International Orientation Week
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Wednesday 23rd January
14.00-17.00 Smålands Nation
Fika with the officials. (Max 70 people). N/N
17.00-19.00 Uplands Nation
Speed Friending.
18.00-22.00 Kalmar Nation
Swedish food night.
18.00-20.00 VG Nation
The International pubquiz (limited seats).
19.00-22.00 Snikerikes Nation
Beer Pong Try-Outs (Max 40 people).

Thursday 24th January
17.00-19.00 V-Dala Nation
Introduction to Swedish folk music. There’s fika. N/N
17.00-18.00 Gotlands Nation
Crash course to Sweden and the Swedes. Limited seating.
N/N
19.00-20.00 ÖG Nation
Yoga. Bring your own mat if you own one. (Max 20 pp)
N/N
19.00-22.00 Göteborgs Nation
International Karaoke Pub.

Friday 25th January
18.00-20.00 Uplands Nation
Beer tasting. Max 20 ppl. Tickets can be bought at
Uplands registration for 80 SEK.
18.00-19.00 V-Dala Nation
Winter running. Meet at V-Dala Nation. N/N
18.00-20.00 Värmlands Nation
International “pre-drink” before club. Max 50 people.

Saturday 26th January
11.00-13.00 Göteborgs Nation
International brunch. N/N
14.00-16.00 Kalmar Nation
Fun quiz about Sweden. (Max 85 ppl) N/N
14.00-15.00 VG Nation
Quiz walk around town. N/N

Sunday 27th January
14.00-16.00 IK fika at GH Nation
IK fika. Meet your international committee and make new
friends. N/N

The International Committee (IK)
Facebook: International Students of Uppsala University
Email: international@kuratorskonventet.se

The International Office
Segerstedthuset, Dag Hammarskjölds väg 7, Uppsala
+46 (0)18-471 00 00 (switchboard)
Email: mobility@uu.se
masterprogrammes@uu.se

International Board
The International Committee (IK) hopes that your stay in Uppsala will be memorable!
Welcome to Uppsala

The Student Nations and the International Committee

A nation is a student organisation that offers everything from choirs, cafés, pubs, restaurants and nightclubs, in addition to a variety of events during the semester.

Each nation is unique and you are free to join whichever one you like. Being a member of one nation does not stop you from doing activities at others!

All nations have international secretaries that you can contact if you need help or have concerns. All the international secretaries together make up the International Committee (or the Internationella Konvent, IK) which organise various cultural events and activities such as the IK Gasque, theme dinners, pub nights and traditional activities.

Check out their Facebook page 'International Students of Uppsala University' to see what events are happening as well as the nation guide at www.nationsguiden.se.

The Orientation Week

The Orientation Week consists of various events, mostly at the nations, to help you get acquainted with Uppsala and everything that the vibrant student life has to offer. It begins with the Arrival Days between the 18th and the 19th January at Segerstedthuset. Here you can meet the IK, the Housing Office and the International Office, as well as creating your Student and Internet Account.

The Welcome Fair

The welcome fair will take place on Monday 21st January between 17.00-20.00 at Blåsenhus. At the fair you will find representatives from all the student nations, the Student Union and the Student Health Care, along with various other student organisations. Please see the schedule in this folder.

Your Nation Card (Student ID)

During the Welcome Desk at Segerstedthuset, you can collect a free temporary nation card that is valid during the orientation week. Please bring a valid photo ID and your university confirmation letter to collect it. Upon registration at a nation or at the Student Union, a plastic nation card will be issued for you that you will have to present with your passport/ID at the entrance of all nations whenever alcohol is served. The nation card will give you free entrance to the clubs of the nation you choose and a few other benefits. When you sign up for a nation, you may join the Student Union who can help you with study problems.

If you didn’t pick up your temporary nation card at the Welcome Desk, you can get it at the Welcome Fair.

The International Gasque

The International Gasque is your first student dinner in Uppsala and will be on the 2nd February at V-Dala Nation. Gasques are part of the traditional student life here and this is your chance to learn how to gasque before attending one at a nation. Dress Code: knee length dress or suit and tie. You can buy tickets at the Welcome Desk at Segerstedthuset or from the IK Desk at the Welcome Fair.

Welcome Desk

18th of January
11.00-20.00
19th of January
11.00 -16.00

Segerstedthuset, Dag Hammarskjölds väg 7

International Orientation Week

Sunday 20th January
11.00-13.00 Walking Tour of the City led by the IK (meet at Uppsala Cathedral Please sign up at the Arrival Days. 200 ppl max.) N/N
13.00-15.00 GH Nation
Q&A Session with Swedish mulled wine.
13.00-16.00 Smålands Nation
Swedish lunch and hot chocolate (70 people max) N/N

Monday 21st January
17.00-20.00 Welcome fair at Blåsenhus (Basement)
Meet the Nations and choose which one you would like to become a part of. N/N
20.00-22.00 International Pub organised by the International Office, at V-Dala Nation
Keep an eye on the international facebookpage for more information.

Tuesday 22nd January
12.00-15.00 Östgöta Nation
Waffle day including vegan alternatives. N/N
17.00-18.00 Gotlands Nation
Crash course to Sweden and the Swedes. Limited seating. N/N
18.00-23.00 GH Nation
Breakfast for dinner.
18.00-01.00 Snerikes Nation
Welcome Dinner and Club. Tickets to be bought from outside Snerikes Nation Library from 16.00 for 50 kr. (Max. 45 people).
18.00-22.00 Värmlands Nation
Board game night. N/N