



Handbook for PhD Students at the LTV faculty



Foreword

Dear (new) PhD student,

First of all, a very big Welcome to SLU Alnarp! Whether you have moved halfway round the globe or just a few kilometres to come here, starting a new job is always daunting and exciting at the same time. Since, we, the ASK PhD council, have all been in the position you are in right now, we decided to help you out a little and share 'our wisdom' to prevent you from making the same mistakes we made when it comes to starting a new job, moving to Sweden, and the PhD student life!

We hope to see you soon at one of our activities, council meetings, or at Fika.

The ASK PhD Student Council

P.S. check out our webpage for up to date information about the council members, just scan the QR code below



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Welcome to Sweden

Sweden

If you Wikipedia Sweden, which most of you have probably done, you will find the following:

Sweden (Swedish: Sverige) officially the Kingdom of Sweden (Swedish: Konungariket Sverige) is a Scandinavian country in Northern Europe. It borders Norway to the west and Finland to the east, and is connected to Denmark in the southwest by a bridge-tunnel across the Öresund. At 450,295 square kilometres (173,860 sq. mi), Sweden is the third-largest country in the European Union by area, with a total population of 10.0 million. Sweden consequently has a low population density of 22 inhabitants per square kilometre (57/sq. mi), with the highest concentration in the southern half of the country. Approximately 85% of the population lives in urban areas.

Interesting of course, but maybe not the most useful information. Therefore, we asked some people what you really need to know about Sweden.

Dressing for Cold Weather

by Anonymous

When dressing for cold weather it can be easy to think that as long as you get the thickest jacket you will be all set. But the crucial thing to think about is layers. Having several thinner layers will not only allow you to regulate your temperature when you get warmer from moving or to adjust according to the wind chill, but it will also create more warmth by trapping air between the layers (the same way animal fur works). Especially if you are going to be moving around a lot, use thin wool closest to the body, it is more odour resistant and gives warmth even while wet. Cotton might be cheaper and feel comfortable at the start, but if it gets wet from rain or sweat it takes a long time to dry – and will cool you down in the process. Lastly, but maybe most importantly: make sure that your feet have space to move around. It can be tempting to put on as many pairs of woollen socks as you can fit in your shoes, but immobile feet will eventually be cold feet.

Light, personnummer and Lagom.. everything what you need to survive in Sweden

by Antonio

I am from Venezuela, where even the simplest thing can become a total mess and bureaucratic nightmare. So, when I first arrived in Sweden I was shocked how easy things are here. From time to time I even felt that all the paperwork you were supposed to do yourself was done by somebody you didn't know existed. However... be careful! Not everything is like that, you need a personnummer!!! Without one you are just a ghost, you are here but you aren't. The good thing is there is nothing to worry about, as a PhD student you will get your personnummer easily (I hope), and after that it is just fun and work. Of course, don't forget to enjoy the lack of sun in winter and finally take your life in Sweden in the best Swedish style: Lagom!

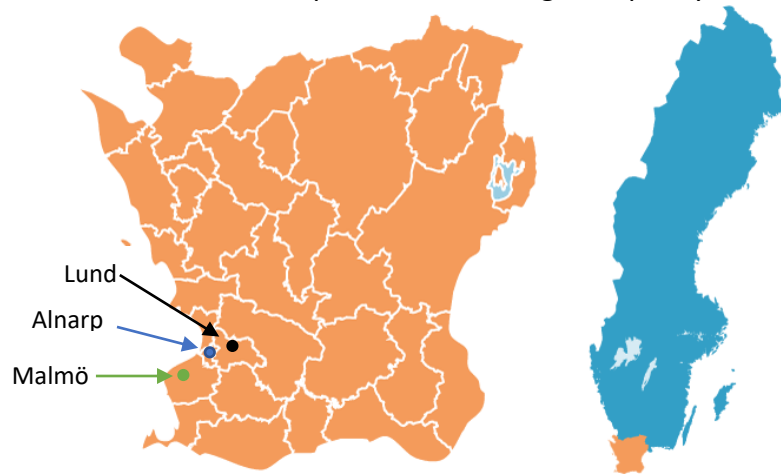
Swedish queues

by Sharon

When I first arrived in Sweden, I misinterpreted some of the behaviours of the people around me. For instance, I didn't understand why so many people cut in front of me when I was standing in line (in a queue), or why people walked so close to me when we were having a conversation. For a population of naturally polite and rule-abiding people (as I could clearly see that the Swedish people are), I was perplexed (and frankly, frustrated). Then one day, about two weeks after arriving in Sweden, I was standing in line at the COOP when I realized that people didn't think I was in the queue! You see, I come from a very large country, and we tend to give each other a lot of personal space. I was standing more than arm's length behind the person in front of me, but everyone else was standing much closer. The people who were "cutting in front of me" were just observing that to their eyes I had "stepped out of line for some reason" and were politely getting in line themselves. I couldn't stop laughing! Perspective is a powerful thing!

Skåne

Skåne (Eng. Scania) is the southernmost province of Sweden and the one with the mildest climate! The capital of the region - Malmö is the third largest city and the “culinary capital” of Sweden. It is also ranked as one of top 10 cities with highest quality of life in Europe in 2015.



The other city with close proximity to Alnarp – Lund, is one of the oldest cities in Sweden and a home of one of the oldest and largest universities in Europe, which means there are plenty of restaurants, bars and cafes and a lot of other students to hang out with.

Getting around in Skåne

The easiest way to get around is to bike! If you would like to do so, here are some addresses for bicycle shops:

HM Cykelservice

Address: Lundavägen 75, 212 24 Malmö

Fridhems Cykelaffär

Address: Östra Rönneholmsvägen 26, 211 47 Malmö

or

Bredgatan 32, 222 21 Lund

Caroli cykel

Address: Rörsjögatan 4, 211 37 Malmö

Elcykelbutik - EcoRide Center Malmö

Address: Rådmansgatan 5, 211 46 Malmö

CykelCity

Address: Clemenstorget 6, 222 21 Lund

Lunds Cykel

Address: Östra Mårtensgatan 10A, 223 61 Lund

Shops like COOP, Biltema and Clas Ohlson may also sell bikes, you can check out their bikes online. Another option is of course to buy a second-hand bike, every year there will be bikes on sale from students leaving after they have finished their studies in Alnarp. You can find them through Facebook or advertisement notes at front of the reception desk in the Library or on <https://www.blocket.se/> (online second hand). The municipalities also have bike auctions everyone in a while where they sell abandoned bikes that the city have taken care of.

But if you don't feel like cycling there are of course also other ways to get around.

Cars and driving rules

In order to own a car, you need to have a Swedish personal number and a Swedish ID card issued from Skatteverket. To drive a car, you can obtain a temporary permit by sending a copy of your driving licence from your country to Transportstyrelsen (the transport office). We would recommend to always check the transport office for up to date and type of license specific information. <https://transportstyrelsen.se/en/road/Driving-licences/>

Additionally, if you own a car it is necessary to have at least third-party insurance (Trafik Försäkring). So, make sure to get one! In Sweden it is illegal to drive without this insurance.

For parking in the cities, there are options to pay by credit or debit card or in very rare cases by coins. More convenient, however, is to use your mobile phone, although you need to have a registered phone number to use that option. There are some apps such as "Parkster" that can be used for parking in Malmö and Lund. In Alnarp you can park for free on the car parks.

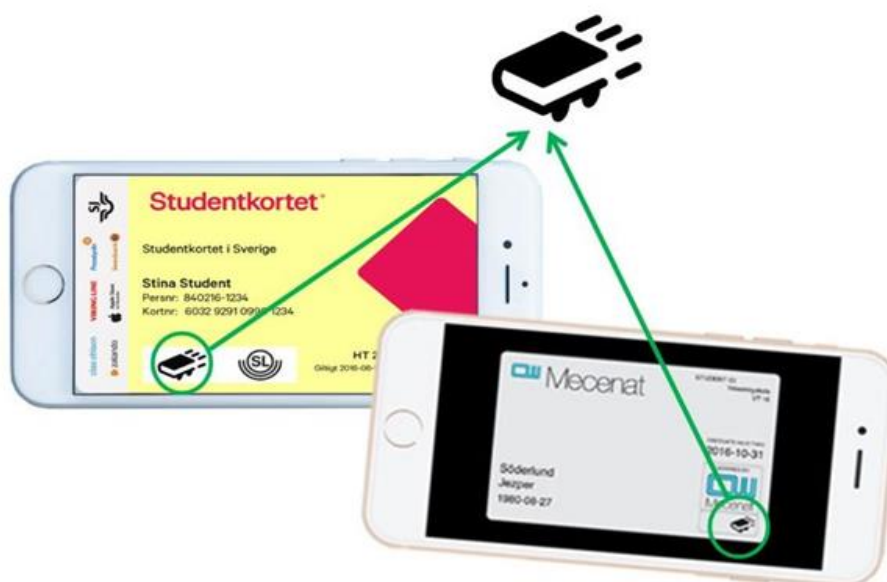
Moreover, some (short term) parking spaces require a parking disc (Parkeringssskiva), see picture below. If you need to use a parking disc this will be indicated by a symbol of a parking disc additionally to the other parking information signs at the parking lot. Make sure you set the time on the disc that you start parking!



Public transport

Almost all the public transport (buses and trains) in Skåne is operated by Skånetrafiken (<https://www.skanetrafiken.se/>). The website is in Swedish but they have added a Google Translate button, so exploring the website is not too difficult.

There are multiple options to buy a ticket, at the stations and in the yellow regional buses you can buy a paper ticket from a ticket machine or from the bus driver, but the easiest two option, especially if you are planning on using public transport often, are to either get a travel card that you can preload with tickets or if you have a Swedish bank account to buy tickets in the app. When using the app you can buy student tickets with 25% discount, as long as you can show a valid ID and student card with the logo displayed below (Mecenat card <https://mecenat.com/se/> which you can get online or by becoming a member of the ASK student union or Studentkortet <https://www.studentkortet.se/>)



Skånetrafiken app

The smoothest way to pay for public transport is by downloading the app called Skånetrafiken (<https://www.skanetrafiken.se/sa-reser-du-med-oss/skanetrafikens-nya-app/>). The app is available in English. You can buy single tickets, 24 hours, and 30-day tickets. Additionally, you can buy upgrades, bike tickets and discounted duo and group tickets. It is also possible to borrow someone else's cards through the app. The tickets look like a QR code that you have to scan using the red machines in busses or show to the conductor on the trains.

Travel card

The travel card costs 30 SEK and can be ordered online or bought from one of the service centers. This card is particularly useful if you travel frequently but don't want to use or rely on your phone for tickets. It is important to note that the travel card does not work as a prepaid card. You need to buy tickets to load on the card, you can do this either online or at one of the service centres. You can load single, 24 hour and 30 day tickets on the card, and you can have several identical non-activated tickets preloaded on your card. Before you travel you need to activate your ticket, you do this by either 'blipping' your card at the red ticket

reader in the bus or on one of the red ticket machines at the station or service centre. More information about the travel card can be found here: <https://www.skanetrafiken.se/biljetter/kop-biljett2/vart-nya-kort/>

The nearest skånetrafiken “kund” (customer) centres are located at:

Malmö C, Centralstationen

Open: Mon-Fri 06.30-20.00, Sat 9.00-18.00, Sun 10.00-18.00

Triangelns station i Malmö, Rådmansgatan 13

Open: Mon-Fri 7.00-19.00, Sat 9.00-16.00, Sun 10.00-16.00

Lund C, Bangatan 11

Open: Mon-Fri 06.30-19.00, Sat 9.00-17.00, Sun 9.00-16.00

Accommodation

Finding an accommodation can be quite a struggle, that is why a lot of new students from abroad first stay in a shared campus accommodation. These are single bedrooms with a shared kitchen and bathroom, and are therefore not suitable if you are bringing a partner or family. If you would like to rent a room on campus, make sure to inform your supervisor and ask them for help with booking the room.

More information can be found here: <https://www.slu.se/en/education/life-at-slu/Accommodation/accommodation-alnarp/>

There are of course also other places and options:

- Lommaborgen: Student apartments and rooms in Lomma <https://lommaborgen.se/>
- Boplatssyd: combined website for multiple renting companies, you can sign up if you have a personal number. You pay a yearly fee to be a member, the longer you are a member the more points you collect. There are some student apartments in Malmö in Lund that are advertised here.
- Blocket <https://www.blocket.se/> you can't find first hand apartments here, but you might find a good sublet ('second hand contract'). It is also possible to upload a picture of yourself and a personal letter so let house owners contact you.
- Facebook groups such as *Lägenheter i Malmö*, where you can if you are lucky find a sublet

Sveriges Lantbruksuniversitet

Although SLU is a very young university with just over 40 years of history, it was formed by the union of colleges dating back to 18th and 19th centuries. Due to the nature of the research conducted at SLU the university is scattered around Sweden with campuses in Ultuna (Uppsala), Umeå, Alnarp, Skara and Skinnskatteberg.



Alnarp

The Alnarp campus is located in the southernmost province of Sweden - Skåne which is also the most rural area of Sweden with a lot of arable land. It is the main location of the Faculty of Landscape Architecture, Horticulture and Crop Production Science (LTV).

How to get to Alnarp

Bus 133 connects Alnarp to Malmö and Lund (going from Lund you should take bus 139 which will then change number to 133 in Lomma). The Bus stop in Alnarp is called Alnarp Kungsgårdsvägen. All the information can be found on <https://www.skanetrafiken.se/> or in the Skånetrafiken app (see p. 8).

The closest train station is Åkarp station, which is located about 25 minutes' walk from Alnarp.

The Alnarp Campus Map

Alnarp campus is quite big, with the different departments and services located in separate houses. In the beginning, it can be good to have a look at the campus map to ease your way around:

<https://www.slu.se/globalassets/ew/org/andra-enh/ltv/alnarp-map-12-2016.pdf>

Your first day

When you first arrive as a new PhD student your supervisor will introduce you to the staff and show you the facilities. It is good to know where the administrators and the head of your unit have their offices.

At the start the following should be in place:

- Keys to your office
- Access card
- E-mail account and AD log-on (the IT Department is located in the Tornhuset, behind the library. See the map of Campus Alnarp)
- When you have gotten your SLU e-mail account, send an e-mail to the Education Officer (2019-, it is Lotta Malmberg (lotta.malmberg@slu.se)), so that she can add you to the different mailing lists so that you get all interesting and important e-mails.
- If applicable to your work you will receive a safety tour of the building and labs in order to be allowed to start working.

PhD education at SLU

An introductory course is organized each year (normally in September or October) for new PhD students at SLU, during which you will meet new as well as more experienced PhD students, and will be given general information about the PhD education at SLU. We advise you all to take this course, it is both fun and informative! Additionally, the faculty also organizes an introduction day for new staff. This day is not specifically for PhD students, but could be useful. More information about the PhD education at the LTV-faculty can be found at

<https://internt.slu.se/en/targeted-info/faculties/ltv-faculty/karnverksamheterna/ltv-fakultetens-rutiner/>

PhD student council (under ASK student council)

What is the PhD student council?

We represent the PhD and licentiate students of the LTV faculty, both at Alnarp and SOL (located in SLU - Ultuna). We work with questions regarding the employment safety for all PhD and licentiate students as well as education-related issues. We have representatives in boards and councils both at the faculty and university level. Additionally, we are trying to have an active contact with other PhD student councils at other Universities in Sweden.



Every month, all PhD students of the LTV faculty are welcome to join our council meetings. If you do not have the possibility to travel to Alnarp, there is always the possibility to join via video-link. During our meetings we discuss questions and issues related to the PhD education which have been brought up in the board meetings, as well as plan for social activities for the PhD students at the faculty. Other monthly activities include PhD lunches and organized after-works.

How do you become a member?

You can join by simply attending our meetings and notifying our secretary that you are interested in becoming a member of the council. The meetings are notified by emails sent to the phd ('doktorand') email list. Normally, you are automatically included in the aforementioned email list as soon as you are accepted in SLU as PhD/Licentiate student. If you don't receive our information, please email lotta.malmborg@slu.se (Education officer).

What are the benefits of being a member?

Being a member of the PhD Council allows you to be active on what is going on regarding PhD education and related issues in SLU and Sweden in general. It also helps you to meet your PhD colleagues in other department/groups in Alnarp. You will also get tasks from the Council that can help you to contribute to the wellbeing of the PhD students in Alnarp. As you might spend some extra time in the council, you are entitled to apply for extension of your PhD education. As a member, you get 8 days of extension per year. You can get more extension days if you also participate in other university boards as PhD representative and/or by fulfilling one of the council's positions.

Student discount and Mecenat Card

As a PhD student, you can get several discounts in Sweden, e.g. on trains, local transportation, flights, stores, etc. As a member of the PhD Council, we encourage PhD students to register in ASK Student Union (Alnarps Studentkår), who are responsible for the organization for all students on SLU Alnarp, from bachelor to PhD students. When you register, you will get your Mecenat Card, i.e. your valid ID proof as student in Sweden. To register in ASK, follow this link: <https://unicore.mecenat.com/student-area/studentpayment/union/11?locale=en-us>

You can also download the Mecenat App in your smartphone, register from the app and even get the card on your mobile!



Unions

The trade unions for PhD students (*fackförening* in Swedish) represents all PhD students. They negotiate with the collective voice e.g. during salary discussions. You can read more about what the union does on their homepage

<http://www.saco.slu.se/index.htm> (unfortunately only in Swedish)

Ombudsman

The current ombudsman is Monika Appel (monika.appel@slu.se). She can give you support and counselling about issues that may arise during your PhD studies, and can direct you to the right person to talk to. She is bound by the confidentiality principle, so she needs your permission to take any actions or share what you have discussed with other parties. She is located in Uppsala, but will answer your emails.

<https://internt.slu.se/en/support-services/education/doctoral-education1/the-graduate-students-ombudsman/>

PhD study directors

The LTV faculty has two PhD study directors that are responsible for providing support for the University's PhD students and for following up the PhD training. They meet the PhD student and supervisor when you start your PhD and also at the 50 % and 80 % follow-up. They can also help with issues with the ISP and also approving the ISP. If necessary, they can give assistance if you have a work conflict (e.g. between you and your supervisor) and they have to follow the confidentiality principle.

<https://internt.slu.se/en/support-services/education/doctoral-education1/contact/directors-of-phd-studies/>

PhD contact person

Every Department at SLU appoints a senior staff member (usually a professor) as a contact person for PhD students. This person serves as a link between the Department and the PhD students and can also help you resolve work related issues. They are bound by the confidentiality principle, so they need your permission to take any actions.

Computers

Responsibility for computers

The IT department registers new staff and provides an e-mail account and information for logging in. If you encounter any problems with your computer or need common programs to be installed contact your IT administrator.

Back-up and virus protection

If required, the department normally makes a computer available for the duration of the PhD studies, including all the necessary programs and anti-virus protection. Although it is worth remembering that you as the user are responsible for verifying the authenticity of any programs you instal and reporting any suspicious software and emails to the IT department. All users and computers at the department are placed in AD and thus have access to networks, programs and a backup server. Note that if you are a Mac OS user the server cannot automatically back-up your data.

E-mail: Outlook

The computer provided by the department gives you access to Outlook. Remember that you can store emails that you want to save in other places than Outlook, for example in an archive-folder that you give a suitable name and then save.

Webmail

If you wish to check your email from somewhere other than your AD-connected work computer, you can, in a compatible browser, log in via the <https://mail.slu.se>.

Swedish Bureaucracy

When moving to Sweden you should register in the Swedish Population Register. If you apply for "personnummer" or residence permit that is done automatically.

<https://www.skatteverket.se/servicelankar/otherlanguages/inenglish/individualsandemployees/movingtosweden.4.7be5268414bea064694c40c.html>

Personal number ('Personnummer')

After you have sorted out your PhD education paperwork for SLU, the first thing you have to get is a Swedish Personal Number. The Swedish 'Personnummer' consist of 10 digits with 6 of them corresponding to your birthday and usually a hyphen followed by a four-digit number. The number will make you part of the Swedish civil system which will link your personal information (birthdate, address etc.) with authorities in healthcare, universities and insurance companies.

Only people who will stay and study or work in Sweden longer than one year are entitled to get a Swedish personal number. In order to get one assigned, you have to visit **Skatteverket**. <http://www.skatteverket.se> (Part of the Website is available in English, but not everything sadly!)

When applying for a personal number make sure to bring the following documents:

- Passport
- Your Swedish Residence permit card (if applicable)
- Documents showing your civil status, e.g. marriage certificate. In Sweden the following civil statuses exist: unmarried, married or a registered partner, widow or widower, divorced (As unmarried you do not need to show your civil status)
- If you have children bring their birth certificate(s)
- Your correct current address in Sweden
- Your letter of acceptance which contains a statement on your funding, your insurance status as well as how long you will be for in Sweden. If unsure what to bring ask your supervisors or Personnel administrator ('Personaladministratör')

In general, the rule regarding these documents is, that it is better to bring too much than too little. There is nothing more frustrating than getting a rejection letter based on lacking information or a misunderstanding, trust us we have been there!

The closest Skatteverket offices to Alnarp are in Lund and Malmö:

Lund Office address: Stora Södergatan 4

Opening hours: Mon-Fri 10 am to 4 pm

Malmö Office address: Kattsundsgatan 7

Opening hours: Mon- Wed 10 am to 4 pm, Tue 10 am to 6 pm, Fri 10 am to 4 pm

There is usually already a queue before the office opens in the morning, so be prepared to either come early or wait for some time. Swedes like to queue up and wait patiently in line until it's their turn. You will probably be approached by a member of staff asking you the

reason for your visit to the tax office, you will get a ticket with a number on it and then you can wait till your number shows up on the display.

After you have submitted all your papers it can take up to 6 weeks until you receive your number. If you decide to move during your stay in Sweden, you will have to contact Skatteverket within a week of your move and let them know your new address. You can change your address online if you have a (Mobile) Bank ID (see opening a bank account for more information).

Swedish identity card

Once you have overcome the first hurdle of obtaining a Personnummer, you are not quite there yet. It is now time to apply for a Swedish ID card, you might think: 'Why do I need a Swedish ID card? I am not Swedish!'. Valid thoughts, but get one anyway, since it is nearly impossible to open a bank account without a Swedish ID card (even for EU citizens). So, as soon as you obtain your personal number, make another trip to Skatteverket to request an ID card. **Nota Bene** you can only apply for the ID card at selected Skatteverket offices. The closest one to Alnarp, is the above-mentioned **Malmö** office!

Next to being required for opening a bank account, the Swedish ID can help you to use certain online services as well as to identify yourself.

What do you need:

- You must also be able to prove your identity at the office and there are different ways of doing this: by presenting valid and approved ID documentation
- You must pay the application fee of SEK 400 for an ID card. Pay the fee to bankgiro account 389-0100 or go to the tax office and say you have not paid yet, they will give you a piece of paper that you can take to the bank and pay with, keep the receipt!

When paying via the Internet: Remember to provide your personal identification number in the message field or information field and show a physical receipt or the confirmation of payment from the Internet when you visit the office.

The following are approved forms of ID documentation that you may use as proof-of-identity:

- A Swedish ID card, passport
- a valid EU passport issued on or after 1 September 2006
- Residence permit + Passport
- Attester: An attester is a person who knows you well and is able to verify their relationship with you. You must be at least 18 years old and be able to prove your identity with approved ID documentation in order to serve as attester.

Opening a bank account

It is good to know that banks in Sweden have very short opening hours and seldomly handle cash nowadays. Different banks have different conditions for opening accounts and that information should be available on their websites. You will need a Swedish personal identity number, your passport and a certificate from your department proving that you are an international researcher at SLU. If you already have received your Skatteverket (Tax office) ID card, make sure to bring that as well.

In general, in Sweden you can pay with most common credit cards (Visa, Mastercard etc.) and many places only accept card payments nowadays.

Swish is a common payment method in Sweden. You simply pay by using an app on your phone. In order to get Swish, you need a Swedish bank account, a smart phone, and an agreement with the bank. The conditions vary with the bank you decide to use and further conditions can be found on their websites.

There is some further useful information available here: <https://internt.slu.se/en/support-services/samverkan/international-cooperation/international-researchers-and-phd-students>

A-kassa and Unions

A-kassa is an unemployment insurance that most Swedes sign up to. There are different A-kassa options to choose between but SLU recommends Akademikernas A-kassa, AEA. AEA has a monthly fee of SEK 110.

Additionally, there are different union companies offering insurance services and it is up to you to decide which union that is best for you. SULF is the most common union at SLU with a monthly fee of SEK 125 for PhD students. The union representative at SLU will answer your further questions. Unions require you to be a member of the A-kassa in order for them to

support you. It is highly recommended to join both an A-kassa and a union when you are working as a PhD student.

Health Care

Emergency

In case of emergency, call 112 and ask for ambulance, fire brigade, police or physician on call.

Call 114 14 for all matters except for urgent help by the police. They are open for calls around the clock, seven days a week, all year round. They speak Swedish and English. If you are calling from abroad, call +46 77 114 14 00.

113 13 is a number to call when you want to report or get information concerning major crisis and accidents.

Health insurance

All Swedish citizens and resident and registered foreign nationals are insured in accordance with the Swedish social insurance law and are entitled to medical benefits. This means that you are entitled to such benefits only if you are staying in Sweden for at least one year.

European Insurance Card (EHIC)

As soon as you are formally employed and registered in the Swedish Population Register you can apply for a European Insurance Card that extends your insurance to all EU and EES countries. It is important to do so when you travelling within Europe, as it can save you some unnecessary trouble and money! You can apply for your card here: https://www.forsakringskassan.se/privatpers/resa_arbeta_studera_eller_fa_vard_utomlands/resa_utomlands/bestall_eu-kort#/

If you are going for a work-related trip, such as study/research visit, conference etc. ask the Department administrator for “Swedish State Business Travel Insurance Certificate”. This is a certificate confirming your workplace insurance and extending it to any places where you are formally representing SLU.

Medical advisory service

You can reach the Medical Advisory Service 24 hours a day by calling 1177. You can also visit their web page, www.1177.se That is also where your electronic medical journal can be found, you can view your prescriptions and request for new or updated prescriptions online.

Vårdcentralen (GP's office)

You need to select a vårdcentral, so you are in their system and to be able to book appointments. Usually you get a letter from the one in your district when you register your address at Skatteverket, which is usually the closest one to your accommodation. You have a right to choose another one. Even if you have chosen one vårdcentral, you can seek medical assistance at other vårdcentral (you will have to pay a slightly higher fee though).

If you have kids you select vårdcentral for them as well (Barnvårdcentral (BVC)). You will then be contacted by them for check-ups etc.

You can choose your vårdcentral online at 1177.se or by contacting the one you want to choose directly.

You can find more information about Vårdcentralen and the health care in Skåne at <https://www.1177.se/Skane/Other-languages/New-in-Sweden---healthcare/English--Engelska/Regler-och-rattigheter/Vard-for-personer-fran-andra-lander/>

Dental care

As adult you just choose any clinic you want when you need it and you pay for visits. Children have free dental care in Sweden and you should select a clinic for you child regardless of the need to see a dentist, as they also offer free check-ups and will send you invitation letters.

Fees for doctor's appointments, hospital visits etc.

In the Skåne region there is a fixed list of fees for appointments with doctors, nurses, with the size of the fee depending on the type of medical assistance that you need and where you go to get this help. You can find the list here: <https://www.1177.se/skane/sa-fungerar-varden/kostnader-och-ersattningar/patientavgifter-i-skane/>

“Frikort”

In Skåne you will get a free healthcare card (“frikort”) after you have reached the limit of high cost protection (högkostnadsskydd). The limit is 1150 SEK during a 12-month period. You ask for a “högkostnadskort” (high cost card) when you pay for an appointment, and they will fill in a form for you. When you reach the limit of högkostnadsskydd, you will get free health care for the remainder of the 12-month period.

You can read more on: <https://vardgivare.skane.se/patientadministration/avgifter-och-prislistor/patientavgifter-2018/hogkostnadsskydd-frikort/>

Avonova

SLU has an agreement regarding occupational healthcare with Avonova. You can contact Avonova if you have work related issues and need to see a doctor, nurse, psychologist or physiotherapist. Read more on www.avonova.se

“Friskvårdsbidrag”

As an employee at SLU you can get an reimbursement worth up to 2000 SEK per year for sports and health promoting activities that follow Skatteverkets guidelines. You register the costs in Primula. If you have any questions, please contact Human Resources.

More information can be found here: <https://xn--friskvrd-f0a.se/friskvardsbidrag/>

Mammography and HPV-testing

These tests are offered for free for all registered residents in Sweden.

HPV-testing (human papillomavirus test) is offered to women between 23-70 years. It is recommended to have the test done once every three years as an early cancer or precancerous cell detection strategy. You can get the test at a gynaecology office and will get the result within eight weeks with post.

Read more about HPV-testing at:

<https://www.1177.se/Skane/behandling--hjalpmedel/undersokningar-och-provtagning/provtagning-och-matningar/vavnadsprov-och-cellprov/gynekologisk-cellprovtagning-i-skane/>

Mammography is offered to women between 40-74 years and are done in order to find early changes that might become breast cancer. If the changes are found early, the survival rate is great. Read more about mammography at:

<https://www.1177.se/Skane/behandling--hjalpmedel/undersokningar-och-provtagning/bildundersokningar-och-rontgen/mammografi/>

Further reading:

International Citizen Hub

To get help in answering your questions regarding the Swedish system you have the opportunity to contact the International Citizen Hub in Lund. This is an organisation that helps new employees and their families to find their way in the region, as well as helping them understand the Swedish system and how it is to live and work in Sweden. They do not work as a contact between you and the authorities but they give you helpful information on how you can manage when new in Sweden. They have drop-in meetings every Thursday at their office in Lund and you can visit their webpage:

<https://internationalcitizenhub.com/>

Information about Occupational health care (Företagshälsovård) at SLU
<https://internt.slu.se/en/support-services/administrative-support/human-resources/halsa-och-arbetsmiljo/occupational-healthcare/>

SLU support for international employees

At SLU, Eva Borgert (eva.borgert@slu.se) is responsible for helping international employees with practicalities, such as getting Visas, get in contact with Tax Authorities and finding accommodation. More information can be found at

<https://internt.slu.se/en/support-services/administrative-support/human-resources/internationalemployees/forberedelser-infor-ankomst/>