

BEGINNER'S GUIDE 24/25

KURATORSKONVENTET



The Beginner's Guide to Uppsala

Each year a great number of students start their journey here in Uppsala. The beginning of this journey can be a lot of things: both confusing and amazing. To help you get through it all, we've compiled this small guide-book!



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Find the online
version here!



Dear international student,

You there! Yes you! Hello! How nice that YOU have become an Uppsala student. It might be hard to understand, but don't worry. As Swedish singer Timbuktu said: it works out, that's how things tend to be.

What now? Here you are. In a new city, in a new residence, with a new letterbox and maybe an overflowing new set of too many dry spices that you bought impulsively when you realized you were starting from scratch. Is there anyone I can become friends with? Can someone explain how Studium works? Why am I getting so many pamphlets and discount coupons all of a sudden? Who sells furniture? And how do I get to IKEA without every single cone and their parents being there at the same time? Many questions, few answers. Something that can hopefully help you along the way is the guide you hold in your hand. Beginner's Guide.

In Uppsala there is a place for everyone. You have the chance to build new friendships, engage in activities that interest you, and create an everyday life that reflects your interests and values. Student life in Uppsala consists of students just like you. Every day offers new challenges and opportunities to meet people, both on campus and in the city around you. Take the chance to discover something new for the first time. Embrace every moment, be curious and dare to step out of your safe bubble. See this as an opportunity to really get to know yourself. I, Hanna, the one writing at this moment have grown both with age and with experience. Since I set foot in Uppsala, I have learned one important thing: regret nothing, learn from everything.

We may not have all the solutions to your problems, but OH OH OH what we can give you everything you need to know about student life to get the semester off to a great start. We'll give you the info, but remember, this is your adventure. Good luck, you can do this!

WELCOME TO UPPSALA, WELCOME HOME!

Hanna Wadman Ernstson & Giulia Grün

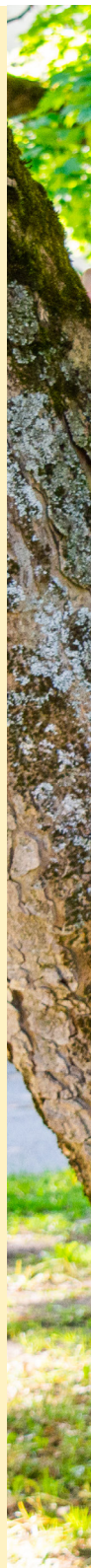




Bild: Elvira Oberger

A man with brown hair, a beard, and round glasses stands outdoors in a park-like setting. He is wearing a dark suit jacket, a white shirt with blue stripes, a blue and yellow tie, and a checkered vest. A gold medal is pinned to his tie. The background features green trees, a building with a red roof, and a black trash can to the left.

Welcome to the City of Students!

Kasper Köhler
President of Kuratorskonventet HT24,
the nations' joint committee

Welcome to the world's, perhaps even the universe's, best student town.

Uppsala University was founded in 1477 and is the oldest university in Sweden. Despite its age, the university is kept youthful by its students and its fantastic student life, safeguarded by the student nations and student unions. Uppsala's student nations were founded during the 17th century and have, since then, been the core of the student life in Uppsala. In 1849, the nations founded Uppsala Student Union, to address students' problems related to their studies. Since then the Student Union has evolved into several unions which are working towards enhancing the quality of education as well as looking after the rights and interests of the students. The 13 student nations aim to give you the time of your life. They run everything from pubs, clubs, balls and traditional dinners (called gasques – make sure to attend at least one, it's a unique and amazing experience!). They also offer services such as libraries, accommodation, scholarships, study halls and plenty of associations – there are choirs, orchestras, theatre groups, dance groups and so much more. Make sure to make the most of your time as a student here in Uppsala. The first step is to join a nation. Maybe you'll get involved with a student association – or start a new one, perhaps you'll become a nation photographer or librarian, involve yourself in marketing, scholarships or the welcoming of new students. Become active at a nation – and make sure to visit all thirteen of them.

Welcome to Uppsala, to Sweden, and quite possibly to the best time of your life!



What is a nation?

A nation is a type of student association that has been in Uppsala for many hundreds of years. The nations have houses, pubs, activities and lots of fun. They are for students, by students and are therefore entirely student-run. They are named after different regions or cities in Sweden and have some cultural ties to those areas.

- Stockholms nation**
- Uplands nation**
- Gästrik-Hälsinge nation**
- Östgöta nation**
- Västgöta nation**
- Södermanlands-Nerikes nation**
- Västmanlands-Dala nation**
- Smålands nation**
- Göteborgs nation**
- Kalmar nation**
- Värmlands nation**
- Norrlands nation**
- Gotlands nation**



THE NATIONS

The first step into Uppsala's student life

One of the things Uppsala student life is most famous for is the nations. These thirteen student associations are each connected to different parts of Sweden. To be able to access the nations, you need to become a member. Once you are a member of one nation, you get access to the other twelve as well.

How did the nations come to be?

The nations date back to the 17th century and in the beginning, the student nations were a way for students to keep in touch with traditions from home. A bunch of newly graduated students got together, bought a few buildings and started renting them out for newly arrived students. The bond between these students was strong. If anyone had economic issues, they would help each other out with loans. If anyone died during their time at the university (or during a fencing duel) they could (and still can) be buried in the nation's own grave for free. In short: the nation was a way for you to feel at home when you were far away from it.

What are the nations today?

The nations today are still a home away from home, though membership is no longer restricted to people from the region the nation represents. As an international student (and for most Swedish students), you can join regardless of where you come from.

Today, the nations are student organizations that, among other things, run restaurants, cafés, nightclubs, libraries and provide students with housing. The nations are run on voluntary work by Uppsala students. A more detailed description of each nation can be found on page 38 and onwards.

Why join a nation?

There are many reasons to join a nation. One is to get your nation card, which you need in order to enter all nation pubs, clubs, and other events. The nations are also a great place to...



MEET NEW PEOPLE

Nations are the perfect place to make life-long friends. With events, clubs, sports, pubs, clubs and so much more the student nations are the essence and hub of student life in Uppsala.



ENJOY STUDENT LIFE

Uppsala University was founded in 1477 and the nations were founded in the 1600s, which means that we have a rich history of traditions, and lots of them.



EXPERIENCE SWEDEN

Swedes are known for being a bit reserved, so the nations are the perfect ice-breaker for meeting Swedes and making Swedish friends (and practicing your Swedish!).

Every nation offers different activities and has their unique benefits. We recommend visiting multiple (or all) nations before joining one! You can find a map of all nations on page 12-13!

Membership

To become a member of one (or several) nations, we recommend that you visit the nations and join there. This gives you an opportunity to see what the nations are like and meet some of the people involved there. As an international student you will receive a temporary nation card so you can visit all of the nations and find out which one you would like to become a member of! You can join a nation by going to their registration (in Swedish: Inskrivning) open hours, which can be found on each nation's Facebook or website. At the registration, you can also get more information about the nation.

Nations offer special deals to members, such as discounted entrance fees, food discounts, and priority access to gasque (and other event) tickets. Note that being the member of one nation still allows you to access all 13 of the nation's pubs, clubs and other events.

You can also visit www.uppsalastudent.com to become a member in the nations and a student union. It is possible to pay your membership fee on the website. To be able to use this service you will need either a Swedish personal number or a temporary personal number, which you will get from Uppsala University on arrival. When registering, you can choose to pay by card or bank transfer. You can also pay your membership in cash or by card later at the nation or union. You will get your nation card in the STUK app within a few days. You can get a temporary card from the nation which proves that you have paid your fee. It is also possible to get a plastic card through the STUK app. However, this might take some time. If you have any issues with the online service you can always visit the nation or union during their opening hours, which you can find at uppsalastudent.com.

NATIONS IN UPPSALA

1. Stockholms nation
2. Uplands nation
3. Gästrikе-Hälsinge nation
4. Östgöta nation
5. Västgöta nation
6. Södermanlands-Nerikes nation
7. Västmanlands-Dala nation
8. Smålands nation
9. Göteborgs Nation
10. Kalmar nation
11. Värmlands nation
12. Norrlands nation
13. Gotlands nation

7

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10

UNIVER
HUS



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8



6



13

DOMKYRKAN

STORA TORGET

RSITETS SET



11



1



12



3



5

CAROLINA REDIVIVA



4

SLOTTET

GOOD TO KNOW

How to Get Around

Uppsala is flat and biking is the easiest and quickest way to get around town. Within a 15 minute radius you can reach all of Uppsala. Just don't forget to use bike lanes when possible and to ride on the right side of the road. Don't like biking? In Uppsala, the public transport is organised by UL. This includes busses in the city and trains in Uppsala Län. Download the app and use the travel funds there to get cheaper tickets. If you want to explore Sweden, you can use SJ and explore by train. SJ has student prices, for that you need to show that you are studying. This is done by showing your nation card for example.

Beer and Spirits

Plan ahead. You will not find anything with more than 3,5% alcohol at a supermarket. To buy alcoholic beverages you have to go to the state-owned company "Systembolaget." Make sure to bring your passport to confirm your age as the age limit is 20. Not 20 yet? At restaurants, bars or the student nations, you can drink alcohol from the age of 18.

Work

Although speaking Swedish can be important when looking for a job, you rarely have to at the nations. Working at the nations is also one of the best ways to get to know people and improve your Swedish. All EU/EEA students, as well as students with a residence permit, are allowed to work during their time in Sweden. If you want to work, either at a nation or elsewhere, you have to go to the tax office and apply for a tax number. When staying one year or longer, the Swedish personnummer (personal number) also works as a tax number.

Local tax office: +46 771-567 567 Website: skatteverket.se

Find more detailed information on: <https://www.uppsalainternationalstudents.se/getting-started-in-uppsala>

BUDGET TIPS

We have gathered some of the best money-saving tips below, focusing on three major points.

Save Money on Food

1. It is more expensive to do your shopping at the small neighbourhood supermarkets. Take a tour to the larger shops: they are closer than they seem. Most stores help you gather membership points.
2. Time is money. Be time efficient and plan your meals by making lunch boxes for more than one day at a time. A prepared meal can prevent you from spending unnecessary lunch money.
3. Do you want to eat out? You can enjoy breakfast, lunch or a three-course dinner at the nations for student-friendly prices.

Use Your Student Discount

Every student at Uppsala University receives a card from Studentkortet which grants the person discounts in various stores and services, for instance transport services such as UL or SL. Since the nation pubs and clubs are only open for members of nations, it is important to always bring the card along with your photo-ID when you wish to visit a nation. Your nation card is also available in digital form via Studentkortet's app STUK.

Carry your student card and passport/other ID with you at all times in order to prove that you are a student. Make it a habit to ask coffee shops, stores or restaurants if they have a student discount. Busses and trains in Upland have a student discount (they are often categorised as a discounted ticket). You need your nationcard to prove your student status. Make sure you have the SJ/SL logo on the card as otherwise you can still get a fine if you buy a discounted ticket.

Use the STUK app to see other discounts.

Save Money on Course Literature

Buy Second-hand

With the tens of thousands of students in circulation in Uppsala, you can imagine how much course literature is in circulation. With the exception of newly started courses, the odds are that someone is desperate to sell you the books you need. There are physical stores that focus on second-hand course literature, such as Campusbokhandeln (Skolgatan 1 by Ekonomikum). But you can also find them at second-hand shops like Erikshjälpen or Röda Korset. There are also Facebook groups for selling and buying second-hand course literature.

If you decide to buy first-hand, Akademibokhandeln has a student discount on all course literature.

The Nations

The nation libraries are responsible for providing course literature for A and B courses in most of the university's subjects. Argus is the common catalogue of the book stock at the national libraries in Uppsala. There you can search the book inventory of several of the nations. You can find it at nationsbibliotek.se!

The University Library

There are ten libraries in Uppsala and one in Visby. Some libraries have specific subject focuses, but are still open to everyone, regardless of what you are studying. This means that you can sit and study wherever you want, borrow whatever books you want and return the books anywhere. All printed books are borrowed on site at the library where the book is available. The University Library must have at least one copy of all undergraduate course literature. Some copies can only be read in the library, while others can be borrowed. Some books are also available as e-books.

TIPS FOR LIVING ON A STUDENT BUDGET

Budget

Set a monthly budget for your expenses and income during the semester! This can be done in a note, in a document or even using apps.

Lunch box, cutlery and water bottle

With these three components, you are prepared for a longer study session on campus. Also you don't have to worry about both money and rush hour traffic in the cafeteria during lunch.

Coffee thermos

A cup usually doesn't cost that much, but many small streams add up to a big river. Why not invest in a good thermos and bring coffee from home?

Discounts (ask at checkout!)

Yes, as a student you get discounts from right and left. What some miss out on is that you can usually ask a quick question in the checkout at stores where it is not always clear.

Borrow from friends

Do you want to feel a little nicer than usual on a night out? Ask a friend if they have any jewelry, a piece of clothing or a belt that they are willing to lend. You might have something they can borrow too. An easy way to give your wardrobe a new look!

Potluck

Sometimes a bunch of friends want to meet at someone's house. To avoid the host having to both spend money, time and energy, you can instead make a joint effort and bring one thing each. It can be food, snacks or drinks. An easy and fun idea, especially if you don't decide on a theme.

BIKING 101

In Uppsala, bicycles are king! The city has some of the best bicycle infrastructure and culture in the world, and other than in the coldest part of winter, bicycles are the best way to get from A to B. Some important things to remember: *use your arms to signal when you want to turn, stick to the cycle lanes, invest in a helmet and switch on your lights in the dark.*

BUYING A BIKE

If you want to buy a bicycle and don't want to spend too much money, consider buying second hand. The best places for this are Facebook Marketplace, Blocket and Tradera. There are also several shops in the city where you can buy a bike second hand, and in Flogsta there is a bike flea market at the beginning of each semester. If you want more service, stores like Decathlon and Biltema sell cheap new bikes that can include check-ups and service for the first few years. Shop around.

BIKE SAFELY

No matter what bicycle you choose - make sure it is safe. By law, bikes in Uppsala (and all over Sweden) have to have working lights, reflectors and a bell, and beyond that, you should make sure your brakes and wheels are in good condition. According to Swedish law it is illegal to drive a vehicle while drunk. This applies not only to cars, but also bicycles and electric scooters. If you are unsure whether you are sober enough to cycle home, you are probably not. Instead, lead the bike, call a taxi or ask a friend for help.

UPPSALA'S MOST DANGEROUS INTERSECTION

There is one intersection in Uppsala with disproportionately many accidents. Unsurprisingly it's the junction at the bottom of Carolinabacken, with Stockholm Nation in the corner. There is a sign showing that anyone travelling down the hill has priority, but unfortunately this rule is not followed by everyone. Keep an eye out for road users from the right!

HOW TO E-SCOOTER

Riding an electric scooter is a lot of fun, according to many people. Unfortunately, many also forget that electric scooters are vehicles, as are the traffic rules for and etiquette. Here are three reminders that are good to keep in mind.

DON'T RIDE AN ELECTRIC SCOOTER WHILE DRUNK

As with cycling, it is illegal to drive a vehicle while drunk. Moreover, electric scooters are controlled by few button presses, which means that you can very easily get up to a fast speed very easily. It goes without saying that in combination with alcohol this becomes dangerous.

USE TURN SIGNALS

Yes, electric scooters have indicators. As it is difficult to reach out your arm or hand to indicate where you are when you need to keep both on the handlebars, you must not forget to use the indicators. Especially in the city, where other cyclists, cars and people are travelling.

PARK NICELY

Many e-scooter companies have started to introduce so-called 'parking zones'. Follow their guidelines, park your scooter out of the way of other traffic, make sure vehicle is stable and avoid blocking e.g. bike racks and bike racks and exits. *Drive calmly and safely!*



ACCOMMODATION

Finding accommodation can be challenging for many students in Uppsala. If you haven't been able to get housing through the Housing Office at the University, finding a place to live can sometimes end up being a much more difficult task than you might expect. We've compiled a list of companies and websites which can come in handy when searching for housing.

The Nations

The thirteen nations own about 40 percent of all student accommodations in Uppsala, most of them located in the central parts of town, and for a decent rent. The nations' queue time is often a bit shorter. If you work at a nation you can also earn extra queue points to go ahead in the line. Some nations also offer housing lotteries for new students at the beginning of every semester. You can read more about the nation accommodations at www.uppsalastudent.com/en/bostader.

Studentboet

To make it easier for students to find accommodation, Uppsala Student Union run a website called Studentboet.se, in cooperation with the universities and the City Council. At Studentboet you can find ads for rooms and apartments which people wish to rent out or sublet. You can register on the page for free and contact the advertisers directly. By clicking on "housing companies" under the tab "documents and resources" you can also register at other housing companies, to start accumulating queuing time in order to get a first-hand contract a bit further down the road.



Heimstaden

A housing company that you should register at is Heimstaden. They have many rooms in Flogsta, an area famous for its high density of students. Sometimes the queue for a first-hand contract is only a few months away.

Blocket/Facebook groups

If you are unable to get a first-hand contract you need to rely on the second hand market. A good place to do this is www.blocket.se. Another alternative to Blocket is Facebook groups, for example "Bostad Uppsala" and "Boende i Uppsala". A lot of the time you won't get replies from the advertisers, so you have to be persistent and reply to as many ads as you can.

TIPS

Do not underestimate the opportunity to find housing through personal contacts. When looking for rooms and apartments online, be careful and make sure you have a proper contract. There have been several cases of scams, frauds and people charging excess rents the past few years. You should NEVER pay anything before you have seen the apartment and signed the contract.

The International Committee

The International Committee (or IK) is the group responsible for making international students feel welcome in Uppsala and representing their interests in the nations. They host several events, both as a committee and within each nation. Every time your nation has an activity planned for international students, there is an international secretary behind the effort! The International Committee is a subcommittee of Kuratorskonventet (the Curators Convention), the bridge organisation between the thirteen nations in Uppsala.

Website

For more good-to-know information for newcomers and internationals, check out the International Committee's own website at uppsalainternationalstudents.se!

Resources

If you need any help and support, feel free to contact the International Committee either via email (international@kuratorskonventet.se) or through our Facebook page ("International Students of Uppsala University").

IK Events for International Students

Welcome Week

Arriving in Uppsala is exciting, so we want to get you involved right away! After the Arrival Days comes the Welcome Week, an orientation week planned by the international secretaries to introduce you to the nations. All the nations will have activities and events so you can start exploring the city, meet other international students, and get in touch with the international secretaries. By participating in these events, you will not only get further information about the nations, but we also guarantee you will make friends for life. Don't miss the walking tour of the nations! The full schedule of the welcome week can be found on our website www.uppsalainternationalstudents.se.

International fair

To help in your exploration of the nations, there is also the International Fair where you can meet the nations and ask all the questions you may still have all at once, under the same roof. Other university-related entities may also be present. This event may also be hosted online, so check the arrival information provided to you or with your department.

The International Gasque

Gasques* are a big deal in Uppsala, and a great way to meet people. To celebrate you, and allow you to meet your fellow international students, we also host our own International Gasque each semester. This fun-filled, themed, and thoroughly international evening is the highlight of the IK's social calendar, and we hope to see you there!

Other Events

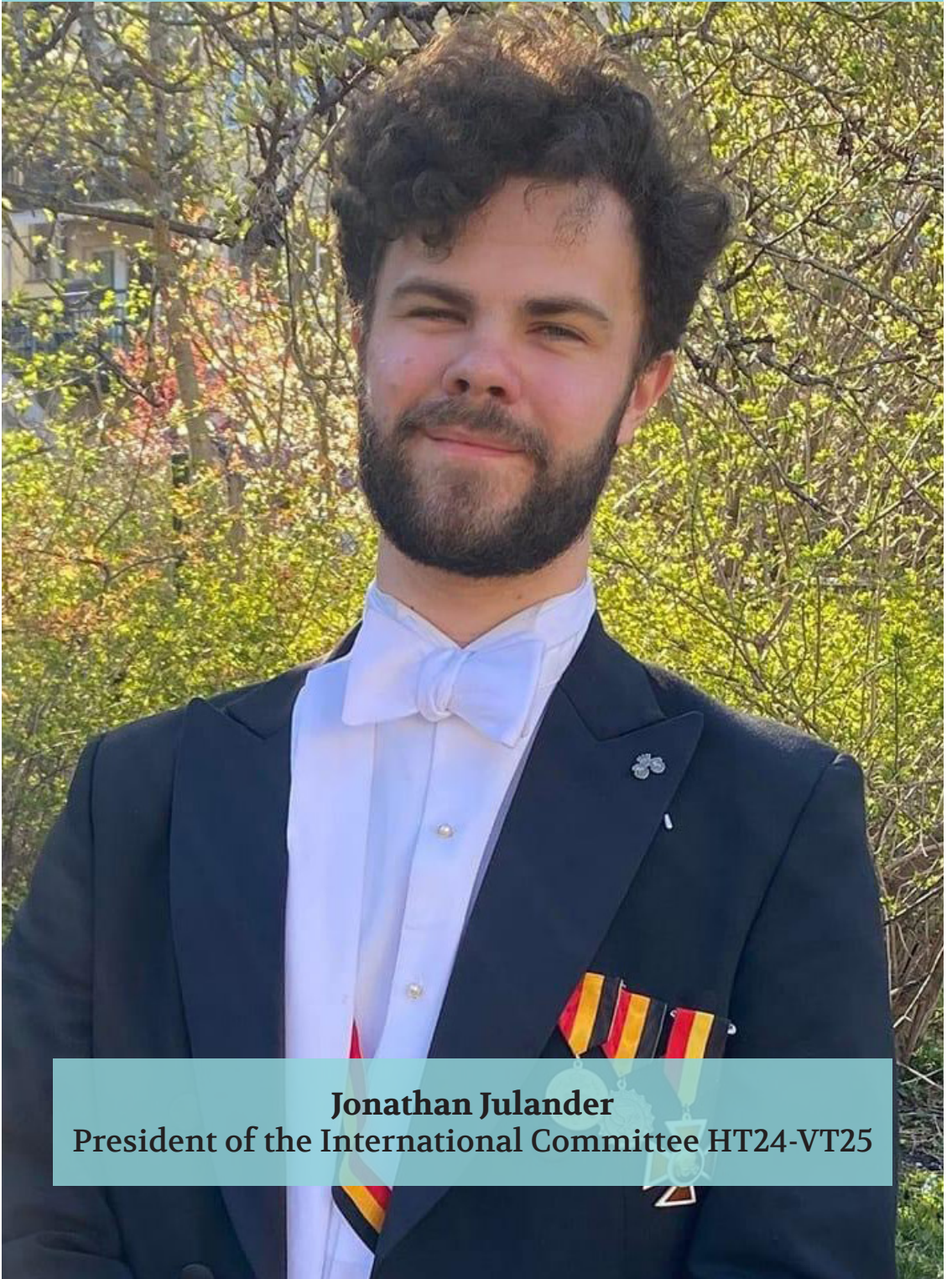
Beyond the events for international students hosted at each nation, we also host several other social activities throughout the semester that can span from pub crawls to cultural events, so keep an eye out for those on our Facebook!

*see 'Gasque' on pg. 33.

For more information, visit the official website for exchange students in Uppsala:







Jonathan Julander
President of the International Committee HT24-VT25

Jonathan Julander, 23

Country of origin: Sweden

Hello! I am Jonathan, the president of the international committee for autumn 2024 and spring 2025! I am more than proud to show the absolute best aspects of every nation, nay, every aspect of the Uppsala student life. Let me be the first to say that you have made the best choice of your life - studying in the best student city of not only Sweden, but all of Europe, maybe even the world!

How did you end up as president of the international committee?

You know I wake up and ask myself that exact thing every day. No, if we're going to be more honest about my answer; I have always wanted to see a greater international involvement in Uppsala as a whole. We, our university, stand as the forefront fighting frontier for the belief that humanity is not a series of groups to be divided and pitched against one another, but we are a species that thrive when we work together. Sweden has in the past been particularly good at promoting this notion, and I hope that soon it will be once more. Admittedly, my conviction has been cemented rather firmly by having a non-European partner, she has taught me that the best way to grow as a person is to surround yourself by that which you do not know. Ever tried learning a language by going to the country where they speak it natively without knowing a single word? Suddenly, you kind of have to be open to learning things you never expected to learn before.

How did you get involved in student life?

When I first arrived in Uppsala, I was very lost. I had no clue where I had arrived or where I was going. But within the same week that I arrived, I found myself stumbling along the icy steps of my home nation. I went up the stairs where the registration was taking place and through weary and nervous breaths I said that "I would like to join this nation!" and since then I have been a clubworker, a clubmaster, a guest, a host, an ambassador, and now I stand as president of the international committee. All because I one fateful day took the courage to stumble in and ask to register at a nation.

Best tips for an exchange student?

I can only give one advice to exchange students here: Time is short, try EVERYTHING! But at the same time do not get caught up in the experience hysteria. If you ever have the chance to say yes to something that sounds remotely interesting, say yes! But if you do feel as if though something sounds dreadfully boring, do not feel ashamed for saying no. Our city is big, our events many. Heck, practically every weekend features some kind of gasque somewhere. So I can only reiterate; try everything, as long as you feel like it. Oh and PS. Learn O Gamla Klang.

What is the best way to get to know new people here?

An excellent question! As a Swede myself I can tell you that the rumour of the Swedish silence is true! There are some places where you can and some places where you cannot get to know Swedish people! Though first, let us be clear about internationals, you may get to know these in the most unexpected of places, but if you want a safe bet; try the nations, there will always be someone there with a good drink and an open mind to say hello. When it comes to Swedes, they are a mighty shy kind! They too tend to flock to the nations, in which you may find the right opportunity to approach one! A place you should never attempt is the bus stop, Swedes will immediately cower in fear should you attempt to approach them in any location where alcohol is not readily available. Indeed the best place to approach the locals is where you have something in common, it may be drinking, it may be a gasque where you can bond over the terrible food, or it may be that you too just so happened to be working at a nation, and can bond over that experience. For indeed, if I can give you one line of advice through your entire experience in Uppsala it must be this: Work at a nation. I said it in my first speech as international secretary and I will say it in my last. By getting involved in the nations, the friends you make here will last you not only through your studies, but through your entire life, and maybe even beyond. Welcome to Uppsala.



Name: Aashay

Age: 25

Studies: Master in Human Computer Interaction

“My corridor was my first ease-off moment”

Where are you from?

I'm from India, a city called Solapur. I usually say Pune-Mumbai because people know those cities. But I'm from Solapur in Western India.

What do you do in Human Computer Interaction?

It's a cool field. We study philosophy, technology, psychology and how everything relates to human being and the interconnection between these things. Basically how we take technology further and how it affects our lifestyle.

Why did you choose Uppsala/Sweden?

It's a funny story honestly. I was at the end of my graduation, when everything was work from home because of covid, and turning in my digital design agency. We were two designers, who were interns, and we both used to design together on Zoom. We started discussing about masters, education and

things. Then she said "Oh I wanna go watch the northern lights!". So we looked into where we could watch them, and found the alternatives of Norway, Finland and Sweden. We decided on Sweden. After that, we started hunting for universities. We both got a spot in a university in the US to begin with. The thing is, it was a bit of a budgetcrunch as well, so my friend went to the US but I went here. I had no plan of doing a masters, nothing really.

How was it like getting accustomed to Uppsala/Sweden?

So, I come from Solapur, which is a very dry region. Coming from +40 degrees to a region that gets -22 degrees at times was a big, drastic change. I was not prepared for it. One of my cousins stays in Aberdeen, Scotland, and I was shopping for clothing for Sweden. I bought a jacket, and showed it to him like "is this okay?". He tried the jacket, laughed at me and said "you're gonna regret this." That's when I realized I'm going to a new territory. I know nothing about this place.

Was it easy getting accommodation here?

Yeah. I think the Student housing here is really strong, because I had no problem whatsoever. I applied for a visa, which is easy to get as a student, and the travelling is not too complicated. The housing here is really nice. If you have admission, and you're a student, the housing office takes care of your housing for two years at least. That's enough time to get acquainted with the city.

How was it getting to know new people?

Was it easy making new friends?

To be honest, I haven't really thought about that. I was the person who was afraid of changes. I used to always stay in the place that I'm accustomed to, where I'm known, where I have habits. I don't know why, but when something changes I get scared. Moving here was something different, something

challenging, something new. After covid, I saw that as a turning point. I said [to myself], that if I move to Sweden I'm gonna live by my own, have my own thoughts, my own approaches. Being accepted here is also a challenge, I don't know why. There's a notion of coming from an international country and being in a foreign land. you are different. And I felt different in the beginning, but then my corridor was my first ease off moment. There was another Indian and a German person, who opened the door for me, helped me with my bags and explained everything. I think for the first half an hour they didn't let my bag off my shoulder, because they had so much to tell me. I was not expecting that. I think that it's kind of your responsibility to challenge yourself. To go outside and be in that place, make yourself uncomfortable. Because when you do that, there is always going to be someone that's experiencing something similar. I found my common ground amongst internationals [students]. Less Swedes in the beginning, but since the culture is different I could see them opening up more as time passed.

“I think that it's kind of your responsibility to challenge yourself.”

How did you get in touch with the nations?

I never knew what these nations were famous for. The only thing I knew was that there were party nations, an Indian nation and small nations. Me and my friend were in the same class, in the same project for these first few weeks. We started to hang out and then she went “I'm going to have soup lunch”. I went: “You have soup as LUNCH?”. The cultural difference was funny, as soup is an appetizer for me. She then brought me to Västgöta nation. That's what got me into it, honestly.

Finances were always a big thing for me, the first thing I thought of coming to Sweden was “how can I work part-time here?”. My first semester at the nation was more “selfish”, I worked for the money. But then, I got introduced to lunch-and pub-hosts. That same day that I first visited the nation, was the same day I worked my first pub shift at VG. The same evening I met one of my now closest friends. And then I myself became a pub host later on.

Tips for an exchange student ?
from Hauke Ulrichs, IK president HT23-VT24

Join a nation and their events, there are ways for each and everyone of you to find activities that suit your specific interests, the sky really is the limit!

Be open and try to embrace the opportunities Uppsala has to offer, even if you're here for only one semester. Everyone here is super open and welcoming, is willing to speak English to you, and even if some events or traditions seem a bit odd at the beginning, they are all super fun and rewarding, you won't regret attending them!

Become active at a nation, you will get in contact with an incredibly diverse group of people with manifold interests and world views and you can find friends for a lifetime there.

Sexas, Gasques, Balls – What Are They?

Sexa

The most informal type of dinner. These usually have less rules, no assigned seats, and are slightly more chaotic (in a good way). Normally there is no dress code, but some might have a theme to which you are expected to dress up accordingly.

Gasque/Gask

Gasques/Gasks are a common aspect of the student life in Uppsala. A gasque is a fancier dinner, organized by the nations or student unions. You dress up, sing songs from the songbook and eat good food. There are two common dress codes for gasques. The most common one is *kavaj*, which entails a dark suit or a cocktail dress (preferably knee-length). Pant suits are accepted as long as they



Bild: Vilius Talalas



Bild: Duygu Serim

have long legs. The other dress code is *udda kavaj* which is less formal. This dress code means that you should wear a less formal dress or blazer with less formal pants.

Ball

Sometimes the nations organize balls. The two most important ones are the Ball in the autumn and the Spring Ball in the spring. Since balls are fancier, and more formal, the dress code is usually white tie. You can either wear a tailcoat (penguin jacket, white vest, starched shirt, bow tie, and all the rest) or a ball gown. Traditional clothing is also allowed.



HOW TO GASQUE

1. Traditionally, you write in your friends' songbooks towards the end of the dinner. But remember not to read what has been written until the day after.
2. Gasques are usually long, and it might take some time before you get your food. Therefore, it is a good idea to grab something to eat before you hit the nation.
3. Be nice to the people working, give them space when they're serving, and don't be rude. They are students – just like you.
4. Seating arrangements are usually put up on posters outside the dining hall. Look up your seat before walking in to avoid confusion.
5. Drinks are included in the price; do not show up drunk. The staff always has the right to deny you entrance, or send you home.

TIPS & TRICKS

- Remember to bring a pen so you can write in people's songbooks
- Bring comfy sneakers for the släpp after the gasque
- If you are unsure about the dresscode, look up the photos from the same event the semester or year prior. You can find photo albums of gasque pictures on the nations facebook pages





NATIONSGUIDEN

Nationsguiden, the Nation Guide, is your digital guide to the nations' activities and events. The guide contains both weekly and non-regular events, and is sorted by different categories.

Here are a few!

*Scan the QR code to the right,
or visit nationsguiden.se*



Breakfast

Some nations offer a breakfast buffé with bread, coffee, fruit and whatever else you need to get your day started.

Lunch

If you accidentally forget your lunch box at home, some nations serve cheap, tasty and filling lunches. Check out the nations' social media or websites for a weekly menu.

Fika

Look out for "pluggfik", or study fika – because a hot cup of coffee can save you from the exam stress you may have.

Pub

All nations usually have pubs at least once a week. Here you can grab a burger, beer, snacks, and hang out with friends.

Culture

Cultural activities at the nations include library opening hours, live music, theater productions, language tandems and much more!

Sports

The perfect way to wind down after a tough day of studying is to join the nations' sport activities. Running, soccer and badminton are just three out of many activities offered.

Club

Some nations have regular clubs once a week and others have special clubs every once in a while.

Släpp

Club after a nation gasque or sexa, which can be open for people who did not attend the dinner.



Bild: Gabriel Lagercrantz

Stockholms nation

– *Primus inter pares*

Between the nation's walls there's always something happening such as a great number of dinners and balls each semester. The nation provides daily breakfast, lunch and dinner – the perfect break from studying in our study room. Of course the nation understands all needs of the Uppsala students, resulting in the popular Thursday nightclub and the annual Marsspexet. Every semester, members of the nation are volunteering to make the nation life the best there is by doing non-profit work in the form of various offices. For example in areas like editorial, choir, theatre, sports, marketing, international student activities and much more. Taking part in Stockholms nation is very easy, a lot of fun, and we'll make sure that you'll be welcomed into a fantastic community!

Website: stockholmsnation.se
Instagram: @stockholmsnation
Facebook: Stockholms nation
E-mail: 1q@stockholmsnation.se





Bild: Gabriel Lagercrantz

Uplands nation

– *Your second home*

At the home nation of Uppsala, we want everyone to feel welcome. You can visit our popular pub Svantes källare, in the summer known as Svantes garden, or come study in our café. As a member of Uplands, you get two burgers for the price of one in the pub on Tuesdays. If you want to experience the student life of Uppsala, you can get involved in one of our cultural activities such as the choir, orchestra or board game society. Even though we think that every day at our wonderful nation is a highlight, we would recommend our festival Poplands which is the ultimate opportunity to party. Or in case you don't go home for Christmas we have an open Christmas celebration for everyone. Uplands also aims to be an international and inclusive nation, so it is never a problem not knowing Swedish; many of our activities are entirely or partly in English!

Website: uplandsnation.se
Instagram: @uplandsnation
Facebook: Uplands nation
E-mail: 1q@uplandsnation.se





Bild: Gabriel Lagercrantz

Gästrike-Hälsinge nation

– *Good food, good drinks, good friends*

Welcome to Gästrik-Hälsinge nation!

We offer study-places during the day, a cozy garden, a pancake bar on Saturdays and a pub open six nights of the week. Apart from this, we have several cultural clubs: choir, game society, orchestra, tasting society and sports society. The best way to get to know GH is to become active at the nation. You can do this by working a shift in the pub or pancake bar, by joining a club or by becoming a functionary! Come by and talk to us and we will help you find your place at the nation. We often say that GH is the perfect size. We are big enough to have lots happening, but small enough for you to be recognized by everyone. The main highlight of the fall at GH is the Luccegasque. During this traditional dinner, guests can enjoy no less than four servings of Christmas food and get to see and listen to a "Luciatåg" in the main hall.

Website: ghnation.se

Instagram: [@ghnation](https://www.instagram.com/ghnation)

Facebook: Gästrik-Hälsinge nation

E-mail: 1q@ghnation.se





Bild: Gabriel Lagercrantz

Östgöta nation

– A second home for all students

Östgöta nation is located in a beautiful yellow 19th century house. At the nation we have a broad choice of activities – there is something for everyone! Whether you're interested in playing board games, singing, eating a burger in the pub or playing football, we hope you'll find what you're looking for. In addition to our beautiful house, we are also proud of the good atmosphere we have at the nation, it's easy to get into our community! For those who want to get more out of their study time by becoming active in the nation, we have a large number of offices in both restaurant- and cultural activities. We promise it's fun! As if that wasn't enough, your chances of getting housing through us will increase if you have had an office. ÖG is one of the nations that has most housing per member, and all our residences are very central!

Website: ostgotanation.se
Instagram: [@ostgotanationuppsala](https://www.instagram.com/ostgotanationuppsala)
Facebook: Östgöta nation
E-mail: 1q@ostgotanation.se





Västgöta nation

– *The joy above all!*

Alongside the river Fyris you will find our beautiful nation; Västgöta. For generations, you have been able to find joy and companionship here. And don't think that's about to change! Formal balls, crayfish parties, songbookgasques, and October festivals – our list of traditional festivities are long. The nation also holds a rich cultural life. We house three choirs, an orchestra, a nation paper, and for the sporty ones we have an athletic association. Come and hang out in the oldest nation house in town.

Come here to study, eat soup lunch, have some coffee, or visit our nice pub in the garden. We promise you a welcoming atmosphere and many new friends. Don't hesitate to contact the First curator if you have any questions or the Third curator for a chance to work!

Website: vastgotanation.se

Instagram: [@vastgotanationupsala](https://www.instagram.com/vastgotanationupsala)

Facebook: Västgöta nation

E-mail: 1q@vastgotanation.se





Bild: Gabriel Lagercrantz

Södermanlands-Nerikes nation

– *The best of nations*

The nation building was built in 1897 and has since become a home away from home to our members. We have a lot of different things to take part in: clubs, societies, a library, a bistro, the Tuesday nightclubs or why not join the choir? The most important thing among all for the nation: it's for students and run by students. We strive to keep traditions alive. During our dinners, you will experience a lot of things that might feel confusing, but you'll get the hang of it. Everything from the way we cheer to how people greet each other. Some reoccurring events are: the Champagne Gallop, May Dinner, Lucia Gasque, and not to forget – The Uppsala Beer Pong Tournament! We do not expect perfection if you want to work with us, we simply ask for the will to learn things you never thought you would or could be doing. Welcome to your home away from home.

Website: snerikes.se

Instagram: @snerikes

Facebook: Södermanlands-Nerikes nation

E-mail: 1q@snerikes.se



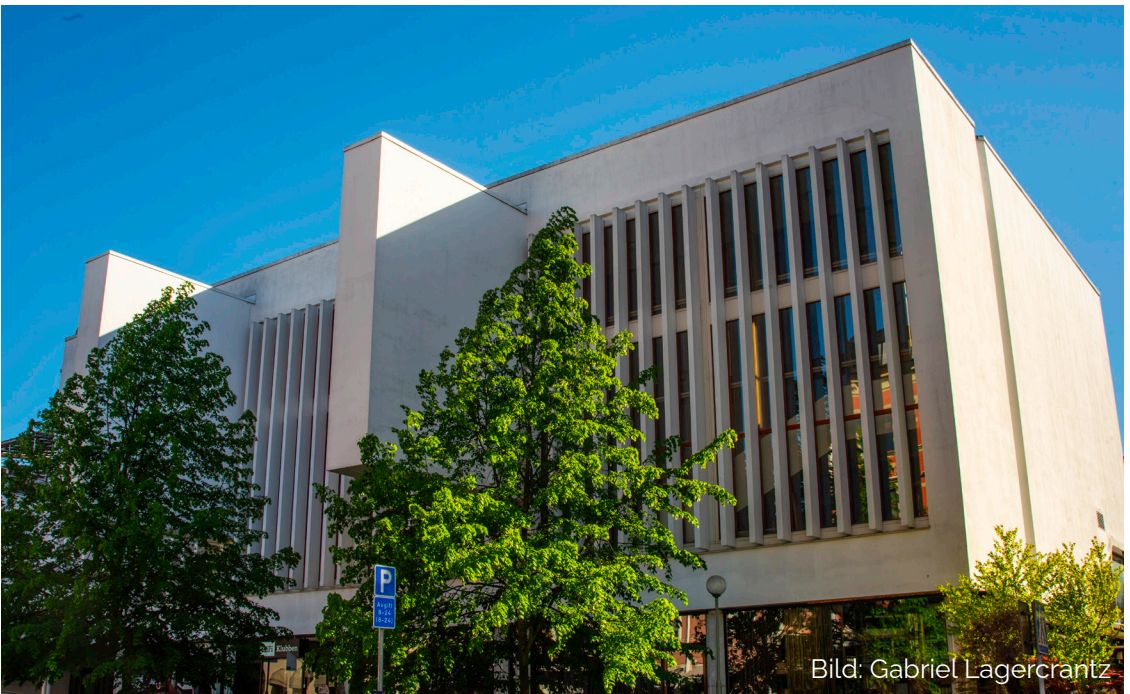


Bild: Gabriel Lagercrantz

Västmanlands-Dala nation

–For students' benefit and enjoyment since 1639

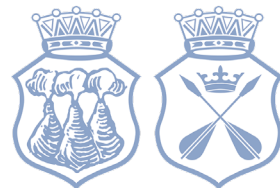
Västmanlands-Dala nation, or V-Dala, is one of the larger nations in town. Our white, winged colossal building, designed by the famous architect Alvar Aalto, is located in the corner of S:t Larsgatan and Sysslomansgatan. We offer housing and scholarships, clubs and gasks, a library and several associations. V-Dala has something for everyone! We also offer lunch every Wednesday, and every Friday, our café hosts serve delicious fika in Carl Larsson's café! Our pub is open every day. As a member, you can take part in a broad variety of activities arranged by our associations such as choirs, orchestra, and sports. You also automatically receive housing points useful for applying for our student accommodation. Swing by the nation and we will find something here that suits you and adds that extra flair to your time as a student!

Website: v-dala.se

Instagram: [@vdalanation](https://www.instagram.com/vdalanation)

Facebook: [V-Dala nation](https://www.facebook.com/V-Dala-nation)

E-mail: 1q@v-dala.se





Smålands nation

– Participation, love, and engagement

Smålands nation is a group of cheerful individuals where the fun never stops! During the weeks we have our pub, Wednesday quiz, Friday luxury, Saturday fika and much more. We have different activities to join at our nation, such as choirs, orchestra, sports club and theatre group. During the fall semester we usually have several gasques e.g., an amazing masquerade ball. Being a member of Smålands nation gives you the opportunity to apply for our central housing at S:t Olofsgatan and S:t Larsgatan. You may also apply for our generous scholarships! The best thing about being part of a smaller nation is that you quickly get to know people and all of a sudden Smålands becomes your second home! Are you interested in trying a shift at our pub? No previous experience is necessary, the only thing you need is an interest to learn something new! Welcome to a small nation with a big heart!

Website: smalands.nu
Instagram: [@smalandssuppsala](https://www.instagram.com/smalandssuppsala)
Facebook: Smålands nation
E-mail: 1q@smalands.nu





Bild: Gabriel Lagercrantz

Göteborgs nation

–Navigare Necesses Est

Göteborgs nation is an anchor of friendship, fun and hospitality in your otherwise busy student life! Established in 1667, the nation has recently celebrated 350 years of housing, feeding and entertaining students from all walks of life. Originally, the nation only catered for students from Sweden's number one city on the west coast, but now all students are welcome to join! This tight-knit family proves that size doesn't matter, as our small numbers allow new students to quickly become a part of the gang – whether it is behind the bar, working cultural events, or going to one of the many parties the nation hosts! Our pub is open Tuesday to Friday, on Tuesdays we quiz, on Thursdays we sing karaoke, on Fridays we eat lunch and finish the week of at our amazing brunch-buffé. Whether you are looking for new friends, bad jokes or a place to spend your evening: Göteborgs is the place for you!

Website: goteborgsnation.se
Instagram: @gbgsuppsala
Facebook: Göteborgs nation
E-mail: 1q@goteborgsnation.se





Bild: Gabriel Lagercrantz

Kalmar nation

– The small nation with the big heart

At Kalmar nation Swedish student traditions meet creativity and we're crazy about music! Dance the night away at one of our nightclubs; Kollektivets Indie, where we vote for which next indie song we're going to dance to, or maybe Folkets Techno or Alt playing techno and alternative music respectively. Kalmar offers several other activities for our members, such as a photography group, yoga, paint, sewing circle, open mic, theatre and sports. Kalmar is a home away from home for our members, a community to participate in, and a welcoming space to make new friends. We're big enough to make the walls shake and small enough for you to meet most of us and make a bunch of new friends in the process. We welcome involvement and initiatives and we forge fun and happy memories together. If you want to get involved just talk to the First curator or send an email. See you at Kalmar!

Website: kalmarnation.se
Instagram: [@kalmarnation uppsala](https://www.instagram.com/kalmarnation uppsala)
Facebook: Kalmar nation
E-mail: 1q@kalmarnation.se





Bild: Gabriel Lagercrantz

Värmlands nation

– *Welcome into the warmth!*

Värmlands nation was founded in 1660 by students, for students. We have around 2500 members and about 150 officials who voluntarily run the business. Thanks to these enthusiasts, the nation is now open seven days a week and offers a rich selection of activities.

Do you want to get involved? Talk to our 1Q and ask if there are any available offices at the nation! By being active you get benefits such as "brytleg" to Klubb Värmland and job points that make it easier for you to get housing. The highlights of the year are of course our two traditional balls, the spring ball and the autumn moose ball. Our masquerade gask is also one of the most visited gasks in the autumn. Valborg is one of the absolute biggest events each year, when Värmlands is on a full schedule three days in a row!

Website: varmlandsnation.se
Instagram: @varmlandsnation
Facebook: Värmlands nation
E-mail: 1q@varmlandsnation.se





Bild: Gabriel Lagercrantz

Norrlands nation

– This is where you come, when you come home

Norrlands nation boasts an almost unlimited assortment of activities to make your time in Uppsala the happiest of your life. Not only does membership grant an opportunity to apply for scholarships, rent student housing and access to the library but so much more, like social and creative club activities and networking. We provide housing for over 800 students and offer opportunities for extra work. You will receive discounts in our café, at Uppsala's biggest nation pub, our nightclubs and dance nights that last until four in the morning. You also get priority on tickets to our popular gasks and balls. We are also proud of our seven cultural clubs and house eight cultural societies who do everything from planning parties to speaker dinners. Our big house by the river Fyris is like a giant family home and we work hard to make sure it is always open to our members. Welcome!

Website: norrlandsnation.se
Instagram: @norrlandsnation
Facebook: Norrlands nation
E-mail: 1q@nn.se





Bild: Gabriel Lagercrantz

Gotlands nation

– *The nation on the right side of the river*

The only nation located on the right side of the Fyris River is Gotlands Nation, which you can find at Östra Ågatan 13. Gotlands nation is one of the smaller nations in Uppsala, making it easy to join our community and find your place within the nation. In addition to being a cozy place to hang out for weekend fika and pub nights, there are also numerous associations to get involved in. We have a group that works with the library and archives, a theater committee, and a choir with a mixed repertoire. For the past year, Gotlands Nation has been the only nation in Uppsala with an associated riding club. Betty's Pub serves fantastic homemade burgers and Gotlandic beer, offering a cozy atmosphere! During your time as a student in Uppsala, you must visit the lambskallegasque. It is one of the oldest gasques in Uppsala where we eat lamb heads, celebrate Gotlandic culture, and party all night long. It's an extraordinary experience and something you definitely shouldn't miss during your studies! As a member of Gotlands Nation, you get access to the nation's housing and scholarships, as well as discounted entry to the clubs organized by the nation twice per term. As a functionary, you always get free entry to the nation's clubs, great discounts on food in the pub and fika, as well as several fun events exclusively for those engaged in the nation. It's super easy to get involved in the nation's activities or one of our associations! Email val@gotlandsnation.se and they can tell you everything you need to know. The best tip for quickly getting involved is to try working a shift in the pub or fika!

Website: gotlandsnation.se

Instagram: [@gotlandsnation](https://www.instagram.com/gotlandsnation)

Facebook: [Gotlands nation](https://www.facebook.com/Gotlandsnation)

E-mail: 1q@gotlandsnation.se



KURATORSKONVENTET

Kuratorskonventet (The Curators Convention) is the publisher of this magazine and many other printed materials that you will see in Uppsala during your study time. Here is a brief explanation of what Kuratorskonventet is and why it exists.

Kuratorskonventet, or KK as it is often called, is a cooperative body for all thirteen student nations. Its task is to represent all the nations on behalf of the member nations, promote coordination and cooperation between the nations, provide opportunities for exchanges of information and experience, and to look after the common interests of the nations. Currently four students are working at KK and they work with questions such as valborg, joint marketing, joint culture initiatives, guest card sales, internal education, Uppsala University student registration, portal administration, and discrimination issues.

MORE INFORMATION

If you are interested in questions or matters that concern all nations, visit our website www.kuratorskonventet.se

Guest Cards

University students visiting Uppsala can buy a guest card which allows them temporary access to the student nations. To buy a guest card, the student must have a valid student card from their university, and a photo-ID. If a student card is not available, a transcript from the university showing that the person is a student is needed. Guest cards can either be bought during the nations' office hours (ask for their First curator), or at the guest card office run by Kuratorskonventet, located in the Student Union building at Övre Slottsgatan 7. If you want to acquire a guest card for someone else, the person needs to email copies of their student card and photo-ID to gk@kuratorskonventet.se. Make sure the copies are easily readable. There are specific guest cards for the Valborg period to allow visiting students access to the student nations between April 25th and May 1st.

Guest Card Office Opening Hours

Tuesdays-Fridays: 17-19

Saturdays: 13-15

Prices

150 kr for one week

225 kr for two weeks

400 kr for four weeks

You can find more information at www.kuratorskonventet.se or send an email to gk@kuratorskonventet.se if you have any questions.

A photograph of a grand, ornate hall, likely a university assembly or lecture hall. The ceiling is a large, circular dome with a glass skylight. The walls are decorated with intricate gold and blue patterns. A large audience is seated in the foreground, looking towards the stage area. The overall atmosphere is formal and historic.

STUNNED

Apart from the thirteen nations, Uppsala also has six different student unions, all equally set on making sure your studies go as smoothly as possible. With a greater focus on study-related questions, they are here to help you in whatever way they can!

UPPSALA STUDENT UNION

Uppsala Student Union is a student association that works to ensure that your education and conditions for studies at Uppsala University are of high quality.

Uppsala Student Union is a broad organization that works to improve education for almost 14,000 full-time students in four sections that house six different faculties. Uppsala Student Union works every day, in the sections with faculty-specific issues and centrally with major impact issues, with student influence towards Uppsala University as well as towards the student city of Uppsala. Uppsala Student Union's vision is to ensure an education of high quality for all students at our four sections, something we always work actively with but which we most easily achieve together with you as a student!

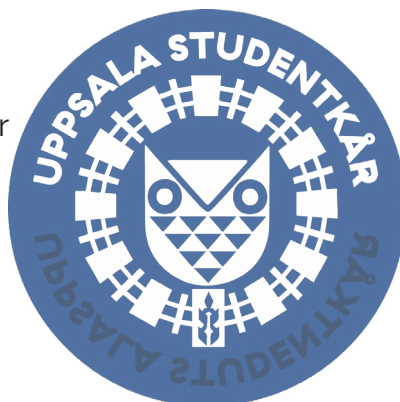
A membership in the Uppsala Student Union is a membership in an organization that works actively to ensure that student perspectives are included wherever it affects the conditions for your education and your membership gives the union greater legitimacy and influence when we pursue student issues!

Webpage: www.uskar.se

Instagram: @uppsalastudentkar

Facebook: Uppsala studentkår

E-Mail: reception@us.uu.se



THE PHARMACEUTICAL STUDENT UNION

The Pharmaceutical Student Union (FaS) represents all students at the Faculty of Pharmacy at undergraduate, advanced and PhD level. A student union is an organization that represents the students. Our aim is to influence the education to make sure that the education at the Faculty of Pharmacy is of the highest quality. Students have a right to be represented in decision-making bodies at the University which enables students to express themselves on issues that are being discussed and when decisions are made. FaS elects the student representatives in the masters- and magistersprogramme committee. Through the union you get: the opportunity to influence your education, a welcome reception, pub, café and dinner parties with discounted prices, sports activities and the magazine Reptilen etc. You will also have access to the union house.

Address: Dag Hammarskjölds väg 16

Telephone (President): 079-334 08 94

Webpage: www.farmis.se

Instagram: @farmis

Facebook: Farmis

E-Mail: ordf@farmis.se



UPPSALA UNION OF ENGINEERING AND SCIENCE STUDENTS (UTN)

We are a student union that represents the interest of all students at the Faculty of Science and Technology. This means that we are here to help you if you encounter problems during your education. If, for example, your teacher isn't treating you well, if you don't get your exam corrected in time or if it's too cold in your classroom, do not hesitate to get in touch. We also work proactively and continuously to improve your education.

We also work to make your student life here in Uppsala more fun. We do this by arranging events the whole year which includes receptions for new students, the River Rafting in April, pubs and a whole lot more.

Do you want a high-class education? Do you want to have fun during your spare time? Do you want a bright future? Become a member at www.utn.se/bli-medlem. It's free!

Webpage: www.utn.se

Instagram: @utnkar

Facebook: Uppsala teknolog- och naturvetarkår

E-Mail: info@utn.uu.se



**Uppsala teknolog-
och naturvetarkår**

GOTLANDS STUDENTKÅR RINDI

Rindi, the student union for students at Campus Gotland, is here to make your time at Uppsala University as good as it can be! Our "Castle" is just around the corner from the university and there you can come to study, have lunch or hang out. At Rindi we work with:

REPRESENTATION & HOUSING

We represent the student voice to make sure students' needs and rights are taken into consideration at all times, both in regards to the University and in wider contexts across the island and Sweden. Rindi also has a dedicated housing officer who can help you find accommodation and knows what your rights as a tenant are.

SOCIAL ACTIVITIES

We have a variety of guilds and leisure activities. Our different guilds bake delicious treats for our café, maintain our "Castle" and/or help us to produce bar nights. Our current leisure activities include floorball, tennis and the fire guild. You can also start your own activity if you and your friends want to do something we don't provide yet!

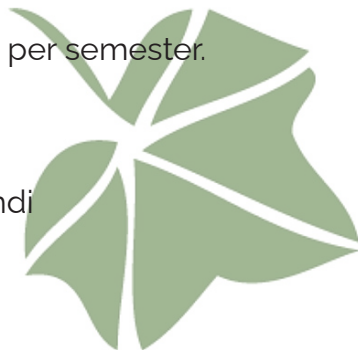
A Rindi membership costs 150 SEK per semester.

Website: www.rindi.com

Instagram: @rindistudentkar

Facebook: Gotlands studentkår Rindi

E-Mail: info@rindi.com



UPPSALA LAW STUDENT ASSOCIATION

Uppsala's Law Students' Association (JF) is a student union at the Faculty of Law at Uppsala University, and it represents all students studying at the faculty. JF organizes social events, helps you keep contact with your potential future employers and works to make your education better. You can find us at our clubhouse "Jontes stuga" on Övre Slottsgatan 3. Among the wide array of social activities that we arrange for our members are evening pubs at Jontes stuga, banquets, an annual ball, sports and our job fair Kontaktdagen. Jontes stuga also serves as a café and bookstore during the weekdays, usually between 10 and 16. We sell books published by lustus förlag.

Website: www.jf-uppsala.se

Instagram: @jfuppsala

Facebook: Juridiska föreningen i Uppsala

E-Mail: viceordf@jf-uppsala.com



UPPSALAEKONOMERNA STUDENT UNION

Uppsalaekonomerna Student Union represents the students at the business, economics, statistical and economic history departments. We are an organization for students, by students. Membership is free and you are always welcome to visit our union house Borgen in Observatorieparken, where you can pick up a free coffee or hang out. Our organization and operations are divided into three parts:

STUDIES

As a student union we monitor all education at the departments we represent. You can always turn to us with questions and opinions that concern your education and/or study-related problems.

LEISURE

We also arrange several different kinds of social activities including dinners and gasques, free sports practices and welcoming weeks. Every semester we have Homecoming Weeks which are our welcoming weeks for international and master students.

FUTURE

We also work to help our students make contact with potential employers, for instance through our career tours and our career fair, Kontaktdagarna.

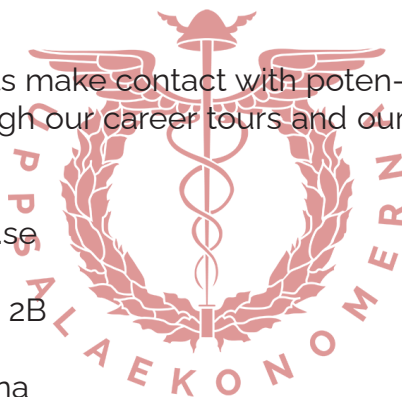
Email: info@uppsalaekonomerna.se

Phone: 018-471 69 70

Visiting Address: Kyrkogårdsgatan 2B

Website: uppsalaekonomerna.se

Social Media: Uppsalaekonomerna



Student Health

Being a student can be challenging. Being a student in a completely new country even more so. It might be hard to know where to turn.

We at the Student Health Service, or Studenthälsan, at Uppsala University, offer a variety of services – and everything is for free. We are here to help you with mental health issues associated with life as a student. Some examples may be stress, insomnia, low self-confidence, performance anxiety, speech anxiety, problems with alcohol or other things that make student life difficult.

Those of us who work here are counselors, psychologists and health pedagogues and we offer lectures, groups and individual counselling.

If you are in need of individual contact, please visit our website for contact information and how to proceed. On our website you will also find the schedule and time for our lectures and groups. If you suffer from a lack of daylight and feel tired, we also have a light room you can visit.

For physical health problems, you should turn to the Swedish Primary Health Care, which can be reached by phone at +461177.

Website: www.uu.se/studenthealth

Address: Övre Slottsgatan 7, Uppsala



CONCERNING SEXUAL HARASSMENT

In the past few years, more attention has been brought to sexual offences and Uppsala is no exception. The student nations have a zero-tolerance policy towards any form of harassment and work proactively to prevent such things from happening. You should always feel safe when visiting a nation. If you ever feel uncomfortable, threatened, or are subjected to any form of harassment, you can always talk to either the staff or the security guards at the nation. They will know how to handle the situation and make sure to do everything they can to make you feel safe.

Student Dictionary

A list of words and phrases to help you get through your time in Uppsala with minimal confusion.

Ak - Academic Quarter, meaning that your lecture or seminar start 15 minutes after the proposed time.

Carolina Rediviva - The most extensive library in Uppsala, which lies at the top of the Carolina hill.

Champagnegalopp - A traditional Valborg event, involving dancing and a lot of bubbly wine. Remember to wear waterproof clothing!

CC - Curator Curatorum, the chairman of KK and joint spokesperson for all nations.

Dk - Stands for double quarter, i.e. 30 minutes.

Eko - Campus Ekonomikum.

EP - Campus Engelska Parken.

Fika - A coffee break that usually involves something sweet.

Flogsta scream - At 10 pm. every night in Flogsta, students scream out of their windows as a sort of coping mechanism.

GH - Gästrike-Hälsinge nation.

Guest card - Card for students who do not study in Uppsala but still want to visit the nations. Can be acquired at the KK office.

Inskrivning - Registration period when all nations welcome new students. In the beginning of the semester all nations have registration hours during which new students can become members of a nation and ask questions.

Klubbverk - Group of students that run a nation's pub, restaurant, café, lunch and club.

KK - Kuratorskonventet, cooperating organ for Uppsala's 13 student nations.

KK-card - A reward for students who dedicate a lot of time to either the convention or the nations. Grants you and one guest free entrance to most nation events.

Kurator (Q) - People who are hired full time to lead the nations.

Ladok - Ladok is where your grades will be reported, and you can also register courses here. You reach Ladok through the student portal (Student- portalen) on uu.se.

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Lagom - Swedish for "just the right amount".

Landskap (or nationsammankomst) - Important nation meeting where people get elected for offices.

Nation card - A card that shows your membership of a nation. Remember to bring the card along with a valid ID whenever you go to a nation pub or club, otherwise you will not get in.

Recentior - Or, "recce", is a new student in Uppsala. Students remain recentiors for one year, then advance to junior.

SLU - Sveriges Lantbruksuniversitet, the second university in Uppsala, located 7 km outside the city center.

Släpp - A club following a nation gasque. Släpps that are open until 4am are also called 04s or noll-fyra.

Snapsvisa - Prior to drinking schnapps, you sing a song. We are not sure if it is supposed to make the snaps taste better, but the snaps surely makes the singing sound better.

Songbook - A book filled with songs that are sung during nation dinners. Towards the end of a gasque your table partners will write fun messages into your songbook.

Stipendium - Scholarship, be on the lookout for announcements of these from the nations and the University.

Studium - Every student at Uppsala University has an account at the student portal. The portal contains all the information you need about your studies.

Snerikes - Södermanlands-Nerikes nation.

Stocken - Stockholms nation.

Systemet - Systembolaget, the state run chain of liquor stores in Sweden. Beware of opening hours.

Tenta - A big test that usually determines the grade for your course.

Underkonvent - There are different committees of KK for officers from all nations for example the International Committee

V-Dala - Västmanlands-Dala nation.

Valborg - The last day of April, Swedes celebrate the arrival of spring! Uppsala students love valborg so much that they spend at least two days warming up for the big finale.

VG - Västgöta nation.

Ämbetsverkare - a person who works at a nation.

ÖG - Östgöta nation.

TIMELINE OF A YEAR IN UPPSALA

Here are some suggestions for activities that you do not want to miss during your studies.

AUGUST

Registrations at the nations open. Go look around and join one/several nations!

SEPTEMBER

Recentior Gasque

Digital Welcome Reception Orientation Weeks

Kulturnatten – annual culture festival (Culture Night)

OCTOBER

IK's International Gasque

Tiroler Abend – Västgöta nation

Skeleton Gasque
Göteborgs nation has a skeleton without a skull. Östgöta nation has a skull without a skeleton. Obviously this is a cause for celebration.

Uppsala International Short Film Festival

NOVEMBER

Goose Ball

Lambskalle Gasque

Gotlands invites you to a gasque where the main course consists of a sheep's head.

DECEMBER

Lucia Gasque

Advent - A number of nation choirs set up Advent and Lucia concerts

Winter Holidays

New Year's Gasque

JANUARY

Registrations for the nations are at it again.

Orientation Weeks

FEBRUARY

Welcome Reception

Tefatsgasque

Gotlands, Värmlands and Västgöta nation's way of deciding which nation that's the best at winter sports, followed by a gasque

Jericho Gasque
Each year Uplands nation tries to make Västmanlands-Dala nation fall to the ground by walking around their house seven times. It has yet to work

Recentior Gasques

MARCH

Scifest

Kroppkake Gasque

A gasque at Kalmar nation where they serve Kroppkakor, a traditional Swedish dish

APRIL

Herring Lunch

Skvalborg

Kvalborg

Valborg

MAY

May Dinner

Spring Ball

Räkan

End your valborg celebrations with a shrimp feast at Göteborgs nation

Uppsala Sustainability Festival

The summer pubs of the nations open!

Kulturernas Karnival
(Carnival of Cultures)

JUNE

End of the semester

Midsummer

Contact Information

STUDENT LIFE

Studentboet (student housing):

bostad@us.uu.se , +46 (0)18-480 31 20

Student housing for exchange students:

info@housingoffice.se , +46 (0)18-490 51 00

Student Service:

studentservice@uu.se , +46 (0)18-471 47 10

Enquiries about Master's studies at Uppsala University:

masterprogrammes@uu.se

Enquiries about Bachelor's studies at Uppsala University:

undergraduate@uu.se

Questions about exchange studies:

mobility@uu.se
International Committee: international@kuratorskonventet.se

THE STUDENT HEALTH CARE

Student Health Care Centre:

studenthealth@uu.se, +46 (0)18-471 69 00

Psychiatric Emergency Clinic: +46 (0)18-611 25 00

OTHER

Emergency: 112

Police: 114 14

Health Care Information:

1177 (+46 771 11 77 00 if calling from a foreign number)

Uppsala Tourist Office: +46 (0)18-611 00 00

uppsalastudent.com

Find more information about the nations, the unions, and Uppsala student life. You can also register to all the nations and student unions in Uppsala online.

nationsguiden.se

The nation guide is the official site for Uppsala's nation events.

kuratorskonventet.se

You can find more information about Kuratorskonventet, Valborg in Uppsala, and guest cards.



Uppsalas studentnationer



@kuratorskonventet

uppsalainternationalstudents.se

If you want information about events for international students, check out The International Committee's website!



International Students of Uppsala University



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*For more info, see our website.

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TIME TO DOWNLOAD THE STUDENTKORTET APP

As a student at Uppsala university you are entitled to Studentkortet, the app that provides you with a Nation card. Studentkortet also offers a variety of discounts for travelling, clothing, pharmaceuticals, technology, local offers at restaurants and much more.

All you need to do is download our app – Studentkortet

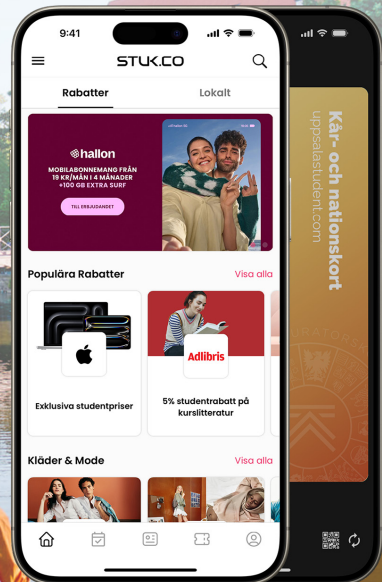
Don't forget to follow us on Instagram [@Studentkortet](#) for daily updates, great discounts and competitions!

Any questions?

Don't hesitate to contact our Member service:

✉ support@studentkortet.se

Scan the QR-code to
download the STUK app



KURATORS- KONVENTET

UPPSALAS STUDENTNATIONER

Your guide to Uppsala's student life

uppsalastudent.com nationsguiden.se kuratorskonventet.se



 **Uppsalas studentnationer**

 **@kuratorskonventet**