

**T  
h  
e**

# Lundian

Vol. 21 No. 147, 2008

An International Magazine



Left to right: Lundian Publisher M. A. Diakit , CMR representative Jan L nn, Ms. Malaak Shabazz from New York City, Enid Werne, Monique Fransen and Mr. Ruffin McKinley (standing in rear). See story below and other photo on page 7.

## For Your Information...

The **Swedish Government** has proposed new laws for labour immigration to Sweden. If they are adopted, the new rules will make it easier for people to come to Sweden to work, and for companies to recruit labour from outside Europe. Students who have completed 30 credits of their courses, researchers who have completed one term of research and their family members will be allowed to apply for work and residence permits without having to leave Sweden. If adopted, the new laws will become effective in 2010. The proposal will be debated in parliament in November. *Info* [www.regeringen.se/justitie](http://www.regeringen.se/justitie).

## Welcome to A-Konst (Unusual Art)

There are many intellectually challenged people in our country, such as retarded people, with artistic talent. Some of these "unusual" artists have completed their art education at the junior college or art school level. They continue their artistic ambitions at local activity centers or at home. These unusual artists and their unusual artworks are worth the recognition of a larger public. Their use of colour and gestalt is original and inspiring. A-konst is currently gathering unusual art done by unusual artists for exhibitions throughout the Swedish province known as Scania. Exhibition: Our first exhibition is taking place in Lund during Oktober-November 2008. Place: V rfrugatan 1 (Formerly DUKA shop) close to the central bus station (Botulfplatsen).



## IN THIS ISSUE --

Malcom X and Dr. Betty Shabazz Memorial Center...  
The Durban Review Process ... 1.5 Million Kronor  
Payback ... Carbonated Beverage ...  
The Lundian Survival Guide ... AFRICOM and More

## The Malcolm X and Dr. Betty Shabazz Memorial and Educational Center

In 1995 Dr. Betty Shabazz set about to found an institution that would permit the courageous work of her late-husband El-Hajj Malik El-Shabazz (known widely as Malcolm X) to continue into the 21st Century. With support from the community in Harlem, Dr. Shabazz was able to negotiate an agreement between Columbia University and the Economic Development Corporation City of New York to retain up to 40% percent of the original Audubon Ballroom. The Shabazz Center is an NGO that was established in 2005.

Today the Shabazz Center has been redesigned into a state-of-the-art facility with funds from the Office of the Manhattan Borough President Scott Stringer. Incorporated within the new 6000 sq foot space is a m lange of the contemporary vision of internationally renowned architect Max Bond of Davis Brody Bond and the Audubon's original 1912 lobby that was commissioned by Thomas Lamb, the most prolific theater designer of his day.

On the 19<sup>th</sup> and 20<sup>th</sup> of September this year, Ms. Malaak Shabazz, a Trustee of the Center, was in Malm  for the European Social Forum Conference. Ms. Shabazz is one of the youngest daughters (a twin) of Malcolm X and Dr. Betty Shabazz. As a guest of the Nation Association for Afro-Swedes (AfroSvenskarnas Riksf rbund) of Stockholm, Ms. Shabazz participated in one of the ESF seminars, and met with several NGOs in Malm . The Lundian's publisher, editorial staff and several members of The English International Association of Lund/Malm  were pleased to keep her company during her two-day visit to Malm  (See photo).

The Center is located at 3940 Broadway, New York. The website is: [www.theshabazzcenter.net](http://www.theshabazzcenter.net).

## The Durban Review Process

*Remember the World Conference Against Racism (WCAR) that took place in Durban, South Africa during 2001? The Durban Review Process will be a review of how States are implementing the Declaration and Programme of Action from the WCAR.. Please read on.*

Geneva, Switzerland. In 2006, the United Nations General Assembly, in its resolution 61/149, decided to convene in 2009 a review conference on the implementation of the Durban Declaration and Programme of Action. To this end, it requested the Human Rights Council to prepare this event, making use of the three existing and ongoing follow-up mechanisms, to formulate a concrete plan and to provide yearly updates and reports on this issue starting in 2007. The United Nations Human Rights Council is acting as the Preparatory Committee for the Durban Review Conference. The Preparatory Committee plans to have three sessions.

The first took place in Geneva from 27 to 31 August 2007. During this session, Governments took a number of organizational decisions, including the provisional rules of procedure of the Durban Review Conference, sources of funding for the Conference, accreditation of NGOs, objectives of the Conference, the organization of regional preparatory meetings, and others.

The first substantive session of the Preparatory Committee was held from 21 April to 2 May 2008, also in Geneva. During this session the Preparatory Committee took several important decisions concerning such things as the accreditation of several NGOs, the dates, duration and venue of the Review Conference, the structure of the Draft Outcome Document of the Review Conference and the creation of an Intersessional Open-ended Intergovernmental Working Group to review recommendations submitted by different stakeholders as contributions to the outcome of the Review Conference. The provisional dates for the second substantive session of the Preparatory Committee were 6 to 17 October 2008. The Review Conference will take place between 20 and 24 April 2009 in Geneva.



Regional meetings in preparation for the Durban Review Conference took place in Latin America, the Caribbean and Africa. To see the schedules and reports, go to: <http://www2.ohchr.org/english/issues/racism/DurbanReview/index.htm>

## New Expert Mechanism on the Rights of Indigenous Peoples

GENEVA, 3 OCTOBER. The first session of the Expert Mechanism on the Rights of Indigenous Peoples gathered over 300 participants from all regions and different backgrounds seeking to promote and protect the rights of indigenous peoples. Composed of five experts, the United Nations' new mechanism has replaced the Working Group on Indigenous Populations – the first UN body established for the improvement of the living conditions of Indigenous peoples.

When opening the first session of the new Expert Mechanism, Deputy High Commissioner for Human Rights Kyung-wha Kang encouraged the experts to consider the ways in which they would contribute to the promotion and implementation of the Declaration on the Rights of Indigenous Peoples. "The Declaration sets out a clear and universally agreed upon framework for the advancement of the rights of indigenous peoples. While the Declaration is non-binding, it nonetheless offers the basis for reconciliation between indigenous peoples and States," she said.

"The provisions of the Declaration provide an agenda for dialogue and practical policy-making. The OHCHR's work is to assist States and indigenous peoples in implementing the Declaration, and the Expert Mechanism has an instrumental role to play in this regard," said the Deputy High Commissioner. The Expert Mechanism will provide the Human Rights Council with thematic expertise on the rights of indigenous peoples based on studies and research. For example, the Council has requested the Expert Mechanism to prepare a study on the right of indigenous peoples to education to be concluded in 2009.

The new mechanism is to coordinate its work with other UN efforts to promote the rights of indigenous peoples, including the Special Rapporteur on the **See page 7**

## How Foreign Students Can Work in Sweden

Foreign students can now work in Sweden year-round. Check with the local labour office for exact details. Meanwhile, take note of the following:

**Civil registration.** If you move to Sweden and intend to live here for at least one year, you normally have to be registered as a resident. The Tax Authority can tell you more about the rules of civil registration in Sweden.

**National Registration Numbers.** Every person registered as a resident in Sweden is allotted a national registration number. This number is composed by the tax authority at the time of registration.

**Social Security.** The rights of EU/EEA citizens to social benefits and their liability for social security contributions are governed by the EU rules and the EEA Agreement. Citizens of non-EU/EEA countries come under the Nordic Social Security Convention. Social security charges payable in Sweden are normally paid by the employer, but the basic health insurance contribution

and the general funding charge for cash unemployment benefits are paid by the employee and are deducted at source, together with preliminary tax.

**Tax liability / Less than six months**

If you stay in Sweden for less than six months, your tax liability is limited. This means that you only have to pay tax on certain kinds of income originating in Sweden and not on income received, for example, in your country of domicile. Taxable earned income is subjected either to special income tax for persons domiciled abroad (SINK) or special income tax for artists, athletes etc. domiciled abroad (LSI). **Six months or more.** Your tax liability in Sweden depends on how long you stay here. If you stay in Sweden for a continuous period of six months or more, your tax liability will normally be considered unlimited. This means that you are fiscally equated with persons domiciled in Sweden. You will then be liable for tax on all income acquired in Sweden and abroad.

*For more information: Contact your local Employment Office if you want to work in Sweden.*

# The Lundian's Shoppers and Buyers Guide

**Banks:** There are a number of banks in Lund and there is a complete list in the tourist brochure under the heading "Allmän Information". The Swedish word for bank is, as you might know already, "Bank".

**Rent a Bike!** The best way to see Lund during your stay here is to rent a bike at any of the bike shops. Just go in and ask them if they rent bikes. Most are open daily, between 10 a.m. and 5 p.m. **Books:** Lots of book stores in Lund, including used book stores.

**Emergencies: Dial 112** for any emergency.

**Libraries:** City Library and branches, S:t Petri Kyrkogata 6, 046-35 59 90; The Green Library (Miljöbiblioteket), Winstrupsgatan 3, 046 -12 24 44; University Library (UB1), Helgonabacken, 046- 222 7500. **Lost and Found and Assistance:** Police: Byggmästaregatan 1, Lund, 046 - 16 52 23.

**Medical Care:** Studenthälsan, Gerdagatan 7a, 046 - 222 4377. Capio Citykliniken, Clemensterget 5, telephone 046 - 35 05 00; University Hospital, Getingevägen 4. Telephone: 046- 17 10 00.

**Post Office:** postal services such as stamps and mailing packages can be done at many local grocery stores, and one mails letters in the yellow mail boxes located all around town. All money related matters can so far still be done at the **Svenska Kassa Service**, located on Bangatan 7, to the right of the train station. For more locations and open hours go to

[www.svenskassaservice.se](http://www.svenskassaservice.se). **Recreation Centers:** Ask at the Lund Tourist Office or the international student center about facilities. 046-35 50 40. Most are open 10 a.m. - 6 p.m. on weekdays and 10 a.m.

to 1 or 2 p.m. on Saturdays. *Long Saturday:* The first Saturday of each month is known as Långlördag and most shops are open until 5 p.m. **Swimming**

**pools:** Indoor pools: Högevall, City Park, Delfinen (Magistratsv. 55 A). Info: 046-35 52 17, 046-35 52 22.

**Tourist Office:** Kyrkogatan 11 (opposite the Cathedral) 046-35 50 40. Information and guided tours available.

Museums and other tourist sites are all listed in the Tourist Brochure which is available at the tourist office.

**Transportation:** Trains: Regional buses and trains (Pågatåg) departing from the main train station; SJ, the Swedish state railway, 0771-75 75 75. English-speaking reservation agents are available at SJ. Lund city buses, 046 14 14 50. Minitaxi 046-12 12 12 or 15 15 15.

**Worship Services:** Muslim Students: 046-13 48 22, Bahai Centre in Lund: 046-18 88 29. Jewish Centre in Lund For information see [www.jcl.se](http://www.jcl.se). Jehova Witness 046-12 92 17. Student Chaplains: 046- 35 87 00; Catholic Church 046-14 06 15. International Church: 046-15 15 62.

XXX

## 2008 United Nations Human Rights Prize?

The United Nations Prize in the Field of Human Rights is an honorary award given to individuals and organizations in recognition of outstanding achievement in human rights. The Prize was established by the General Assembly in 1966 and was awarded for the first time on 10 December 1968, the twentieth anniversary of the Universal Declaration of Human Rights. The Prize has since been awarded in 1973, 1978, 1988, 1993, 1998 and 2003.

The Prize is an opportunity not only to give public recognition to the achievements of the recipients themselves, but also to send a clear message to human rights defenders the world over that the international community is grateful for, and supports, their tireless efforts to promote all human rights for all.

*How are the winners of the Prize chosen?*

An important feature of the Prize is that nominations can be received from a broad variety of sources: "Member States, specialized agencies and non-governmental organizations in consultative status and from other appropriate sources." Once nominations have been reviewed by the Office of the High Commissioner for Human Rights, a consolidated list is presented to a committee that selects the winners. The five members of this committee are: the President of the General Assembly; the President of the Economic and Social Council; the President of the Human Rights Council; the Chair of the Commission on the Status of Women; and the Chair of the Advisory Committee.

*Nominations for the 2008 Prize*

The 2008 Prize will be awarded at an event at UN Headquarters in New York on 10 December 2008, as part

of the annual commemoration of Human Rights Day. The Office of the High Commissioner for Human Rights has already sent written requests for nominations to Member States, UN programmes and agencies and the approximately two hundred and fifty non-governmental organizations accredited to this year's session of the Commission on Human Rights.

## Swedish Traditions in October and November

We honour *UN Day* on the 24th. Some students also honour *Halloween* during the last days of October, and on the 30th the clock lose an hour when they go off the daylight savings time. *All Saints' Day* this year is on November 1st. That's when families lay wreaths and flowers on the graves of their loved ones. *St. Martin's Day* is celebrated on the 11th of November. Originally in memory of St. Martin of Tours, the festival has also come to be associated with Martin Luther, which is celebrated the day before. For centuries this date was important in farmers' almanacs and in accounting. Traditionally, the day marks the end of the autumn's work and the start of winter activities. Roast goose is the traditional dish this day, even though most Swedes have long since left the farm and St. Martin's has lost its importance in accounting. Goose banquets are served in both homes and restaurants. Such meals traditionally commence with a bowl of 'svartsoppa' ("black soup"); mellow bisque made of goose blood and spices. Skåne, Sweden's southernmost province, is especially noted for its St. Martin's Day traditions. It falls on the same honouring the end of the First World War.

# Survival Guide Number 101

English - Swedish List of Foods You Might Buy to Survive\*

\*Originally translated by a foreign student, this list was revised by Elenor Axelsson of English International.

English Name	Swedish Name	Packaging
Dairy Products	<i>Mejeriprodukter</i>	
Eggs	<i>Ägg</i>	6, 9 or 12 pack
Sour cream	<i>Gräddfil</i>	Blue/White Carton
French sour cream	<i>Crème fraiche</i>	Small round tube (color according to fat content)
Whole milk	<i>Mjöl</i>	Orange/White carton
1,5% milk	<i>1,5% mjöl</i>	Blue/White Carton
Skim milk	<i>Lätt mjöl</i>	Red/White Carton
Buttermilk	<i>Filmjöl</i>	Varied package
Coffee cream	<i>Kaffegrädde</i>	Green/White carton
Whipping cream	<i>Vispgrädde</i>	Red/White carton
Butter/unsalted	<i>Smörlosaltat</i>	Varied package
Butter/extra salted	<i>Smör/extra saltat</i>	Varied package
Margarine for baking	<i>Margarin</i>	Varied package
Liquid Margarine for baking	<i>Flytande Margarin</i>	Yellow plastic bottles
Margarine for table use	<i>Bordsmargarin</i>	Golden package
Extra-salted	<i>Extra saltat margarin</i>	Varied package
Dietary margarine	<i>Extra lätt margarin</i>	Varied package
Cheese spread	<i>Mjukost</i>	Blue/White tube
Mild common cheese	<i>Herrgårdsost</i>	See-through package
Cottage cheese	<i>Keso</i>	White package
Strong/sharp cheese	<i>Stark lagrad ost</i>	See-through package
Fish	<i>Fisk</i>	
Anchovies	<i>Ansjovis</i>	
Salmon	<i>Lax</i>	
Cod	<i>Torsk</i>	
Flounder	<i>Flundra</i>	
Plaice	<i>Rödspätta</i>	
Caviar	<i>Kaviar</i>	
Meat	<i>Kött</i>	
Ham	<i>Skinka</i>	
Liver Paté	<i>Leverpastej</i>	
Salami	<i>Salami</i>	
Liver	<i>Lever</i>	
Tongue	<i>Tunga</i>	
Brawn	<i>Sylta</i>	
Kidneys	<i>Njure</i>	
Ground beef	<i>Nötfärs</i>	
Ground pork	<i>Fläskfärs</i>	
Mixed ground meat	<i>Blandfärs</i>	
Pork chops	<i>Fläskkotletter</i>	
Lamb chops	<i>Lammkotletter</i>	
Beef brisket	<i>Oxbringa</i>	
Inner thigh of beef	<i>Ox innanlår</i>	
T-bone steak	<i>T-bone stek</i>	
Poultry	<i>Fågel</i>	
Chicken	<i>Kyckling</i>	
Goose	<i>Gås</i>	
Turkey	<i>Kalkon</i>	
Game	<i>Vilt</i>	
Moose	<i>Älg</i>	
Rabbit	<i>Kanin</i>	
Venison	<i>Rådjurskött</i>	

## Know Your Rights

As a foreign student, researcher or asylum seeker in Sweden you have rights you may not be aware of.

To learn more about your human rights: **Join English International**

To join call: 070-654 2126 or send an email with your contact information to [englintern@hotmail.com](mailto:englintern@hotmail.com)

**The Lundian** is published by  
The English International Association of Lund,  
Sandgatan 2, 4th floor, 223 50 Lund  
Phone: +46 70 654 2126 or  
+46 46 222 1229  
E-mail: [englintern@hotmail.com](mailto:englintern@hotmail.com)  
Website: [www.thelundian.com](http://www.thelundian.com)

## Publisher and Managing Editor:

M. A. Robinson Diakité.

**Copy Editor:** Elaine Bosak.

**Art Director:** Monique Fransen

Also a **Special Thanks** Vipeholmsskolan's Mediaprogram, Lunds Kommun, the Board of E.I., Rustan Florby, Johan Albertén, and many others.

ISSN: 1404-9511

© 2008 English International.

**New Expert Mechanism** situation of human rights and fundamental freedoms of indigenous people and the Permanent Forum on Indigenous Issues.

Among others, the Human Rights Council has requested the Expert Mechanism to seek input from relevant stakeholders, and to review and submit recommendations to the anti-racism Review Conference scheduled for April 2009. Source: [www.ohchr.org](http://www.ohchr.org)



Left to right: Lundian Publisher M. A. Diakité, Ms. Malaak Shabazz from New York City, Enid Werne, Elaine Bosak and Mr. Ruffin McKinley (standing in rear). See story on front page.

## The Dangers of Carbonated Beverages

By Yuri Elkaim

*The purpose of this article is not to scare you but to enlighten you, although it may do both. These days the consumption of carbonated beverages (such as soft drinks), especially among our youth, is quite disconcerting when you consider that these beverages are toxic to the human body. The following is a list of some of these toxic compounds: sugar, carbonation, aspartame, food dyes and phosphoric acid.*

**SUGAR:** In 1900, the average consumption of sugar was approximately ½ lb/person/year. Currently, we roughly consume an appalling 180 lbs/person/year! The results on the body speak for themselves. Furthermore, the average soft drink has 10 tsp of sugar per can. No wonder pop is so addictive for so many people. **CARBONATION:** Carbonation is created by pumping carbon dioxide into water or other liquid. You may recall that carbon dioxide is a waste product of cellular and food metabolism, as such the body wants to expel it. So why would anyone want to further add a waste product to their body? Carbonated beverages also burden the body by weakening stomach acid, thereby interfering with proper digestion. **ASPARTAME:** "Aha! But I only drink

**See back page**

## Integration in Sweden

Lund. In a brief telephone conversation with Ms. Ewa Acosta, the recruiting officer at Lund University, Swedish universities are making marginal progress when it comes to recruiting students from non-academic and ethnic minority backgrounds. According to Ms. Acosta, recruiting students from working class backgrounds is a bit more of a challenge than those of non-Swedish background.

Some years ago, a new Swedish Higher Education Act was adopted requiring universities to actively broaden their recruitment to all classes of students. In Lund, it was the Student Ambassadors who helped recruit students from areas such as Rosengård in Malmö. But the results have been marginal. Results from recruitment at Malmö University showed higher recruitment percentages for both categories of new students.

An article written by Jacob Alasfoor in the Lund university student's magazine, Lundagård (No. 7, 2008), indicates that efforts by Lund University to recruit students from high immigrant areas such as Rosengård in Malmö (to name only one) have been less successful because Lund is steeped in old traditions. One student in that article called it "Tuxedo University", while another student in the same article stated that Lund is stuck in the 16th Century, even though it has lots of good things about it. That student chose Malmö instead.

But Ms. Acosta remains optimistic and directed The Lundian to a Lund University website and publications in seven different languages in its efforts to recruit students from different backgrounds.

"In the near future we shall make use of role models who are persons who have been through the system," she concluded.

I supported that idea wholeheartedly.

See National Statistics Press Release Nr. 2008:132 at [www.scb.se](http://www.scb.se)  
M. A. Diakité, Publisher and Managing Editor



## The 1.5 Million Kronor Pay-back

Lund: The chief for the Service Section at Lund University has announced that some of the rent that foreign exchange students were overcharged for will be paid back. Those who are entitled to refunds might get as much as 12 thousand kronor. (See Lundagård No 6, 2008 for the full story.)

The refunds are due because some exchange students who rented rooms through the International Housing Office at Lund University were charged higher rents than Swedish students were. The amounts were determined to be unfair discrimination, and some foreign students asked for the differences to be refunded. The matter was taken up by a local tenants association and one student even complained to the Swedish Ombudsman Against Discrimination. With all the publicity, the university has decided to settle the matter quietly. Students who are entitled to a refund will get a letter informing them of the decision and the amounts they will receive.

A former exchange student told The Lundian that such charges may have been necessary because of the high incidents of lost or un-returned keys, damages to furniture and cleaning rooms and hallways after the term was over.

The full story was originally published in Lundagård (in Swedish).

**Carbonated Water** diet sodas!" you say. Unfortunately, even though diet sodas have less sugar than regular soda they contain another concern - aspartame. Aspartame is a low calorie artificial sweetener that has the effect of lowering your body's metabolism. As a result, a 400 calorie meal now becomes an 800 calorie meal! Aspartame has also been linked to convulsions, depression, insomnia, irritability, weakness, dizziness, migraines, and mood changes. **FOOD DYES:** Many carbonated beverages contain food dyes that are unfit for human consumption. Many of these artificial colourings have been connected to ailments such Attention Deficit Hyperactive Disorder (ADHD) and, according to Dr. Walker's book *Water Can Undermine Your Health*, more than a million children today are afflicted with cerebral lesions caused by soft drinks! **PHOSPHORIC ACID:** This is the substance that causes the soft drink to bubble and fizz. Being an acid, phosphoric acid burns your insides but more importantly upsets your body's delicate phosphorus-calcium balance. You may recall that calcium can be released from the bones to restore proper pH balance in the blood. As a result, the presence of phosphoric acid can lead to the weakening of the skeletal structure and hence osteoporosis. In 1994, *The Journal of Adolescent Health*, reported a "strong association between cola beverage consumption and bone fractures in girls." Numerous studies have confirmed this result. So the next time you reach for the soft drink or sparkling

water, I urge you to think twice. Think about what this fizzy acidic liquid will be doing to your internal environment. If you have the choice go with purified water that will replenish and revitalize your body!

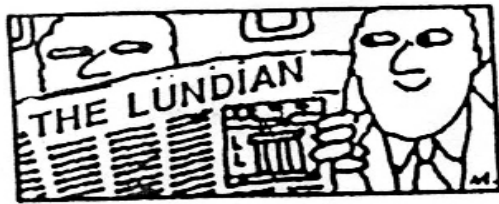
*Yuri Elkaim is the owner and founder of Total Wellness Consulting, a leading health, fitness, and wellness company offering health-conscious individuals innovative programs and technologies to help reach their goals of physical and mental well being. He is a highly acclaimed personal trainer, certified kinesiologist, and former professional soccer player. Source: Google.*



*If you or a member of your family need legal help to apply for a visa to study, work, reside or seek asylum in Sweden call:*

**Juristfirma**  
**M. Arthur Robinson Diakité**  
**Specialist in Migration Law**  
**(Juris Licentiate)**

**070 - 654 2126**



## AFRICOM

WASHINGTON, D.C. **The United States Africa Command** (USAFRICOM or AFRICOM) is a Unified Combatant Command of the United States Department of Defense that is responsible for U.S. military operations and military relations with 53 African nations - an area of responsibility covering all of Africa except Egypt. Africa Command was established October 1, 2007 as a temporary sub-unified command of U.S. European Command, but became fully autonomous and operational on October 1, 2008.

The Economist reported in June 2007 that African countries were competing to host the headquarters because it would bring money for the recipient country. The Economist said '... Africans know that the superpower's military investment will bring money and jobs'. However, this has proven to be largely inaccurate due to unanticipated resistance by African nations. These efforts forced the U.S. to declare in February 2008 that Africa Command would be headquartered in Stuttgart for the "foreseeable future". Nigeria, South Africa and Botswana have explicitly opposed the establishment of a headquarters in Africa while other nations have expressed deep reservations about its creation. Of all the African nations, only Liberia has publicly expressed a willingness to host AFRICOM's headquarters.

Website: <http://en.wikipedia.org/wiki/>

## When we dead awaken

Riksteatern and Unity Theatre, Liverpool

### Ibsen's last play



**Lundascenen** 28 & 29  
**november**  
**18.00 hs**  
**Bredgatan 3**



Tickets: Biljettbyrån 046-131415  
[www.kulturcentralen.nu](http://www.kulturcentralen.nu)