

News in English for Foreign Students



THE CITIZENS of Lund and Malmö opened their hearts and warmly welcomed the largest number of foreign students ever to arrive in Sweden's twin cities in Skania. Foreign students filled the corridors and streets with their back-packs, books and thousands of questions to staff and anyone else who just happened to be in their paths.

If you are a foreign student or a guest researcher in either city you will find *The Lundian* a helpful newsletter. See our website: www.thelundian.com and join us on Facebook!

Lund City News

Lund, situated in the centre of the attractive and expansive Öresund region in southern Sweden, is one of the oldest cities in Sweden with a history more than one thousand years old. Over the centuries it has earned a reputation for being a place where people meet, and, today, more than ever, Lund is a meeting place for ideas and creativity. Here, the university, science-park, multicultural atmosphere and historical surroundings make up a unique combination. This, along with its central situation, has turned Lund into an international city where ideas are born - ideas that build enterprises and achieve success both nationally and internationally.

Culture and leisure

Lund offers a rich selection of leisure activities, from swimming and fishing to youth recreation centres, community group activities and much more. Lund also provides a broad range of cultural experiences in art, music, dance, theatre, literature and film.

If you want to know more about events in the city, the Tourist Office always has up-to-date information on current and forthcoming events and activities in Lund. They also publish *In Lund*, a free, monthly brochure, which is available at the Tourist Office and in pdf format.

You can view activities and events for and by students of Lund University at Löpet, and information about planned activities organized by Lund's public libraries in their events diary. Information about current cultural events can be found on *Kultur i Lund* web pages, www.lund.se

The Cultural and Leisure Services Department is responsible for cultural and leisure matters in the City of Lund.

Lund and the Environment

The City of Lund is actively pursuing several programmes designed to achieve long-term sustainable development and takes environmental protection very seriously. These efforts involve many of the City departments and span across multiple areas of operations.

Statistics on Who's Who in Lund

Ten years ago there were 127 different nationalities living in Lund, 1,358 (21%) coming from a Scandinavian country. There were a total of 13,943 persons in Lund who were either born abroad or are had an immigrant background. Of this total, 6,514 were citizens of another country, while the rest were Swedish citizens. The largest numbers of foreign nationals living in Lund then were from Denmark (506), the USA (436), Iraq (414), Germany (376), Finland (350), Poland (345), Great Britain and Northern Ireland (295), China (286), Norway (265), and Iceland (237). Africa had 333 persons, the largest from Ethiopia (54). Today there are 109 thousand people in Lund, and 4.8% are foreign born. *Source: Statistics Central Bureau, www.scb.se. See page 6.*

INSIDE THIS ISSUE...

Student News

Survival Guide 101

General News

FIND US ON FACEBOOK!

STUDENT NEWS

OBEY THE LAWS OF SWEDEN

Regardless of your citizenship or social status (student, researcher, immigrant or asylum-seeker), please respect the laws of Sweden. Serious offenses could land you in prison and/or deportation. If you know that you can't do the time...don't do the crime. Here's a short-list of some dos and don'ts:

Do not smuggle in or use narcotic drugs. Do not drink and drive. The allowed alcohol in your blood when driving is 0.2 promile. 1.0 promile will land you in jail for drunk driving. Do not drive without a valid license. Do not litter. Do not use racial, ethnic or homophobic slurs to offend someone. Do not get into physical fights, even if you feel you did not start a confrontation. Do not engage in forced sex, i.e., rape. This applies to same sex persons too. Do not engage in forgery or fraud, such as a Pyramid or other confidence game. Do not buy an obvious piece of stolen property. If you find a wallet or an unlocked bike, a watch or other items, the law requires you to take or send it to the local police station. The phone number to the local police station in Lund is 046-165000. Do not walk around naked, urinate or defecate in public. If you get arrested on suspicion of committing a crime in Sweden, there is NO BAIL. The prosecutor has between one and five days to decide to prosecute or not. If it doesn't, you will be released; if it does the court will order you held for 15 days, after which you will have your first hearing. Further investigation means you will be held till trial.

A lawyer will be appointed for you by the court if you cannot afford one. Check with a lawyer on these questions. Most of them speak good English. You'll find them under "Advokat" in the Swedish Yellow Pages. XXX

TRAFFIC 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

IMMIGRATION NEWS

Stockholm.

According to preliminary population statistics Sweden's population will be 9 417 000 at the start of the new year. The population continues to increase but not to the same extent as in 2009. During 2010 Sweden's population will have increased by 76 000 inhabitants, compared to last year's increase of 84 000 inhabitants. The high population increase is because of the continued high number of births and because immigration, despite a decrease, is still at a high level.

During the year it is estimated that 99 000 persons will immigrate. This is about 4 000 fewer immigrants than last year. Despite this decrease, immigration remains at the record levels of recent years. The largest group of immigrants are returning Swedish citizens, followed by Somalis, Iraqis and Poles. The group of Iraqi immigrants has decreased the most; this year only half as many moved to Sweden as in 2009. Immigration among Poles has also decreased by 15 percent. Immigration of Somali citizens remains at the same level as in 2009.

Immigrants were citizens from a total of 180 countries. As in previous years, somewhat more men than women immigrate. The number of births continues to increase

The number of children born is estimated to be 116 000 (57 000 girls and 60 000 boys). This is an increase of 3 percent compared to 2009, and is a continuation of the increase that has been going on during all of the 2000s. It is normal that more boys than girls are born.

The number of deaths is estimated to remain at last year's level of 90 000 persons.

Increased emigration During the past year, 49 000 persons are estimated to have emigrated, an increase of 24 percent

compared to the previous year. The increase is largely because in 2010 the Swedish National Tax Board did a special follow up on persons whose residence had been unknown for a longer period. If these persons are no longer considered to be residing in Sweden, they are removed from the population register as emigrants. If this group is excluded from the statistics, emigration would still be about 14 percent higher than the year before, which is a sharp increase.

Of the 49 000 persons who emigrated, more than half are Swedish citizens. Other large groups that emigrate are citizens from the Nordic neighbouring countries. In 2010 the most common countries for Swedish citizens to move to were Norway, followed by the UK and the US. The foreign citizens usually moved back to the country where they have citizenship. In case it is known where the foreign citizens moved to, two out of three moved to their country of citizenship. Among emigrants, men outnumber women somewhat, as usual. Nearly one in five has a foreign background.

It is estimated that 15 percent of Sweden's population is born abroad. The largest groups are born in Finland (170 000 persons) and Iraq (121 000 persons). Further, 411 000 persons born in Sweden have two foreign-born parents. The foreign born persons together with the Swedish born persons with two foreign-born parents comprise the group that has foreign background. At the end of the year, nearly 19 percent of Sweden's population has foreign background.

This preliminary information is only available at the national level.

Source: www.scb.se

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 or a resident of Sweden, you have rights you may not be aware of. If you want to learn about your basic human rights in Sweden, attend 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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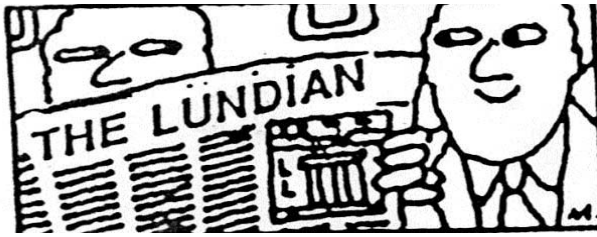
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GENERAL NEWS



News From Malmö

Fosie Work and Integration Center (AIC)

Fosie Work and Integration Center (Fosie AIC) is for those who are unemployed or newly arrived refugees / immigrants and living in Fosie or Oxie. Come to us via our collaboration partners, individuals and families (social welfare), Employment Service, the Immigration and Service. You can also get to Fosie AIC by making a separate application.

Fosie AIC is also intended for employers who are interested in new people that AIC can help.

Fosie AIC's goal is that you as a participant to become self-sufficient. This is done either by having you work or go on to studies that improve your ability to work. It's your personal goals and conditions that govern which path you take. With our combined resources, we can help you find the right path to reach your goals.

Malmö University

Malmö University was founded in 1998. Located in the centre of Malmö at Universitetsholmen, the university has played a central role in the transformation of Malmö from an industrial town to a centre of learning.

Malmö is located in southern Sweden, close to Denmark and with easy access to mainland Europe.

Malmö University strives to be a university open to all; a university that is structured to cope with our ever-changing jobs market through a multi-disciplinary approach that crosses traditional school and faculty boundaries. This is also one of the reasons we make an effort to attract students that come from a background where university education has not necessarily been part of their tradition.

In total, Malmö University has more than 90 separate education programmes and 500 courses. We teach 18 programmes and 90 courses in English. At present, almost 1,800 international students are enrolled at the university. In total we have 25,000 full or part-time students.

Info: www.mah.se/About-Malmo-University



Who Reads The Lundian?

THE WHOLE WORLD: Tourists, Businessmen, Foreign Students, Guest Researchers, Journalists,

Entertainers, Retailers, School Children, Immigrants, Refugees and many more. Subscribe and have it sent to your home.

WEBSITE: www.thelundian.com

Examples include safeguarding conservation areas within the City's municipal boundaries, adoption of the UN's Agenda 21, and LundaMaTs - a programme to develop an integrated, environmentally friendly, transportation system.

Lund - the City of Ideas

In Lund there is a spirit of learning more, achieving more, and making the future brighter yet. As a result of this, we call Lund the City of Ideas. Another result of this spirit is the vast number of inventions over the years. Some of the internationally well-known companies are Tetra Pak, Alfa Laval, Sony Ericsson, ST Ericsson, Gambro and Astra Zeneca.

Education is a priority for the City of Lund and we strive to maintain the highest standards in all areas of child-care and education, from preschool to university. Diversity, freedom of choice, and cultural appreciation are watchwords in shaping day-to-day activities at all levels of the school system. We also work hard to achieve a safe and creative school environment, in order to create the best possible foundation for the best possible learning environment.

Getting to, from and around Lund

Lund is easy to reach, by air, bus, train or car. The Öresund Bridge provides a direct link for cars and trains between Sweden and Denmark. It only takes 45 minutes to get to Kastrup - Copenhagen's international airport - by train from Lund. But in Lund itself, the easiest way to get around is to walk or cycle, or using the local bus service systems in Lund. Source: www.lund.se

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PUBLIC HOLIDAYS IN SWEDEN

In addition to Sundays, the official, legal public holidays in Sweden are as follows:

NEW YEAR'S DAY - 1 January

EPIPHANY - 6 January

GOOD FRIDAY - The Friday Closest to Easter Sunday

EASTER SUNDAY - The Sunday closest to the full moon that occurs on or closest to March 21.

EASTER MONDAY - The Day after Easter Sunday

INTERNATIONAL WORKER'S DAY - 1 May

ASCENSION DAY - The sixth Sunday after Easter

WHITSUNDAY - The seventh Sunday after Easter

SWEDEN'S NATIONAL DAY - 6 June

MIDSUMMER'S DAY - The Saturday between 20 and 26th June.

ALL SAINT'S DAY - The Saturday between 31 October and 6 November

CHRISTMAS DAY - 25 December

BOXING DAY - 26 December.

None-official days that are also celebrated by people in Sweden include the Orthodox Christian and other religious holidays, United Nations campaign days, Nobel Prize Day, Halloween, Mårtens Goose Day, Thanksgiving Day (USA), Valentine Day, Martin Luther King Day, Women's Day, Children's Rights Day, and the Gay Rights parade day. Lund has a Cultural Day in September, and Malmö has an African Cultural Festival and a City Festival in August each year. Hope for good weather. Source: *Wikipedia*.