Orientation programme
Autumn 2017
Örebro University in cooperation with ESN Örebro
Welcome to Örebro University

Welcome to your new university! In this folder, you will find the Orientation programme for the Autumn semester 2017. The aim of the Orientation programme is to facilitate your integration into the Swedish way of life and the academic system. We believe it is important that you participate in this program because it will help you to get to know our Campus and the city of Örebro. It will also help you to get to know Swedish students and other international students. Almost all exchange students who come to Örebro University participate in the Orientation programme. The Orientation programme for the Autumn semester 2017 starts on August 17th and continues until September 16th.

The Orientation programme is a collaboration between Örebro University and the non-profit student organization ESN Örebro. The organization consists of Swedish students and their aim is to help the exchange students and make them feel welcome. During daytime you will get practical information from the University and during the evenings and weekends ESN will organize social activities for you. The social part of the Orientation programme is optional but the University highly recommends that you participate. This will be a great start of your time abroad. All the activities arranged by ESN will be marked throughout this document with the ESN logo, and the activities arranged by the University will be marked with the university logo. ➔

You have to pay a fee for the social activities that ESN arrange. You pay the fee along with the payment for accommodation, and the sum is 900 SEK. The payment has to be made before August 1st, 2017. Most of the money goes to the following activities:

- Trip to IKEA
- Boda borg
- Welcome Dinner
ESN Örebro and the Fadder system

The Network
Erasmus Student Network (ESN) is a non-profit international student organization. The network’s mission is to represent international students, thus provide opportunities for cultural understanding and self-development under the principle of students helping students. ESN is represented in approximately 37 countries. ESN Örebro is a local section of the national section ESN Sweden.

During the Orientation programme and the semester at Örebro University, all exchange students will be divided into fadder groups with both Swedish and international fadders. The fadders will guide you so that you can adapt to your new environment in Sweden. The fadder system is a good way to meet Swedish students.

Office
The ESN Office is located in Långhuset opposite to Technical Services. For Opening Hours please visit the webpage www.esn-orebro.org
Arrival days August 17th-18th

Days of Arrival and Settling in

The official Arrival days take place on August 17-18. When you arrive in Örebro you need to go to the University by yourself. Well in place the International Student Assistant will hand out the keys to your accommodation together with some important information. You can read information on how to get to Örebro University on the University webpage.

On the Arrival days there will be an ESN Arrival Camp, in Novahuset. There you will meet the Student Assistant, fadders, and other exchange students. The ESN crew will help you with questions, inform you about activities during the semester, and guide you to your accommodation.

♦ During the official Arrival days you can only collect your keys between 11:00 to 22:00.
♦ During the Arrival days ESN will drive you from the University to your accommodation, if you have off-campus housing.
♦ You will not have access to your student accommodation before August 15th, 2017.
♦ If you arrive before or after the Arrival days it is possible to collect keys for accommodation at the Housing Office during office hours Monday–Friday 08:30-11:30 & 13:00-15:00. (You have access to your room from August 14th). The housing office is located in Teknikhuset, room T1409.

Note: Some courses do not allow late arrival. If you plan to arrive after the semester starts on August 28th, please contact exchange@oru.se to see if it is possible to arrive late.

If you arrive outside the hours stated above, you need to find temporary accommodation for the night and then come the following day to collect the keys. This you need to arrange yourself.

Evening activity Thursday August 17th

Activity: Pasta la Vista with you faddergroup
Time: 18:30
Meeting point: Outside Novahuset (Arrival camp)

We will go to a local pasta restaurant together and buy some food. Then you will eat together in you fadder group.

Evening activity Friday August 18th

Activity: BBQ
Time: 19:00
Meeting point: Outside Novahuset (Arrival camp)

The fadders have organized a BBQ evening for you. This will be a great opportunity for you to meet other exchange students and fadders.
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Saturday August 29th

Visit to IKEA

The well known furniture store IKEA, is perfect to visit as a newcomer in Örebro. At IKEA you can buy everything you need for your accommodation such as pillows, quilts, sheets, kitchen supplies, rugs, paper bins and more. We will have one shuttle bus going back and forth.

Note: Which group you belong to will be announced later

Group 1
Departure Time: 10:00
Meeting point: Outside the Entrance Building
Going Back: 13:00

Group 2
Departure Time: 10:40
Meeting point: Outside the Entrance Building,
Going Back: 13:45

Group 3
Departure Time: 11:20
Meeting point: Outside the Entrance Building
Going Back: 14:30

Group 4
Departure Time: 12:00
Meeting point: Outside the Entrance Building,
Going Back: 15:15

Meet your fadder group

Time: 18:30
Meeting Point: The Kraka fountain, Campus

This will be your first opportunity to meet your fadder group, and your new fadders. What you do is planned by the fadders in your group, but it will be a chance to get to know each other.

Note: Alcohol is not permitted during this activity
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Sunday August 20th

**Battle between the fadder groups**

*Time:* 15:00  
*Location:* Library at campus

This afternoon we will for the first time this Orientation programme compete between the different fadder groups. Who will be the best fadder group in 5 different activities and win the first price this Orientation programme?

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Monday August 21st

**Welcome Ceremony**

*Time:* 10:15  
*Location:* HSP2 in Prismahuset

**Obligatory Practical Information & Study information**

*Time:* 11:00  
*Location:* HSP2 in Prismahuset

**Obligatory Registration**

*Time:* 13:00-14:00  
*Location:* Forumhuset (Forumfoajén)

After lunch you register for your first courses. Course administrators from the different schools will be available in *Forumhuset.*

**Note:** Remember to bring your course list!
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Tuesday August 22nd

Obligatory Information from Swedish Authorities & Campus Services

Time: 10:15-12:00
Location: HSL1 in Långhuset

Representatives from the Migration Board, the student Health Services, the Police, the Student union and other organizations, are invited to this information session. They will give you important information about things that concern your stay here in Sweden.

Campus Tour

Time: 13:00-14:00
Meeting Point: Outside HSL1

ESN fadders will guide you around Campus and show you the different buildings, library, restaurants and so on.

Meet your fadder group

Time: 18:00
Meeting Point: The Kraka fountain, Campus

This evening is reserved for your fadder groups so you can get to know each other. What you do is planned by the fadders in your group.

Wednesday August 23rd

Library Information

Information on what services the library can offer you, how to use data bases at the library to find literature.

Fadder Group 1-5
Time: 10:00-11:00
Meeting Point: Inside the library

Fadder Group 6-10
Time: 11:00-12:00
Meeting Point: Inside the library

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Wednesday August 23rd (cont)

**Sweden on Campus**
Time: 13:00
Meeting Point: Kraka fountain
A fun game when you have the chance to learn a bit more about Sweden. You will be divided into teams and compete in ten different tasks. Which team knows Sweden the best? Hint: memory, a taste of Sweden, inventions.

**Swedish Theme Party**
Time: 19:00
Meeting Point: Kraka fountain
This first party will have a Swedish Theme, so dress yourself as a real Swede, with some nice yellow and blue colours!

Thursday August 24th

**Afternoon in the city**
We will spend the afternoon in the city. We will visit City Hall where representatives will welcome you to Örebro. Afterwards your fadders will give you a tour around the city. We are going together by bus down to the city centre.

**Fadder Group 1-5**
Time: 12:15
Meeting point: Kraka Fountain
13:00 City Hall
14:00 City tour

**Fadder Group 6-10**
Time: 13:15
Meeting point: Kraka Fountain
14:15 City Hall
15:15 City tour
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Friday August 25\textsuperscript{th}

Activity day with the ESN board in Ånaboda, Kilsbergen

\textbf{Time:} 09:00  
\textbf{Place:} Outside the Entrance building (Entréhuset)  
\textbf{Going back to Örebro:} 15:30

The ESN board will arrange a whole day with different activities and games in beautiful Ånaboda, Kilsbergen. Ånaboda is located 30 min from Örebro and it’s a nice place for swimming, hiking and other outdoor activities. Lunch is provided.

Theme Party at Kåren

\textbf{Time:} 19:00  
\textbf{Meeting point:} Kraka fountain  
\textbf{Theme:} Will be announced later

Saturday August 26\textsuperscript{th}

Pride party at Ritz

\textbf{Time:} Will be announced later  
\textbf{Meeting point:} Will be announced later  
\textbf{Theme:} Pride

Örebro Pride comes to town. For those who want you can go downtown to watch the Pride parade at 18:00, you can also go to the Pride Park in Stadsparken and hang out and eat something together. The ESN event starts with a preparty at Satin at 19:00, and later moves to the night club Ritz.

Monday August 28\textsuperscript{th}

Information about ESN trips and activities

\textbf{Time:} 18:00  
\textbf{Place:} Will be announced later

ESN will give you information about the trips they are arranging this semester. You will learn when the trips are and how to book them. You will also receive information about different activities ESN will arrange for you.
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Tuesday August 29th

Pub Crawl
Time: will be announced later
Meeting point: will be announced later

Together with the Swedish students you will have a pub crawl and visit some pubs and clubs in Örebro. The final party with all students will be in a nightclub in the city centre.

Wednesday August 30th

Obligatory Information about exams and take home exams
Time: 12:15-13:00
Meeting point: Studentcentrum

Thursday August 31st

Obligatory lecture with the University Legal Officers
Time: 12:15-13:00
Place: HSP2

BBQ with the ESN board
Time: 18:00
Meeting point: Krakafountain on campus

The ESN board will host a BBQ for you. ESN will provide BBQs and plates etc. Just bring what you want to grill!
Note! This is an alcohol free event.

Friday September 1st

Beach Volleyball Tournament
Time: 16:00-19:00
Place: Volleyball fields next to the running tracks on Campus.

The annual beach volleyball tournament. The student sections are competing against each other. Come and cheer on our own ESN team.

Toga party at Kåren
Time: 19:00
Place: Kåren
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Saturday September 2nd
Soap soccer with TekNat & GIH
Time: 17:00
Place: Tybblefältet
You will play soap soccer together with the Swedish sections TekNat and GIH at Tybblefältet behind the student housing in Tybble. Your fadders will give you more information.

Party at Satin
Time: Will be announced later
Place: Satin
Theme: Will be announced later

Sunday September 3rd
Choose Your Afternoon Activity
Time: 13:00
Meeting point: Kraka fountain
The ESN fadders will meet you and you can choose between the two alternatives that are written down below.

1. Take a walk in Rynninge Nature Reserve by the west end of the lake Hjälmaren. You can also visit a nice café in the park.

2. Play some disc golf. There are long range holes if you want a challenge, and short range holes for the beginners.

3. Take a guided tour around the open air art show Open Art. Open art is a project that is held every two years in Örebro. Artists from all over the world create pieces of art that are placed around the city center.

Movie night on Campus
Time: 19:00
Place: HSL1
The University and the student union invites you to a movie night. Put on something cozy and bring something to snack on. Which movie you’re going to watch will be announced later.
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Monday September 4th

Meet your fadder group

Time: 18:00
Meeting Point: The Kraka fountain, campus
This evening is reserved for your fadder groups so you can get to know each other. What you do is planned by the fadders in your group.

Tuesday September 5th

Music quiz

Time: 18:00
Meeting point: The Kraka fountain, campus
You will compete in a number of different music competitions hosted by your fadders.

Wednesday September 6th

Pirate Party

Time: 19:00
Place: Grankotten & Strömpis
The Pirate Party has become a tradition during the introduction. Dress up in your best pirate outfit. The whole group of ESN will have a pre-party together in Grankotten. At Strömpis you will meet up with other “Pirate” sections.

Friday September 8th

Örebro day

Time: 11:45-17:00
Place: Slottsparken (the park in front of the entry of the castle)

Every autumn semester the University students invade the streets of Örebro. The whole thing starts off with a parade with all the sections represented. The sections will compete against each other and there will be a lot of happenings for students on this day.
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Friday September 8th (cont)

Color party at Kårern

Time: Will be announced later
Meeting Point: The Kraka fountain, Campus

At the color party all students dress in their section colors. Being in ESN, you should be dressed in the ESN blue. (light blue or turquoise)

Note: Don’t forget your Introbricka!

Sunday September 10th

Boda Borg

Meeting Point: Entréhuset
Departure time: 08:30
Going back: 17:00

We are going to Boda Borg, which is an activity house in a town called Karlskoga. Guests are transported into a real-world gaming environment; an experience they call Questing. Each Quest is a series of 2 to 5 separate challenges. The themed Quests can take place in a jungle, a house, an airplane, outer space or just about any place you can imagine. Each Quest is uniquely designed with mental and/or physical challenges that must each be completed successfully before moving on to the next.

Movie night on Campus

Time: 19:00
Place: HSL1

The University and the student union invites you to a movie night. Put on something cozy and bring something to snack on. Which movie you’re going to watch will be announced later.
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Monday September 11th
Meet your fadder group
Time: 18:00
Meeting Point: The Kraka fountain, Campus

This evening is reserved for your fadder groups so you can get to know each other. What you do is planned by the fadders in your group.

Wednesday September 13th
Welcome Dinner
Time: 18:00
Location: Strömpis

As the closing event of the Orientation Programme and the start of your exchange stay here in Sweden, we invite you to a “Sittning” which is an old tradition for students in Sweden. There will be a three-course dinner at the nightclub Strömpis which is situated on a small island on the river Svartån. Later in the evening the venue fills up with more students, and the dance floor opens, so that you can dance the night away. Dress code: Semi-formal

Friday September 15th
Fullmoon party at Kåren
Time: will be announced later
Place: will be announced later

Saturday September 16th
Final party at Kåren
Time: will be announced later
Place: will be announced later
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August 28th — September 3rd

Try out week on the university gym
Dates: 2017-01-16 – 2017-01-22
Place: Campusgymmet

The University has its own gym and sport association. In the beginning of the semester everyone can try out all the activities (gym, group training, football, badminton and more) for free.

Questions?

If you have any questions regarding the program, contact the International student assistant, Sandra Eriksson.

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