

# ULS WELCOMING WEEKS 2023



## Dear minions,

We are very happy to welcome you to SLU, Uppsala and our student union: **Ultuna Student Union (ULS)**! We are two of the committees responsible for arranging the welcoming weeks and are specifically responsible for you: Exchange students and Master's students.

In this document, you will find everything you need to know about the welcoming weeks. If anything is missing or unclear, do not hesitate to contact us.

Please remember: participation in the activities is **voluntary**. You can join in all, some or none. We do **not** tolerate peer pressure, whether pressuring others to drink alcohol or to join in on activities.

Best regards,  
the International Committee (IC) & The  
Master's Committee (MC)

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# Welcome letter from the president of ULS



Foto: Jenny Svennås-Gillner, SLU

## Hello new student!

I am happy to give you a warm welcome to SLU and Campus Ultuna. My name is Emma KEBNEHVISE Haglund and I am the President of Ultuna Student Union. It is Ultuna Student Union, also called the Union or ULS, which organizes the two welcoming weeks that, along side your studies, introduces you to your study period here at Ultuna.

The minion weeks, as the welcoming weeks are also called, are for you and the other new students to have fun and get to know each other, Ultuna and the students who are already studying here. Participation in our activities is not compulsory, but very fun and the more activities you choose to participate in, the more people you get to know! The schedule for the welcoming is coordinated with the university to give the best chance to attend as much as possible.

When you arrive here at Ultuna on the evening of Thursday August 24th, you have the opportunity to become a member of Ultuna Student Union. Before your first day at Ultuna you can also become a member of the Union through our website [www.ultunastudentkar.se](http://www.ultunastudentkar.se). Through the membership you get to participate in all activities during the welcoming weeks but you also get access to many different activities and festivities during the year. A selection of activities are the various sports trainings during the weeks, join one of the choirs, and the opportunity to buy food from local actors. In addition to these activities, the Union also conduct study monitoring at the University to ensure that your education will maintain a high quality during your study period. Members of the Union also have the opportunity to apply for student housing through the Ultuna student housing foundation, SUSbo, (when applying to stand in line you do not need to be a member) and rent the Union's lovely summer house, Aron's Hus in central Båstad at a favorable price. The membership fee in Ultuna Student Union is 250 SEK per semester or 500 SEK for an entire academic year.



Read more about the perks of being a union member:

<https://ultunastudentkar.se/en/bli-medlem/medlemsformaner/>

Sign up for a membership:

<https://ultunastudentkar.se/en/bli-medlem/bli-medlem-har/>

During the Minion Weeks, there are many opportunities for parties and various nighttime activities. It is important to point out that all alcohol consumption is completely voluntary. No one will be forced to drink alcohol against their will and according to the custom at Ultuna, you always have the right to say no to alcohol. If you feel that this is not being held, please talk to Emilia Fagerberg or any one in the Union board. This, of course, applies to any type of violation that to you or a friend experience at Ultuna. The Minion Weeks are supposed to be fun and a way to get to know new friends and the campus. If you do not experience this, it is important that you tell us about this.

New impressions will probably wash over you when you come here. New city, new home, new school and new friends. We at the Union are here for you as a new student. If you are curious about the Union, you can go to our website [www.ultunastudentkar.se](http://www.ultunastudentkar.se) and read more about our organization. If you have any questions, feel free to email me at [uls\\_ordf@stud.slu.se](mailto:uls_ordf@stud.slu.se).

I hope you get two fantastic welcoming weeks as a new student at Ultuna. Once again, a warm, warm welcome to SLU and Campus Ultuna.

Ultuna Student Union through  
Emma KEBNEHVISE Haglund  
President Ultuna Student Union 2023

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## Members of the Ultuna Student Union board

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*Read more about the union board and the responsibilities of the members using this link: <https://ultunastudentkar.se/en/om-uls-2/styrelsen/>*

# Get to know other students

The welcoming weeks gives you a great opportunity for getting to know other master's students, as well as exchange and bachelor's students.

To get in touch with other students, we recommend you to both join our Facebook groups and join a buddy group!



## Join a buddy group!

We have set up a buddy system, where you and some fellow minions will be assigned to a group led by a buddy (an 'older' student).

Your buddy will create a chat for your group where you can get in touch with each other and ask any questions that you might have. Your buddy will join in on some activities during the welcoming weeks and help you and your group to get to know each other.

Sign up for a buddy group, free of cost, using this link:

<https://forms.gle/ojVv8UDMpLfCCYuv5>

Sign up before Tuesday, August 22. If you miss the deadline, send an email to [uls\\_ic@stud.slu.se](mailto:uls_ic@stud.slu.se) and we will check the availability in the groups.

## How to connect

There is a Facebook group for all new students at SLU this semester, including Bachelor students:

<https://www.facebook.com/groups/291602246681356> Here everyone will post their challenges during the welcoming weeks and lots of other fun stuff. Beware! There will be a lot of Swedish in this group.

We have also have our own groups by IC and MC respectively. In these groups, we will post about activities and information that are relevant to you. You can also use this group to contact us and to connect with other International/Master's students. Join by using these links:

**MC:**<https://www.facebook.com/groups/334315541820042>

**IC:**<https://www.facebook.com/groups/119507124753240>

We will also let you know about important events during the welcoming weeks in our WhatsApp channel:  
<https://chat.whatsapp.com/H2ck5KbYZS6FLjsEmWwqAU>

Join us on  
Facebook!



# Advice from previous students

"Bring hiking gear, it's so nice and easy to hike in Sweden"

Here are some other websites and places that other students want you to know about

"Bring nice clothes if you want to attend a ball, it's so expensive to buy new ones"

In Uppsala city there are "Nations" that have parallel welcoming weeks. Read more here: [www.uppsalainternationalstudents.se](http://www.uppsalainternationalstudents.se)

In Uppsala there are "Nations" that are hundreds of year old. Read more about it here: <https://nationsguiden.se/en>

If you are overwhelmed by the many nations to choose from, this chart might help: <https://tagged4.uu.se/files/2018/08/Nation-choice-2.jpg>

If you need to get tested after or before having sex, get tested for free here: <https://studentgyn.se> or Rundelsgränd 3C, Uppsala

If you suffer from mental health problems, get free help here: [www2.uu.se/en/students/support-and-services/student-health-service](http://www2.uu.se/en/students/support-and-services/student-health-service)

If you need to buy second hand books, buy it online or at Campusbokhandeln: <https://campusbokhandeln.se/butiker/uppssala> or Skolgatan 1, Uppsala

If you want to hike or sport, but don't have the equipment, rent it for free here: [www.fritidsbanken.se/fritidsbank/uppssala-gottsunda](http://www.fritidsbanken.se/fritidsbank/uppssala-gottsunda) or Valthornsvägen 7, Uppsala

# Information about the welcoming weeks

The welcoming weeks is a great way to start your studies at SLU in Uppsala. By joining in on the activities, you will get to know more about what it's like to study here, get to know other students, and have lots of fun.

We in the IC arrange the welcoming weeks together with the Masters Committee (MC, responsible for master students) and 'Fadderiet' (responsible for Bachelor's students). You can recognise the volunteers during the welcoming weeks by their shirt colours:



**Buddy:** responsible for welcoming a group of minions (says 'Buddy' on the back)



**MC:** responsible for the buddy system, giving information and arranging activities for Master's students



**IC:** responsible for the buddy system, giving information and arranging activities for exchange students



**'Fadder':** part of 'fadderiet', responsible for welcoming Bachelor's students



**'Bonusfadder':** part of 'fadderiet', helps the 'faddrar'



**ULS:** worn by the members of the union board (the text is written in a gold-colour)

During the welcoming weeks, you will also see some mysterious people running around campus. You can identify them by the odd way that they dress. These are all-knowing and mighty people that are central figures during ULS welcoming weeks, and you will have several opportunities to see them.

Each of them is related to a certain group of students (such as certain programmes). One is specifically related to all minions (that is, all master's and exchange students).

As you will meet them during the welcoming weeks, you need to be aware of certain rules that exist:

1. Do **not touch** them
2. Do **not talk** to them
3. Do **not mimic** them






*Please remember that these dressed-up people are just for fun, if there is any part of this that makes you uncomfortable, please let us know.*



*FYI: There will be another student union (VMF, responsible for veterinary students) arranging activities during the same time, and they have their own mysterious people running around.*

# Schedule

For more information about what will happen during the different activities:  
see "[Information about activities](#)"

 Possibility to buy food	 Food will be served	 Bring your own food
 Dress to be active	 Bring warm clothes	
When?	What?	Where?

## Monday 21. August Information on Orientation programme by Mobility Team: [Here](#)

	Information from SLU	Zoom
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## Tuesday 22. August

	Information from SLU	Zoom
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## Wednesday 23. August

	Information from SLU	Zoom
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## Thursday 24. August

12.30-14.30	see: <a href="#">Campus Tour by Mobility Team</a> (sign up required)	Campus
14.40	Welcome by the Union & Union board	Union Building
15.00 	Meet up with buddies and afterwards picnic at flagpole or Loftet	Flagpole (next to union building, see <a href="#">map</a> )




## Friday 25. August

	see: <a href="#">City Tour by Mobility Team</a> (sign up required)	City centre
16.00	Trip to IKEA and 2nd hand stores	Central Station




## Sunday 27. August

17.00 	Picnic	Syltahallen
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## Tuesday 29. August

06.00		"Punschmorgon" and opportunity to buy tickets for the minion dinner and "Sångboksmiddag"	Flagpole
16.30		Learn the Union Dance!	
17.00		"Saftkalas"	Gathering at the flagpole
19.00		Historical tour of campus	Syltahallen
(After the historical tour)		Pub	Union building



## Wednesday 30. August

13.00		Tour of nations	City
 17.00		Battle of Ultuna	Flagpole
Evening		Pub-crawl with VMF	Union building/VMF union building

## Thursday 31. August


19.00		Pub	Union building
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## Friday 1. September

16.00-17.00		Dance Story	Flagpole
17.00-18.00		Information about the committees and Etiquette display	Syltahallen
18.00		Songbook sale	Outside Syltahallen
 18.30		Barbecue	Campus





## Saturday 2. September

10.30-13.00	Treasure hunt	City centre, meet up at the Castle
17dk (see: <u>dk</u> in wordlist) 	"Sångboksmiddag" (buy tickets on August 30, during "Punschmorgon")	Syltan
23.00-04.00	"Släpp" = party!	Union building




## Monday 4. September

until 13.00	Last day to sign up for Profezzor's invitations	Online: Union Facebook Website
17.00 	Minion games	Flagpole
(After the minion games) 	Pub	Union building



## Tuesday 5. September

12.00 	Lunch and preparing the throne and sled	Union building
17.00 	"Småttingprao" and dinner	Gathering at the flagpole
After dinner	Pub	Union building





## Wednesday 6. September

07.00-09.00 	Breakfast and preparing the throne and sled	Flagpole
12.00	Preparing the throne and sled	Flagpole
 16.00-02.00  (be on time!!! or early)	Profezzor's invitations (sign up deadline Monday 4. September)	Union Building


## Thursday 7. September

12:30	Dance practice	Flagpole
18.00	Dance battle	Vaksala torg (city centre)
 20.00 	Picnic	Ekonomikum


## Friday 8. September

16.00-18.00 	Finishing Sled-building	Flagpole
 19.00	Sled-race	Gathering at the flagpole
or		
 19.00	Picnic and games with buddies	Hill south of flagpole
(After the sled-race) 	Pub	Union building

## Saturday 9. September

17dk	Pre-drinks for the dinner	To be announced
	Miniondinner (buy tickets on August 30, during "Punschmorgon")	Syltan
23.00-04.00 	"Släpp" = party!	Union building

## Sunday 10. September

15.00-16.30 	Photo slide show of welcoming weeks + Fika	Union Building
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Note that the schedule might change so stay updated on  
Facebook or in our WhatsApp channel:  
<https://chat.whatsapp.com/H2ck5KbYZS6FLjsEmWwqAU>

# Map of campus



# Information about activities

## Information from SLU

Read more about it here:

<https://student.slu.se/en/studies/new-student/uppsala/ow-and-roll-call-autumn-2023-uppsala/>

## Meet up with buddies

Meet up with and get to know your buddy and buddy-group! This is a suggested time for the first meeting, if you miss it, you will still of course have the opportunity to be in a buddy group. At the end of this event, all buddy groups will gather at Loftet above Syltan for a picnic.

## Pubs

At any union pub, you can buy food for a cheap price and hangout with other students. But do not bring your own food or drinks in to the union building.

## Trip to IKEA and 2nd hand stores

Go with MC and IC to Boländerna. Those who want can join us for fika at IKEA and go shopping afterwards. You can also grab a handy map of second hand stores in the area from us and explore on your own.

You can meet us at the central station after the city tour, or directly at IKEA. A convenient bus line is **number 10** towards **Coop/IKEA Nantuna**.

## Picnic at Syltahaallen

Bring your own food and beverages for picnic with both Master's and exchange students. And who knows, there might even be a surprise visit...

## Punschmorgon and buying dinner tickets

Play games and get to know the ~~Others~~. You will also have the opportunity to buy tickets for two dinners during the welcoming weeks: the Minion dinner 9/9 and the "Sångboksmiddag" 2/9. You can read more about these dinners further down on this list. If tickets are left, they will also be sold during lunch on the same day.

## "Saftkalas"

During this event, MC and IC will provide fika for all minions, but bring something to drink! You can also go fika with people studying your subject in Swedish, but you might have to buy fika from their faddrar.

## Historical tour of campus

This event will start in Syltahaallen, where some history about Ultuna will be read (If you don't speak Swedish, you will be given a translation of the story). After this, you will be paired up with a tour guide that (in English) will walk around campus, giving you a tour of its "history".

## Tour of nations

Nations (student organisations in central Uppsala that arranges activities and parties) are a big part of Uppsala student life, so take this opportunity to get a tour of the nations in the city centre and learn more about them! You could also take this opportunity to become a member of one.

## Battle of Ultuna

More games around Ultuna hosted by ULS IF - the sport's committee.

## BBQ on Campus

We will meet on campus where we will have a grill. Bring your own food and beverages.

## Treasure hunt

Do different tasks in the city centre during this treasure hunt! A good way to have fun and see the city at the same time.

## "Sångboksmiddagen"

For this union dinner, all students are divided into their Swedish regions. While it is free of choice which region to sign up for, Internationals often sign up to join Gotland and Öland - this is also where you will find the chairperson of IC (Emilia Fagerberg) for this dinner, so don't hesitate to join her! Before the dinner, you will have pre-drinks with your region at a location TBD, and also sit together with the same people at the dinner.

## Minion games

Get to know some other students while doing games led by different committees from the union. Wear comfortable clothing and bring a towel.



## Good to know about union dinners

- It officially begins at the union building where you will see the seating chart, put your coats in the wardrobe, get a free drink, and have the opportunity to buy shot-tickets (if you want a shot during the dinner).
- After a brief speech, everyone walks together to Syltan, where a 3-course dinner will be served. Remember: do not sit down until the Union song has been sung!
- It is custom during the dinners to sing songs. Most songs sung during a dinner will be printed out and put on the tables, but you can also buy a songbook from the Union, where you can find all the songs.
- Students will sign each others songbooks with messages that the owner of the book is not allowed to read until the day after the dinner. So remember to bring a pen!
- Once the dinner is finished, everyone will walk back to the Union building for the "släpp" - which is the name of the party following the dinner.
- You are welcome to join the party even if you did not attend the dinner, although then you will have to pay a smaller entrance fee (while the party is included in the dinner ticket)

## Sled-race and preparation

Come and see when the students compete against each other in a race with sleds, a so-called "kälkrace"! These sleds will have been prepared by the new students, and you - the minions - will get to prepare your very own sled! You will have the opportunity to prepare this sled, as well as a throne, for your ~~Odor~~ during some mornings and lunchtime the very same week, where we will also provide you with free breakfast.

## Småttingprao

Join the activities hosted by other committees to get a greater picture of what they are doing at the union. Note: Some committees may have their prao in Swedish only.

## Profezzors' invitations

The incredibly intelligent profezzors at Ultuna invite you to have dinner with them. Wear comfortable and warm clothes as you may be having an outdoorsy dinner. Be ready for an unforgettable evening!

## Dance battle

All new students meet up in the city centre to dance the Welcoming Weeks 2023 dance, which you will be introduced to and given the chance to practice at several activities before!

## Picnic

Following the dance battle, bring your food to the picnic in the park. You can attend only the picnic if you want to.

## Minion dinner

To finish off the welcoming weeks, join us for a dinner at Syltan! Before the dinner, IC, MC will meet up for pre-drinks location will be announced



# Wordlist

<b>AK, akademisk kvart (sv) / Academic quater (en)</b>	If the time on a schedule says 9, it means 9.15. If the time says 9.00, however, it means 9 sharp	<b>Inspektor (sv) / inspector (en)</b>	An SLU employee that works with the union, the position is currently held by Anna Wistedt
<b>Bonusfaddrar</b>	'Older' students that help the faddrar during the welcoming weeks	<b>Instution</b>	An organisational part of SLU, responsible for the education and research within a specific field
<b>Buddies</b>	'Older' students welcoming and guiding the minions	<b>Jourhavande ultunesare (sv) / Ultunesare on duty (en)</b>	Someone active in ULS that you can call and talk to whenever you need it
<b>DK, dubbel kvart (sv) / Double quater (en)</b>	If the time on a schedule says 18DK, it means you can arrive anytime between 18.00 and 18.30	<b>Jyns</b>	Viking who lived on campus 1000 years ago.
<b>Fadderiet</b>	Committee at ULS responsible for welcoming the småttingar	<b>Kronåsen</b>	Area with student housing north of campus (see map)
<b>Faddrar</b>	'Older' students welcoming and guiding the småttingar, part of fadderiet	<b>Kårhuset, kåren (sv) / Union building, the union (en)</b>	ULS building, the building on campus where the union is based and where the pubs are held
<b>Fakultet (sv) / Faculty (en)</b>	An organisational part of SLU, responsible for the education and research within several fields	<b>Kårkansliet, KK</b>	Reception at the union, they are open 12:15-13:00 every day
<b>Funktionär (sv) / Volunteer (en)</b>	Someone engaged in ULS	<b>Kårleg (sv) / Student card (en)</b>	Also called Mecenat, can give you discounts and is your proof you are a union member
<b>Fyrisån (sv) / Fyris river (en)</b>	The river running through Uppsala and by the campus	<b>Kårnamn (sv) / Union name (en)</b>	If you have a position in the union with more responsibility you will be awarded a union name
<b>Gask or Gasque</b>	Another word for 'Sittning'	<b>MC, Master Committee</b>	Committee at ULS responsible for welcoming master's students
<b>Gälbo</b>	Area with student housing north of campus (see map)	<b>Minions</b>	New master's and exchange students
<b>IC, International Committee</b>	Committee at ULS responsible for welcoming exchange students		

<b>Nation</b>	A place for students to meet other students in the city center of Uppsala	<b>Syltan</b>	Restaurant at campus where ULS often have sittning
<b>?</b>	Dressed-up people running around campus during the welcoming weeks	<b>U-huset</b>	Abbreviation for Undervisningshuset
<b>Protozoer</b>	New veterinary students	<b>Ulls hus</b>	Building on campus where the service centre is
<b>Recentior /Recce</b>	New students at Uppsala University	<b>ULS</b>	Abbreviation for Ultuna Student Union
<b>Sångbok (sv) / Songbook (en)</b>	Book from the union with songs, bring it to sittningar	<b>Ultuna</b>	The area of Uppsala where SLU is located
<b>Sittning</b>	A dinner at the union, there are a few throughout the year	<b>Ultunesare</b>	Student at SLU Ultuna, but not in veterinary science
<b>Slekten</b>	Cooperation between ULS, VMF & UTN	<b>Ultunesaren</b>	ULS magazine for members
<b>SLUSS</b>	SLU:s united students unions	<b>UTN</b>	Union for engineer students
<b>Småttingar</b>	New bachelor's students	<b>Utskott (sv) / Committee (en)</b>	Groups within the union working with different parts of the organisation
<b>Spex</b>	Theatre play but with a twist typical to Swedish student's culture	<b>Victor</b>	The union tractor, very beautiful! See picture below!
<b>Studieråd (sv) / Study council (en)</b>	Councils at ULS that work with educational monitoring	<b>VMF</b>	The union for veterinary students
		<b>VVK</b>	The committee at VMF responsible for their welcoming weeks. They are very colourful and have cool hair, hard to miss!



Victor, the tractor. Photo by the Tractor committee.



# Information about the union

Ultuna Student Union (Ultuna Studentkår in Swedish or ULS for short) is an organisation driven by students for students. The Union's main mission is to conduct educational monitoring, but it is also a vital meeting place for students of different backgrounds to come together through social activities and work-life networking. Everyone, regardless of gender, sexual orientation, heritage etc., is welcome here.



During the welcoming weeks, you will be introduced to the union building, several of the committees and independent associations, and have the opportunity to become a member if you are not yet one.

The union building (on the picture) is located on campus (see the [map](#)) and is the location for many union activities, both during and after the welcoming weeks. You are always welcome here during weekdays to study, have lunch or just hang out. There are both microwaves and tables. Throughout the semesters, the registry offices are open on regular weekdays between 12.15-13.00, and they can help you with your membership, answer questions, you can buy Union merch, etc.

**Note that you are never allowed to bring your own alcoholic beverages in to the union building!**



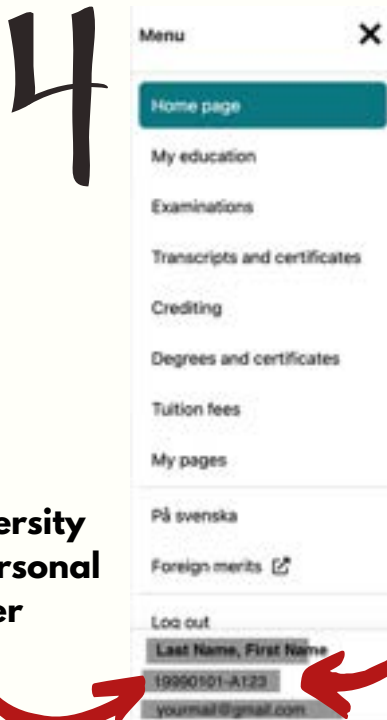
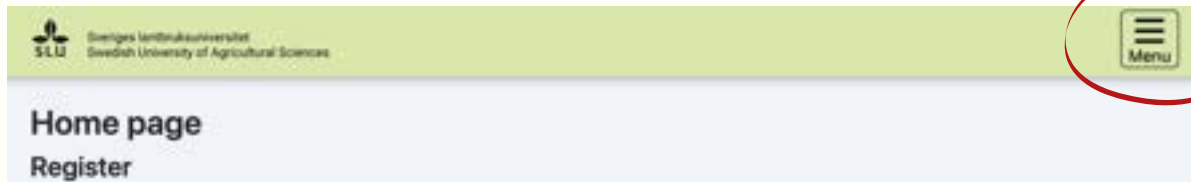
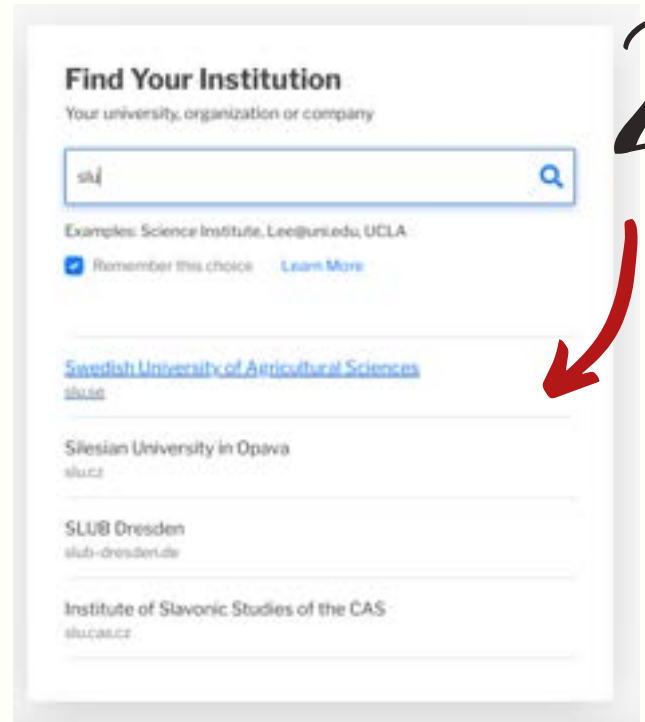
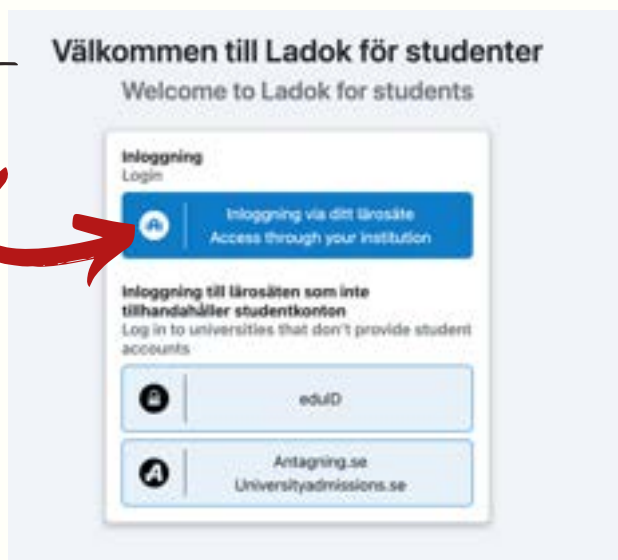
## Social media and links

- Website of ULS:  
<https://ultunastudentkar.se/en/>
- FB-page of ULS:  
<https://www.facebook.com/UltunaStudentkar>
- FB-page for ULS pubs and dinners:  
<https://www.facebook.com/Pub-och-festverksamheten-p%C3%A5-Ultuna-studentk%C3%A5r-1644735799087991>
- ULS Instagram:  
<https://www.instagram.com/ultunastudentkar/>

# How to find your SLU-personal number

Go to:

<https://www.student.ladok.se/student/app/studentwebb/start>



Your university internal personal number

If you are not in Sweden long enough to receive a Swedish personal number, this number will be used to register with services such as the Mecenat card (student ID) and to become a member of the union.

If you will stay at least 1 year in Sweden, you will receive a personal number from Skatteverket. You can go to the service desk and let them know your Swedish personal number. Once it is registered, you can for example borrow books at the library with just your personal number, no card required (not possible with SLU personal number).

# If anything happens

There are a lot of people you can turn to if anything happens. Here we have collected the most important contact information, including who to turn to for what.

## Information about the welcoming weeks and the union

### Emilia Fagerberg

Chairperson of the International Committee

+4670 824 32 93

uls\_ic@stud.slu.se

### Maraike Buhlmann

Chairperson of the Master's Committee

+4673 599 43 87

uls\_master@stud.slu.se

### Emma KEBNEHVISE Haglund

President of Ultuna Student Union (ULS)

+4676-115 94 59

uls\_ordf@stud.slu.se

### Jakob PAPAGOJA Ekelund

Vice-president of ULS

+4670 575 20 32

uls\_utb@stud.slu.se

### Anna HJÄRNMALM Backman

Social welfare official of ULS

+4670 221 98 78

uls\_soc@stud.slu.se

## Ultunesare on duty

If you need someone to talk with about anything, whether big or small, call or send a message to an 'Ultunesare on duty'. They will not pass on what you are talking about to a third party, unless it is something that requires more professional support.

### Anna Wistedt, Inspector

+4670 543 05 03

### Tilda Gammelgård, chairperson of 'Fadderiet'

+4676 633 12 04

### Johan Persson

+4673 360 28 42

## Union statues, policies and values

When participating in Union activities, there are statues, policies and values that all members or guests are expected to follow. These include our value system, as well as an alcohol and drug policy. If you ever feel or witness these important guidelines are not being followed, please contact either the Equal Treatment Committee (LikeU) at [uls\\_likeu@stud.slu.se](mailto:uls_likeu@stud.slu.se) or the Student Welfare Official at [uls\\_soc@stud.slu.se](mailto:uls_soc@stud.slu.se). You may also always contact anyone on the board or the Ultunesare on duty.

Link to all important documents:

<http://ultunastudentkar.se/en/om-uls-2/stadgar-policydokument-och-vardegrund/>

## Help from SLU

You can also read information from SLU about what to do if something happens (incl. information about student healthcare):

<https://student.slu.se/en/study-support/emergencies-and-incidents/>

Urgent danger

(Police, fire department, ambulance)

Call: **112**

Police, non-urgent

Call: **114 14**