INTERNATIONAL ORIENTATION WEEK  
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Wednesday 29th August

13.00-17.00 Welcome Reception for new Internationals at Universitetshuset N/N
14.00-16.00 VG Nation
Walking Quiz 'Tipspromenad' (Max. 30 people) N/N
16.00-17.00 Stockholm Nation
Park Hangout with Swedish Games at Ekonomikum Park N/N
17.00-18.00 Gotlands Nation
Crash Course 'How to Sweden' (limited seats) N/N
19.00-22.00 Smålands Nation
Beer Pong Try-Outs (Max. 45 people)

Thursday 30th August

12.00-15.00 ÖG Nation
The famous waffle buffet! N/N
14.00-17.00 Smålands Nation
Fika with the officials N/N
17.15-18.15 Värmlands Nation
Nation Magazine Workshop (Max. 30 people) N/N
18.00- V-Dala Nation
Jogging with V-Dala Sports N/N
19.00-23.00 Gothenburg Nation
International Karaoke Pub N/N
20.00-22.00 VG Nation
International Pub Quiz (limited seats)

Friday 31st August

11.00-15.00 Welcome Fair for all new Students at Universitetshuset N/N
16.30-17.30 Kalmar Nation
Scavanger Hunt N/N

Saturday 1st September

12.00-13.00 ÖG Nation
Yoga and fitness in the Great Hall N/N
20.00- Uplands Nation
Beer Tasting (Max. 20 people)

Sunday 2nd September

13.00-15.00 Picnic and hangout at Gamla Uppsala with the IK (bring own food)
17.00-19.00 Smålands Nation
Try lindyhop dancing (Max. 50 people) N/N

THE STUDENT NATIONS

Gotlands Nation  Östra Ågatan 13
Gästrike-Hälssinge Nation  Trädgårdsstugan 9
Göteborgs Nation  St. Larsgatan 7
Kalmar Nation  Svartmangatan 3
Norrlands Nation  Västra Ågatan 3
Östgöta Nation  Trädgårdsstugan 15
Södermanlands-Nerikes Nation  St. Olofsgatan 16
Smålands Nation  St. Larsgatan 16
Stockholms Nation  Drottninggatan 11
Uplands Nation  St. Larsgatan 11
Västmanland-Dala Nation  St. Larsgatan 13
Värmlands Nation  Ingmar Bergmansgatan 2
Västgöta Nation  Västra Ågatan 18

THE INTERNATIONAL COMMITTEE (IK)
Facebook: International Students of Uppsala University
Email: international@kuratorskonventet.se

THE INTERNATIONAL OFFICE
Segerstedthuset, Dag Hammarskjöldsgatan 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!
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 Internationalla 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 23rd and the 25th August 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 Friday 31st August between 11.00-15.00 January 20th from 17.00-19.00 at Universitetshuset. 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.

The Orientation Week Activities
Each nation has planned events for you during this week to best show you what they have to offer. There are also joint events such as a Guided Tour of Uppsala and a picnic at Gamla Uppsala where you can meet the members of the IK and new friends. Some events are free, and some require a small fee either in advance or at the door. Unless stated with N/N, always bring your temporary nation card along with your ID/passport. You are most welcome to take part in as many activities as you like its the best way to meet new people and get to know your new hometown!

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 7th September at Stockholm 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 for ladies and suit and tie for gentleman.

You can buy tickets at the Welcome Desk at Segerstedthuset or from the IK Desk at the Welcome Fair.