



SCIENCE AND
EDUCATION **FOR**
SUSTAINABLE
LIFE

Welcome to the
SLU Orientation Programme Autumn 2025

Content of this session

- Brief information about your studies at SLU
- Insurance and Health care
- Presentation of the Orientation Programme
- Time for questions

Welcome to SLU

The Mobility Team

mobility@slu.se

International Coordinators

Emma Capandegui (Campus Ultuna)

Martin Torkelsson (Campus Ultuna)

Emma Bågfors (Campus Ultuna)

Jenny Larsson (Campus Alnarp)

Rebecka Berggren (Campus Ultuna)

We process your application, course selection,

Learning Agreement, Attendance Documents etc.

Communicate with us when in doubt who to contact.



Mobility Team

- Regular drop-in hours Tuesdays and Thursdays 12:30 – 13:30 in Zoom
- On site drop-ins by the Service Center
- Email: mobility@slu.se



Important dates to remember

The academic semester starts next week, on **Monday 01 September** and ends on **18 January 2025**.

Wednesday afternoons!

Additional campus-specific information is available on the student web: [Academic calendar | Studentwebben \(slu.se\)](#)

Specific Course schedules are available through email from Course leader, at Canvas or via the course catalogue.



Search for courses at SLU

Here you can search for courses given at Bachelor's and Master's level. SLU also has many freestanding courses that you can apply for in a number of exciting subject areas.

name/code/subject...

Search

Filter / Sort order (Start date)

Sort order:

☒ Start date ☐ Location ☐ Course name

Filters:

Subjects:

All subjects



Advanced level:

All levels



Institution:

All institutions



Courses:

All courses



Course points:

All points



Period:

All periods

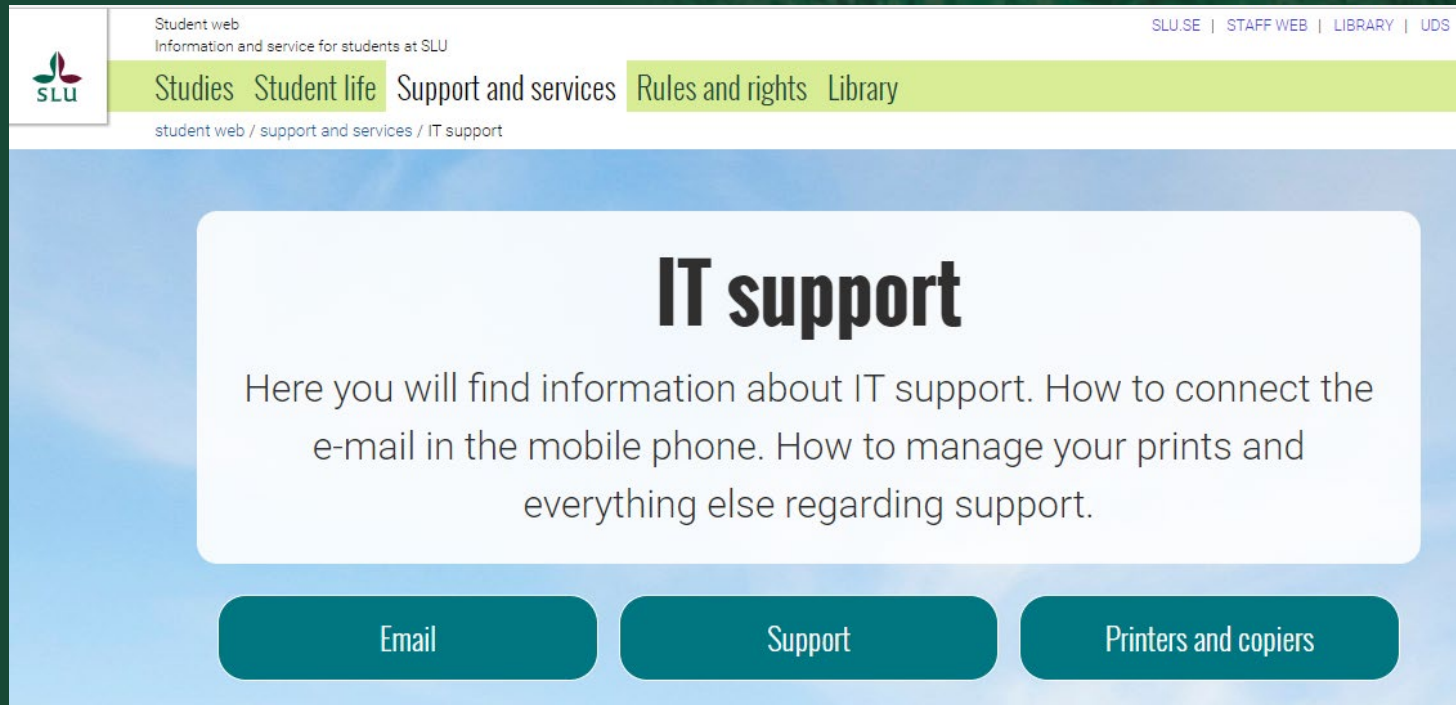


Language:

All languages



Student IT Account



The screenshot shows the SLU Student web interface. At the top, there is a navigation bar with the SLU logo and the text "Student web Information and service for students at SLU". To the right of the logo, there are links for "SLU.SE", "STAFF WEB", "LIBRARY", and "UDS". Below the navigation bar, there is a green horizontal bar with the following links: "Studies", "Student life", "Support and services", "Rules and rights", and "Library". The "Support and services" link is highlighted. Below this bar, the breadcrumb trail reads "student web / support and services / IT support". The main content area has a light blue background with a white rounded rectangle in the center. Inside this rectangle, the heading "IT support" is displayed in a large, bold, black font. Below the heading, a paragraph of text reads: "Here you will find information about IT support. How to connect the e-mail in the mobile phone. How to manage your prints and everything else regarding support." At the bottom of the white rectangle, there are three teal-colored buttons with white text: "Email", "Support", and "Printers and copiers".

Student web
Information and service for students at SLU

SLU

SLU.SE | STAFF WEB | LIBRARY | UDS |

Studies Student life Support and services Rules and rights Library

student web / support and services / IT support

IT support

Here you will find information about IT support. How to connect the e-mail in the mobile phone. How to manage your prints and everything else regarding support.

Email Support Printers and copiers

IT support | Studentwebben (slu.se)

Registration to SLU courses

REGISTRATION

- ✓ Mobility Team has admitted you to your courses - you must log into Ladok and self-register. If you can't self-register, your teacher can do it on the first day of class.
- ✓ At the first class, you will receive info about course requirements regarding exams and grading.
- ✓ Read the course **syllabus** to find out more about the requirements to pass the course and the grading scale.

Changing courses

CHANGING COURSES

- ✓ **Very limited.** Send an email to mobility@slu.se
- ✓ After you contact us, we will let you know if you get accepted in the new course.
- ✓ Important: It is not possible to change the courses in the admissions portal!

No add
and drop
period

SLU access card and the Mecenat card

SLU Access Card

- ✓ You will receive an email to pick up your access card from the service center automatically **when registered in ladok**.
- ✓ Printing, copying, opening doors on campus

Mecenat card

- ✓ Digital student card – the only one valid in Sweden as a student ID
<http://mecenat.com>
- ✓ Contact the student union about becoming a member and how to get your card

****Remember:** you are not eligible for student discounts on the buses/trains until you have a Mecenat card. If you do not have one and you purchase the discounted tickets, you could be subject to a fine if you get caught by the ticket control (biljettkontroll).

Erasmus+ documents

- ✓ Learning agreements, confirmation of arrival/attendance –send via email, or visit us on campus.
- ✓ Learning agreements as an pdf must be sent to mobility@slu.se



Checklist for incoming exchange students

LAST CHANGED: 22 MAY 2025

As a new exchange student at SLU, you can find important information that will be useful before arriving to Sweden and while you are here as a student.

Receiving your acceptance letter from University Admissions	▼
---	---

Apply for a Swedish residence permit	▼
--------------------------------------	---

Learning agreements	▼
---------------------	---

Travelling to your campus	▼
---------------------------	---

Certificates of arrival and departure	▼
---------------------------------------	---

Accommodation	▼
---------------	---

Insurance	▼
-----------	---

Studying with a disability	▼
----------------------------	---

Activating your student IT account	▼
------------------------------------	---

Support for students

On this page, you can read more about student support and university life, to help you get the most out of your studies at SLU.

Support with your studies

Support with your studies

We have study and career counsellors to guide you through your time at university. If you have a disability that affects your work, you can apply for study support for students with disabilities.

The library offers course literature, study spaces, help with literature searches and academic writing, and much more. You can access support both via webpages and personalised service.

[Study and career guidance](#)[Study techniques](#)[Writing and language support](#)[Studying with a disability](#)[Library - personalised help](#)[Word templates for written projects](#)

Exchange studies and SLU Career

Exchange studies involve spending one or two semesters at one of SLU's international partner universities, giving you the chance to take similar courses in a completely different environment. SLU has exchange agreements with many universities around the world.

As an SLU student, you will always have access to careers advice and support during your time at the university. Guidance and inspiration are available to help you prepare as you make the jump from student life to employment.

[Study abroad](#)[SLU Career](#)

Discover the world Find your career

Student life

Student life

What is student life like off campus? Click the buttons below to read more about SLU's student unions, student finance, campus, accommodation and more!

[Campus and accommodation](#)[Student unions](#)[More information about student life](#)

Student healthcare services and When something goes wrong

The Student Health Service can help you with issues relating to student life. This may include stress, difficulty sleeping, low self-confidence, performance anxiety, fear of public speaking, alcohol or other issues that can complicate your time at university.

What to think about if you become ill Click the buttons below for more information.

Students are always covered by Kammarkollegiet's personal injury insurance for students during university hours. This applies for all students - on campus and on distance.

Click the 'In the event of an incident' button for information about specific

Student healthcare services Emergencies and incidents

Study with disabilities

– targeted study support

- Reading and writing difficulties/dyslexia
 - Mental health problems
 - Neuropsychiatric conditions
 - Hearing or visual impairments
 - Restricted movement
 - Chronic illnesses, such as rheumatism
- Problems that remain after illness or injury

Studying at SLU with a disability

Additional supervision

Special software

Listen to literature

Adapted examinations

Mentor

Help taking notes

disability@slu.se

SCIENCE AND
EDUCATION
FOR
SUSTAINABLE
LIFE

Canvas

- The inbox
- Choose your notifications. Make a connection to your ordinary mailbox.
- Can access the course at the start without being registered



Insurance and healthcare in Sweden

SLU Mobility Team

Insurance

- **Insurance as an incoming student** - registration in Ladok activates the insurance
- More information about student insurance on the student web: <https://student.slu.se/en/rules-rights/rights-and-responsibilities/insurances/>

Insurance

- During study hours, all students are covered by the personal injury insurance for students via Kammarkollegiet. Fee-paying students are covered by FAS+
- All exchange students are covered by the personal injury insurance Student IN insurance. You can read the full terms of the insurance on the Kammarkollegiet website
- **Registration in Ladok activates the insurance**
- If you have European citizenship, you should have the blue EU insurance card, which guarantees you the same prices as a Swedish citizen would pay.
- If you need to submit an insurance claim, you pay first and then submit your receipts for reimbursement with a form on Kammarkollegiet's website (***SAVE YOUR RECEIPTS!***), Mobility Team will help you with this.

If you get sick...

- Let your course leader know if you have to miss class
- Call 1177 (1177.se) for medical advice
- Go to your local health clinic (*vårdcentral*)
- **For emergencies** (akut), call 112 or go to the hospital (*sjukhus*)
- If you need to go back to your home country for health reasons, contact the Mobility Team



From a foreign
phone number dial:

+46 771 11 77 00

Emergency 112

The Student Health

- Stress
- Isolation
- Anxiety
- Fear of public speaking
- Procrastination
- Sleep issues
- Alcohol and lifestyle factors



Other services

- Ungdomsmottagningen (up to 20 years old)
- RFSU



STAGES of CULTURE SHOCK



Dealing with Culture shock



How to deal with a potential Winter Blues

- Get daylight, exercise, balanced self-care, sleep, appetite, socialize, stress management, light exposure



Be social but remember your recovery

- Join social activities and organizations
- Plan for recovery
- Today's society promotes activity



More information

1177

Student healthcare at SLU

In English – Studenthälsa

Student insurance and how to report an injury | Studentwebben

Insurance for exchange students | Studentwebben

Insurance for students and foreign visitors – Kammarkollegiet

Insurance for students who pay tuition fees (FAS and FASplus) -
Kammarkollegiet





The schedule of the Orientation Programme

Powerpoints are uploaded until the end of August. We recommend attending as many sessions as possible.

Monday 25 August - Online	Tuesday 26 August - Online	Wednesday 27 August - Online	Thursday 28 August - On campus	Friday 29 August - Guided city tour
<p>Session 1: Welcome to Sweden and to SLU's campuses</p> <p>09:00–09:30</p> <p>Pro vice-chancellor and an inspirational story from a current international student.</p> <p><i>The SLU Mobility Team, the Pro vice-chancellor with responsibility for internationalisation and a SLU student.</i></p> <p>Session 2: Meet the Housing Office</p> <p>09:45–10:05</p> <p>Ask any questions you have!</p> <p><i>The SLU Housing Office</i></p> <p>Session 3: Welcome Introduction - Mobility Team</p> <p>10:30–11:30</p> <p><i>The SLU Mobility Team</i></p> <p>Drop in on Zoom</p> <p>12:00–13:00</p> <p>Ask any questions you might have regarding your studies at SLU and life in Sweden. Note! This meeting is not mandatory. This is only for specific questions and is not a group session.</p> <p><i>The study and career counsellors at SLU and the SLU Mobility Team</i></p> <p>Session 4: Introduction to Sweden and Swedish culture and How to learn the Swedish language</p> <p>13:30–14:00</p> <p><i>The SLU Mobility Team</i></p> <p>Session 5: Transportation in Sweden and how to get to your campus - cashless society</p> <p>14:30–15:00</p> <p><i>The SLU Mobility Team</i></p>	<p>Session 6: Swedish civic registration number, insurance and health care</p> <p>09:00–10:00</p> <ul style="list-style-type: none">Part I (9.00–9.30): Target group – <i>international degree/programme students</i>Part II (9.30–10.00): Target group – for all international students <p><i>The study and career counsellors at SLU and the National Government Service Centre</i></p> <p>Session 7: What to expect from SLU?</p> <p>10:15–10:45</p> <p>SLU's rules and regulations in teaching and classroom environments. Learn about the Swedish credit system</p> <p><i>The Division of Educational Affairs</i></p> <p>Session 8: Academic culture at SLU</p> <p>11:00–11:30</p> <p>What is expected from you in the classroom? What is the academic culture like? How do you address your teachers? Intercultural communication in study groups.</p> <p><i>A teacher at SLU</i></p> <p>Drop in on Zoom</p> <p>12:00–13:00</p> <p>Ask any questions you might have regarding your studies at SLU and life in Sweden. Note! This meeting is not mandatory. This is only for specific questions and is not a group session.</p> <p><i>The SLU Mobility Team</i></p> <p>Session 9: SLU study systems</p> <p>13:30–14:30</p> <p>Information about the Student web, Ladok, Canvas, TimeEdit, and how to use the university's computers, printers, and digital accounts.</p> <p><i>SLU Division of IT and the Division of Learning and Digitalisation</i></p>	<p>Session 10: SLU University Library</p> <p>10:00–10:30</p> <p>Introduction to the most important features of the University Library.</p> <p><i>The SLU University Library</i></p> <p>Session 11: Meet Sluss - The Student Union Board</p> <p>11:00–11:30</p> <p>Sluss is the collaborative body for the student unions at SLU.</p> <p><i>The Sluss Board</i></p> <p>Drop in on Zoom</p> <p>12:00–13:00</p> <p>Ask any questions you might have regarding your studies at SLU and life in Sweden. Note! This meeting is not mandatory. This is only for specific questions and is not a group session.</p> <p><i>The SLU Mobility Team</i></p> <p>Session 12: Student support services</p> <p>13:30–14:15</p> <p>Study planning and guidance, student healthcare and disability study support.</p> <p><i>The study and career counsellors at SLU and SLU Disability Support</i></p> <p>Session 13: Additional practicalities (for exchange students)</p> <p>14:45–15:05</p> <p><i>The SLU Mobility Team</i></p>	<p>Session 14: Meet and greet at your campus</p> <p>Meet your local team, fellow students and student unions. Ask any questions you might have and fika with us.</p> <p>Alnarp Campus 13:30–15:00 Meeting point at the Service Centre. Address: Sundsvägen 6</p> <p>Ultuna Campus 13:30–15:00 Meeting point at the Service Centre. Address: Almas allé 8</p> <p>Umeå Campus 13:00 – 16.15 Meeting point at the Service Centre. Address: Skogsmarksgränd 17, ground level (3).</p> <p>Please register in advance for this event using the following link: https://forms.office.com/e/GfgCj3KGrW?origin=lpLink</p> <p>The registration form for the Campus meet and greet will open on 26 May and close on 21 August.</p> <p><i>The SLU Mobility Team, The study and career counsellors at SLU, Student unions</i></p>	<p>Guided city tour in Uppsala, Malmö and Umeå city</p> <p>Please register in advance for this event using the following link: https://forms.office.com/e/acd1w43w43?origin=lpLink</p> <p>The registration form for the Guided city tours will open on 4 August and close on 22 August.</p>

Questions?

Email us at mobility@slu.se or come by our drop-in hours

Who to contact when?

Mobility Team: Learning Agreements, Attendance Documents, your course schedule etc.

Teachers: Course literature, assignments, the schedule, complaints etc.

Admin: Ladok, registration, learning platform etc.

Study counsellors: Your studies in general and your career

Housing:

When in doubt, contact mobility@slu.se