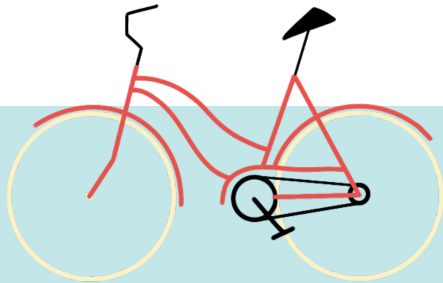


BEGINNER'S GUIDE 22 / 23 KURATORS- KONVENTET

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 guidebook!



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Dear international student,

What an amazing choice you've made! Just by choosing to study in the best university town in the world (not that we're biased), you have begun an adventure of a lifetime.

It can be hard to understand all the strange traditions at first. In Uppsala, the lectures begin 15 minutes too late, at dinner we sing and toast in special ways, and it's completely forbidden to stand on the chairs and bang on the tables. Except for when you *should* stand on the chairs and bang on the tables.

The greatest thing about Uppsala is the student life - which is created by students, for students. You will most likely be late for lectures, get lost at campus and drink unthinkable amounts of coffee. That's all part of the experience. But you will also be a part of the best thing Uppsala has to offer: its student life.

And we promise - you'll learn fast! Soon you'll go to your first nation dinner, you'll sing "Helan går," and make friends for a lifetime.

In this magazine you'll find everything you need to know to take your first step into Uppsala's magical student life!

Welcome to Uppsala, welcome home!
Boel Olsson & Elin Wirman



Photo: Amela Muratspahić

Welcome to the City of Students!



Elenor Söderberg

President of Kuratorskonventet, 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!

NATIONS IN UPPSALA

1. Stockholms nation
2. Uplands nation
3. Gästrik-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



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 IK'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. 24.

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





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.

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 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. Your membership card will be sent to your home address within two weeks. Before your card arrives, you can get a temporary card which proves that you have paid your fee. 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 uppсалastudent.com.

If the card does not arrive

If your card gets delayed or lost you should contact your nation to get a new temporary card and get help finding your permanent card, or acquire a new one.

Discounts

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.

Guest Card

University students visiting Uppsala can buy a guest card which allows them temporary access to the student nations. In order 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.

KK-Card

If you are queuing to get in to a nation club and suddenly see someone cut the line and walk in directly without paying, you have probably seen a person with a KK-card. KK stands for Kuratorskonventet. KK-cards are given as a reward to people who work at the nations, like club workers and curators. A KK-card grants the owner (plus one guest) the right to cut the queue to different nation events and enter for free.



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? The buses have monthly student discounts, read more about it on the next page.

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

Budget tips

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

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.

Save Money on Course Literature

Uppsala has a lot of second hand stores and Facebook groups where people sell course literature. You can also borrow books and articles at any of the University libraries or read them online on ub.uu.se.

Use Your Student Discount

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. The monthly bus fare in Uppsala is 590 SEK with a student discount and it can for example get you all the way to the sea in the east or to Arlanda airport in the south. Use the STUK app to see your discounts.



Nouha Abdelaziz

AGE: 25

COUNTRY: Tunisia

FIELD OF STUDY: Master in Cell and Molecular Biology

"Enjoy your time abroad and you will make friends for a lifetime."

What is the best way to get to know people in Uppsala?

Get involved in the student union and the nations. There you will get to meet wonderful people with whom you share mutual interests. I for instance met a salsa/ bachata community at one of the nations here!

What's the biggest difference between studying in Sweden and your home country?

Climate is one of the biggest challenges I faced in Sweden. I come from a Mediterranean country so you can imagine the difference. However, good company and activities can make dark winter months a blast.

Any tips for new students?

- Don't be afraid to try new things.
- Enjoy your time abroad and you will make friends for a lifetime.
- Have an open mind and embrace Sweden with all it has to offer.
- Everyone here is so welcoming and friendly and speaks English very well so you won't have problems communicating.



Arvid Elmberg

AGE: 24

COUNTRY: Sweden

FIELD OF STUDY: Bachelor's Programme in
Political Science

"Take as many opportunities to become as active as possible"

How did you get involved in student life?

I first got involved in IK when I was an international secretary at my own nation, meaning that I organized my nation's welcoming of Swedish and international students. Through the International Committee, all the nations also organize a bigger welcome period for all international students, regardless of which nation they choose to join. I'm quite curious as a person and I really enjoy international settings, so I chose to apply for the president position of IK and I've had an amazing year organizing the welcome period for all international students arriving in Uppsala at the start of each semester together with the rest of the IK board and the International secretaries of the nations. This fall, IK is of course organizing the welcome period again!

What are your tips to new students?

I think you find the best about Uppsala in its student life! Primarily the nations but also other organizations offer so many opportunities to get active, make friends for life and try new things! My best advice to you as a new student is to take as many opportunities to become as active as possible, even if you're just here for one semester!

Wishing you luck in discovering everything that Uppsala has to offer!

Gasques – What Are They?

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 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. Folk costumes are also allowed.



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.

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 your entrance, or send you home.

What is a nation?

A nation is a type of student association that has been in Uppsala for many hundreds of years. 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



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 30 and onwards.



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.

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.



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](https://www.instagram.com/stockholmsnation)
Facebook: [Stockholms nation](https://www.facebook.com/stockholmsnation)
Email: 1q@stockholmsnation.se



Uplands nation

– *The warm and welcoming nation.*

Uplands nation is the home nation where everyone is welcome, and the nation is open all year round. During the summer, the garden opens for our summer pub. We have a café during the summer and semesters, offering homemade cakes and lunch. Thursdays we serve pea soup and waffles and some Fridays we have live music at our jazz bars! And we of course have member perks for all activities, as well as scholarships, housing and memories for life. You can even celebrate the holidays with us at "Christmas at Uplands" where we have an open house filled with love. You can join our cheerful nation orchestra Blecket, our talented choir Discordia or the Culture Committee. As a member of the nation, you are always welcome to participate! The possibilities are endless and we're sure to have something fun for you! Swing by during registration and see what Uplands nation has to offer you.

Website: uplandsnation.se
Instagram: [@uplandsnation](https://www.instagram.com/uplandsnation)
Facebook: [Uplands nation](https://www.facebook.com/uplandsnation)
Email: 1q@uplandsnation.se





Gästrike-Hälsinge nation

– *Good food, good drinks, good friends*

Welcome to Gästrike-Hälsinge nation!

We offer study-places during the day, a cozy garden, a pancake bar on Saturdays and a pub open every night of the week. Apart from this, we have several cultural clubs. The best way to get to know GH is to become active. 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

Facebook: Gästrike-Hälsinge nation

Email: 1q@ghnation.se



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 here 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

Facebook: Östgöta nation

Email: 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 theatre group, 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
Facebook: Västgöta nation
Email: 1q@vastgotanation.se



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
Email: 1q@snerikes.se





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 St Larsgatan and Syslomansgatan.

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.

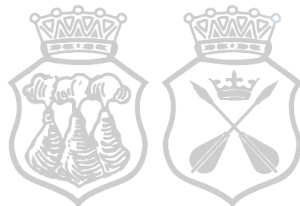
Swing by the nation and we will find something here that suits you and adds that extra flair to your time as a student!

Website: v-dala.se

Instagram: @vdalanation

Facebook: V-Dala nation

Email: 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 St Olofsgatan and St 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: @smalandsuppsala

Facebook: Smålands nation

Email: 1q@smalands.nu





Göteborgs nation

– *Navigare Necessae Est.*

Gothenburg's nation has for over 350 years been a meeting point for Uppsala students. The purpose of the nation is to be a second home for all members, which shows in all our activities. There are always many things to do at the nation. Our pub opens all weekdays. Every Tuesday, we have a popular pub quiz, and every Thursday, we have Karaoke night. On Fridays there's a fancier lunch with AW, and our week ends with Sunday brunch. Every year, RÅKAN occurs on the 1st of May and wraps up Valborg in Uppsala. Mandatory events through the evening are feasting on shrimps, dancing on chairs and partying all night. Gasques during the semester often have recurring themes. Look forward to board the Titanic, solve murders and watch a real skeleton get reunited. At Gothenburg's, the sky is the limit: join us for a good time in the pub, work behind the bar, arrange cultural activities or cook the best Sunday Brunch! If this sounds like something up your alley – email our First Curator or swing by our expedition and say hi!

Website: goteborgsnation.se

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

Facebook: Göteborgs nation

Email: 1q@goteborgsnation.se



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

Facebook: Kalmar nation

Email: 1q@kalmarnation.se





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
Email: 1q@varmlandsnation.se



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, our reception, 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 committees 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
Email: 1q@nn.se | kansli@nn.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.

Gotlands nation

– The nation on the right side of the river.

On the right side of the Fyris river, you will find Gotlands nation, one of Uppsala's smallest nations. There are lots of things that you can do at Gotlands nation, from getting involved in our nation choir to learning about Gotlandic culture with the Home and Culture committee.

To become part of the nation's committees or become a functionary at our nation, send an e-mail to val@gotlandsnation.se or come by and talk to us and we will tell you all you need to know.

In the end of October or beginning of November we host the Lambskallegasque, a dinner where we eat lamb skulls, drink Gotlandic beverages and max out on Gotlandic culture. It's an event you absolutely shouldn't miss during your time in Uppsala!

Website: gotlandsnation.se
Instagram: @gotlandsnation
Facebook: Gotlands nation
Email: 1q@gotlandsnation.se



MORE INFORMATION

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

UNIONS

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!

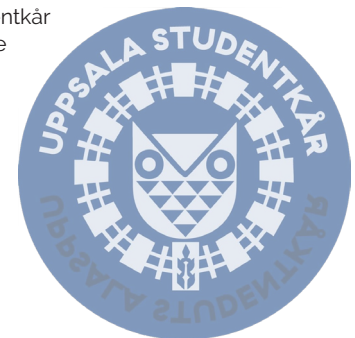
A membership in the Uppsala Student Union is a membership in an organization that works actively to ensure that student perspectives are included wherever it affects the conditions for your education and your membership gives the union greater legitimacy and influence when we pursue student issues!

Webpage: www.uskar.se

Instagram: @uppsalastudentkar

Facebook: Uppsala studentkår

Email: 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.

Through the union you get: the opportunity to influence your education, 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.

Webpage: www.farmis.se

Instagram: @farmis

Facebook: Farmis

Email: 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/blimedlem. It's free!

Webpage: www.utn.se

Instagram: @utnkar

Facebook: Uppsala teknolog- och naturvetarkår

Email: info@utn.uu.se



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

Email: 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: @jfuupsala

Facebook: Juridiska föreningen i Uppsala

Email: 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 get free coffee. 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

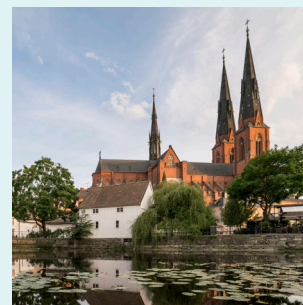
We also work to help our students make contact with potential employers, for instance through our career tours and our career fair, Kontaktdagarna.

Website: www.uppsalaekonomerna.se

Instagram: @uppsalaekonomerna

Facebook: Uppsalaekonomerna

Email: info@uppsalaekonomerna.com



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.



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 issues associated with life as a student. It may concern issues caused by stress, insomnia, low self-confidence, performance anxiety, speech anxiety, alcohol or other things that make student life complicated.

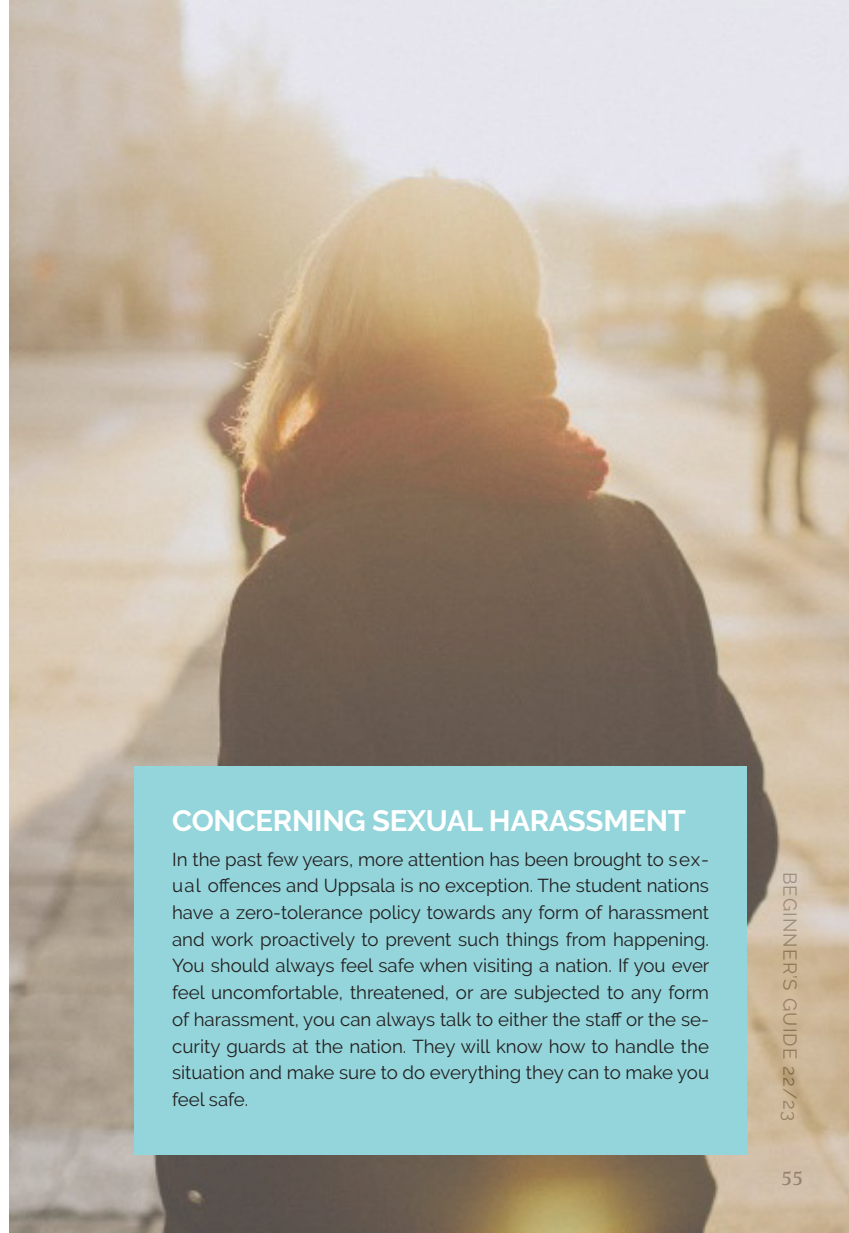
Those of us who work here are counselors, psychologists and health pedagogues and we offer lectures, student groups and individual counselling.

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/studenthalsan

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 Valborg tradition, 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.

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 (Studentportalen) on uu.se.

Lagom - Swedish for "just the right amount".

Landskap (or sammankomst) - 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, "rece", 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.

Snapsvisa - Prior to drinking snaps, 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.

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

Studentportalen - 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.

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 FALL

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

AUGUST

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

SEPTEMBER

Digital Welcome Reception
Orientation Weeks
Recentior Gasque
Kulturnatten – An annual culture festival called the 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

Advent - A number of nation choirs set up Advent and Lucia concerts.
Lucia Gasque
Winter Holidays
New Year's Gasque

TIMELINE SPRING



JANUARY

The registrations for the nations are at it again.

FEBRUARY

Welcome Reception
Orientation Weeks
Recentior Gasques
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.

MARCH

Kroppkake Gasque – A gasque at Kalmar nation where they serve

Kroppkakor, a traditional Swedish dish.
Scifest

APRIL

Skvalborg, Kvalborg, Valborg
Herring Lunch

MAY

May Dinner
Råkan – End your valborg celebrations with a shrimp feast at Göteborgs nation.
Spring Ball
The summer pubs of the nations open!
Uppsala Sustainability Festival
Kultureernas Karnival (Carnival of Cultures)

JUNE

End of the semester
Midsommar

TIME TO DOWNLOAD STUDENTKORTET'S APP

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

All you need to do is download our app - Studentkortet

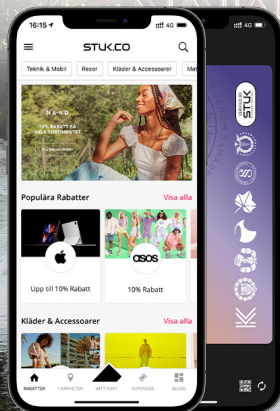
Don't forget to follow us on Instagram [@Studentkortet](#) for daily updates, great discounts and competitions.

Questions?

Don't hesitate to contact our Members service:

✉ support@studentkortet.se

Download the app by scanning
the QR-code!



Welcome to Uppsala

Uppsala is the city that comes to mind when you think of innovation and youth. It has always been the place to discover, build and create. A thousand years ago Uppsala vikings explored the world — today students and companies from all around come to Uppsala to flourish.

The city has many advantages if you wish to relocate here and establish yourself in one of Sweden's most expansive regions.

internationalhub.uppsala.se



MÖTESPLATSEN FÖR STUDENTER – INGA STARTAVGIFTER!

Bli en del av vår träningsglädje – upptäck allt från gym och gruppträning till bollsporter och klättring tillsammans med andra studenter. Vi gör det lätt för dig att komma igång, med flexibla lösningar som passar just dig som är student.

Läs mer om vårt breda utbud på www.campus1477.se

**PROV-
TRÄNA
EN VECKA
GRATIS!**

campus1477

Du som är ny kan testa vårt utbud gratis under en hel vecka vid varje terminsstart.

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:

receptionen@sh.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



Your guide to Uppsala's student life

uppsalastudent.com

nationsguiden.se

kuratorskonventet.se

 [/uppsalastudent](https://www.facebook.com/uppsalastudent)

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