

Boost your student life!

Pocket guide for students in Kalmar



This pocket guide contains a lot of useful links. An index with all these links along with QR codes, are gathered in the last chapter.

2022 KALMAR MUNICIPALITY

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Introduction

Welcome to Kalmar and one of Sweden's newest universities! You've come to the right place.

Kalmar is a university city, and it is the students and people at the university who make the University city alive.

Here you can study in Sweden's most fresh and new buildings. In Kalmar, most things are nearby, both in terms of studies, business, and leisure.

In this guide, we have gathered information that is good for you as a student to know before, during and after your studies to maximize your student life and future career.

No matter who you are and where you come from, the university city of Kalmar is a place where you can realize your ideas and dreams and evolve as a person and as a professional. We want you to feel welcome and make friends for life. Together we are shaping the university city of the future!

Check out the movie about the university city of Kalmar



We are constantly working to improve and develop the University city of Kalmar to meet your needs as a student. Do you want the latest updated version of the pocket guide for students? Go to the digital pocket guide for students at kalmar.se

Pocket guide for students

BEFORE

Move to Kalmar

Accommodation

Moving to another country, even for a short period of time, requires a great deal of preparation and planning. Start planning your stay in terms of your future accommodation as soon as you have decided to study at Linnaeus University.

Finding a place to stay during your time at Linnaeus University will look different depending on what type of student you are.

If you need to search for accommodation on your own, we recommend you to read the Linnaeus union's housing guide. The Linnaeus union also has a housing agency that is available to all students.







Planning to stay more than a year?

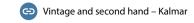
If you plan to live in Sweden for one year or more, you will usually be required to be listed in the Swedish Population Register. This means you will be registered as a resident in Sweden. Once you are registered as a resident in Sweden, you will get a Swedish personal identity number. The Swedish Tax Agency decides if you meet the registration requirements.



Second hand furniture

If you want to buy secondhand furniture, you are welcome to "Aterbruket". In the city centre you will also find several other vintage and second-hand shops.





Meet up at "Kalmar Come Together"

For those of you who are new to the city and want to meet outside of all the activities of student life, Kalmar municipality invites you to move-in meetings from time to time. We meet at one of the city's many restaurants or pubs.



Kalmar Come Together meetings



Arrival service

Note to self

If you plan to stay in Kalmar after your studies, register in the housing queues provided by housing companies.

One of the largest housing companies also specialized in students' needs is "Kalmarhem". Register and start collecting points. The one who has been in the queue the longest has the most points and the greatest chance of getting an offer for the accommodation they have applied for. Also, contact and register at other companies' queues, if they have one.



Kalmarhem



Other housing companies

Do you have a disability and have a need for educational support? Apply well in advance, preferably as soon as you have been admitted.



Study with disabilities

Read through the Linnaeus university's Survival guide for international students for additional information about the Swedish education system, your studies, the facilities, and student services around campus etc.



Preparing for your stay

Do you need further quidance? Don't hesitate to contact the Student Coordinator at the Linnaeus Union at **studcoord@linnek.se** or contact the Linnaeus Union's administrators at info@linnek.se

Get to know Kalmar (With a local accent: Kiaaahlmal

Kalmar is a small large town with most things within walking and cycling distance. There is something for everyone!

The university is located by the sea, in the middle of the city among cozy cafes and restaurants in a historic center.

Getting around

You can go almost everywhere by bike in Kalmar, you can even get over to the island called "Öland" during May-September with the bicycle ferry Dessi.



Rent a bike via Rentbike Kalmar



Timetable for the bicycle Ferry Dessi

Public transport

If it feels too long or too windy to take the bike, you can easily get around by bus!

"Kalmar länstrafik" (Kalmar County Transport) is an administration within the Kalmar County Region and has the overall responsibility for the county traffic buses, Öresund trains, Krösatåg, service trips and archipelago traffic in the county.

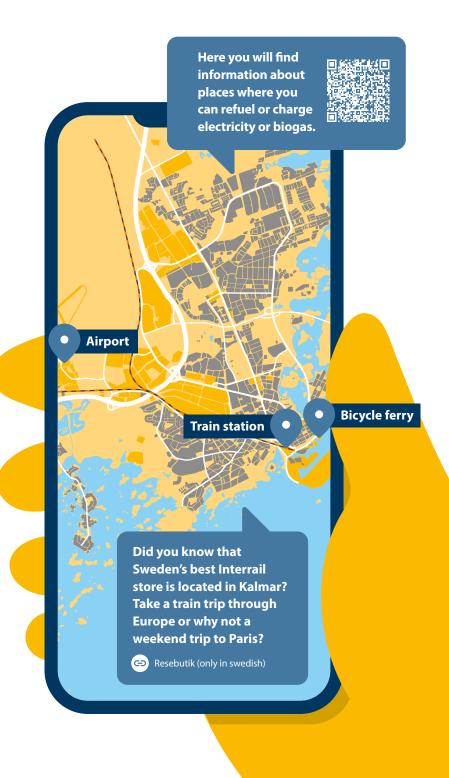
> Krösatågen (only in Swedish)



Travel to and from Kalmar

You can also travel by bus, train, plane or car to and from Kalmar. Kalmar municipality invests in sustainable travel and maintenance of streets and roads to make it easy for everyone to travel.

Bus Train **Flight** Car Kalmar Öland dElbilspoolen Öresundståg (only in Swedish) (only in Swedish) Silverlinjen



Learn Swedish

Do you want to learn Swedish for free? Are you ready to move past "tack" and "hej"? Join Swedish for immigrants (SFI) program.





DURING

To do – city life & quality of life

You have probably seen that Kalmar Castle is centrally located and near the university. But in addition to historical environments, there are plenty of beaches and lovely nature in and around the city.

There are also many lovely green areas near to the city's pulse. Here you can hang out with friends, study, bring a picnic to enjoy in the green grass or sunbathe next to the castle wall.

Keep yourself updated on what is happening in Kalmar!

Follow Kalmar municipality on:











Download the Kalmar app to keep track of events, bathing temperature, map and more (only in Swedish). Search for Search for Mitt Kalmar via Google play or App Store.

Kalmar in brief is an annual brochure with information about Kalmar. It can be read and downloaded as pdf here.



Culture, leisure and events

For those who have, or want to find hobbies, there are many different associations to get involved in regarding culture, sports, and leisure. Many activities are also completely free and easily accessible to everyone!

Nature and outdoor life

Do you like to be out in the nature and at the same time feel the wings of history? Then check out our walking trails! For example, you can find a guide in English for a walking trail through Kalmar's parks. Or maybe you fancy a swim, then check out all Kalmar municipalities swimming areas.

For more excursion tips follow



Walking trails



Bathing places



Cultural experiences, leisure activities and events

Kalmar municipality offers many cultural activities. There are also cultural organizations that have special offers for students. For example, "Byteatern".

If you are up to 25 years old, you can take part in the activities organized for young people in Kalmar. For example, the youth center UNIK that arrange activities such as music coaching and poetry evenings.

Cultural activites in Kalmar

Youth center UNIK

Byteatern (only in Swedish)

Kalmar's event calendar

Sport and exercise

In Kalmar, there are a wide range of activities and places for you to practice the sport or outdoor life that you want. For example, Kalmar Wake Park, which was started by students!

Kalmar WakePark

Experiences and activities in Kalmar



Shopping

In Kalmar, there are shopping opportunities with both famous chains and shops with a local touch. There are also plenty of cozy cafés to take a break, hang out or study in.

Take a look at the Linnaeus union shopping guide for an introduction to these areas. They have also included information about budget friendly options, such as thrift stores and Facebook groups.



Shopping in Kalmar



🖒 Linnaeus union shoppinguide







Student life

There are about 6 000 full-time students in Kalmar. In addition to the students studying at Linnaeus University, Kalmar also has around 120 medical students from Linköping University because there is the opportunity to conduct the clinical part of the education, the last six semesters, in Kalmar.

For you and every other student, the Linnaeus Union and the student associations offer many student activities!

Student organizations

Linnaeus Union organizes a wide range of associations which are open to all students. You should easily find an association that matches your interests. Join the Linnaeus Union and a couple of associations and you have taken a big step towards a great student life!

Linnaeus Union

Linnaeus Union represents all the students at Linnaeus University and work to make their studies and study time as good as possible. Members can take part in events, activities, get business contacts, discuss housing issues and get benefits such as discounts. Also, turn to the Linnaeus Union if you need advice and support or have been treated incorrectly by the University.





Linnaeus Union - Associations & Pubs





Educational associations

In Kalmar, there are several student associations that boost your student life, regardless of your interests. Of the associations that have overalls, there are eight education associations or those who study a specific program at a faculty, and one interest association for international students. Each of these associations have their own student overalls in the color that belongs to the association. For those of you who study individual courses, you can join the educational association that is the best match with your studies.

All associations are open to support members. If you want to attend events with an educational association that does not belong to your particular education, you can become a support member.



CNaS – for students studying optics, natural science, environmental analysis, or pharmacist at the faculty for Natural sciences.



Cnaskalmar



cnas kalmar





ESN Kalmar – for international and Swedish students interested in networking.



ESNKalmar



🧻 esnkalmar





Humanus – for students in sports science, nursing, social studies, or medical studies.



HumanusStudentforening



humanuslnu





Kalmar ESS – for students at the school of Business and Economics.



KalmarESS



kalmaress





KAROLIN – for students in any of the teaching programs.



karolinlnu



karolin.lnu





Lambda – for students in nautical sciences at the Kalmar Maritime Academy.



lambdastudentforening



[O] lambdastudentforening





LiK – for students in Social sciences, Political science, Social work, Film and Literature, Cultural sciences, Music, Arts and Languages.









Medicinska föreningen Kalmar – for the medical students in Kalmar.







Meskalin – for the Journalism and Media programmes, International Social Studies, Cultural Heritage in the Present and Future and Visual Communication + Change in Kalmar.



MeskalinKalmar



meskalinkalmar





SPIIK – for students in Software Technology, Web programming or Interaction designer. Belongs to the Faculty of Technology.



SPIIK



spiikalmar



Interest associations and student pubs

There are also six interest associations that are linked to a specific area of interest.

FIKS – the sports association for students.

fikskalmar fikskalmar.se

KAFFE – an association for students interested in theatre, music, singing, arts and more.

f kalmarkaffe o kalmarkaffe

Kexet – show/entertainment association. Right now a pending association, waiting for committed students!

Klimatstudenterna LNU (The Climate Students LNU) – The purpose of the association is to support Lnu to lower their emissions.

f klimatstudenternalnu o klimatstudenternalnu

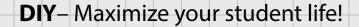
Lék-stugan – is the association that will run the new student pub in Kalmar. Open to members in Linnaeus Union.

Radio Shore – Kalmar's student radio. By students, for everyone!

radioshore radioshore adioshore.se

Student pubs

- Lambda, Meskalin and Humanus run the student pub "Sjösjukan".
- The Union house "Lék-stugan" is under construction!



There are many ways to get involved in the student life. The union and associations are driven by student engagement. This means that thanks to you and your fellow students, there is a rich association life and a variety of activities. There are various opportunities to get involved and influence student life.

- Join the union, your educational association and the interest associations that suit you.
- 2 Become a student representative for your education.
- **3** Become Buddy for an international student.
 - Buddy program
- Gather with likeminded or different minded people and start an interest association.
- **5** Have fun and use your time as a student to MAX!

Note to self

Learn to sing the Swedish song about Kalmar called "Calmarevisan"

Uti Kalmare stad ja, där [swenglish: daer] finns det ingen kvast förrän lördagen [swenglish: loerdagen].

Hej dick Hej dack Jag slog i och vi drack. Hej dickom dickom dack Hej dickom dickom dack. För uti Kalmare stad ja, där [swenglish: daer] finns det ingen kvast förrän lördagen [swenglish:loerdagen].

Calmarevisan on Spotify!





Calmarevisan – Full lyrics



Take care of yourself

What you need to know

Health center

If you need medical care, you can usually get help at a healthcare centre. Call 1177 if you are unsure where to seek care. The nurse who answers the 1177 helpline can also give you advice on what you can do yourself to feel better.



How healthcare works in Sweden



Student welfare - Important information

The Student Welfare Office at Linnaeus University

If you feel stressed, worried, or weighed down by something, contact the Student Welfare Office "Studenthälsan". Here you get free professional counselling. You can also get help if you have concerns about exercise, diet, sleep or sexual health. The Student Welfare Office also holds courses in yoga, mindfulness and how to learn to dare to speak in front of larger groups



The Student Welfare Office



a studenthalsan@lnu.se

The HV Training Health Clinic at Linnaeus University

Have you been thinking about doing something to improve your health and well-being? Then why not start out by booking a free health exam at our clinic. The student staff, who will soon have their degrees in Nursing or have completed their specialist training as District Nurses, work with health maintenance and promotion under the supervision of a qualified nurse.



The HV Training Health Clinic



| halsomottagningenlnu

Optometry training clinic at Linnaeus University

Here optometry students work under the supervision of teachers who are licensed optometrists. The eye exam is free of charge when performed by optometrist students in undergraduate studies.

Contact the clinic on phone 0480-49 70 07 or send an email optiker@lnu.se



The Optometry training clinic at Linnaeus university

Support for people with disabilities

In Kalmar municipality, people with disabilities should be able to live an active and meaningful life in community with others and participate in society on equal terms as others.

We also want to make it easier for you with a disability to have a better and more fun leisure time. With "Kompiskortet" (The buddy card) you can invite a friend or support person to join activities in culture and sports. By being able to bring a friend, we hope that you will be safer when you try new things and meet new people.



Kalmar is an old and beautiful city but not always easy to get around in. We are constantly working to improve accessibility and if you are wheelchair user, a "Freewheel" can make it easier for you when you want to get around the city centre.



Kompiskortet (the buddy card)



Freewheel

Support for mental health

If you live with mental illness or addiction – There are many associations and organizations that offer advice and support, both online and by phone. Mostly they are free of charge, and you can be anonymous. Here is a list of support lines that you can contact if you need temporary support.



Support for mental illness



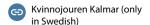
Mental illness – kalmar.se

Do you know someone who has been the victim of domestic violence?

Are you subjected to threats, violence or other abuse? Are you worried about someone close to you?

The women's helpline and the Youth helpline offer support and protection for all women and children exposed to violence and vulnerable young people. Get in touch, you are always anonymous. Call: 0480-191 55

Sweden's National Women's Support Helpline provides support on 020-50 50. The line is open around the clock and your call is free of charge. Your call will not show on the telephone bill.







In emergency situations, call SOS Alarm on 112.

Keep your student budget

Sometimes it can be difficult to get enough money as a student. Here are some tips and advice on student finances.

What you need to know

Read about what applies in the social insurance system if you move to Sweden to study.

If you need help planning your finances or are having trouble paying your debts, you can get advice from the budget advisors. Budget advice is free of charge and confidential.

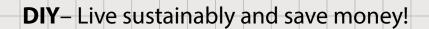
If you want advice on a purchase of a product or a service, you can contact the consumer advisor at Kalmar municipality. The advice is free of charge.

😊 Study in Sweden



Budget advice





- Exercise for free!
 - Public running tracks
- Borrow stuff instead of buying new! It's sustainable too!
 - Fritidsbanken
- Buy and sell used student literature, for example, at "Studentapan" and "Campusbokhandeln". The Linnaeus Union is the submission agent for the Campus bookstore.
- Rent sports and leisure equipment when you want instead of filling the dorm room with stuff! Activity boxes for an active free time for everyone

Activity boxes

Apply for scholarships

Become a member of the Linnaeus Union

- 1. As a member, you get discounts via the Linnaeus Union discount booklet.
- 2. Linnaeus Union offers free coffee or tea to all members on Thursdays at 12.00-13.00 (noon to 1 pm).
- Every month you have the chance to get a literature scholarship worth SEK 500.
- 4. If you are engaged in developing student life, you can apply for Linnaeus Union's commitment scholarship.
- 5. Find out more about all the possibilities of Linnaeus Union.
 - Linnaeus Union Benefits for members



Contribute to climate work

What you need to know

Kalmarsundsveckan (Kalmarsund Week) which is annually at the beginning of September – a meeting place for sustainable development. An arena where both the private sector, the public sector, researchers, and citizens gather to discuss sustainability issues, to learn and to be inspired by each other.



In Kalmar municipality, we work with high environmental goals. This applies in our own operations, but an important task is also to help our citizens to live in a more environmentally smart way. Here are our top tips!

Sustainable lifestyle

- E Keep Kalmar clean!
- Clean East Coast app (Ren Ostkust)

Do something good for the climate and you have the chance to win Kalmar municipality's climate prize of SEK 15 000.



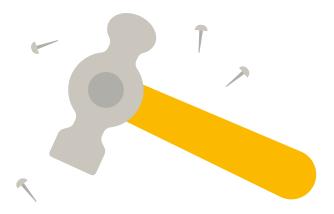
DIY– Fight climate change together with City of Kalmar

Welcome to fight climate change with the municipality and win nice prices. Take a picture when conducting any activity below and send to ekopodden@kalmar.se

- Reduce food waste no more than one small meatball per serving. Ideally, you should not throw away anything, but a small meatball is what the primary school students have managed to reduce it to, after targeted efforts.
- Skip bottled water and enjoy tap water. Through "Kalmar Refill" you can find places where you can refill your water bottle free of charge.
 - Kalmar Refill Fill your water bottle
- Increase biodiversity. If you have access to a garden or balcony, feel free to plan lavender, sage and thyme - these plants are also liked by bees and other insects that take care of the vital pollination that gives us fruit and berries, among other things.
- Keep track on the kilowatt reduce energy use at home. Turn off the computer properly (not just stand-by) so you rest both your soul and reduce energy consumption. If you want to know more about how to save energy, you are welcome to contact our energy and climate advice. It's free of charge.
 - Energy and climate consultancy



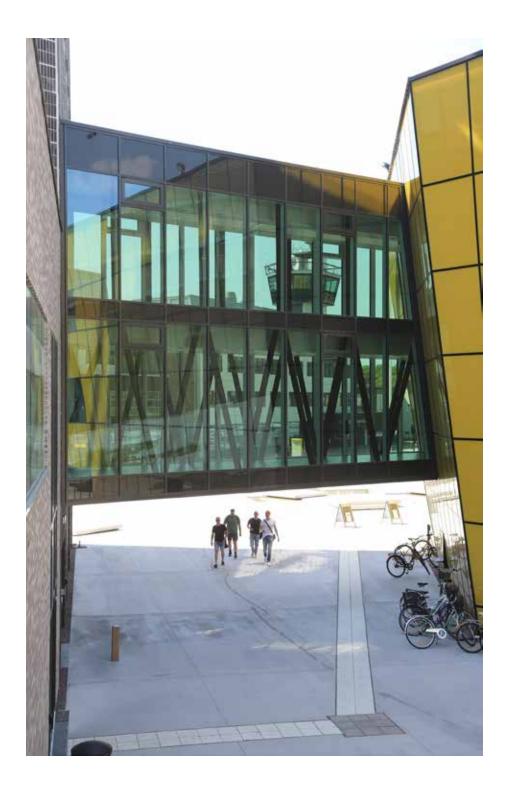
The electricity market



- **5** Cycling! create new cycling habits.
 - Better points (only in Swedish)
- Make your voice heard get involved in the climate issue.

 Join the association of Climate Students at LNU.
- Make a circular effort at your study place, for example, a "take-and-give cabinet" or clothes change day.





FUTURE

Your career begins in the Kalmar region

Kalmar municipality has around 70000 inhabitants. There is a strong business community with about 6500 companies, and most of them are in

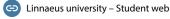
the sectors of in green industry, e-commerce and e-health, so there are plenty of opportunities to make contacts. There are also many international companies with the opportunity to make an international career.

Many of the companies are part of networks that arrange meetings, where students are extra welcome.



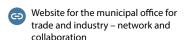
What you need to know

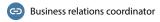
Business fairs – organized at the university. Information comes on the calendar on Inu.se and is advertised on social media.



The business sector in the City of Kalmar – wants to get in touch with students! Here you will find, among other things, some of the networks and organizations you can benefit from as an entrepreneur and student.

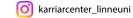
You can also contact City of Kalmar's business relations coordinator (företagslots) who will help you further.





Career Center – can help you find interesting jobs and internships, discuss career choices, help you with resumes and cover letters, and what activities you can get involved in to get a good start for your future career.





Karriärcenter Linnéuniversitetet

"Drivhuset" in Kalmar – supports students and alumni who want to develop their ideas, lead projects, or start up their own business. Here is a network of students who are interested in making visits to companies together and making contacts.







Kalmar Science Park Incubator – if your own business has the potential to grow, there is the opportunity to be admitted to Kalmar Science Park Incubator, which means access to tailor-made business development. Read more about Kalmar science park on the website and follow on social media.







LinkedIn – Follow Lnu Career Center and the Kalmar County Career and Recruitment group

in Kalmar län | Karriär & Rekrytering

Linnaeus Union job opportunities – Information will be posted on their website and will also be disseminated on social media.





Swedish public employment service (Arbetsförmedlingen) – The Swedish public employment service has very good tips on how to look for a job in Sweden, how to write a CV, how to prepare for an interview and more.

Swedish public employment service



- Career counselling service Send an email to karriar@lnu.se and book a meeting with a career counselor.
- Get a mentor Sign up for the Mentorship Program.
 - The mentor programme
- Job Work extra during the semester and summer, sign up to be a student ambassador or to a trainee programe.



- 🖨 Find jobs and internships
- Support person Provide support and help to others. Register as a volunteer in Kalmar. Turn to the municipality's contact center and they will guide you to the right contact person.
 - Volunteer in Kalmar
- Board positions Develop the student life and the student association life. Apply for one of the board positions in the union or student associations. There are also many opportunities if you get involved in the rest of the cultural and association life in Kalmar!

Mululu

Engage yourself as a student





Note to self

When you are about to finish your studies sign up to join the Alumni Network.





Questions?

Your opinion means a lot to us, and you are welcome to participate in the development of Kalmar. Together with Linnaeus Union and Linnaeus University, we are also working to become an even better student city.

Do you have an idea that could make Kalmar even better? Contact the Student Coordinator at Linnaeus Union, contact the municipality through the information below or talk to us when you see us at the university! We are quite often at the Linnaeus Union's members coffee on Thursdays.

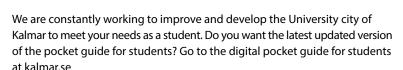
Get in touch with us!

Call the Contact Center on 0480-45 00 00 or email kommun@kalmar.se

Check out our student website, where we have gathered everything that can be good for you as a student to know



Student in Kalmar





Pocket guide for students





A



Accommodation



Activity boxes



Arrival service

B



Bathing places



Betterpoints



Buddy program



Budget advice



Business relations coordinator



Byteatern (only in Swedish)

C



Calmarevisan
– Full lyrics



Career Center



Clean East Coast app (Ren Ostkust)



Consumer guidance



Cultural activities in Kalmar





dElbilspoolen (only in Swedish)



Drivhuset

Е



The electricity market



Energy and climate consultancy



Engage yourself as a student



Experiences and activities in Kalmar

F



Find jobs and internships



Flixbus (only in Swedish)



Freewheel



Fritidsbanken





How healthcare works in Sweden



The HV Training Health Clinic

K



Kalmar Come Together meetings



Kalmar's event calendar



Kalmar Refill – Fill your water bottle



Kalmar Science Park



Kalmar Öland Airport



Kalmarhem



Kalmarsundsveckan (only in Swedish)



Keep Kalmar clean!



Kompiskortet (the buddy card)



Krösatågen (only in Swedish)



Kvinnojouren Kalmar (only in Swedish)"



Linnaeus Union



Linnaeus Union

– Associations & Pubs



Linnaeus Union

– Benefits for
members



Linnaeus union's housing agency



Linnaeus union's job portal



Linnaeus union's upcoming events



Linnaeus union's housing guide



Linnaeus Union's

– Shoppingguide



Linnaeus university
– Student web





Mental illness – kalmar.se



The mentor programme



Moving to Sweden





Other housing companies



The optometry training clinic at Linnaeus University

P



Pocket guide for students



Preparing for your stay



Public running tracks

R



Rent a bike via Rentbike Kalmar



Resebutik (only in swedish)

S





Timetable for the bicycle Ferry Dessi

V



Vintage and second hand – Kalmar



Volunteer in Kalmar

W



Walk in parks



Walking trails



Website for the municipal office for trade and industry – network and collaboration





Youth center UNIK



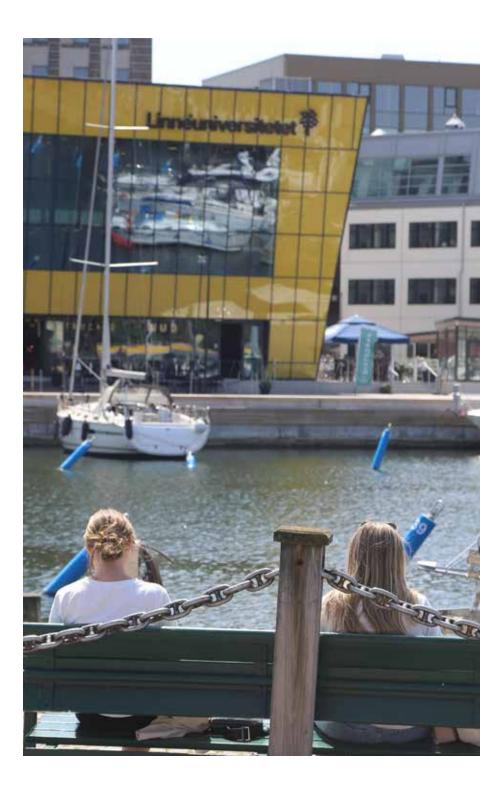


Återbruket





Öresundståg



Malmar kommun, Box 611, 391 26 Kalmar

