



Linköping University Summer Academy

Survival Guide 2019



Welcome to Linköping University!

This booklet is intended to answer questions that you might have when you arrive in Linköping for the International Summer Academy in July 2019. The different sections cover practical matters with information useful throughout your whole stay.

Before we start, we bet you have been wondering—how do I pronounce Linköping and what are those funny dots? Well, here is how you do it: “Lin” (like linen) – “cher” (like the famous singer) – “ping”! It is good to know that the Swedish alphabet has 3 extra letters compared to the English alphabet and these are: Åå, Ää and Öö, so in other words - those funny dots and circles are important. You may need to use these letters during your stay.

Information that you may find relevant can also be found on our webpage for exchange students:

www.student.liu.se/exchange

We hope you will enjoy your stay in Linköping and the province of Östergötland!

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1. Finding your way at Linköping University (LiU)

1.1 Campuses and facilities

Linköping University has four campuses in Sweden, where the main campus is Campus Valla.

Summer Academy students will attend their courses at the University Hospital Campus (Campus US), which is located within walking distance from central Linköping. The campus is integrated with Linköping University Hospital, which is serving the entire southeast region of Sweden with specialised care.

PLEASE NOTE that when you take transport to the Campus you will see that it is referred to as "US". The US stands for *Universitetssjukhuset* because in Swedish *sjukhus* means hospital.

Students are also welcome to utilise Campus Valla for its many facilities.

Library

If you would like to find course books, you should make your way to our libraries. You can use your LiU-card as the library card.

- Campus US library: Cellbiologen 436, entrance 65, open in July Monday-Friday 09:00-16:00
- Campus Valla library: Closed July 2019

You can also go to the library website (applicable to all campus libraries) to see whether your particular book is available, order books, arrange to borrow the book from another library and so forth.

The Swedish library system can be quite complicated if you are new to it, but do not worry – **The library is organising a short information session during the welcome reception.**

The city library in Linköping is very good, but requires another library card, your LiU card is not valid there. Visit the city library with your valid ID and they will help you there.

Classrooms

All classes will be held at Campus US (map included on final page), entering via Lasarettbacken (Hospital slope) you will reach many of LiU's facilities. Entrance 65 takes you to the library, the Berzelius auditorium and other auditoriums. Building 511 contains, among other things, the largest auditorium on campus, classrooms, rooms for group work, student kitchens and the Summer Academy Office.

Your LiU card is required for access to the buildings. Students are not allowed to be in the Campus US buildings between 22:00 and 06:00.

If you have problems finding a classroom, you can search on LiU's website:

<https://liu.se/karta/list?l=sv#2>

Computer rooms

We expect most students to bring a laptop to the Summer Academy, but if needed there are computers available to you as a student at Linköping University. On Campus US there are computers in the Campus US library: Cellbiologen 436, entrance 65, open in July on Monday-Friday 09:00-16:00. There is also a computer room (in Swedish: *datorsal*) in building "Örat", entry 73.

Networks on campus

There are two types of wireless networks at Linköping University; Netlogon and Eduroam.

Netlogon is very easy to get started with, but it will require you to log in (with your LiU-ID) each time you connect.

Eduroam only needs to be installed once per computer/unit. Once figured, it will also work at other universities and colleges within and outside Sweden that are participating in the Eduroam partnership.

Prayer and meditation – Rooms for reflection

For those seeking tranquillity, silence, reflection, prayer or meditation, you can use one of the quiet

group rooms in building 511 (the building called "Växthuset").

1.2 Eating on Campus

On Campus US you will find:

Restaurant & café Blåklinten:

Adress: 11, Universitetssjukhuset, Linköping.

Students get 10% discount for lunches.

Restaurant and café Belvederen:

Adress: Lasarettsgatan 9, Linköping (lunch/café).

Linds Konditori:

University Hospital North entrance, Linköping (lunch/café).

Pressbyrån:

House 449, North entrance, Level 10, (Snacks and salads).

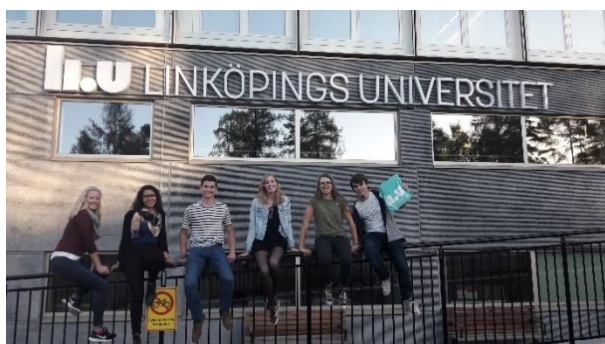
7- Eleven:

Linköpings Universitetssjukhus (Campus US).

Microwave ovens are also available for heating your own food at several locations on Campus US:

Student kitchen (*studentkök*) 902 (on level 9) and 002 (on level 10) in Building 511.

1.3 Social Activities



Student hosts will take good care of our Summer Academy students and organise different kinds of social activities.

Example of social activities:

Fika (Swedish tradition), picnics in the park, games and much more.

Follow our Facebook page "Linköping University Summer Academy 2019" for the latest information!

Trips

(Note - these activities required pre-registration and payment):

Trip to Stockholm and Archipelago - To mention some of the activities in Stockholm, besides overnight stay at a cosy hostel and going on a boat trip, we will visit the Royal castle in Old town and Skansen - a fabulous Open Air museum.

Day tour to picturesque town Vadstena by the lake Vättern and the beautiful and historic surroundings.

2. Accommodation Package

For students who have chosen the accommodation package, LiU will provide accommodation in dormitories and small studios. The package price includes electricity, heat, internet, access to laundry facilities and final cleaning.

A corridor room is 20 square meters and includes a private bathroom as well as a shared kitchen and living room per corridor. The room is fully furnished, and linen and towel will be provided for. Beds are 90x200 cm. In the shared kitchen you will have your part of the fridge and freezer and kitchen utensils are also available.

A shared small studio for two people is between 25-34 square meters and includes a bedroom, bathroom and kitchen (all shared by two people). The room is fully furnished and the beds are 90x200 cm. In the shared kitchen you will have a fridge and a freezer.

Both accommodation types will be provided in the area called Ryd.

There are buses taking you from Ryd to Campus US. Campus US, where you will study, is around 20 minutes by bus. Students who purchased the Accommodation package will receive a bus card from Östgötatrafiken to travel freely in Linköping and all of Östergötland. (More information about Buses in section 3).

Ryd

About 8000 people, of which nearly 3000 are students, live in Ryd. It feels like a city within the city

with a full service center. However, during the summer month less students will be around. You can exercise at the outdoors gym or get some fresh air in the adjacent Ryd Forrest. As a Ryd resident you are privileged with access to a sauna (not only the Finns use saunas, you know!), beach volleyball, tennis courts and several BBQ areas.

Insurance

When renting an accommodation via LiU a [home insurance](#) from Länsförsäkringar is included in the rent. The insurance covers the most common causes of claims, such as fire and water damage, burglary and vandalism, etc. On our website (<http://liu.se/utbildning/summeracademy/practical-information/?l=en>) you can find a link to a document with information about the home insurance. If you have any questions regarding the insurance, please contact customer service at Länsförsäkringar by phone 013-29 00 00.

Internet at home

Studentbostäder has an agreement with the internet provider *Utsikt Bredband AB*. When you move into your corridor room and plug in your computer, the provider Utsikt's website will automatically come up on your screen. Follow the instructions given and after about 15 minutes the service is fully operable.

To sign up for an internet connection:

1. Plug in the network cable to the computer socket in the wall
2. Turn on the computer
3. Make sure your computer is set to receive automatic IP-addresses (DHCP)
4. Access the internet - write any address, for example www.utsikt.se
5. You should now reach a starting site. Choose your option of connection and follow the instructions
6. When registering you are asked to give a ten-digit number, put in your birth date (YYMMDD) and then the numbers 0000. If it doesn't work, try 0001, 0002 etc.

You can reach *Utsikt Bredband AB* via phone 013-20 83 20 / 0771 50 40 50 or email student@utsikt.se.

IMPORTANT! An internet cable will be provided in your accommodation.

3. Getting to Campus US / Transport

Linköping is not a big city. Everything is close by bus, bike or walking. The tower of the Cathedral downtown and McDonald's in Ryd are good points for orientation.

Take the bus from Ryd

There is no direct bus between Ryd and Campus US. To get to Campus US by bus you can:

1. Take bus No. 3 from *Ryd Centrum* to *Barnhemsgatan*, then go about 1.1 km to Campus US.
2. Take bus No. 3 from *Ryd Centrum* and get off at *Kungsgatan*. Change to bus No. 2/4/17/19 and get off at *US Norra entrén*.



Buses

The local transportation company Östgötatrafiken is in charge of city buses, trams, country side buses and commuter trains in Linköping. If you have purchased the Accommodation package, you receive your Östgötatrafiken travel card when you arrive at your accommodation. This card is valid for 30 days and for all of Östergötland. Note: this travel card is not valid for other transportation companies like SJ, the national train company.

There are also regional buses and commuter trains leaving from Resecentrum (the travel center). The bus card from the Accommodation package is also valid on these buses and trains. You may also bring a

bicycle on the regional buses (not express buses) if there is room.

Useful bus lines in Linköping

- 3 Ryd – City centre – Train Station (Resecentrum)
- 26 Ryd – IKEA
- 10 Resecentrum – Tornby/IKEA
- 2/4 Resecentrum – Campus US (Norra entrén)

For further information about public transportation and timetables see: <https://www.ostgotatrafiken.se/>

For timetables and travel planner in your mobile; download the app “Ostgotatrafiken” from App Store or similar.

Bicycles

Renting a bike

If you want to rent a bike during your stay, there are a few stores that offer bicycles for rent. These are some places where you can rent bikes:

- **Cykelmästaren** Götgatan 17 A (Abiskorondellen) Phone: 013-14 22 60 ; 076-566 66 60
cykelmastaren@live.se
www.cykelmastaren.se
- **T1 Cykelbutik**
Rekrytgatan 11
Phone 013-14 36 36, 0735-11 02 21
<https://www.facebook.com/T1cykelservice/>
- **City Skomakeri**
Drottninggatan 26
582 25 Linköping
Tel: 013-31 30 80, 0732-55 07 22
<https://www.cityskomakare.se/rent-a-bike>
- **You can also buy a “second-hand” bike at:**
<https://www.blocket.se/ostergotland?q=Cykel&cg=0&w=1&st=s&c=&ca=14&is=1&l=0&md=th>

You need to have:

- both front and rear lights
- front, back and wheel reflectors

- a bell
- consider also wearing a helmet

Taxi

Taxibolaget: 013-30 30 30

Taxikurir: 013-150 000

Taxibil: 013-10 10 00

Cars

In Linköping, you can rent a car or a pick-up van at most larger gas stations, for example Circle K in Ryd and OKQ8 in Skäggetorp. Be sure that you understand the rental agreement; ask the staff to clarify it for you. The price for a car ranges from about 300 SEK/day for a small car to 700 SEK/day for a larger car. Mini trucks and vans can usually be rented for up to 4 hours at a time and can cost between 400 and 800 SEK/0-4 hrs depending on size.

When driving, remember that speeding is a serious matter in Sweden and fines are very high, sometimes up to 3000 SEK or a revoked driver’s license.

Drinking and driving is illegal and is not socially accepted! The limit for drunk driving is very low, 0,2 milligrams per millilitre of blood.

4. Linköping – Tips for your stay

Money and paying

You can find ATMs all around the city and in Ryd. All major credit cards are accepted, but you might have to pay a withdrawal fee. Check with your local bank at home.

Money exchange is in for example Forex bank. You will find them already at the airports as well as in Linköping city.

The most common way of paying in Sweden is by card. Swedes do not like cash, which is why you can pay by card literally everywhere.

Swedish power sockets

In Sweden the standard voltage is 230 V. The standard frequency is 50 Hz. The power sockets that are used are of type F. To the right you find a picture of these power sockets and corresponding plugs.



Type F: This socket also works with plug C and E

Telephone

We will provide you with a free Swedish SIM card on arrival. However, you will need to top it up yourself. It can be used in all phone types. Please make sure your phone is unlocked, so that you can use it. You can get credit for your mobile phone in most press shops, news agencies shops and grocery stores.

Calling in Sweden

When making local calls from a mobile phone, you must dial the area code followed by the phone number.

When making an international call, you dial 00 + [your country's national code]. If people will call you from abroad, the country code for Sweden is +46 and usually lose the first 0.

<http://www.eniro.se/> is a useful website where you can find phone numbers, people, addresses, stores etc. all over Sweden. <http://www.hitta.se> is a similar website.

Supermarkets and shops

We know it is not easy to go shopping in a foreign country. Here is a list of the most common supermarkets and some other shops with things for your stay.

Hemköp - the main supermarket in the student area Ryd, Linköping.

Willys - a grocery store with fairly low prices, normally located a little bit outside the city centre. In Linköping they can be found in Tornby and Skäggetorp shopping centres.

ICA - one of the most common Swedish supermarkets, placed all over Linköping. ICA Maxi is the bigger version often located outside the city centre. In Linköping one is placed in Tornby.

City Gross - the store is well known for its good quality meat. All fresh meat is from Sweden and the price is relatively low. The store is located in the south of Campus Valla.

Coop - a common grocery store and supermarket found in many places. Coop has a wide selection of organic and partially organic groceries. Just like ICA there is a bigger version of Coop outside the city centre, in Tornby area.

Netto - a store with low prices, but not the widest selection. Located in the centre of Linköping as well as between Skäggetorp and Tornby.

IKEA - a famous Swedish store that has almost anything you need for your home. You can find IKEA in Tornby shopping centre in Linköping.

Asian store - stores for Asian food can be found at Storgatan 6 and Torggatan, Linköping.

Second Hand Stores - In Sweden it is very popular to shop second hand both for your home and your wardrobe. It is cheap and you can get real bargains! Some of the stores are listed below:

- **Myrorna** – the Salvation Army shop for used furniture, utensils, clothes situated near the Cathedral, Platensgatan 6.
- **Hjärta till Hjärta** – Secondhand shop for used furniture, utensils, clothes situated in Tornby at Atttorpsgatan
- **Kretsboden** – St. Larsgatan 43
- **Misoui Vintage Clothing** – Drottninggatan 36
- **Nostalgimix** – Gamla Tanneforsvägen 90

Sports and leisure

You can find the **event calendar** for the whole county of Östergötland here: <http://www.pagang.info>. Unfortunately, all information is in Swedish so far.

”**Filmstaden**” – the mainstream movie theatre that can be found in most cities around Sweden. On the website www.sf.se you can find more information about prices, discounts and current showings.

Swimming pool, www.medley.se, can be found in Linköping (Linköpings sim- och sporthall, Hamngatan 30)

Campushallen is the fitness centre/sports club at the university. They provide different sport activities. Students who purchased the Accommodation package will have gold card access to the Campushallen provided. There will also be an introduction during the first week. For more information - check out www.campushallen.se.



Östergötlands Museum – collections of old European art and contemporary exhibitions. They also have a separate cinema showing alternative films.

The Air Force Museum – The Air Force Museum is a fun and interesting place regardless of prior knowledge, age and interests. It also has free entrance. Learn about the history of Swedish military aviation, try your hand at a flight simulator and aim for the clouds. Here you can also find a cosy restaurant where you can eat your lunch or simply sit down and enjoy a Swedish “fika”.

Gamla Linköping and Valla Farm – The Open Air Museum - The Open Air Museum “Old Linköping” takes you centuries back in time in just a few moments! Museums, gardens, backyards and alleys showing life in the city a long time ago. Valla farm and rural museums show the history and offers close encounters with animals and nature. Valla farm is just behind campus Valla.

Museum of Work in Norrköping - situated in an old cotton mill this museum offers several exhibitions on 7 floors. The museum is for free for all visitors.

Visualization Center C in Norrköping - is a cooperation with LiU, filled with a variety of different visual experiences and situated in Norrköping’s unique industrial area, **Industrilandskapet**.

For more information, see www.visualiseringscenter.se

Norrköping Art Museum - has one of Sweden’s leading art collections and focuses on Swedish modernism and contemporary art. The museum also has one of the country’s largest collections of graphic art.

5. Important to know about Sweden

Laws to note:

Alcohol laws

The age limit to procure alcohol is 20 years and you have to be able to prove your age with a photo identification card. In Sweden only Systembolaget, the state owned monopoly, has the right to sell alcohol stronger than 4 volumes per cent. In restaurants and clubs, you have to be at least 18 years old. You need a valid ID, such as a passport, to buy alcohol in Systembolaget. Please note that your LiU-card is not valid as identification at Systembolaget.

Smoking laws

Smoking is forbidden in all restaurants, pubs and many public indoor/outdoor areas (such as terraces etc). Further, smoking is not allowed in the accommodation corridors, so please go outside to smoke! Please note it is forbidden to smoke in the Campus US area due to the health of patients.

Drug laws

All contact, use or distribution of any drug is strictly forbidden! The Swedish attitude in this matter is very severe and there is a non-tolerance to the use of any drugs. It is not accepted by young people in Sweden to take drugs.

As far as the university is concerned, it does not accept any use of drugs and does not hesitate to send anyone home in case of use of any illegal substances.

If the staff in a pub/club believe that you have taken or are in possession of drugs the police will be contacted!

Travelling around Sweden:

A great way of travelling around Sweden is by train. The largest train company is SJ - www.sj.se - If you are aged under 26 you will get cheaper tickets.

Buses are another, sometimes cheaper option. There is no company that covers all of Sweden, but Swebus Express (www.swebusexpress.se) offers a lot of destinations. For cheap trips to Stockholm and Gothenburg Bus4you (www.bus4you.se) and Blåklintsbuss (www.blanklitsbuss.se) is often used. Another bus company that offers cheap tickets is FlixBus (www.flixbus.se).

Right of Public Access (Allemansrätten)

In Sweden we have something called “Allemansrätten” which is the right of public access to nature, which only very few countries have. We therefore value and protect this right and note the responsibilities that come with this right.



We can:

- move around freely in fields and forests
- pick berries, mushrooms and flowers which are not protected by law
- camp one night without permission from landowners - however, not too close to a populated area
- bath, row, sail, paddle and drive motorboats on the lakes and rivers
- light a fire but only in certain prepared places. In windy or very dry weather it is absolutely forbidden to light fires anywhere.

We must not:

- leave litter e.g. paper, plastic, glass etc. behind in the nature (it is against Swedish law and you will be fined if caught)
- damage growing trees or bushes
- walk over fields in crop or through newly planted forest areas
- take birds' eggs or birds' nests

Traditions and unwritten rules in Sweden

- Take your shoes off when you enter someone's home: for some of you, it may seem like a strange habit, but when you enter someone's home you will have to leave your outdoor shoes at the entrance and walk around in your socks.
- Arm-length distance: it is the distance Swedish people normally stand apart from each other when talking. Do not feel offended if the Swede will start to back off if you get too close. It is just normal to keep the personal space in this way.
- Lines-queues: whenever waiting is involved (cinema, bank, library, shop etc) you will be expected to wait in line. Do not forget to take a numbered ticket from the dispenser if there is one or you will not be served.
- Equal opportunities: men and women have equal rights. There should be no harassment or discrimination on the basis of gender, social or ethnic affiliation, religion or faith, sexual disposition, age or functional disorder or any other grounds for discrimination in Sweden.

6. Emergencies and Healthcare

In case of an emergency

The European **emergency number** is **112**. In case of an emergency, you can call this number for assistance from the police, the fire brigade or hospital/ ambulance.

This number can also be dialled from an international phone, once in Sweden.

If your condition is very serious and you need immediate treatment, go to the Emergency Room, ("Akuten"), at the University Hospital in Linköping or call emergency services on 112 for an ambulance.

Healthcare

If you need to consult a doctor you need to call the primary health care centre, **Vårdcentral**, in the district where you live. Call the County Council, Landstinget, which is responsible for all health care in the county, on phone number 010 - 103 00 00; tell them where you live and you will be connected to the health care centre you should visit. If you do not have a Swedish civic number, you must go to the Vårdcentral in person, in order to get a so called F-number.

Call Dial-A-Nurse on telephone number 1177 (+46-77 11 77 00) if you are feeling ill and want to get medical



advice from experienced nurses. They can also make an appointment for you at Jourcentralen, a clinic with on-call medical staff, when your local health care centre is closed. The nurses may also advise you to go to the Emergency Room.

Students with the **European Health Card (EHIC-card)** pay normal fees for emergency and necessary health care.

(Normal = same prices as for Swedish residents). If you do not have the EHIC card you should order one directly from www.applyehic.org

Students coming from **outside the EU/EES countries** (with few exceptions like Quebec, Israel, Tunisia, Australia), have to pay full fees for all health care. Expect to pay 1860 SEK for a doctor's appointment and 620 SEK for other care. Visits to the emergency room can be up to 10 times as high, so we recommend you contact 1177 or a Vårdcentral primarily, if you are not in an emergent situation.

Therefore, also make sure you have a complementary health insurance from your home country.

For more information, see www.liu.se and go to "International" where you can find information in several languages.

7. Useful websites and phone numbers

LiU related websites:

LISAM

Log in to your profile on LiU's e-learning platform LISAM, where you can store documents, check out course material as well as access the Student Portal to register for courses, see your study results and to update your address: <http://lisam.liu.se/>

LiU student e-mail

To log in to your student e-mail LiU e-mail account go to <http://www.student.liu.se/?l=en> and click the link called "E-mail Lisam". All study related information will be communicated to this e-mail.

Campus Information and Services

Go to the LiU student web www.student.liu.se/?l=en and choose either Campus information or Student services in the left menu.

Maps of campuses and classrooms

Find buildings and classrooms on each campus: <https://liu.se/en/article/kartor>.

LiU on your mobile phone

On m.liu.se you can find maps, e-mail, timetables, news etc. on your mobile phone, also available in English.

Your student pages

Lots of useful information when studying at LiU can be found on www.student.liu.se, but as a Summer Academy student the most relevant information for your circumstance will be found on the Summer

Academy pages:

<http://www.liu.se/utbildning/summeracademy?!=en>

Other websites

Swedish Migration Office: www.migrationsverket.se

Sweden: www.sweden.se

Study in Sweden: www.studyinsweden.se

Linköping municipality: www.linkoping.se

Tourist Information: www.visitlinkoping.se

Studentbostäder: www.studentbostader.se

Swedish-English dictionary: www.ord.se

Google Translate English to Swedish

<https://translate.google.se/?hl=en&tab=wT>

Buses

Östgotatrafiken: www.ostgotatrafiken.se

Swebus Express: www.swebusexpress.se

Bus4You: www.bus4you.se

Blåklintsbuss: www.blaklintsbuss.se

Flixbus: www.flixbus.se

Trains

SJ: www.sj.se

Medical care

www.lio.se

Police

www.polisen.se (located at Brigadgatan 13, Linköping)

Phone numbers:

Emergencies/SOS

112

Police (For general questions and lost and found)

114 14 (+46-77 114 14 00)

LiU (switchboard) Linköping

013 – 28 10 00

Studentbostäder, Linköping

013 – 20 86 60

8. Contact

Teachers and staff will have their offices at the Campus US during the Summer Academy.

Phone number LiU Summer Academy Office, Campus US: 013-28 10 00

Opening hours Summer Academy Office: Monday-Friday between 10:00 and 13:00. You will find us at the entrance of Building 511 Entry 76.

E-mail: summeracademy@liu.se

Student host office: Alsättersgatan 38. Open

Monday-Friday 16:00-19:00.

Team leader, student hosts: Anders Holmberg

Phone number Team leader, student hosts:

0735-63 39 74

Phone number Student Host Office: 0700-85 07 49

Student host e-mail: summerstudenthost@liu.se