

The

Lundian

Welcome Issue for 2002 - 2003

An International Magazine

Information About Our

Survival Guide

For Foreign Students and Researchers



Photo: Some of the many former students and researchers in Lund who contributed to The Lundian's well-known Survival Guide.

Photo: M.A. Diakité

Message to new students and other newcomers to Lund:

"Welcome to this information brochure about The English International Association of Lund's Survival Guide. The guide is published in English for the benefit of newcomers who need time to learn to get important survival information through Swedish newspapers, television or the radio.

Each issue of this newsletter contains an article with tips for survival in English. Some of these tips and other information is also on our website at www.thelundian.com. Others are in our radio programmes on **Radio International**, which is broadcasted through Lund's student radio station, *Radio AF, 99.1*. The information in the guides is important for your survival here, and we know you'll find them useful. We did."

“How Will I Survive if I don’t Speak Swedish?”



Our Survival Guide gives you important tips and information that will help you feel at home here.

The “*personal experience*” approach contains information that was handed down to you by former foreign students and researchers like yourself...who got it from those before them... and so on. If you can’t speak Swedish yet, our guide tells you...

- * where the best restaurants are
- * where to buy food to prepare yourself
- * where to get your photos developed
- * where to get cheap telephone services
- * where to buy cheap tickets to travel
- * where to buy clothes with Lund U. logo
- * where to get cheap postal rates
- * where to get tourist information
- * where to get used and new books
- * where to get student medical care
- * where to get information about your civil rights... and lots more.

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>Creme fraiche</i>	Small round tub
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>	Gold 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 tub
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>	

Note: There are lots and lots of places to buy food here in Lund. The best fruits and vegetables are at the open market on *Mårtenstorget* from 8 a.m. till 2 p.m.

And take note: the store known as *SYSTEMBOLAGET*, OR *SYSTEMET*, has NOTHING to do with computers. (Photos below.)



Get in Touch

Founded in 1987 by foreign students, researchers and sympathetic Swedish friends much like yourself, The English International Association of Lund is a non-government organization (NGO) whose aims and purposes are to serve the interests of its members. As it takes several years to learn enough Swedish to read local papers and enjoy Swedish tv, providing survival information and advice in English is one of our main activities. We are independent of the university, local government authorities and institutions. We are objective and impartial in giving our opinions and advice. YOU are the beneficiary of this policy.

You are welcome to join us make a contribution to improvements in our survival guides and other information for our newsletter, *The Lundian*, our website (www.thelundian.com) and in our radio broadcasts on *International Radio*, Radio AF, 99.1 FM. Any contribution you make is important. If you appreciate what an earlier generation left for you, the next generation will appreciate what you leave for them. Make a difference.

Get in touch!

Your Civil Rights

The Survival Guide also give you tips and information about your CIVIL RIGHTS in Sweden even if you are not a Swedish citizen. These include the right to equal treatment in all your communications and activities with university officials, teachers, professors, administrators and others whom you deal with. The Swedish Constitution provides for the equal treatment and non-discrimination of all persons in Sweden (Article 20 of the Swedish Constitution), and there is a new law offering students at universities protection from many types of discrimination.

If you feel you have been discriminated against for **any reason**, we can tell you who to call for help.

Phone: 046 211 2825

Email: lundianmagazine@hotmail.com

**The English International
Association of Lund &
The Lundian Magazine
Sandgatan 2, 4th floor
Lund, Sweden**



Telephone: 046- 211 2825

Website: www.thelundian.com

E-mail:

lundianmagazine@hotmail.com

Open Wednesday and Thursdays

2 - 4.30 p.m.

Or by appointment

We Speak Several Languages

Quotes from foreign students:

"I thought that '*extrapris*' on the food labels meant you had to PAY an extra price until I read it meant a *reduced price* in The Lundian's Survival Guide."

Ronaldo, Rio de Janeiro

"I had no idea that *pommes frites* was what we call French fried potatoes until I read it in The Lundian's Survival Guide.

Edward, New York.

The Lundian is published by
The English International Association of Lund.
Box 722, S-220 07 Lund.

Phone: +46 46 211 2825.

Publisher and Managing Editor: M. A. Robinson Diakité.

Copy Editors: Elaine Bosak, John Smith and others.

Art Director: Monique Fransen.

Also a **Special Thanks** to the Board of E.I. Also thanks to Janne Jansson at Folk Universitet, The Integration Department, Lund's Kommun, Vipeholmskolan' Media Programme, Johan Albertén, and many others.

ISSN: 1404-9511 © 2002 English International.