

News and Tips in English



New Students Arrive

Lund. Tuesday 16 August was Arrival Day at Lund University. Some 1 500 students from all over the world came to Lund for academic studies lasting up to three years. "We are very happy that so many international students have chosen Lund University", said Per Eriksson, Vice-Chancellor of Lund University, and Mats Helmfrid, Chair of the City Executive Board in Lund in interviews.

The Arrival Day reception was open between 9:00 am and 8:00 pm. Students arriving at Copenhagen Airport or Lund Central Station were met by international student mentors wearing blue T-shirts who guided them to Lund's student union building, AF-borgen. The building resembles a castle, complete with four towers. Inside the building students were assisted by university employees with registration for their housing and tickets to different student events. The international students were then taken to their new student accommodations.

Over 84 different nationalities arrived in Lund on arrival day. The largest groups were from Germany, France, the US, Spain and the UK. The countries with the highest number of international students admitted for a Master's or Bachelor's programme were Germany, the UK, the US and China. There were only a very few from continental Africa or Latin America. The numbers of foreign students is reduced from previous years because, unless they are on an exchange programme, non-EU member students now have to pay school fees. Bola Chukudi, an African student who arrived last year before the new rules went into effect told The Lundian: "The system is unfair and discriminatory because large number of exchange students come from China and Korea, whilst those from Africa, India and Pakistan have no exchange programmes and have to pay school fees."

Nevertheless, it was a bright sunny day for most of the students arriving in Lund on this year's "Arrival Day".

Photo above shows some new students arriving at Lund U.

The Swedish Calendar of Events During the Autumn

There are no big, major red-letter holidays in Sweden between September and November, but there are a number of days worth taking note of. **September 20th** is the day of the Autumn Solistice, and the clock loses an hour when we go off the daylight savings time.

All Saints' Day. All Saints' Day is now celebrated on the Saturday following the 30th October. Families lay wreaths and flowers on the graves of their loved ones. There is also Halloween events amongst students.

St. Martin's Day or "Martin Goose" St. Martin's Day is celebrated on the 11th of November, especially in Southern Sweden. 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

Father's Day. Father's Day is celebrated on the second Sunday in November and is Modeled on Mother's Day.

Jessie Jackson Coming to Lund



On **October 12** the American human rights activist Jesse Jackson will address students in Lund in an event that is hosted by *Studentafton* in Lund.

Jesse Louis Jackson, Sr. has over four decades been one of American civil rights movement's most prominent leaders. He was one of Dr. Martin Luther King's lieutenants and the founder of Rainbow PUSH

Coalition. He has also served as a special adviser to President Bill Clinton and was twice a candidate for the Democratic Presidential nomination in the U.S.A. Jesse Jackson will talk to students about human rights and civil rights issues. Tickets will be released in September. Check with the Information Desk in the lobby of AF Borgen.

Studentafton has been an Independent forum for speech and debate in Lund since 1905. It is a part of The Academic Society, a non-profit organization of students and teachers at Lund University. Info: Address: AF-borgen, Sandgatan 2, 3rd floor, Lund. E-post: sau@af.lu.se, Website: www.studentafton.se Photo: Jessie Jackson and The Lundian Editor M. A. Diakité.

INSIDE THIS ISSUE...

Editorial: *For Your Information*

Survival Guide 101

General News in English

Why We Publish.

Though Swedish is clearly the first language of Lund (after all, we are in Sweden), English has always been the lingua franca of the Swedish and non-Swedish academic community. Most doctoral dissertations are written in English and so are many Masters theses. All the officials of the university speak English and so do many employees of other institutions who work and live in Lund. Many, many Swedish government reports are written in English too. Some older store owners might still struggle with English, but the whole town tries hard to please. And they do a very, very good job at it too. In fact, I notice that English is sometimes spoken amongst Swedish people to one another, even though they both speak Swedish as their "mother tongue". But a language is a valuable commodity and it is good that there are still people who cherish reading, writing and speaking Swedish. Nevertheless, for those who are here for a short while, newsletters such as The Lundian have proven to be an invaluable source of tips and information.

This is why The English International Association of Lund publishes this newsletter with tips and information for you in English until you know enough Swedish to read Swedish newspapers. If you have an article (pro-bono only, please.) or opinion that you would like to share with others, send an inquiry at englintern@hotmail.com , We publish articles in Swedish or English, are on Facebook (join us) and have a website: www.thelundian.com.

We co-operate with local high-school Seniors for articles and photos and welcome articles from volunteers. Needless to say, some of our volunteers have gone on to become journalists, both at newspapers and on television.

So Welcome to The Lundian. If you have comments (or complaints) do turn to us directly at the lundian@hotmail.com.

Meanwhile, Welcome to The Lundian. 0: Honouring the

Winters in Sweden can be harsh and very cold for people from warmer climates. That is why the advice for the winter months is: 1) Dress Warmly - wear wool clothing, warm jackets and coats, sweaters, wool socks, gloves and use a scarf around your neck. Above all, wear a decent winter coat, preferably one that covers your knees and legs. 2) Vitamins such as E, and C (oranges, tangerines, grapefruits and other juices) help your resistance to colds. Ask for them at your health food store or local super market. 3) Echinacea. At the first sign of a cold, take some Echinacea. Ask for this miracle home-remedy at your local health-food or grocery store. 4) Cold Air. Avoid unnecessary drafts, like the window being open on cold nights. Below freezing air blowing into a window brings only one thing into a room: cold air. 5) Sneezes. Try to avoid facing people who are sneezing. It may appear rude, but try not to shake their hands (in fact, washing hands regularly helps avoid transmitting cold bacteria. 6) Hot chicken soup. It may sound ridiculous, but getting a friend to make you some hot chicken soup which you can regularly take during your cold really works. 7)The doctor. When all these precautions fail (and they will if you run around in sandals, shorts and a tee shirt during the winter), go see a doctor if the cough is really bad, and don't wait too long to do so. Get plenty of rest. None of this is medical advice, but heed it and you'll stay healthy. xxxxxxxxxxxxxx



Durban + 10: Honouring the World Conference Against Racism

Ten years ago The World Conference Against Racism that was held in Durban, South Africa focused on practical steps to eradicate racism. It also addressed measures of prevention, education and protection. It paid special attention to identifying victims of racism, racial discrimination, xenophobia and related intolerance and worked towards adopting a Declaration and Programme of Action that would call for governments to adopt effective remedies for the victims of such human rights abuses. Regarding the grounds for discrimination, the Conference recognised that racism, racial discrimination, xenophobia and related intolerance occur on the grounds of race, colour, descent or national or ethnic origins, and that the victims can suffer multiple or aggravated forms of discrimination based on other or related grounds, including language, sex, religion, political or other opinion, social origin, property, birth or other status.

In her closing remarks, the President of the Conference, Nkosazana Dlamini Zuma, said that Durban had agreed on a fresh start and a new road-map for the fight against racism. Endorsing the point that the Conference had set explicit goals and action for combating discrimination, the United Nations High Commissioner for Human Rights, Mary Robinson, who acted as Secretary-General of the Conference, said that the main message she would like to leave the delegates with was that Durban must be a beginning and not an end. "There must be follow-up", she said. (A more complete list of these and other key provisions of the Declaration and Programme of Action are in a press release at: www.unhchr.wcar)

A Commemoration event will be held at the UN in New York on 22 September, 2011. For information, see [www.un/calendar of events](http://www.un/calendar_of_events)

RULES FOR CYCLISTS IN SWEDEN

Biking around town is the cheapest way to get around Lund, but there are rules, and if you break them, you could pay a fine -- or even go to jail. So, to scare you before you get on a bike here are some helpful tips (rules): You must wear a helmet if you are under 15. Do not bike if you are under the "influence" of alcohol. Stay on the bike paths, follow road signs, stop at stop lights and stop signs. Adopt your speed to a safe level for others. Make a hand signal before turning or switching roadways. Use the bell when necessary. You must have a light on the front, back, and a reflector on each wheel when dark. You aren't allowed to take more people on a bike than what it is built for. Failure to follow any one of these rules and a cop can stop you and you could get fines ranging from 400 to 600 SEK. Biking through a red light: 600 sek., biking without lights: 300 sek., biking up a one-way street: 400 sek. Bike Carefully. The Editor.

FOREIGN STUDENTS CAN WORK IN SWEDEN

The law allows foreign students to work in Sweden year-round, such as during Christmas, Easter and during the summer break. To find out more about this get in touch with the Swedish Department of Labour (Arbetsförmedling) at Stora Södergatan 49, Lund. Open after 10 am. xxx

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 or 12 pack
Sour cream	<i>Gräddfil</i>	Blue/White Carton
French sour cream	<i>Crème fraîche</i>	Small round tube (color according to fat content)
Whole milk	<i>Mjök</i>	Orange/White carton
1,5% milk	<i>1,5% mjök</i>	Blue/White Carton
Skim milk	<i>Lätt mjök</i>	Red/White Carton
Buttermilk	<i>Filmjök</i>	Varied package
Coffee cream	<i>Kaffegrädde</i>	Green/White carton
Whipping cream	<i>Vispgrädde</i>	Red/White carton
Butter/unsalted	<i>Smör/osaltat</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>Herrgårdssost</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 innanlär</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, permanent resident or citizen of Sweden, you have rights you may not be aware of. To learn about your basic human rights in Sweden, join our study circles on human rights.

To join up call: 070-654 2126 or send an email with your contact information to

englintern@hotmail.com

Hurry, classes start soon.

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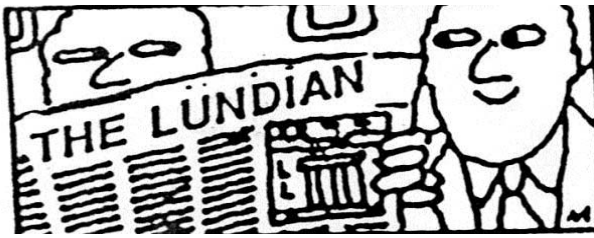
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GENERAL NEWS



Help for Students in Lund

Lund University is well known for its unique student life and fantastic campus atmosphere. The variety of student organisations, including the famous "nations of Lund", provides excellent opportunities for you to experience student life and to join in student events. The best way to get involved with all of the opportunities for students at Lund University is to join Studentlund. www.studentlund.se/eng/. Membership of Studentlund means you have access to everything ranging from student discounts, cheap accommodation, interesting talks, entertaining theatre and a wide range of other social activities, through to student influence in the University and guaranteed monitoring of education.

A Studentlund membership gives you access to:

The "nations". The 13 nations are large student social clubs that are unique in Sweden. Each nation has its own particular atmosphere. Getting involved with the nations is a great way to meet friends and enjoy student life. The nations organise a lot of social activities including social sports, clubs (e.g. photography) as well as parties, cheap dinner nights and social events. Some nations also have accommodation. The Academic Society ("AF"). The Academic Society ("Akademiska Föreningen" or "AF") organises a number of events and student activities including "studentafton" (evening interviews with high profile guests), the student radio station 99.1MHz (Scandinavia's largest student radio station), the student TV channel "STEVE" (Sweden's first student TV channel), student theatre, costume hire, "Spex" comedy musicals, lectures, debates, art and cultural events and AF housing accommodation.

Student unions: The student unions handle politics and student rights and are active in contributing to the way in which the University is run. Related information

Studentkåren has a new President this term. Mr. Simon Wetterling. His office is at Sandgatan 2, 4th floor. Studentkåren also will have a new STUDENT OMBUDSMAN, a person you can talk to if you have issues to take up as a student. The address: Studentombudsman, Sandgatan 2, 4th fl., Lund. As a student you have the right to take up issues and complaints with the Student Ombudsman. Website, www.studentombud.se. Or you can visit the information desk and ask for the **Student Ombudsman**.

The Editor

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Who Reads The Lundian?

THE WHOLE WORLD: Tourists, Businessmen, Foreign Students, Guest Researchers, Journalists, Entertainers, Retailers, School Children, Immigrants, Refugees and many more.

WEBSITE: www.thelundian.com

Highlights of some Upcoming Events at the United Nations in New York:

64th Annual DPI-NGO Conference: Sustainable Societies; Responsible Citizens, Bonn, Germany, 3-5 September 2011
The 64th Annual DPI-NGO Conference aims to highlight effective ways in which citizens and civil society, in partnership with other stakeholders, can contribute to creating and maintaining sustainable societies - economical, cultural and environmental. The 66th regular session of the General Assembly will open at United Nations Headquarters in New York on 13 September 2011, at 3 p.m. The General Debate will be held from 20 to 30 September 2011.

The General Assembly will convene a high-level meeting on the Durban Declaration and Programme of Action, adopted at the World Conference Against Racism, Racial Discrimination, Xenophobia and Related Intolerance in Durban, South Africa, in 2001, on 22 September 2011 in New York.

CEDAW: The fiftieth session of the United Nations Committee on the Elimination of all Forms of Discrimination Against Women (CEDAW), will take place in Geneva from 3 to 21 October 2011. It will consider reports from Chad, Cote D' Ivoire, Kuwait, Lesotho, Mauritius, Montenegro, Oman and Paraguay.

The objective of the Conference is to secure renewed political commitment for sustainable development, assess the progress to date and the remaining gaps in the implementation of the outcomes of the major summits on sustainable development, and address new and emerging challenges.

Source: www.un.org



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See our short films about Lund that were made by local high school students in Vipeholmskolan's, Media Programme.