New@LiU New in Sweden

Therese LindkvistInternational Office





International Office

International Office is located in the Zenit building

Opening hours January: Mon-Fri 09:00-16:30

E-mail: intco@liu.se



Come and see us if you:

- need help with practical matters regarding every day life (non study related matters)
- have queries regarding your accommodation (housing@liu.se)
- want to find out more about the welcome period and welcome activities
- do not know who else to contact





Stay updated

- Facebook;
 LiU International Students
 Reception
- LiU web; student.liu.se/exchange liu.se



Survival Guide;
 liu.se/utbildning/exchange-students/admitted-students/prepare-your-stay



Accommodation



- Two landlords: Studentbostäder and Heimstaden (in Norrköping: Studentbo)
- Home insurance included
- Internet (via Utsikt) included
- Rent is paid one month in advance
- All housing furnished (but you need to provide your own sheets etc and kitchen utensils. Advice: go to IKEA!)



Ring ring....

- Swedish SIM-card to your phone provided by ESN and International Office
- Top up the cards at supermarkets and Pressbyrån
- To call to Sweden: +46 (o)
- To call abroad: insert country code





Getting started in Linköping - your new study destination

- Getting around; on campus
- Getting around; transportation
- Health care





Getting around on campus

Your ID/LiU Card:

- Enter buildings after office hours
- Borrow books in the campus libraries
- Access computer rooms
- Phone number to campus guards in the back of the card
- Your ticket on Campus bus # 73



Where to get your card:

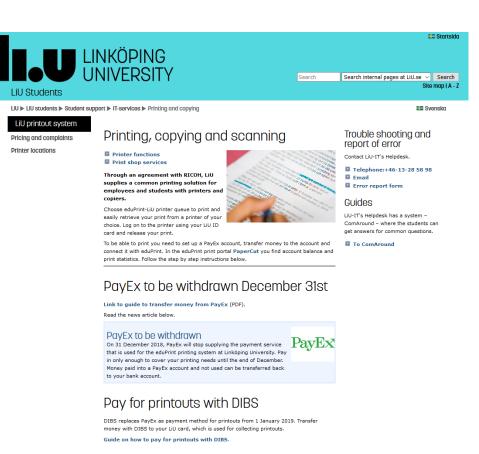
Student Service Desk Ground floor; Zenit



Printing

- Create and connect a DIBS account to your LiU—card
- Top up your DIBS account with a certain value (online).

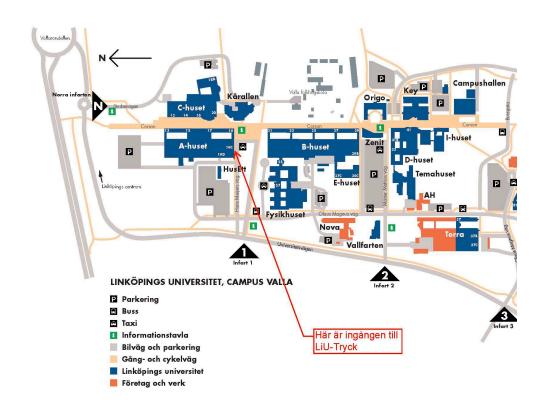
Problem? Contact LiU IT-service at helpdesk@liu.se





Printing service

LiU Tryck, A-building, entrance 19 C





Eating on campus

- No student restaurant/canteen
- Student friendly prices in the various restaurants
- Food trucks
- BYO; microwave ovens for heating your food available in several buildings





Getting around by train, bus or bike





Choosing the bus or the train

Buy a travel card and top it up/load it with a certain value or by using the app



STEP 2. Hold your card against the orange card reader. Ticket valid for 75 min



If you are over 26 years old choose Vx/"adult"

STEP 1. Press U for youth ticket – one way.



Campus bus

- #73 runs between
 Campus Norrköping,
 Campus US and
 Campus Valla
- Free with a valid
 LiU ID Card
 (during the semester!)
- www.ostgotatrafiken.se





Choosing the bike







Biking is

- Quick and easy
- Eco friendly
- Economical; second hand bike to be purchased for around 700 SEK (eg Blocket, Notice Board at liu.se) See the Survival Guide!





Biking requires

- Functioning rear and front lights
- Reflectors on both wheels
- Strongly consider wearing a helmet
- Warm clothes and extra reflectors during autumn/winter



If you get ill...

Life threatening situation?

112 for emergency situations (police, fire brigade or ambulance)



- Dial 1177! 24/7
- Medical advice given by experienced nurses
- Help to find the nearest open clinic, which is normally the primary health care centre, Vårdcentral, where you live
- Present EHIC to be entitled to the same fees as Swedish residents.
 Non EU students must pay higher fees and claim reimbursement from private health insurance





European Health Insurance Card



Dos and Don'ts:

Drink the tapwater?



• Say no to fika?



• Take your shoes off in someones home?



To push in before someone, in the queue?



 Not put all the waste into bags and not commit to recycling?



 When you run out of things to say: talk about the weather?



Enjoy your LiU Experience spring semester 2019

www.liu.se

