/karta/?l=sv
Schedule		https://se.timeedit.net/web/liu/db1/schema
Student kitchen		https://www.student.liu.se/vid-sidan-av-studierna/ata-och-fika?l=sv
Student counselor		
• Daniel Antonsson	013-28 68 19	studievagledare.bio@medfak.se
Kårservice		http://karservice.se
CSN		https://www.csn.se
The Section for Medical Biology		http://medbi.studorg.liu.se
Bokab at Campus Valla	013-28 10 69	http://www.bokab.net

Healthcare

Studenthälsan (Student Health)		https://www.student.liu.se/studentstod/studenthalsan?l=sv
• Nurse at Valla	013-28 28 94	
• Psychotherapists at US	013-28 28 90	
• Health counselor	013-28 27 28	
Student Priest	070-348 28 70	https://www.kyrkanpauniversitetet.se
Region Östergötland	010-105 00 00	https://www.regionostergotland.se
1177 Vårdguiden	1177	https://www.1177.se/Ostergotland/
Health centers		https://www.1177.se/Ostergotland/Hitta- vard/?q=Vardcentral&regions=5
Dental centers		http://www.folktandvardenostergotland.se/hitta-din-klinik-boka- tid/vara-kliniker/

Accommodation

Studentbostäder	013-20 86 60	https://www.studentbostader.se/sv
Stångastaden	013-20 85 00	https://www.stangastaden.se
Private landlords		http://www.linkoping.se/hyresvardar
Student pinboard		www.student.liu.se/anslagstavlan/
Ads at local rag Corren		http://www.corren.se/bostad/
Kombo		https://bostad.karservice.se

Entertainment

Flamman Pub & Disco		http://www.flamman.org
Kårhuset Kollektivet, KK	013-28 67 70	http://www.karhusetkollektivet.se
Kårhuset Kårallen		http://karallen.se
Kårhuset Örat		http://orat.nu
Ryds Herrgård, [Hg]		http://hg.se
VilleValla Pub		https://www.villevallapub.se

Other contact details

Public transport		https://www.ostgotatrafiken.se
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22 VÄSTANÅGATAN, LINKÖPING, ÖSTERGÖTLANDS
LÄN, 58235, SWEDEN

INFO@FLAMMAN.ORG



Restaurang och nattklubb i Linköping



PRELIMINARY SCHEDULE

Monday 20/8	Welcoming and Scavenger Hunt
Tuesday 21/8	Sittning (Your very first)
Wednesday 22/8	All day field trip to Bergs Slussar
Thursday 23/8	Contests with the Biomedical Analysts and Pub Crawl
Friday 24/8	Introduction and Sign-up day. Nolle-olympics and Peas & Punch sittning with the Biomedical Analysts
Saturday 25/8	Brännboll-tournament with the entire Medical Faculty
Sunday 26/8	REST DAY
Monday 27/8	Amazing Race with the Physiotherapists and the Biomedical Analysts
Tuesday 28/8	Bowling
Wednesday 29/8	München Hoben
Thursday 30/8	Trampoline park
Friday 31/8	Trip to Johannelundsbadet
Saturday 1/9	FINAL-sittning
Sunday 2/9	REST DAY

TESTA NÅGOT NYTT

THAIBOXNING, MMA & FYSPASS



4,9 AV 5 I OMDÖME

"Får man en så inbiten soffpotatis som mig att inte bara släpa mig iväg att träna utan att faktiskt se fram emot och gå hem nöjd efteråt, då förtjänar man 5 stjärnor. Ni gör ett fantastiskt jobb"

"Det är otroligt roligt att träna på Fight Center. Motivationen för träning gick ifrån 0 till 100 när jag började träna där"

"Otroligt roligt! Har sedan länge varit sugen men alltför osäker och nervös för att börja träna kampsport. På Fight Center försvann den osäkerheten så fort jag klev innan för dörren. Grymt trevlig välkomnande samt hjälpsam och prestigelöst bemötande från start både ifrån instruktörer och utövare. Gjorde verkligen ingenting att ja va där själv"

"Otroligt bra stämning över över hela klubben, bra och väldigt sjsyssta tränare. Rekommenderas starkt för alla som vill börja. Väldigt bra villkor för studenter också."

"Det är en riktig härlig klubb, mycket bra välkomnande, alla är så peppande och positiva, kom som du är och det spelar verkligen ingen roll hur tränad eller otränad du är, du får alltid den hjälp du behöver. Så mycket roligare än gym"

Läs mer på www.fightcenter.se

